

Mental Health And Mental Hygiene

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- ▶ **Mental Health**


- ▶ Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.


- ▶ **Definition**


- ▶ Mental Health is defined as “A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”


- ▶ The successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and cope with adversity.

▶ **CHARACTERISTICS OF MENTALLY HEALTHY PERSON**

- ▶ They feel good about themselves:
 - ▶ They are not overwhelmed by their own emotions fears, anger, love, jealousy, guilt or worries.
 - ▶ They can take life's disappointments in their stride.
 - ▶ They have a tolerant, easygoing attitude towards themselves as well as others and they can laugh at themselves.
 - ▶ They neither underestimate nor overestimate their abilities.
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- ▶ They can accept their own shortcomings.
 - ▶ They have self-respect.
 - ▶ They feel able to deal with most situations.
 - ▶ They can take pleasure in simple, everyday things.
 - ▶ They feel comfortable with other people:
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- ▶ They are able to give love and consider the interests of others.
 - ▶ They have personal relationships that are satisfying and lasting
 - ▶ They like and trust others, and feel that others will like and trust them.
 - ▶ They respect the many differences they find in people.
 - ▶ They do not take advantage of others nor allow others to take advantage of them.
 - ▶ They feel they can be part of a group.
 - ▶ They feel a sense of responsibility to fellow human beings.
 - ▶ They are able to meet the demands of life:
 - ▶ They do something about their problems as they arise.
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- ▶ In our life, if we experience mental health problems, our thinking, mood, and behavior could be affected.
 - ▶ Many factors contribute to mental health problems, including:
 - ▶ Biological factors, such as genes or brain chemistry
 - ▶ Life experiences, such as trauma or abuse
 - ▶ Family history of mental health problems
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▶ **Mental Illness**

- ▶ An illness with psychological or behavioral manifestation and/or impairment in functioning, due to social, psychological, genetic, physical or biological disturbances.” **(American Psychiatric Association).**

*“Mentally ill person means a person who is in need of treatment by reason of any mental disorder other than mental retardation”***(Indian Mental Health Act, 1987**

▶ **Mental Hygiene**

▶ Developing, maintaining and promoting necessary behavioral, emotional and social skills to sustain good, effective and efficient mental health.

▶ **Mental hygiene**

is

The branch of psychiatry that deals with the science and practice of maintaining and restoring mental health, and of preventing mental disorder through education, early treatment, and public health measures.

▶ *Mental Hygiene* is a branch of psychology which deals with the mental, behavioral and emotional adjustment through the application of principles and practices which have some scientific foundation or truth.