

# Improving Mental Health through Principles of Mental Hygiene

Article

*Mental Health of an individual is a dynamic process in which a person's physical, cognitive, affective, behavioral and social dimensions interact functionally with one another and the environment. One of the most important aims of education is to help the individual in making adjustment with the changing environment. Mental Health helps the person to adjust to the environment. It has much wider scope than physical health as it aims at the development of wholesome balanced and integrated personality. Mental Hygiene is a science and it deals with the process of attaining Mental Health and preserving Mental Health in the society. The phrase 'Mental Health' is closely related with the phrase Mental Hygiene as the main objective of Mental Hygiene is to attain Mental Health. In other words, Mental Hygiene is a means for Mental Health. That is why we can say that Mental Hygiene is the means and Mental Health is the end. This paper emphasizes on the principles of Mental Hygiene to improve the Mental Health.*

**M**ental Health of a human being is a dynamic process in which a person's physical, cognitive, affective, behavioral and social dimensions interact functionally with one another and the environment. One of the most important aims of education is to help the individual in making adjustment with the changing environment. Mental Health helps the person to adjust to the environment. It stands for the health of the mind. This condition also provides an individual the capacity to be resilient to the stresses he meets and to respond to these challenges without having to compromise his wellbeing. This also makes him productive and fruitful for himself and his community. It is a state of emotional and psychological wellbeing in which an individual is able to use his or her cognitive and emotional capabilities function in society and meet the demands of everyday life.

## Mental Health

It is a condition of psychological maturity. Mental Health is a condition of personal and social functioning with a maximum of effectiveness and satisfaction. A mentally healthy person is responsible, self-reliant and has a true sense of individuality. And he has a realistic life goal as well as

<i>Mentally Healthy</i>	<i>Mentally Unhealthy</i>
1. A person aware about himself and has respect for others	1. Not aware about his own self and has no respect for others
2. He can understand one's own limitations and also can tolerate others limitations.	2. Can't understand one's own limitations and can't tolerate others limitations.
3. He can understand that all behavior is causal.	3. He can't understand the causes of behavior.
4. He can understand the basic need that motivates behavior.	4. He can't understand the basic need which motivates behavior.

philosophy of life and values. He is capable of differentiating between the right and the wrong things. A mentally healthy person possesses good physical health. He can keep good social relation too. He has a good insight into his actions that he does.

WHO (2001), "Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The WHO stresses that Mental Health "is not just the absence of mental disorder."

J.A. Hadfield (1952), "Mental Health is the full and harmonious functioning of the whole personality".

Cutts and Moslay (1941) "Mental Health is the ability which helps us to seek adjustment in the difficult situations of our life".

K. A. Menninger (1949), "Let us define Mental Health as the adjustment of human beings to the world and each other with a maximum of effectiveness and happiness. It is the ability to maintain even temper, an alert intelligence, socially considerate behaviour and a happy disposition".

From the above definitions, it is concluded that Mental Health is the health of one's mind which can prove a potent determinant of one's integrated personality and balanced behavior identified on the basis of the level of his adjustment to his self, others and environment. The

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# The Principles Of Mental Hygiene Medicine Society In America

**RC Schank**



## **The Principles Of Mental Hygiene Medicine Society In America:**

## Reviewing **The Principles Of Mental Hygiene Medicine Society In America**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**The Principles Of Mental Hygiene Medicine Society In America**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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