Identifying Mental Health in Context of Psychological Understanding

Priyanka Singh

Research Scholar, Dr. Ram Manohar Lohia Avadh University, Ayodhya, Uttar Pradesh, India

Abstract: - The purpose of this study is to understand the various dimensions of mental health. It defines the definitions given by various psychologists. Mental troubles in older people are different from others. From a psychological point of view this study studies the effects on mental health. The study of mental health is even more important in today's mechanical era. Different psychologists have given different views according to time and time. It is not possible to bring together the conclusions given by all these psychologists. Therefore, mental problems in psychology should be understood in a broad thesis.

INTRODUCTION

Mental health describes the level of cognitive and emotional well-being. Absence of mental disorders also signifies mental health. In the perspective of positive psychology, a person enjoys life in mental health and gets involved in positive activities of life and adjusts to the circumstances. Mental health signifies successful compatibility of a person.

The W.H.O. defines mental health as stating that "mental health is a condition of well-being in which a person realizes his / her abilities. He / she can cope with the normal stresses of life, work beneficially and usefully and able to contribute towards their society. (WHO, 2004)

The meaning of mental health can be derived from knowing and understanding oneself, making oneself happy, making meaningful connections, adjusting to day-to-day situations and maintaining humor. This implies that establishing a balance between all important aspects of life: social, spiritual, financial and mental is a symptom of mental health.

Mental health is like the weather, and the emotional and psychological environment in which we live. Like the seasons, it also varies with different organizations. This change is sometimes good, sometimes bad and sometimes stormy. In this way, mental health is a positive interaction between various contexts and events in our lives. It is critically influenced by the circumstances of our lives, the support and control that we receive. Mental health confronts and adjusts to life's challenges. Strong support and financial support positively help mental health. Lack of income, home, education and employment affects mental health.

Mental health refers to how a person evaluates his or her life, which includes various circumstances such as life satisfaction, low depression and anxiety, and positive mood and emotion (Diener & Diener, 1995). Depression, anxiety, hopelessness and life satisfaction can be known as the dimensions of mental health (Guney, 2009).

The concept of mental health is as old as humans. In recent times, psychiatrists and academics have been giving due attention to the study of mental health. In India, very little work has been done on this.

(Kornhauser 1995), defining mental health, has written that mental health has brought into practice the attitudes, attitudes and experiences that affect the overall personal effectiveness, success, happiness and human form of man. Determine the best functions. Mental health depends on development and life goals which are neither too high nor too low, which are possible to be fulfilled and are in line with the capacity of the individual (Lakshminarayana & Prabhakaran, 1993).

Thus the suffix of mental health is similar to the 'Gestalt approach'. It has to merge the qualities of both individual and behavior. It can also be understood as a behavioral feature of a person. A mentally healthy person has to submit to the aptitude, health value, healthy self-belief and scientific observation of the whole world. Different psychologists Erickson (1936), Roger (1969), Airlock (1972) have proposed almost the same views. A mentally healthy person can also be understood as a dynamic person (Anand, 1988). In this way, mental health is an affirmative theory that occurs towards oneself and others (Member & Kind, 1962).

A mentally healthy person can be identified with the following points -

- A mentally healthy person is content and happy. That fear is not disturbed by impulses of anger, malice, despair, guilt, delusion etc.
- A mentally healthy person is emotional and understands the feelings of others.
- A mentally healthy person considers his abilities neither too excellent nor too inferior.
- A mentally healthy person believes in other people.
- A mentally healthy person is made as friendly as possible in his environment and when needed, adjusts himself with it.

- A mentally healthy person works according to the predetermined plan and remains fearless from the future.
- A mentally healthy person is eager for new feelings and thoughts.
- A mentally healthy person sets goals according to reality.

There are the following major dimensions of mental health:

- Egocentricity
- Repeal / Abrogation
- The expression
- Emotional stability
- Social conformity

Egocentrism - Such is the tendency in which one's self becomes very strong. In this, the person aspires for special service and considers others unsuitable and futile. These type of people are covered by the true self, false self, causing indifference to factual behavior. The narrowness of social feeling and social interaction in such people gets blocked. In this type of people, the tendency towards superiority, blame, rejection develops in a large amount.

Abrogation - There is such mental tendency, in which lies the power of the person, violation of authority, inappropriateness and isolation. Failure in the case of stress arises due to excess of instinct values, excess of overload and high level aspirations and lack of resistive capabilities, failure of time devices and inability to reorganize the institutions. This type of people is found to have relatively less work orientation and mental protective tips.

In old age, the capacity for freedom and creative thinking is often lost. In this state, a person has attained fame and is willing to reap the fruits of hard work and sacrifice done in the initial years of life. In such a situation, he thinks of affection, cooperation rather than envy. It is related to various characteristics that affect the quality of life in which the underlying symptoms and the lowest thematic health are prominent. (Tilvis et al, 2000; Victor et al. 2000; Alpass & Neville, 2003; Cohen Mansfield & Gill, 2007). Revocation can cause cognitive decline, increasing the need for health services (Geller et al. 1999; Tilvis et. al., 2000; Jylha, 2004). Social repeal and isolation can be considered synonymous (Victor et. al., 2005).

Weiss (1973) divided abrogation into two parts - emotional abrogation and social abrogation. Emotional abrogation is a personal experience (Anderson, 1998). Social repeal is a situation in which a person lacks a social network. In social revocation, individuals may become frustrated (Cottan & White, 2005; Perlman & Peplau, 1982; VanBaarsen, 2002; Tiikk Ainen, 2006).

Old age is correlated with repeal (Jylha & Jokela, 1990; Fees et. al., 1995), but repeal ends at age 90 or older (Holmen et.

al., 1992a; Holmen, 1994). A direct correlation between isolation and age has been found in various studies (Creecy et. al., 1985; Beck et. al., 1990; Holmen et. al., 1994; Hector - Taylor & Adams, 1996; Mullins et. al. ., 1996; Tilivis et. al., 2000). Abrogation can cause increased age, morbidity and low social interaction (Jalha, 2004). Sexual variation plays a role in abrogation. It is found in older women more than men (Kivett, 1979; Berg et al., 1981; Holmen, 1994).

Various studies have shown low health status (Subjective Health) (Creecy, et.al., 1985; Mullins & McNicholas, 1986; Jylha & Aro, 1989; Mullins et al. 1988, 1996; Chang & Yand, 1999) Health Status) (Beck et.al., 2000; Tiikk ainen, 2006; Tivlvis et al., 2000), lower quality of life (Victor et. al., 2000) have also been found to be correlated with repeal.

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