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## **An Effectiveness of Mental Health Promotion and Happiness Among GNM Nursing Students**

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### **ABSTRACT**

Mental health promotion is an important aspect of the overall well-being of nursing students, especially those enrolled in the General Nursing and Midwifery (GNM) program. Nursing students often experience academic pressure, clinical responsibilities, and emotional stress during their training, which may affect their mental health and happiness. Therefore, promoting mental health among GNM nursing students is essential to help them maintain emotional balance, develop positive attitudes, and improve their academic and clinical performance. Mental health promotion activities such as counseling, peer support, stress management programs, and positive social interactions can help students cope with challenges and reduce feelings of anxiety and depression. When students feel mentally healthy and supported, they are more likely to experience happiness, confidence, and motivation in their studies and professional development. These positive feelings can also improve their communication skills, teamwork, and patient care abilities. Educational institutions and nursing schools play an important role in organizing programs and creating a supportive learning environment that encourages mental well-being.