

# Unit - 4

## *Mental health*

### Concept of Mental health

- ▶ Mental health is a term used describe either a level of cognitive or emotional wellbeing or an absence of a mental disorder.
- ▶ Meriam-Webster defines mental health as “A state of emotional and psychological wellbeing in which an individual is able to use his or her

cognitive and emotional capabilities ,functions in society and meet the ordinary demands of everyday life.”

- ▶ Mental health means continuous adjustment to the environment by individual
- ▶ Mental health means ability to make whole some personal and social adjustment
- ▶ In positive psychology suggest that mental health is more than the mere absence of a mental disorders or illness. Therefore the cultural, physical and education can all effect someone’s mental health.
- ▶ People with these disorders are often subjected to social isolation, poor quality of life and increased mortality. These disorders are the causes of staggering economic and

social costs .Mental illness affect and are affected by chronic conditions such as cancer ,heart and cardiovascular diseases ,diabetes and HIV/AIDS

## Factors affecting Mental health

- ▶ Hereditary
- ▶ Physical health
- ▶ Sociocultural environment
- ▶ Intelligence
- ▶ Disorganized family environment

- ▶ Brain factor
- ▶ School related factors
- ▶ Influence of media
- ▶ Habit framing in childhood

## Need of mental health

- ▶ Efficient learning and proper development of personality
- ▶ Hundreds of million of people worldwide are affected by mental , behavioral and substance used disorder . For example estimates made by WHO in 2002 showed that 154 million people globally suffer from

depression and 25 million people from schizophrenia ; 91 people are affected by alcohol use disorders and 15 million by drug used disorders .A recently published WHO report shows that 50 million people suffer from epilepsy and 24 million from Alzheimer and other dementias . About 877,000 people die by suicide every year.

## Factors contributing mental health

- ▶ Family environment
- ▶ Social relationship
- ▶ Hereditary
- ▶ Daily routine

- ▶ Physical fitness
- ▶ Exercise for brain & body
- ▶ Food for body & thought
- ▶ Cleanliness

## Characteristics of mentally healthy person

- ▶ Body & physical appearance
- ▶ Perceives reality
- ▶ Self reliant
- ▶ Relationships are intimate

- ▶ Feeling valuable
- ▶ Makes growth choices
- ▶ Non judgmental of others wholeness
- ▶ Enjoys being alone
- ▶ Acceptance
- ▶ Experiences without self consciousness

## Current mental health issues among school children

- ▶ Internet / mobile phone addiction
- ▶ Pornography
- ▶ Substance abuse

# School girls and mental health issues

- ▶ PTSD(post traumatic stress disorder)
- ▶ Anxiety
- ▶ Depression
- ▶ Substances & dependence
- ▶ Personality disorder
- ▶ Hypochondrical thoughts (need to die or suicide), hyposomenia(sleep more)



# Tele - mental health service (virtual tele- therapy)

- ▶ Real time e-mail counseling
- ▶ Tele- health modalities
  - 1) mental health apps
  - 2) 7cups.com
  - 3) talkspace.com
  - 4) bio base
  - 5) yourdosth 6) wysa.com