** Smt. Nagarathnamma College of nursing**

Soladevanahalli, Bangalore -90

**Subject – Psychology**

**Unit : 7 :Mental Hygiene and mental health**

**LEARNING OUTCOME :**

**At the end of the session the student will be able to :**

* Define the concepts of mental health and mental hygiene
* Warning signs of poor mental health
* Understand the preventive and promotive mental health strategies
* Describe the characteristic of mentally health person
* Explain ego defense mechanism
* Define the concepts of social and personal adjustments
* Enumerate the concepts of guidance & counselling

**Meaning of Mental Health -**

 Mental health is defined as ‘the capacity of an individual to form harmonious relationships with other and to participate in or contribute constructively to, change in the social environment’

-WHO-

 Mental health is defined as ‘simultaneous success at working, loving and creating with the capacity for mature and flexible resolution of conflicts between instincts, conscience, important other people and reality’

 -APA-

Mental health is defined as ‘an adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness.

 -Karl Menninger-

According to ‘Robinson’, 1983 mental health can be defined as “a dynamic state in which thought, feeling and behavior that is age appropriate and congruent with the local and cultural norms is demonstrated.”

**CHARACTERISTICS OF MENTALLY HEALTHY PEOPLE-**

Mentally healthy person feels comfortable about himself

* Feels secure and adequate
* Knows and accept strength and weakness
* Has self respect
* Has personal identity, knows who she / he is, to which group she / he belongs and feels as a part of the group

The mentally healthy person feels right towards others

* Respect others
* Interested in others and is able to love others
* Has friendship that is satisfying and lasting
* Feels part of the group
* Is able to trust others
* Develops ability to give and take
* Take responsibility for the neighbors and fellowmen

Mentally healthy person able to meet demands of life

* Able to solve problems
* Able to cope up / adjust with a crises of stressful situation
* Able to think for himself and take her / his own decisions
* Sets reasonable goals
* Takes the responsibility

**FACTORS AFFECTING MENTAL HEALTH -**

There are certain factors which affect the mental health of an individuals

1. **Hereditary factors –**

Play an important role both in internal adjustment and social adjustment. An individual inherits certain characteristics from his forefathers affecting his growth, appearance, intelligence and environmental opportunities.

1. **Physical factors –**

As body – mind interaction exits. If the mind is healthy, desirable behavior will be seen and vice – versa. Physical factors like good height, good positive health, good looks, erect posture, strength ect… have better advantages in the development of normal personality.

1. **Social factors –**

Social well – being implies harmony and integration within the individual between each individuals and other members of society and the world in which they live. The characteristics of an individual are influenced by

* Home (Family) – it is primary unit, parents are primary care givers. Home provides love, security, shelter, interest, attention and basic needs of child during growing period.
* School – after the family and home, the important factor, which influences the personality development of the child, is the school. The school which provides good education, child guidance, extra – curricular activities such as sports, music, dancing, pays individual attention towards progress of the child.
* Community – the community provides protection to the family in which family lives, enjoys and develops. Healthy structures and organized community reduce mental illness and crimes.
1. **Satisfaction of basic / fundamental needs –**

the basic needs such as physical, organic emotional, psychological, social, spiritual needs has to be met to promote well – being and felt needs of the individuals. Eg – affection, security and safety ect…

**WARNING SIGNS OF POOR MENTAL HEALTH –**

**In an adult:**

 A person with one / more of the following symptoms should be evaluated by a psychiatrist, other physician, or a nurse as soon as possible

* Confused thinking
* Social withdrawal
* Marked personality change
* Inability to cope with problems and daily activities
* Strange / grandiose ideas
* Excessive anxieties, fear and worries
* Prolonged depression and apathy
* Marked changes in eating and sleeping patterns
* Abuse of alcohol and drugs
* Excessive anger, violent behavior
* Inability to cope up with daily problems and activities
* Suicidal thoughts

**In a Child:**

* Cries a lot
* Fears / phobias
* Inability to concentrate in school works
* Decline school works
* Difficulty in reading, writing and calculating
* Loses interest in playing
* Isolate himself / herself from other people
* Regularly talks about death and dying
* Sleep disturbance
* Afraid of animals and birds
* Bed wetting
* Temper tantrum
* Fighting with peer group for simple reasons
* Frequently asks / hints for help
* Thumb sucking
* Hair pulling

**MENTAL HYGIENE**

**DEFINITION**

 It is concerned with the principle and practice in promotion, maintenance of the mental health and the prevention of mental disorders.

 -J.A Hadfield-

 Mental hygiene is defined as the science and art of perceiving and maximizing the mental health.

**MEANING**

 It is a art which includes healthy practices for the promotion, preservation and maintenance of mental health. It is a science which help s the individuals to understand the ways that has to be followed to lead a peaceful life.

**PURPOSES / APPROACHES TO MENTAL HYGIENE**

1. **Preservative approach:**

The individual has to preserve good mental health and follow Promotive health measures. The individual must understand the ways to lead a peaceful life.

* Makes efforts to realize totally one’s own potentialities as much as possible
* Enable the individual to express himself / herself, uniqueness of the individual to express their life and work
* Enables the individual to live a happy life, free from anxiety, stress and fear
* Establish harmony with himself as well as with other’s surrounding them
* Promotes individual ability to take correct decisions and follows the right path
* Leads social life in effective manner by making the individual to get along with himself and with his fellow beings
* Cultivates, desirable positive attitudes towards life
* Avoids conflicts that bring about maladjustment
* To pursue intelligent rational behaviour
1. **Preventive approach:**

To prevent the occurrence of mental illness, an individual

* Adopts preventive methods and understands the relationship that exits, between wholesome personality development and life experience
* To ensure well – adjustment individual, has to surround them with environmental influences which will enable the person to develop their full personalities in order to attain emotional stability and to achieve personal and social adequacy
1. **Therapeutic approach:**

When an individual is unable to preserve and maintain mental health, and prevent the occurrence of mental illness, it is necessary to utilize therapeutic measures to prevent and cure mental diseases.

Mental health deals with measures to prevent and cure the individual’s maladjustment in home, school and community. Mental health and mental hygiene are essential throughout life.

**PRINCIPLES OF MENTAL HYGIENE IN VARIOUS STAGES OF LIFE**

In every stage of life, individual has to adjust themselves to enjoy productive and good social life. Individual need proper guidance and counseling in early stages of life to become mentally healthy.

1. **Prenatal and postnatal period –** during this period the mother should have positive emotional feelings free of mental tension, conflict / frustration. If she experiences deprivation, frustration, conflicts, negligence by family members it will affect her emotional status and make her unhappy. After birth the baby needs mother protection, food, love for normal growth. only happy mother could give all these to new baby.
2. **Infancy: 1month to 1 year -** in the womb the fetus feels more comfortable and enjoys warmth. But the newborn is full of fear when child comes out to this world. The infant brought up in a happy family with love and care develops into normal family than the infant reared in problem family and orphanages. Parent’s responsibility is to provide happy and conductive environment for the child to grow.
3. **Early childhood (toddler and pre – school) –** during this period the child learns to run, jump, climb, shout, scream, balance and many more bodily skills. He develops sensory, fine motor and vocabulary improvement. He will experience and be able to differentiate various types of emotions like love, jealousy and anxiety. He should be encouraged, praised and guided to show that he is loved and needed by parents.
4. **Later childhood (6-12 years) –** this period is also called as **“smart age group”** because the child feels he knows everything. The child enjoys being dirty, careless in appearance. The child is naughty and rebels against adults. The child’s needs of this age are
* Love, protection and care by parents
* Proper guidance
* Regular check – up on his activities will make him secure
* He must be engaged in physical activities like sports and exercises for his physical well - being
* The school should provide homelike atmosphere with love, attention, studies and recreational activities
* He must be treated without hunting his ego
1. **Adolescence (13-18 years) –** it is a time of transition in age when the person is not yet an adult but no longer a child. In this period major events occur and they can either stimulate new adaptive ways of coping / lead to regression and maladaptive coping responses. Tasks that should be accomplished during adolescence are
* Achieving new and more mature relations with age-mates of both sexes
* Achieving masculine and feminine social roles
* Achieving emotional independence from parents and others
* Preparing for marriage and family life
* Preparing for career

For maintaining mental hygiene in adolescence are

* The parents should always see that right from childhood, the basic needs are fully fulfilled
* Parents in home and teachers in school should take teenage child into confidence and give the sex education in a scientific manner
* Instead of fault finding, parents should try to explain and guide the child in proper way
1. **Adulthood (20-40 years) –** if the childhood, adolescence life is happy, satisfied and without any conflict and frustration the adulthood becomes a success, happy and well – settled in every aspect. Tasks to be accomplished are
* Satisfactory adjustment for emotional development of adult
* Promoting socially approved activities
* Experiencing satisfaction in many facts of life
* Maintaining holistic attitudes towards life
* Understanding psychological reactions and adjustment problems
* Enjoying family and work period and happy married life
* Promoting security with satisfaction

On the other hand the chances of becoming a mentally ill are more if the life is full of frustrations, conflicts. These individual needs

* Develops hobbies to keep them busy in leisure time, both in - door and out - door activities like games, sports ect…
* Plan his future to make his life a success, free from mental conflicts
* Women should be trained in art and craft
* Marriage counseling, job satisfaction, employment satisfaction must put their significant role in the society to prevent damages to family.
1. **Old age (60 – till death) –** age is like a rainbow that follows storms of life. Old age is process of transition in various aspects such as social, biological, cognitive, affective, psychological, functional and spiritual. The needs of the old age are
* Food rich in calcium, iron and protein
* Encourage maintaining normal social relationship with other people
* Do not allow the feeling of loneliness
* Motivate family members in taking care of old age persons and efforts has to be made to meet the needs of old persons
* Provide health care services

**MENTAL HEALTH STRATEGIES AND SERVICES**

 Bhore committee in India (1946) established the infrastructure of the health services in the country through primary health center complex one primary health center with sub – centers as health services catering for 75,000 populations.

**OBJECTIVES FOR MENTAL HEALTH PLANNING**

* The prevention and treatment of mental disorders and their associated disabilities
* The use of mental health knowledge and skills to improve general health
* The application of mental health principles to improve the quality of life
* Rehabilitation
* Group and individual psychotherapy
* Mental health education
* Use of modern psycho – active drugs

**RATIONAL FOR PREVENTIVE AND PROMOTIVE MENTAL HEALTH STRATEGIES**

1. **Concepts relating to mental disorders**
* The vast number of mental patients does not reach the existing mental health care system
* The largest proportion of mental disorders in natural form is self – limiting and managing at level of out - patient and in community
* Effective treatment of diseases can often be worked out with rational management of complaints
1. **Coordination and integration of mental health care in to the general health services**

Mental health services for a part of complex health services and they should not be separated from other services. This task needs to be performed at level of health care programme so that the total system works in an integrated fashion

1. **Training and education**
* The emphasis on training at all levels should be relevant to the needs and should be action – oriented
* Diffusion of appropriate mental health knowledge and skills to the different level of health workers
1. **Social setting**

Any development of mental health organizing should be based on existing frame of rural society and in social setting relevant to Indian culture. For ex – the Indian family can play a significant and vital role in total health mental care programme.

**PROMOTIVE AND PREVENTIVE MENTAL HEALTH CARE**

1. **Primary prevention**

The aim is to lower the incidence by improving quality of life and enhancing the tolerance of community to life stresses.

* Basic mental health education
* Family orientation programme
* Society centered measures
1. **Secondary prevention**

The aim is connected with active case finding, shortening the period of illness, and mitigating its course once it has become manifest.

* Early diagnosis and various diseases by using a simple mass screening programme
* Many mental illness are managed by various healing systems
1. **Tertiary prevention**

The aim is reducing the relapse and disabilities consequent upon diseases

* Rehabilitation
* Follow up care