

REVIEWER'S REPORT

Manuscript No.: **IJAR-54468**

Title: *"Mental Health and Political Polarization Among Youth"*

Recommendation:

Accept after minor revision.....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity	✓			
Significance		✓		

Reviewer Name: Dr. ABDUL HASEEB MIR

Date: 25-10-2025

Reviewer's Comment

The paper titled *"Mental Health and Political Polarization Among Youth"* provides a timely and perceptive exploration of one of the most complex psychosocial issues affecting the younger generation. It makes a convincing case for understanding political polarization not merely as a political or cultural phenomenon but as an urgent public mental health concern. The paper is well-conceived, well-written, and grounded in a strong array of recent research, including quantitative data from national surveys and institutional studies. Its integration of psychological theory—the Impressionable Years hypothesis—with sociopolitical analysis makes the argument both relevant and multidisciplinary. While the essay is insightful, it could benefit from tightening its structure, refining transitions between evidence and argument, and slightly improving coherence in its recommendation section to make it more academically consistent.

Detailed Review

This study addresses an increasingly visible yet underexplored phenomenon—the psychological cost of political polarization among youth. The author's central argument is powerfully stated: sustained exposure to political hostility and digital echo chambers can lead to anxiety, loneliness, and depression in adolescents and young adults. The introductory section immediately captures attention through

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

compelling statistics from Hopelab, Data for Progress, and The Trevor Project, illustrating the severity of mental distress across the 13–24 age group. The framing of polarization as not only a social divide but also a health crisis makes the essay both relevant and original.

The use of the Impressionable Years hypothesis as a theoretical foundation is particularly effective. It grounds the discussion in developmental psychology and explains why late adolescence and early adulthood are uniquely vulnerable periods for the internalization of polarized discourses. The author handles this theoretical lens with clarity, connecting it logically to phenomena like identity formation, social exposure, and the emotional weight of partisanship. The essay consistently ties back individual experiences to systemic factors—social media amplification, the role of education, and healthcare access—demonstrating an integrative understanding of mental health determinants.

Methodologically, while the paper is based on secondary data, it displays good research discipline by citing multiple recent studies, including quantitative findings from 2021–2025. The references to studies from *ScienceDirect* and *Social Science & Medicine* effectively corroborate the narrative that heightened exposure to polarized political messaging correlates with elevated anxiety levels. Similarly, the social media analysis referencing Julie Jiang et al. (2021) enriches the discussion by bridging digital behaviors with psychological outcomes.

The paper's recommendations are practical and empathetically framed, ranging from media literacy initiatives to expanding mental health services, building inclusive spaces, and fostering empathy. Each recommendation ties back to the underlying causes of distress. The proposal for school-based media literacy programs and training teachers to detect early signs of distress reflects commendable sensitivity to real-world policy implications. However, the essay could be strengthened by subtly linking these recommendations to existing policy frameworks or mental health intervention models, which would make its suggestions appear academically anchored rather than purely advisory.

Stylistically, the essay reads fluently with a clear, persuasive tone suited to both academic and policy-oriented audiences. Some structural refinements could improve flow—for instance, grouping all statistical evidence under one cohesive paragraph before transitioning into discussion would prevent slight repetition. Certain paragraphs, particularly those listing initiatives, could benefit from reframing complete sentences into smoother transitions. The title, while clear, might be expanded to lend more scientific nuance—perhaps: *“The Psychological Impact of Political Polarization on Youth Mental*

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

Health: Bridging Social Identity, Media Influence, and Emotional Well-Being.” Such a variation would enhance its visibility in academic databases.

Recommendations and Suggested Revisions

- Refine paragraph structure to create smoother transitions between empirical evidence and interpretation.
 - Strengthen the connection between recommendations and established youth mental health frameworks or policy models.
 - Adjust the title to be more specific and research-oriented, in line with academic guidelines for clarity and searchability.
 - Reduce minor repetition in the results and recommendation sections for conciseness.
 - Standardize citation formatting across sources, ensuring consistency in years and style.
-

Final Recommendation

Accept with minor revisions.

The paper is persuasive, compassionate, and exceptionally relevant to current sociopolitical and psychological climates. It bridges the gap between mental health studies and civic discourse with maturity and clarity. With slight adjustments to structure, title precision, and source integration, it will serve as a highly engaging and valuable contribution to youth mental health and social behavior literature.