

# **Mental health and mental hygiene**

## **1<sup>st</sup> semester/paper code-103**

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## ▶ **Essentials of good mental health**

### ▶ **Feeling of security.**

▶ The feeling of security is very essential for good mental health. The environment in the family, school and group should be such that the individual considers fully secure

### ▶ **Feeling of self respect.**

▶ The feeling of self respect is necessary for good mental health in an individual. He should possess self confidence that he can solve his problems with his own efforts and can take decisions after due consideration of his problems on his own ability

### ▶ **Satisfactory social adjustment.**

▶ The individual with good social relationships, who is respected and honored in the society. So it is extremely necessary to establish adjustment with the society for good mental health.

## Life philosophy.

- ▶ The individual should possess a definite life philosophy of his own which provides meaning and purpose to his every day task, on the basis of which he works to solve his problems
- ▶ **Emotional maturity.**
- ▶ It is necessary for the individual to be emotionally mature for good mental health. He should not be controlled by emotions, rather he should command the capability of controlling different emotions and express them in a desirable way.
- ▶ **Adjustment with work.**
- ▶ It is necessary for good mental health that the individual takes interest in his work. The individual who does not take interest in his work remains sad, discouraged and pessimistic, due to which his mental health suffers.
- ▶ feeling of inferiority complex and their mental health is destroyed.



- ▶ **Harmony in Thoughts, Emotions, and Desire.**
- ▶ There should be a harmony in individuals Thoughts , Emotions, and Desire for good mental health. Excess of anything is bad for mental health. Therefore the life of individual should be balanced for maintaining mental health.
- ▶ **Capability of self evaluation.**
- ▶ The individual should be aware of his thoughts, desire, merits, and he should possess the courage to admit his faults and to eliminate them. The individuals lacking in this capability, come to possess the

- ▶ **Measures to keep good mental health of the children**
- ▶ **From family**
- ▶ Parents mental health should be good
- ▶ The family should have an environment of peace and cooperation
- ▶ Affectionate and compassionate towards children
- ▶ Parents behavior towards the children should be full of love and sympathy
- ▶ Should provide the children with suitable opportunities for the development of their interest and abilities.
- ▶ Should help and guide the children in solving their problems.
- ▶ Family environment should be democratic. It helps to develop the feeling of freedom and self confidence in the children

## ▶ **From the school**

- ▶ Develop Student self discipline in the students.
- ▶ The curriculum should be balanced, extensive, flexible and interesting.
- ▶ Provide limited home work only
- ▶ Arrangement of games and means of entertainment should made in the schools.
- ▶ Arrangement of different programmes like acting, dances, debates, cultural programmes
- ▶ Organize individual, educational and vocational guidance by skilled and able workers.
- ▶ Arrangement for sex education should be made for adolescence boys and girls.
- ▶ Guardian teacher council should be established through which school parent contact is maintained



▶ **From the society**

- ▶ The society should provide security to the children.
  - ▶ The society should run good educational institution
  - ▶ Arrangement of means of healthy entertainment should be provided for the children.
  - ▶ Should provide means for balanced emotional development.
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