

REVIEWER'S REPORT

Manuscript No.:IJAR-54468

Date:25/10/2025

Title: Mental Health and Political Polarization Among Youth

Recommendation:

✓Accept as it is
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*).....

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

Reviewer Name: Mr. VISHAL SHARMA

Reviewer's Comment for Publication.

The document '**Mental Health and Political Polarization Among Youth**' is a unique topic. The document recommendations aim to mitigate the effects of political polarization on youth mental health, fostering a healthier, more inclusive society.

Recommendation :Accept as it is

Detailed Reviewer's Report

- 1. Originality** –The document discusses the mental health crisis among youth exacerbated by political polarization, highlighting key findings and proposing actionable solutions.
- 2. Structure and Clarity** –The manuscript is generally well-structured with sections such as Introduction, Results, and Conclusion. However, transitions between

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sections can be improved, and paragraph alignment should be checked for consistency.

3. Strengths—A 2025 survey revealed that 61% of Americans aged 13-24 feel loneliness significantly affects their mental health, with 35% reporting daily interference. The Trevor Project's 2024 study found that 90% of LGBTQ+ youth are negatively impacted by politics, with 39% contemplating suicide. The American Psychological Association's 2024 study linked rising depression and anxiety rates among young adults to election-related stress, worsened by social media echo chambers. Limited mental health support in schools contributes to the crisis, with 25% of students feeling inadequate support is available.

4. Significance

- **Media Literacy Programs:** Schools should teach critical evaluation of online information to counter echo chambers.
- **Broaden Mental Health Care Access:** Increased funding for mental health services in schools and training for staff to recognize mental health issues.
- **Foster Inclusive Environments:** Create safe spaces for vulnerable groups, implementing supportive policies and community programs.
- **Encourage Political Empathy:** Programs to help teens understand diverse viewpoints, potentially reducing polarization.
- **Family and Community Participation:** Initiatives to strengthen family and community ties, providing stability and support for youth.