



Navigating Challenges: Unraveling the Youth Dilemma in India for Nation-Building

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Abstract

The youth of India, a substantial group, have numerous challenges that impede their overall development and their ability to actively engage in national development initiatives. This investigation closely examines important issues such as mental health challenges, limited education, unemployment, and societal expectations. Unemployment is still a major problem, and more and more young people are finding it difficult to find steady jobs. This issue is made worse by the educational system's shortcomings, which leave a large percentage of young people without the skills that employers are looking for in a changing labour market. Social expectations, which are frequently based on conventional norms, place additional obligations on young people and restrict their autonomy and choices. In addition, issues related to youth mental health have become a major barrier. A mental health crisis can be caused by a variety of factors, including the strains of academic success, societal expectations, and future concerns. It is essential to address these issues if we are to raise a generation that can actively participate in nation-building projects. By addressing the underlying causes of these problems, India may fully use the potential of its youth population and develop a resilient and dynamic force that actively participates in the process of nation-building. This article seeks to shed light on these difficulties.

Key words: Youth, Challenges, Obstacles, Nation-building.

Introduction:

“The future promise of any nation
can be directly measured by
the present prospects of its youth.”

John F. Kennedy.

21st Century is the age of scientific and technological advancement. To live in the present age is not less than a blessing for everybody. In the age of globalization every country is in the competition with the other country in every sphere of development. The whole world is in the rat race of becoming a powerful entity. In such a state, Nation building or National development is not an overnight process rather it is a constant practice of engaging all the citizens in building socio-economic prosperity and political stability in a nation in an inclusive and democratic way. In this process the group which can be considered as the most powerful one, is the youth-*YUVADHAN*. Young people can work more efficiently and increase the possibility to bring change in any particular nation. Their revolutionary thoughts can help to shape the world we live in. Youth constitutes the major portion of the world's population which is about 25% of the world. In India, there are 50% of its population below the age of 25 and more than 65% below the age of 35. 'India has enormous human resource of young Population, so called demographic dividend of country.' (Vaidande) We are also forecast to be the

youngest country in the world by 2020, with the median age of 29 years. There are number of examples of people of India, who have worked very hard in their young age and had been the reason of change in society, politics, economics, sciences and arts. Thus, youth can be considered as the pillars of development. Today also, youth of India have raised their voice against many evils of current era. Indian government has also formulated many special policies, schemes and programs for the development of youth which ultimately led to country's progress and establish itself as the strongest country among other developed nations, both physically and intellectually.

● **Issues of Youth:**

Besides this brighter side, there is also darker side of the youth of India, which may be consider as some of the challenges or obstacles in the growth of the country and the youth as well. With the growth of industrialization and globalization, our country is facing number of social, political, economic, environmental as well as religious issues or problems. 'About 87 per cent of young women and men living in developing countries face challenges brought about by limited and unequal access to resources, healthcare, education, training, and employment as well as economic, social and political opportunities.' (UNDP Youth Strategy 2014-17.)

'India has enormous human resource of young Population, so called demographic dividend of country. At the same time, it is need to harness and use this power for the development of country at various levels. Numerous youth specific programs and policies has framed by state and central govt. for getting maximum benefit to all young people, it helps them to became a capable human resource for country as well as their development get enriched. But only by framing programs and policy it doesn't mean govt. could be able to reach to single young person of this country. By framing these various policies young people's all Issues and problems will not get automatically resolved. For the development of young people, need to give them alternatives for free and smooth growth, their issues need to study by being a young mind.' (Vaidande)

Young generation is trapped into many issues and antisocial activities, although they are considered as the most productive group to rise or bring change. However, they are involved in evils like depression, abuses of internet, drug and alcohol addiction, and due to these evils there are increasing number of crimes like suicides, murder, rape, kidnapping, prostitution, cybercrimes, and yearning of corruption due to unemployment. Here the researcher has focused on some major issues of the youth of the time and how they are the obstacles in nation building.

1. Depression in Youth:

Literally, depression means lowering, sinking and reduction in vigour, vitality or spirits, excessive melancholy, mood of hopelessness and feeling of inadequacy. (The Concise Oxford Dictionary). Now days, the people of almost all the age groups suffer from depression, elders, teenagers, and youth. It is a state of mental anxiety and stress due to many reasons. In this competitive age, the youth is facing it to that extent that many times they take wrong decision to harm themselves or others. According to the study 65% Indian youngsters show early signs of depression and the poor financial condition is one of the many causes of stress and disgust among people. Moreover, 64% of them were sleep deprived which is the most common and major symptoms of depression.

'The online survey held by ICICI Lombard said that when it comes to professional life, lower income (55%), competition at work (24%) and lower performance (21%) are the main reasons that cause anxiety in people.' (Hindustan Times, Mumbai, Apr. 26 2017)

If we look at the group of school and college going students, we come to know that '37% university students in India suffer moderate depression.' (NDTV, Education) The reason of this ration is the fear factor related to exams, job after study, and stress and burden on them by their mentors of the institutions.

2. Drug and Alcoholism abuse in Youth:

Drug and alcoholism abuse is the universal issue of the present age and India is not out from it. It is the social taboo and shows the loss of moral and cultural ethics of any region. We read in daily newspapers that the teens are found in consuming drugs and most of them are usually aged between 18-25. Reasons of this addiction can be pressure of studies, competitive educational system, parental burden in academic career,

personal and family issues etc all this leads the youth to drug and alcoholism, who fail to cope up with the problems. Sometimes it is because of adolescence situation like friends' encouragement and sometimes it begins with just experimenting due to curiosity.

Such drug or alcohol consumption make the youth of the country lethargic, and unable to think or participating in nation's progress. We find change in their behavior, anxiety, negligence from their duties and responsibilities, and they turned towards illegal activities and frequent fights. Self-awareness is the first step of the solution. If a person himself or herself desire to give up from addiction then only the rehabilitation process is possible. One may try to put restriction on oneself and it also requires support from the family and nearby people and counselors.

'Stark statistics reveal that around 25,426 people committed suicide due to drug and addiction related to problems in the last ten years across India.' (Hindustan Times. Nov 05, 2014)

3. Suicide and Youth:

India is the country with the highest numbers of youth population, but unfortunately, India is the country with the highest numbers of suicide among youth standing at 35.5 per 1,00,000 people. 'According to National Crime Record Bureau (Government of India, 2005), a large number of suicides (37.8%) in India are by those below the age of 30 years. The fact that 71 % of suicides in India are by persons below the age of 44 years impose a huge social, emotional, and economical burden on our society.' (NCRB, 2005)

In 2015, the number of students' suicides stood at 8934. 'Every hour, one student commits suicide in India, according to the 2015 data from the National Crime Record Bureau.' (NCRB) The reason for this large amount of suicides includes the lack of socio-economic and emotional resources. Specifically, in youth, there may be academic pressure, workload and stress at working place, modernization of urban centers, and breakdown of support system. On the one hand the youth of the time becoming more progressive and on the other hand their social and family background become less supportive to their choices and they are unable to accept change in stereotyped traditions and social customs, i.e. the aspect of generation gap. But this increasing numbers are an alarming notice for the country's progress. If the progressive youth can be trapped into such mean thoughts like suicide, there would be no chance for amendments in society because the youth power would be ended and the older generation doesn't want any change. The country would lose the new and creative ideas of research and development which is the major source of invention to compete and make the country's own stand in the world economy.

4. Youth and Crimes:

Any behavior, either it violates the law or harmful to an individual or a group can be termed as a crime. Astonishing or high rates of crime by young adults in India need our attention for its prevention and solution. When we are discussing these days about similarity or gender inequality, cybercrimes, sexual harassments, corruption etc. we should not forget that the youth of the nation the future of the progressive India, themselves are trapped under all these evils. According to the released figures of the National Crime Records Bureau (NCRB), almost 60% crimes against minors are done by youngsters of the 16 and 18. That account for, 28,330 out of 43,506 crimes registered against minors under the Indian Penal Code (IPC) and the Special Local Law (SLL). (Mahajan, Viraj)

'We can't judge poorer alone committed crime; but also by rich. As per the latest figures from the National Crime Records Bureau, youth in the age group of 18 -30 were responsible for 41 percent of the total heinous crimes – murder, rape, burglary and kidnapping in 2002.' (Rajalakshmi, S. 9)

Reasons of rising crimes by youth are primarily related to economic situation, social environment, and family structures. Poverty and unemployment, corruption and political situations falls into this category of crime affecting factors. Social factors include inequality of gender or cast, lack of leadership in communities etc. Cybercrime is the highest of all in today's techno advanced youth. 'There has been 53.5% rise in the cybercrime. Out of 324 people arrested under the IT Act, 215 were from the age group of 18-30 years.' (Mahajan, Viraj) Youth is the major group of practicing the cybercrimes in order to make 'easy money'.

Apart from this criminal viewpoint, youth is affected by the excessive use of internet and falls into different types of immoral activities like pornography. Due to internet abuse, there are number of young people who practicing fraud and cheating by hacking important data from the websites of private or governmental

organizations, which is the sever crime against any country's safety and security. This is the biggest challenge for all of us to prevent crimes by youth and turn the youth power towards nation building in a true sense. Strict law enforcement, and better judiciary set up can prevent youngsters from committing such crimes. It also needs every individual's healthy participation in preventing crimes around him or her.

5. Present Education System:

Education is the tool which develops country's economy and society and thus it is the milestone in nation's progress. It provides knowledge and skills to the youth and it is the medium of shaping their personality. Education prepares youth to lead the future generations. But unfortunately, the Indian education system has the lack of qualitative learning and there are number of issues which are the obstacles in strong nation building. India has the lack of access to proper education for the poor youth. Everything is about rote memorization i.e. exam oriented teaching. Moreover, politics, reservation, and corruption are the major backdrops in value based and authentic education and reasons for degrading state of education. People who are associated with this field or system are no more interested in finding innovative ideas for improvements rather they have made it just a medium of money making.

Mukesh Modi draws our attention towards the loopholes or issues in present education system. He has pointed out some number of issues which are as following, "1. The present education is not sustainable for the working youth population, 2. The license raj still prevails, 3. A teacher must not preach but must facilitate learning, 4. Skill development is neglected in the present education system, which must change, 5. There is a clash between professionalism and values, 6. The system is more or less visionless or has a short-sighted vision, 7. The present day education system does not reflect the aspirations of the new generations, 8. The present day education can only produce 'fractured citizens'." (Modi, 17).

Indian education system needs to focus on skill-based learning. In present century, where manual work is reducing day by day and machines are working more effectively with a large amount of production in short time limits, there is a need to make our youth technically advanced with the skill-based teaching practices and make them prepared for future need of the employment. It is our privilege that Indian government has started the National Skill Development Mission, which was approved by Union Cabinet on 1st July 2015, and launched by Hon'ble Prime Minister of India, Mr. Narendra Modi on 15th July 2015, on the occasion of World Youth Skills Day.

These are the serious challenges in education system that needs to be solved as soon as possible to save our youth as these increases many other problems in youth like stress, depression, suicides, etc. by taking some fundamental or foundational changes into systems we can make our country prosperous both in intelligence and skills.

6. Youth and Unemployment:

The issue of unemployment is closely related with current education system. In India, the unemployment rate is measured by the number of people who are actively looking for a job as a percentage of the labour force. 'As per the information available on the official website of the Centre for Monitoring Indian Economy (CMIE), the current unemployment rate of India is 3.4%.' (Times of India, March 6, 2018) Unemployment makes a sense of vulnerability in the mind of the youth or anyone. It creates a feeling of uselessness and thus heightens the possibilities of turning towards the illegal activities in youth. Unemployment of youth laid adverse effects to the economic growth and poverty reduction.

There are striking numbers of mass unemployment in India today. Lack of technical education is one of the many causes. Besides the youngsters who are technically trained are migrated to foreign countries which is the biggest loose for native land. Such issues ultimately hindered country's economic progress and affects nation building policies.

● Conclusion:

The issues of youth are a great national waste if these energetic hands and brains are not provided with some sort of productive work. Youth and their creativity should have taken to the right direction with some constructive purpose. This 'Yuvadhan' can bring wonders if proper enthusiasm and inspiration are given to them. Youth have an enormous potential for transformation. They have the power to make amendments and to end the evil activities that still persist in India. *Youth is the maker and the destroyer as well.*

It is said by the Hon'ble PM of India Narendra Modi, when he addressed the 21st National Youth Festival in Rohtak that, "All over the country, we have lakhs of energetic, enterprising youths. The need of the hour is to channel their efforts into productive avenues." (Times of India, 12th Jan. 2017)

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