
Mental Health

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Abstract

The purpose of this study is to increase the awareness of the general people about mental health. In the current socio-economic conditions, people are more concerned about physical health, but along with physical health, the formation and development of mental health is very important.

If the health of the mind is not good, the body also gets sick. Usually we feel the sickness of the body but we do not feel the sickness of our own or other's mind. Because of this, many become mentally disturbed, drug addicts or suicidal, which is not desired.

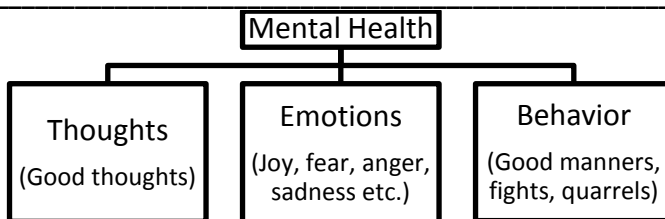
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INTRODUCTION

Mental health is the well-being of body and mind and healthy harmony with the environment. According to psychologists, all human behaviour is purposeful. At the root of this goal-directed behaviour are several needs. If people can accept all the problems and crises of real life and meet their needs then positive emotional states are created, emotional satisfaction is achieved and coherence is possible thus mental health is protected through meaningful coherence. Mental health in general means, "Full and harmonious functioning of the whole personality". By means, the state of mental health refers to a healthy body free from disease as well as a mind free from fear, depression, depression, stress etc. and not facing any social barriers while living in the society.

All of us have to face setbacks at one point or another be it in our professional or personal life. Many times we have to suffer from mental exhaustion and depression while facing challenges. The question of mental illness comes to the fore when we see our normal functions being disturbed. It can be seen that, as much as we are conscious about physical health, we are not so conscious about mental health. But poor mental health can have a huge impact on physical health because physical health and mental health are closely related.

One of the components of health is mental health. Mental health is the combination of these three thoughts, emotions and behaviour of people.



Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental disorder.

Mental health is the state of being in a peaceful, joyful state, living a worry-free life, adapting to any adverse environment.

Mental health is a state of well-being in which a person is able to realize his or her own abilities, cope with the normal stresses of life, work productively, and contribute to his or her community.

OBJECTIVES OF THE STUDY

Following are the main objectives of the study

- ✗ To create knowledge among the people about the importance of mental health.
- ✗ To explore the concept regarding mental health and its role in life to all.

Components of Mental Health: Mental health is an aspect of overall health. Mental health is the ability of the mind of the individual to maintain balance with the society. Its components are-

- ✗ Healthy disease free body
- ✗ Proactive and realistic approach
- ✗ Self reliance
- ✗ Conscious attitude
- ✗ Full participation in various spheres of family and social life
- ✗ Aim towards welfare of family social and national welfare

Factors affecting Mental Health: Factors on which a person's mental health depends are:

- ✗ Environment of the person.
- ✗ Social position.
- ✗ Family status.
- ✗ Freedom of expression.
- ✗ Opportunity for recreation.
- ✗ Economic status of the individual.
- ✗ Support of friends and classmates.
- ✗ Adequate amount of rest and sleep.
- ✗ Extent of person's responsibilities and duties.

The above factors directly and indirectly affect the mental health of a person.

METHODS

1. Connect with other people: Good relationships are essential in your intellectual wellbeing. They can:

- assist you to construct a feel of belonging and self esteem
- provide you with a possibility to percentage wonderful studies
- offer emotional guide and permit you to guide others

There are plenty of factors you can try and assist construct more potent and nearer relationships.

Do

- ✓ if possible, take time every day to be together along with your own circle of relatives, for example, strive arranging a hard and fast time to devour dinner collectively
- ✓ arrange a day out with friends you have not seen for a while
- ✓ Strive switching off the TV to speak or play a sport together along with your children, family or own circle of relatives.
- ✓ have lunch with a colleague
- ✓ go to a friend or member of the family who wishes guide or corporation
- ✓ Volunteer at a nearby school, health centre or network group.
- ✓ Make the maximum of time to live in contact with pals and own circle of relatives. Video-chat apps are useful, especially in case you stay a long way aside.

Don't

- ✗ do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- Supporting you to set goals or challenges and achieve them
- causing chemical changes in your brain that can positively help change your mood
- Eat nutritious meals
- Avoid smoking and Vaping (the act or habit of breathing in a flavoured steam containing nicotine from a special device).
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.

Do

- ✓ discover free activities to help you get fit
- ✓ If you have a disability or long-term health condition, find out the way about getting active with a disability
- ✓ start running
- ✓ find out how to start swimming, cycling or dancing
- ✓ find out about getting started with exercise

Don't

- ✘ do not feel that you have to spend hours in a gym. It's finest to find activities you enjoy and create them an element of your life

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to create a way of purpose
- helping you to attach with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Do

- ✓ Attempt learning to cook something new. Find out about healthy eating and cooking tips
- ✓ strive taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills
- ✓ Effort on a DIY project (do-it-yourself: the activity of decorating or repairing your home), such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online.
- ✓ Consider signing up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- ✓ try new hobbies that challenge you, such as writing a blog, journal paper taking up a new sport or learning to paint

Don't

- ✘ •do not feel you've got to be told new qualifications or sit exams if this doesn't interest you. it is best to seek out activities you fancy and create them a part of your life.

SOME OF THE THINGS YOU COULD TRY INCLUDE:

Do what you like: Do whatever you like or want to do. If you like travelling, shopping or painting, do it. Doing things you enjoy will also make you feel better. According to experts, people who stifle their own happiness at the expense of others are more likely to develop irritability and unhappiness. So prioritize your own well-being.

Try to blend in: Try to maintain good relations with others. Talk to people whenever you get the chance. Studies have shown that just 10 minutes of talking to others can improve memory and test scores! So try to socialize and mingle with people.

Do something for others: Helping someone creates a different feeling of well-being. So try to do something for others. Buy food or clothes or help a poor person with a small amount of money. You will see that your mind will be better. Then, instead of being disappointed with a particular subject, an idea of the world will be formed.

Images of starved faces will float in your mind before you feel helpless. As a result, the desire to do something for others will grow. Through this you will get encouragement to move forward in life.

Get help: If you feel mentally ill, seek help from others. Don't keep your mouth shut. Share your problems with everyone. Because too much stress can make you depressed. Many people think that if you tell someone that your mind is not good, they will say you are crazy! Get rid of this idea. Just as the human body is not always well, so the mind is not always well. So if you feel stressed, seek counselling or help from a psychiatrist. Share it with family first.

ROLE OF HEALTH AND PHYSICAL EDUCATION AND SPORTS ON MENTAL HEALTH:

Sports are not only good for physical health. Sports also have a special contribution in protecting mental health. Sports relieves the fatigue of the body, the mind is lively. Mental health is easily achieved if the body is healthy. Mental state improves as brain performance increases.

Physical education activities and sports play various important roles in building or maintaining mental health such as:

1. A sense of brotherhood develops a sense of nationalism
2. Collaborative attitude emerges
3. Increases physical capacity
4. Increases immunity
5. caste-religion-caste-gender discrimination is eliminated
6. Personality develops
7. Mentality and sociability improves
8. Self-control improves confidence and self-discipline
9. Quality of life improves
10. Increases personal and mutual value
11. It also plays a role in creating bonds of good relations and harmony.
12. Helps to acquire the ability to be self-reliant.

All of the above are very important for building and maintaining mental health, so physical education and regular participation in sports play a special role in mental health. Through play, children try to overcome small problems. Acquiring the habit of participating in competition in a healthy manner

SYMPTOMS OF MENTAL HEALTH TRAITS

- i. Physical Development: If the body is not good then the mind is not good so it is necessary to be physically able to think about the meaning with the surrounding environment, to apply logic and judge. Self-confidence: Being strong-minded and self-confident is a hallmark of mental health.

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- ii. Adaptability: Adaptability to any environment is one of its characteristics.
 - iii. Satisfied Self-Satisfaction: A person's satisfied self-awareness is a sign of mental health. A person is always aware of the level of his needs and does not want to be unhappy by creating unrealistic needs.
 - iv. Self-Evaluation Ability: Mentally healthy individuals can evaluate themselves.
 - v. Feeling self-respect: People with mental health have a sense of self-respect. Such people are not willing to lose their self-respect in any conflict. They know how to stay within their power.
 - vi. Maintaining balance: Maintaining balance in life, results in mental health. We need to balance spending time with society without spending time alone. People who spend time alone often suffer from stress and lose social skills. In other areas such as the balance between play and work, the balance between sleep and wakefulness and the balance between rest and exercise and even the balance between indoor and outdoor time are hallmarks of mental health.
 - vii. Flexibility: There are some people, who are able to hold their strong opinions. No circumstance can change their opinion. Such people can control the stress of adversity by strong expectations. Creating expectations for ourselves can make improving our mental health more flexible.
 - viii. Fulfilment demand of life: Another positive feature of mental health is that such a person can be aware of his responsibilities. Be able to make decisions as well as meet your own needs.
 - ix. Knows how to balance with friends: A mentally healthy person can maintain harmony with other people and get along with friends and does not feel alienated from friendships. He understands the problems of others and tries to adapt.
 - x. Self-control: People with mental health know how to control themselves and face problems intelligently and try to solve. Such people are not easily affected by fear, anger, jealousy, stress, anxiety.

IMPORTANCE OF MENTAL HEALTH

Keeping the body healthy is as important as keeping the mind healthy for a healthy and beautiful life. Mental health is the mental, behavioural, emotional health of a person. Mental health is important along with physical health. Mental stress also causes great damage to physical health, the body becomes weak, the ability to work decreases. Various importance of human mental health are:

1. Enhance Functionality: – Healthy and self-sufficient mental health. Enhances a person's natural performance to a great extent and develops creativity.
2. Increase in immune system: Various studies have shown that mentally ill people suffer from various complex and difficult diseases. In contrast, mentally healthy people are largely free from these deadly diseases. Research has also shown that mentally healthy people have a much better immune system than mentally ill people.

3. Importance of mental health in prevention of mortality: Various mental diseases such as schizophrenia, short-term mental disorders, delusional disorders, shared psychotic disorders, diabetes and various complex and difficult heart diseases are caused due to neglect of mental health. Therefore, it is essential to pay attention to mental health to prevent mortality.
4. Impact of Mental Health on Good Health: Good health and mental health are complementary to each other. We can never imagine health without mental health. We can never build a good health with mental imbalance. Therefore mental health is very important in building good health.
5. Importance of mental health in individual and social life: In personal life, a mentally healthy person is much more useful and loved by everyone than a person suffering from mental anxiety. Mental stress always makes a person suffer from anxiety, insomnia, starvation, etc, which has a very bad effect on a person's personal, social and family life.
6. Apart from this, mental health affects the daily life of a person in various ways such as –
 - i. Can perform daily activities properly
 - ii. Can make quick and accurate decisions on various issues
 - iii. Can mix well with everyone in the family and society and maintain good relations
 - iv. Can cope with various obstacles and pressures
 - v. Can contribute to the development of his family and society
 - vi. Increases mental toughness
 - vii. The power of psychoanalysis is revealed
 - viii. Self-confidence and self-restraint increase nationalism
 - ix. Cooperation and emotional endurance are improved

ROLE OF MENTAL HEALTH IN STUDENT'S LIFE

Just as illness occurs when any part of the body is not functioning properly, mental illness occurs when the mental process is not proper. This mental illness can be observed due to the increased competition in the student's life in the field of sports. Sports involve only physical activity, winning and losing, suffering and happiness. But an athlete is physically healthy when he is mentally healthy because physical and mental health complements each other.

- Mental restlessness is removed
- Increases concentration towards work
- Increases mental toughness
- Increases confidence
- Helps resolve internal conflicts
- Helps build confidence and self-reliance
- Helps to eliminate study complications and exam stress
- Increases problem solving ability.
- Leadership skills are developed.
- To become empathetic, respect others and other qualities are also developed.

ENVIRONMENT CONDUCTIVE TO MENTAL HEALTH

Proper development of personality is the way to protect mental health: The way to create suitable environment for it is-

1. Healthy home environment
2. Selection of healthy place
3. Healthy mental environment
4. Healthy marital life of parents
5. Fulfilling proper parental responsibility towards the child
6. Fulfilment of basic needs of the child and necessary discipline
7. Creation of favourable environment during puberty
8. Healthy environment of educational institution and adherence to ideal teacher
9. Social preventive measures
10. Suitable play environment along with studies

Discussion: Mental health is the aspect of our mental, behavioural and emotional health. What we think, what we feel and how we deal with life is actually our mental health. A mentally healthy person feels good about him and is never overwhelmed by certain emotions such as anger, fear, jealousy, guilt or anxiety. That is why it is important to take care of mental health to stay fit and healthy. However, many people do not have time to spend for this purpose in their busy lives. This is why stress and anxiety are increasing among people. Staying like this for a long time leads to deterioration of mental health.

CONCLUSION

Physical health and mental health are closely related. Mental health is the sum of our mind's internal behaviour and emotions. Basically because of the difference in mental health, we humans have different ways of thinking about any one thing. What do we care about? What do you feel? All these things represent our mental health. So from the above discussion we can say that the importance of mental health is very essential in individual's personal life, family life, social life, and in every aspect of life. Mental health is the health of a person's internal thoughts, feelings, emotions, and intelligence.

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