

## **Perspectives on Mental Health: An Overview**

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### **ABSTRACT**

Mental health refers to a condition of psychological well-being, mental health, or absence of mental disease. Optimal health also combines mental and physical well-being. Numerous individual, societal, and structural factors may come together at different times in our life to either support or compromise our mental health and change where we fall on the mental health spectrum. Individual psychological and biological characteristics might increase a person's susceptibility to mental health issues. Mental wellbeing goes beyond the absence of mental illnesses; focusing on positive attributes also enhances emotional health. Some methods to achieve this include engaging in enjoyable activities, cultivating a healthier relationship with technology, being compassionate to one, and expressing gratitude. Utilizing positive reframing, incorporating uplifting content into your mind, and setting objectives are also effective ways to enhance mental and emotional wellness. Emotional health encompasses not only the absence of mental disorders but also includes positive emotional traits such as resilience, self-confidence, and energy. With the numerous facets of mental and emotional health, there are indeed numerous approaches to enhancing them. This paper presents a systematic review aimed at gaining insight into mental health, including its aspects, key facts, determinants, components, symptoms of poor mental health and illness, additionally mental health care and treatment.

**Keywords:** Mental Health, Mental Illness, Psychological Wellbeing, Emotional Health

### **Meaning and Definitions of Mental Health:**

Mental well-being is when an individual acknowledges their own capabilities, can handle daily pressures, is productive at work, and can make a positive impact in their community. It also helps determine how we handle stress, relate to others, and make choices. Mental Health is a sound mental condition or a condition of psychological wellbeing or freedom from mental illness. The mixture of good physical and good mental health is also optimal health. The WHO (2022) describes mental health as a condition of feeling good in which an individual is aware of their abilities, can deal with daily stress, can work effectively, and can participate in society. Having positive mental health enables individuals to achieve their full potential, deal with life's challenges, function

effectively, and contribute meaningfully to society. This fundamental idea of mental well-being aligns with its diverse and extensive understanding within different cultures. According to Underwood-Gordon (1999), mental health affects all areas of a person's life. It possesses both tangible and intangible worth for the person, community, and civilization. Society's well-being and the productivity of its members are dependent on mental health. It can be seen in multiple interconnected ways-

- Mental health is essential for an individual's well-being and functioning.
- Having good mental health is crucial for everyone (individuals, families, communities, and nations).
- Mental well-being, being a crucial aspect of

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overall health, enhances societal functioning and impacts overall efficiency.

- Mental health impacts all individuals through its presence in our everyday routines at home, school, work, and during recreational pursuits.
- Having good mental health adds value to the social, human, and financial aspects of a society.
- Spirituality can play a crucial role in enhancing mental well-being, and mental well-being influences one's mental state.

Mental Health impacts our thoughts, emotions, and behaviors. It is essential for dealing with life's many obstacles and is vital for our overall health. Mental well-being allows us to achieve our maximum potential and effectively handle life situations. Although mental and physical health are crucial to our overall well-being, their relationship is frequently not fully grasped. The close connection between mental and physical health is evident. As stated by the World Health Organization, health is not only about not being sick; it involves overall physical, mental, and social wellness. Misunderstandings about physical and mental health lead many people to overlook the fact that mental illnesses can directly affect physical well-being.

Mental health impacts every aspect of an individual's life. It possesses tangible and intangible values for individuals, society, and culture. Mental health is viewed as a personal asset that impacts one's life quality and can be enhanced or diminished by societal behaviors. An important component of good mental health is the capacity to create relationships that are mutually fulfilling and enduring. Increased evidence suggests that the connection between social cohesion and economic prosperity in communities is vital, and it seems to be reciprocal. Health is typically described as a condition of physical and mental functioning, happiness, and the lack of illness. Mental health is characterized as a sound state of mind, psychological well-being, or absence of mental illness. Optimal health requires both good physical and mental well-being. Negi (2010) mentioned that mental well-being involves maintaining a harmony among different elements of an individual's life: including social, physical, and spiritual aspects. It guides our approach to environmental stewardship and decision-making, and plays a crucial role in our overall well-being.

### Key Facts on Mental Health:

WHO (2022) explained the following facts about

mental health:

- Affordable, effective, and feasible approaches exist to support, safeguard, and enhance mental well-being.
- The necessity for addressing mental health is unquestionable and pressing.
- Mental health is necessary for our overall well-being and holds both inherent and practical importance.
- Mental well-being is influenced by a intricate combination of personal, societal, and systemic pressures and weaknesses.

### Aspects of Mental Health:

Understanding mental health of a person is quite difficult with understating/knowning the underlying parameter/indicator. In order to clarify the dilemma about mental health indicators, researchers have identified, assessed and explained the various aspects/indicators of mental health. According to Maslow and Mittelmann (1951) the following constitute normal psychological health:

- Adequate sense of security
- Adequate self-assessment
- Sufficiently spontaneous and emotional
- Efficient contact with reality
- Adequate bodily desires and the capacity to gratify them
- Adequate sense of self and Knowledge
- Integration and coherence of one's personality
- Adequate life objectives
- Ability to learn from from past events
- Ability to meet the group requirements
- Adequate emancipation from the group of culture.

As per the mental health battery (MHB-SS) scale developed by Singh and Sen Gupta (1983), there are six typical mental health indicators.

- **Emotional stability:** is the state of experiencing consistent subjective emotions, whether they are positive or negative, that are stable for the individual.
- **Adaptation:** It involves finding a balanced state between various environmental factors like home, health, social, emotional, and education needs, and cognitive abilities.
- **Autonomy:** Refers to a time of independence and self-choice in thinking.

- **Feeling of Security or Insecurity:** It relates to the level of safety, confidence, and freedom from fear or anxiety in meeting one's current or future needs.
- **Self-concept:** The collection of attitudes and perceptions an individual has about themselves, as well as their evaluation of their accomplishments.
- **Intelligence:** is the ability to think logically and make intentional decisions within one's surroundings.

One popular model describes psychological well-being (Morin, 2024) as being made up of six key components (Ryff, 2014)

- **Self-acceptance:** Having a positive attitude about the self
- **Purpose in life:** Having goals and a feeling that life has meaning and purpose
- **Autonomy:** A feeling of independence and freedom from social pressure
- **Positive social relationships:** Having meaningful connections with others marked by reciprocal affection, empathy, intimacy, and trust
- **Environmental mastery:** Feeling capable and having opportunities to manage an individual's environment
- **Personal growth:** Learning, having new experiences, and taking on challenges that lead to growth

Mental health is defined as person's ability to make positive self-evaluation, to perceive the reality, to integrate the personality, autonomy my group oriented attitudes and environmental mastery. Jainand Shrivastava (1983) developed a tool to assess mental health of working and non-working women. The dimension of the tool i.e. Positive Self-Evaluation (PSE); Perception of Reality (PIJ); Integration of Personality (IP); Autonomy (AUTNY); Group Oriented Attitudes (GOA) and Environmental Mastery (EM) are explained below:

#### ***Positive Self-Evaluation (PSE):***

It includes self Confidence, self-acceptance, self-identity, feeling of worth-Whiteness, realization of one's potentialities, etc. Self-evaluation is the process of systematically observing, analysing and improving one's own actions or results. In the workplace, this method concretely means examining and evaluating one's own professional contributions. The self-evaluation process

is directly related to knowledge and experience in a specific work area. This leads to a high degree of involvement and strong identification with the results the evaluation produces. This also increases the willingness to draw conclusions about this and to implement changes in practice. In psychology, self-evaluation is referred to as the process whereby people look at themselves to assess various aspects that play a role in identity. The concept is therefore closely related to self-verification and self-development

Self-evaluation is a process of critical evaluation of one's performance, in which explicit criteria are being used to scrutinize and appraise work against a set of agreed upon standards. Self-collected performance results are offered for deliberate evaluation in conferencing or supervision meeting with an assessor. This appraisal builds on the application of explicit criteria to the improvement of performance. Self-monitoring is a way of continuously looking at practice and meant to scaffold a better understanding of one's task performance to gain insight in its strength and weaknesses. This is often considered a more informal self-evaluation due to its openness and fluidity of goals and criteria. It merges often with activity scheduled within a formal course or curriculum. There's a slight difference between self-reflection and self-evaluation in the workplace, but the principles are the same – it's all about growth. While self-reflection in everyday life seeks insight into behaviour and values for personal growth, self-evaluation at work are used to study performance in order to improve it. Both seek a deeper understanding of self and look at ways to move forward (Thompson, 2009).

The benefits of self-assessment are clearly evident. However, it can be difficult to put into practice at times. Helping employees become comfortable with the concept of self-assessment can be time-consuming, with some embracing it easily and others feeling reluctant (Thompson, 2009). Self-reflection goes beyond just assessing oneself and can serve as a tool to evaluate one's achievements. Self-reflection is a cornerstone in teacher education, supported by self-regulation to guide actions and improve performance. It is a common occurrence in our daily lives. This is something we do since we are young - it's how we gain knowledge and develop. It is being more and more used in education as a valuable learning tool. As individuals grow older, self-reflection is frequently overlooked, but activities like meditation and mindfulness are increasingly popular and

supported by successful business executives worldwide. Positive self-assessment is crucial for managing challenges and maintaining happiness and mental well-being.

#### ***Perception of Reality (PIJ):***

It pertains to undistorted perception, lack of excessive imagination, and a broad perspective on the world. Every person has their own way of perceiving reality. The suggestion is that reality varies from one individual to another as a result of each person's unique perspective on the world. Although individuals may perceive reality differently, reality remains unaffected by our perceptions. Perception can impact our day positively. When one starts to change our thoughts, they change their realities. Every word that one think or speak has an effect on own bodies. This has been studied and proven scientifically. It's an established fact that when one changes your perception and thoughts, it changes physiology (Prasad, 2023).

#### ***Integration of Personality (IP):***

It shows the equilibrium of mental energies within a person and involves understanding and empathizing with others, the capacity to focus at work, and engagement in multiple interests. A cohesive personality integrates different facets of their character in a balanced and efficient way. Personality integration involves integrating all psycho-physical traits of personality (Jose, 2010). Guilford believes that a unified personality is formed through the combination of seven characteristics: psychology, needs, interests, attitude, temperament, aptitude, and morphology. In the view of Woodworth, a cohesive individual is one who brings together various traits, interests, and desires into a harmonious unity that works well. All mental activities in an integrated personality work together in an organized manner, including mind, emotions, desires, and determination. In a person like this, their dreams and goals align with their cognitive abilities, and their targets are realistically matched with the necessary physical stamina (Jose, 2010).

A well-rounded individual possesses versatility, resilience, and structure while also being in harmony. This individual has a realistic understanding of their abilities and limitations, a strong sense of self-worth, minimal feelings of inadequacy, and reduced need for compensatory actions. By accepting themselves, they are also more likely to be accepted by others. The harmonious

development of personality is crucial for adapting to the environment. If integration is strong, adjustment will come naturally and easily. If the integration is not crucial, then the challenges of adapting to the environment increase. When personality integration is lacking, there is an imbalance as there is no adequate mixture of psychological and physical characteristics. This individual lacks both expertise in his actions and achievements in his life's endeavors (Jose, 2010).

According to Dosanjh (1956), emotional maturity refers to a well-rounded personality. It refers to being able to manage intense emotions, remain calm and resilient in stressful situations, and exhibit patience and mental stability without neurotic behaviors. Crow and Crow (1962) have also shown that an emotionally mature person, regardless of age, can overcome tension, ignore certain emotional triggers that impact young people, and objectively assess themselves while working towards a better integration of their thoughts, emotions, and behavior.

#### ***Autonomy (AUTNY):***

It involves a consistent set of personal guidelines for behavior, relying on one's own abilities for growth instead of relying on others. Autonomy includes making choices based on personal values and goals rather than being influenced by outside pressures. Autonomy is considered a basic human requirement in the field of psychology. It is crucial for personal well-being, drive, and mental wellness. The investigation of autonomous behavior is commonly done within the framework of self-determination theory. As per this theory, individuals have natural psychological desires for independence, proficiency, and connection. Fulfilling these needs results in increased internal motivation, confidence, and overall sense of happiness (Cherry, 2023).

This independence is crucial in various ways. Individuals who possess the ability to act independently are more inclined to succeed in the workplace, reach their academic aspirations, and experience overall happiness. However, believing that others are in charge of your fate can lead to issues like low self-worth, a feeling of being powerless, and deteriorating mental well-being. Independence originates from various origins, and numerous elements can influence the level of freedom and agency individuals exhibit and experience. The early years of a person's life, their upbringing, and the way they were parented can greatly influence their

independence as adults. Different individuals may have different levels of autonomy. Certain individuals may possess a strong sense of independence, while others fall elsewhere along the same spectrum. Different factors such as the situation, goals, and individual circumstances can also play a role in determining levels of autonomous behavior (Cherry, 2023).

Independence plays a key role in driving motivation, enhancing well-being, and boosting overall life contentment. Autonomous individuals who believe they have the freedom to make decisions and have power over their own lives are more prone to experiencing authenticity, living in accordance with their true selves. Instead of being controlled by outside forces or situations, individuals can live in accordance with their own values and interests. Personal growth is enabled through autonomy as it allows individuals to develop and explore their beliefs, interests, and self-awareness. Autonomous living entails taking personal responsibility for decisions, which in turn fosters learning and development, including creativity by allowing individuals to freely explore their interests and passions to spark innovative thinking. When individuals are able to decide how they work, they don't feel as much need to follow specific problem-solving techniques. This can result in innovative thinking and foster a sense of pride and ownership in one's work, as well as increased motivation to pursue goals and engage in tasks. This can result in increased contentment in various aspects such as work and school and enhanced efficiency and success (Cherry, 2023).

### ***Group Oriented Attitudes (GOA):***

It is connected to the capacity to cooperate with others, collaborate with others, and engage in recreational activities. Group behavior involves the behaviors, thoughts, or emotions of a group of people or individuals within a group. Group behavior is frequently influenced by a set of rules or regulations, which may not apply to each individual in the group.

Throughout different people, cultures, and time periods, humans always strive for being included rather than excluded, belonging rather than being isolated, and being accepted rather than rejected. According to Leary and Baumeister (2000), people have an inherent desire for social connections, a strong drive to establish and sustain meaningful and positive relationships. And the majority of us fulfill this requirement by becoming members of various organizations. In a study by Davis

and Smith (2007), it was found that 87.3% of Americans indicated that they resided with companions such as family, partners, or roommates. Between 50% and 80% of individuals frequently participate in group activities like going to sports events, socializing in the evenings, dining together, or watching movies as a group (Putnam, 2000).

Groups fulfill the need for belonging and offer members information, aid, and social support. Festinger proposed in 1950 that people often come together with others to assess the validity of their own beliefs and attitudes through social comparison. Schachter (1959) investigated this mechanism by placing individuals in uncertain, anxiety-inducing circumstances and inquiring whether they preferred to wait alone or in the company of others. He discovered that individuals tend to seek the companionship of others in such circumstances.

Belonging to a group fulfills the desire for connection, provides insight through comparing with others, shapes our identity, and helps achieve goals that are difficult to accomplish alone. Groups play a crucial role in the practical aspect as a large portion of the world's tasks are accomplished collectively instead of individually. Success can be difficult to achieve for our groups at times, but when group members cooperate effectively as a unified team, their chances of success are higher. People resort to groups for making crucial decisions, which is acceptable as long as groups steer clear of issues like group polarization and groupthink.

Almost all activities that humans engage in, such as working, learning, worshipping, relaxing, playing, and even sleeping, take place collectively. It is rare to find a solitary individual who is disconnected from all social circles. The majority of people spend their lives in social circles, which significantly influence their beliefs, emotions, and behaviors. A lot of psychologists study individual people, while social psychologists examine groups, organizations, communities, and cultures.

Individuals who are embraced as part of a community generally experience an increased sense of happiness and contentment. However, if they are shunned by a community, they experience feelings of sadness, powerlessness, and despair. Research on ostracism shows that being intentionally excluded from groups can cause high levels of stress and may result in depression, cognitive confusion, and aggression. Using a functional magnetic resonance imaging scanner, researchers observed increased brain activity in the dorsal anterior cingulate cortex and anterior insula in individuals who

were left out of group activities. Eisenberger *et al.* (2003) have linked these regions of the brain to the feeling of physical pain. Being excluded from a group is physically painful.

However, teams have the ability to overcome this obstacle to achieve better results. A team can be made up of numerous skilled members, but it is crucial for them to combine their separate talents and efforts in order to enhance the group's overall performance. It is important to establish goals for the team, organize work schedules, and foster a sense of unity among group members. Members need to understand how to align their actions, and any tensions in interpersonal relationships should be recognized and addressed (Salas *et al.*, 2009).

Researchers have discovered that effective teamwork relies on two main factors: a common understanding of the task and solidarity within the group. Teams enhance their productivity as they establish a collective comprehension of the team dynamics and objectives they are working towards. A shared mental model begins to form early on and becomes more unified as the team practices together, with differences in understanding decreasing among members. Generally speaking, cohesive groups are also effective teams (Dion, 2000). Group cohesion refers to the strength, unity, social connection, and solidarity within a group. Most of the time, individuals within tightly-knit groups have mutual affection for one another and for the group as a whole, and they work together towards shared group objectives. Group members typically have a better experience when the group is tightly knit, and groups that lack cohesion usually don't perform as well. The connection between cohesion and performance is intricate. Meta-analytic research indicates that teamwork is enhanced by cohesion within a group, with performance quality having a greater impact on cohesion than the other way around (Mullen and Copper, 1994). Effective groups can also be extremely ineffective if the group's expectations focus on being unproductive rather than productive (Seashore, 1954).

### **Environmental Mastery (EM):**

It involves being efficient in meeting situational demands, being able to balance work and leisure, taking on responsibilities, and being adaptable. In a literature review by Windle and Woods (2004), the EMS was discovered to alleviate negative effects of community relocation for older women, prevent mood disorders in rheumatoid arthritis patients, and anticipate fatigue and

related distress in individuals with multiple sclerosis. Windle and Woods (2004) also reported on a mediation model that demonstrated that "environmental mastery is the key to experiencing life satisfaction in the midst of adversity" for older adults living in the community. September, *et al.* (2001) found that environmental mastery was a predictor of confidence and imposter feelings among Canadian undergraduate students. Seltzer, *et al.* (2004) examined environmental mastery among parents of children with mental health problems and developmental disabilities (Seltzer *et al.*, 2004). They found that higher levels of environmental mastery were associated with accommodative coping.

Specifically, a sense of self-efficacy or mastery over environmental demands, which reflects a sense of control, has been a robust predictor of psychological health (e.g. achievement, optimism, motivation and personal adjustment). This relationship has been noted as particularly important for older people. For example, studies by Jang *et al.* (2002) and by Ong and Bergeman (2004) found that feeling incontrol appears to increase an older person's positive outlook and generates better mental health. Ryff and Keyes (1995) defined environmental mastery as the 'capacity to manage electively one's life and surrounding world', while Strauser *et al.* (2008) viewed it as an individual's ability to choose and create environments that meet his or her specific needs. These definitions utilise a eudemonic rather than the hedonic wellbeing perspective.

Eudemonia is concerned with living in a way, and within an environment, that encourages the expression of one's full potential. A further aspect of experiencing eudemonia is being able to live in a manner that expresses one's true nature (Deci and Ryan, 2008). The eudemonic construct emphasises the mechanisms that are associated with healthy human functioning and adjustment, such as personal choice and a sense of belonging. This differs from the typically used hedonic or subjective wellbeing approach (Diener *et al.*, 2002), which focuses on perceptions of displeasure, satisfaction and happiness (Burns and Machin, 2009). Jang, *et al.* (2002) noted that mastery enables the individual to manage actively health-related problems by mobilizing resources using problem-focused coping and management skills. Mastery may be retained if an older person is actively involved in choosing their place of residential care; however, an individual who perceives the move to residential care as having been 'forced' upon them because of health decline or family

pressure may interpret the move as a loss of their capacity to influence their environment. This loss of impudence may be felt in the actual decision to relocate to the facility, as well as their perceptions that they have little control or influence over the day-to-day decisions and choices made for them within that environment. Both Ong and Bergeman (2004) and Pham *et al.* (2002) supported this reaction, and identified the importance of self-regulatory control over such things as use of time, long-term planning and goal setting.

In this viewpoint, psychological well-being extends beyond feeling good, experiencing pleasure, and being happy, even though those elements are certainly significant as well! Instead, it adopts a eudemonic viewpoint that emphasizes the significance of factors such as personal development, purpose, significance, and self-satisfaction (Niemiec, 2014).

### **Mental Health Matters:**

Psychological well-being is considered a core aspect of mental health. People with higher psychological well-being are more likely to:

- Live healthier and longer lives
- Enjoy a better quality of life (Kubzansky, 2018)
- Experience fewer social problems
- Have lower disease and mortality risk (Trudel-Fitzgerald, 2018)
- More likely to engage in healthy behaviors
- Cope better with stress
- Adapt more easily to setbacks or change

### **Symptoms of Poor Mental Health:**

The prevalence of mental illness is very high nowadays. Roughly 20% of adults experience a mental illness each year. Mental health issues can develop at any age, whether in childhood or later adulthood, but they typically arise during earlier stages of life. The impact of mental illness may range from temporary to permanent. It is possible to have multiple mental health disorders simultaneously. Different mental disorders, situations, and various factors can cause a range of signs and symptoms of mental illness. Symptoms of mental illness can impact emotions, thoughts, and behaviors. Signs and symptoms examples are (MFMER, 1998-2024):

- Difficulty with understanding or decreased focus
- Overwhelming fear or anxiety, or intense sense of guilt
- Severe fluctuations in mood with extreme peaks

and valleys

- Avoiding social interactions and hobbies
- Extreme tiredness, low energy levels, or trouble with falling asleep
- Being disconnected from reality (delusions), feeling paranoid, or experiencing hallucinations
- Difficulty in dealing with regular challenges or pressure.
- Difficulties comprehending and dealing with various situations and individuals
- Difficulties related to the consumption of alcohol or drugs
- Substantial shifts in dietary habits
- Fluctuations in sexual desire
- Intense rage, aggression, or physical aggression
- Suicidal thoughts.

### **Determinants of Mental Health (WHO, 2022):**

Throughout our lives, multiple individual, social and structural determinants can combine to protect or undermine our mental wellness and change our position on the mental wellness continuum. Individual psychological and biological factors such as emotional capacities, substance use and genetics can make people more vulnerable to mental health issues. Exposure to adverse social, economic, geopolitical and environmental circumstances, including poverty, violence, inequality and environmental deprivation, also increases people's risk of experiencing mental health conditions. Risks can occur at all stages of life, but those that occur during sensitive developmental periods, particularly early childhood, are particularly damaging. For example, harsh parenting and physical punishment are known to compromise children's health, and bullying is a factor that increases the likelihood of developing mental health disorders.

### **What is a mental health disorder?:**

Mental (behavioral) health disorders, or mental illnesses, affect the way you think and behave. They change your mood and can make it difficult to function at home, work, school or in your community. It is essential to mention that having poor mental health doesn't always mean you have a behavioral health disorder. You can also have a behavioral health disorder and still go through long periods of good mental health (Cleveland Clinic, 2022).

### Types of mental health disorders?:

According to MFMER (1998-2024 mayoclinic.org), some of the more common types of mental health disorders include:

- **Neurodevelopmental disorders:** This course addresses a variety of issues that typically start during early childhood or even in infancy, frequently before the child starts elementary school. Some examples are autism spectrum disorder, attention-deficit/hyperactivity disorder (ADHD), and learning disorders.
- **Schizophrenia spectrum and other psychotic disorders:** Psychotic disorders result in a disconnect from reality, leading to symptoms like delusions, hallucinations, and disorganized thoughts and speech. Schizophrenia is the most prominent illustration, although other types of disorders may also involve disconnect from reality occasionally.
- **Bipolar and related disorders:** This category encompasses conditions characterized by manic episodes of high energy and excitement, as well as periods of depression.
- **Depressive disorders:** These are characterized by feelings of extreme sadness and hopelessness. These consist of conditions that impact your emotional well-being, affecting feelings of sadness and joy, and can hinder your daily functioning. Major examples are major depressive disorder and premenstrual dysphoric disorder.
- **Anxiety disorders:** Anxious feelings involve worrying excessively about potential future harm or threats. It may involve actions intended to evade situations that trigger anxiety. Generalized anxiety disorder, panic disorder, and phobias are all encompassed in this category.
- **Obsessive-compulsive and related disorders:** These conditions include persistent worries or fixations and recurring thoughts and behaviors. Instances of specific mental disorders are obsessive-compulsive disorder, hoarding disorder, and hair-pulling disorder (trichotillomania).
- **Trauma- and stressor-related disorders:** These disorders involve difficulties in managing a person's response to a stressful event occurring during or after the event. Instances include post-traumatic stress disorder (PTSD) and acute stress disorder.
- **Dissociative disorders:** These are Conditions characterized by a disruption in a person's identity, memory, or consciousness. These conditions involve a disturbance in one's self-awareness, like in dissociative identity disorder and dissociative amnesia.
- **Somatic symptom and related disorders:** An individual suffering from one of these conditions may experience physical symptoms that result in significant emotional distress and difficulties in daily tasks. There could be no confirmed medical condition linked to these symptoms, but the response to them is abnormal. Somatic symptom disorder, illness anxiety disorder, and factitious disorder are among the disorders listed.
- **Feeding and eating disorders:** These disorders involve eating disturbances that affect nutrition and health, like anorexia nervosa and binge-eating disorder.
- **Elimination disorders:** These conditions involve the accidental or deliberate discharge of urine or feces inappropriately. Enuresis, also known as bed-wetting, is a case in point.
- **Sleep-wake disorders:** These are serious sleep disorders that are so severe they need medical care, including insomnia, sleep apnea, and restless legs syndrome.
- **Sexual dysfunctions:** This involves sexual response disorders like premature ejaculation and female orgasmic disorder.
- **Gender dysphoria:** This pertains to the discomfort that comes with an individual's expressed wish to transition to a different gender.
- **Disruptive, impulse-control and conduct disorders:** These conditions involve difficulties in managing emotions and behavior, like kleptomania or intermittent explosive disorder.
- **Substance-related and addictive disorders:** These issues involve the over consumption of alcohol, caffeine, tobacco, and drugs. Gambling disorder is also part of this class.
- **Neurocognitive disorders:** Neurocognitive disorders impact your cognitive thinking and reasoning abilities. Such cognitive issues acquired rather than developed, comprise delirium and neurocognitive disorders resulting from conditions



like traumatic brain injury or Alzheimer's disease.

- **Personality disorders:** A personality disorder is characterized by a persistent pattern of emotional instability and harmful behaviors that can impact both your life and relationships. Some examples are borderline, antisocial, and narcissistic personality disorders.
- **Paraphilic disorders:** These conditions involve sexual desires that lead to personal suffering or hindrance, or that result in possible or actual harm to someone else. Some instances include sexual sadism disorder, voyeuristic disorder, and pedophilic disorder.
- **Other mental disorders:** This category encompasses mental illnesses caused by other medical issues or not meeting all criteria for aforementioned disorders.

### Mental Health Care and Treatment:

In order to enhance mental health, on a national level, it is crucial to not only support and boost the mental well-being of everyone, but also to cater to the requirements of individuals with mental disorders. Achieving this goal involves utilizing community-based mental health care, which is easier to access and more widely accepted compared to institutional care. This approach helps in preventing human rights violations and results in improved recovery outcomes for individuals with mental health conditions (WHO, 2022). According to WHO (2022), an interconnected network of services is essential for delivering community-based mental health care.

- Mental health services are combined with general health care, usually in general hospitals and through sharing responsibilities with non-specialists in primary health care settings.
- Community mental health services can include community mental health centers, teams, psychosocial rehabilitation, peer support services, and supported living services.
- Services that provide mental health care within social services and non-healthcare environments, such as child protection agencies, school health services, and correctional facilities.

### Tips to Boost Mental Health:

Mental health encompasses beyond just a lack of mental disorders; emphasizing positive characteristics also boosts emotional wellness. Some strategies to do this

include doing activities you enjoy, building a better relationship with technology, being kind to yourself, and practicing gratitude. Using positive reappraisal, adding positive stuff to your brain, and setting goals are also constructive ways to improve mental and emotional health. Emotional health is defined as a lack of mental disorders, but it also includes positive emotional characteristics, like resilience, self-efficacy, and vitality. Given how many different aspects of mental and emotional health there are, there are actually lots of different things we can do to improve them (Sills, 2023). According to Sills (2023), there are seven tips for better mental and emotional health:

- **Boost Mental and Emotional Health By Doing Things You Enjoy:** An easy way to get an emotional boost is to do activities that you enjoy. Go out to eat with friends, play games, do crafts, or get a new hobby. Just doing fun things can go a long way in helping your mental and emotional health.
- **Build a Better Relationship with Technology:** Spending too much time on our phones or online isn't good for our mental and emotional health. But if we learn how to interact with our technology in healthy ways, it doesn't have to be bad for us. We can learn how to have more positive interactions online and use our tech toys to connect with others.
- **Boost Mental and Emotional Health: By Being Kind to Yourself:** Many of us are so mean to ourselves. We might have a vicious inner self-critic, or we might find that we judge ourselves harshly for any mistakes we make. But the truth is, we all make mistakes and have flaws. Self-acceptance, despite those flaws, is a key to happiness. So be nice to yourself and give yourself a break. You could work on building skills, like self-compassion, and try to believe in yourself more.
- **Boost Mental and Emotional Health:** The more we practice gratitude, the happier we are likely to be. And gratitude is easy. You could write a gratitude journal, make gratitude lists, share your gratitude with others, or even write a gratitude letter to someone you never properly thanked.
- **Boost Mental and Emotional Health: By Using Positive Reappraisal:** Positive reappraisal

is an emotion regulation strategy that we can use to reinterpret a negative situation in more positive (or less negative) ways in order to make us feel better. If we don't use reappraisal (or we're not very skilled at it), this can lead to lower emotional health. But you can practice reappraisal to get better at it.

- **Boost Mental and Emotional Health:** By Adding Positive Info to Your Brain: The more information our brains have on a subject, the easier it is to recall anything related to that subject. That means if we have more positive words, info, and memories in our brains, it should be easier to bring to mind the positive stuff. One way to add more to the "positive stuff" in your brain may be to memorize words that have been rated as highly positive.
- **Boost Mental and Emotional Health By Setting Goals:** Did you know that working towards goals can be good for emotional health? Researchers suggest this is because moving towards meaningful goals can provide a greater sense of purpose. And if we are able to achieve them? Well, that can help us satisfy important needs, such as competence, autonomy, and relatedness. And satisfying each of these is good for mental health.

Psychological well-being refers to an individual's emotional health and overall functioning. It is comprised of positive social connections, independence, and environmental mastery, self-acceptance, a sense of purpose, and personal growth. The absence of distress does not necessarily indicate a person has high psychological well-being. High psychological well-being is about feeling happy and doing well. People with high psychological wellbeing report feeling capable, happy, well-supported, and satisfied with life. Psychological well-being is characterized by positive relationships, self-acceptance, a sense of purpose, personal growth, autonomy, and competence. It is linked to better health, greater happiness, and a longer lifespan. Fortunately, it's something you can improve by finding meaning, fostering optimism, and cultivating social support.

### Who Response:

All WHO Member States have dedicated themselves to carrying out the "Comprehensive Mental Health Action Plan 2013-2030", with the goal of

enhancing mental health through bolstering strong leadership and governance, delivering inclusive and adaptable community-based care, executing promotion and prevention tactics, and enhancing information systems, evidence, and research. In 2020, WHO's assessment in the "Mental Health Atlas 2020" revealed limited progress in meeting the goals of the action plan. The "World Mental Health Report" urges all nations to speed up the action plan's execution. It states that every country has the potential to make significant advancements in improving the mental health of their citizens by prioritizing three "paths to transformation" (WHO, 2022).

- Enhance the importance placed on mental health by individuals, communities, and governments; and aligning that importance with dedication, involvement, and funding from all parties, in every field;

- Adjust the physical, social, and economic features of various settings - such as homes, schools, workplaces, and the community at large - in order to enhance mental health preservation and prevent mental health disorders.

- Enhance mental health services to ensure a comprehensive range of mental health needs are addressed by a community-focused system of accessible, affordable, and high-quality services and assistance.

WHO prioritizes the protection and promotion of human rights, the empowerment of individuals with lived experience, and the implementation of a multi-sectoral and multi-stakeholder approach. WHO is still actively engaged at both national and global levels, including in humanitarian situations, in order to offer governments and partners strategic guidance, evidence, resources, and technical assistance to enhance a unified approach to mental health and facilitate a shift towards improved mental health for everyone.

### Conclusion:

The phrase "mental health" pertains to an individual's cognitive, behavioral, and emotional state of being. It influences how individuals respond to stress, interact with others, and make decisions (Healthline Media, 2024). As per the WHO, optimal mental health involves more than just the absence of mental health issues; it encompasses the capability to handle existing conditions and stress while sustaining ongoing well-being and contentment. Mental health is crucial for experiencing happiness and effectively functioning in daily life. Factors like stress, depression, and anxiety can have adverse effects on an individual's

mental health and disrupt their daily routine. A medical professional can assist an individual with a mental health disorder in maintaining their health through therapy or medication (Healthline Media, 2024). It's easier than one may think to develop healthy habits that can foster your emotional health. Start small and try practicing one or two strategies to maximize psychological well-being, such as writing down a few of your strengths or happy memories. Over time, individual will see the effects that these practices have positivity and overall mental health (Morin, 2024).

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