

# Health Care Challenges in India

## Psycho-Social Perspectives

**Edited By  
S.K. Srivastava and  
Kalpana Sharma**



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Tel.: 011-23261581, 43037885

E-mail: globalgvph@gmail.com, info@globalvisionpub.com

Website: www.globalvisionpub.com

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# MENTAL HEALTH STIGMA AND HELP SEEKING BEHAVIOR AMONG YOUTH OF TRIBAL COMMUNITY OF ARUNACHAL PRADESH

*Kakali Goswami\* and Leeyir Ete\*\**

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The present study was carried out to explore relationship between mental health stigmas and help seeking behavior. Because a person's attitude and belief regarding mental health can contribute to his/her help seeking behavior and self-care initiatives. The study was carried out among young people of various tribal community of Arunachal studying at university level to understand the level of awareness among people regarding mental health and help seeking behavior. A total sample of 50 was collected through survey. Two standardized questionnaire was distributed among the participants. The result of the study will interpret the percentage and belief and attitude of people toward mental health and also initiative towards taking help to deal with mental health and general health issues.

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\* Assistant Professor & Head I/C, Dept. of Psychology RGU, Itanagar, Arunachal Pradesh.

\*\* Guest Assistant Professor Dept. of Psychology