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MENTAL HEALTH PROMOTION AND PREVENTION

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Abstract

The present chapter gives a short introduction to mental health, discusses steps to promote good mental health and prevention for the mental illness also the chapter will include the actions taken by the government to enhance the mental wellbeing.

Keywords

Mental health, mental health promotion, mental health prevention.

Introduction

Mental health is an equally important factor for good health. It includes psychological, social, emotional well-being of a person. Psychological well-being includes self-acceptance, a sense of purpose, and self-development. Social well-being means developing sustainable and meaningful relationships with others in society. Emotional well-being refers to how a person handles their emotions and how perfectly they express them. Mental health affects thinking, feeling and action of an individuals. It is as important as physical health. For example, a person suffering from depression is at an increased risk of many issues

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like unhealthy relationships, poor thinking ability, show less interest in workplace, all time feeling low or sad.

Mental health promotion and prevention are clinical concepts. Aimed to improve overall well-being of people or communities. Tries to reduce the risk of mental illness. In recent years, the concept of mental well-being has grown significantly in our Country. It is based on socially acceptable behavior and subjective feelings. Which include overall wellbeing of an individual.

MENTAL HEALTH PROMOTION

Efforts done to improve psychological well-being of an individual or a community. This includes treatments which focus on managing specific conditions or situations. Mental health promotion involves overall mental health by giving supportive environment, encouraging healthy lifestyle, promoting optimistic thoughts in a person's life, strengthening individual's capacity to cope up with stress or deal with stressors.

MAJOR FACTORS OF THE MENTAL HEALTH PROMOTION ARE AS FOLLOWS-

• RESILIENCE

One of the major key factors for mental health is the ability to cope up with threatening circumstances.

Resilient people are:

1. Able to adapt stressors and easily find a path to come back or recover from the stressful situations.
2. Resilient person is flexible.
3. Born with strong sense of resilience; they do not need to learn skills to develop it unlike others.
4. Ready to accept challenges.

WAYS TO INCREASE RESILIENCE

1. Accept change.
2. Handle difficult situations with hope and positive thoughts.
3. Remain calm during stress and anxiety (e.g., take deep breaths and drink water if available).
4. Anticipate challenges.

5. Be ready to be flexible at any time.

However, resilience increases with practice, which is why it varies person to person.

• **SOCIAL CONNECTIONS**

Social connections play an important role in promoting mental well-being. They create strong emotional support, enhance a sense of belonging and happiness, and reduce feeling of loneliness.

Social people are:

1. Have a good sense of belonging.
2. Maintain sustainable relations with others.
3. More friendly with others.
4. Ready to help others.

WAYS TO INCREASE SOCIAL CONNECTEDNESS

1. Express gratitude to others.
2. Involve in community activities.
3. Talk to neighbours.
4. Make friends.
5. Help people in need.
6. Show socially acceptable behavior.

Therefore, social connections are very important for survival because humans are social creature.

• **OPTIMISTIC THOUGHTS**

Optimistic thought involves expecting the best in the world. The view is inspired by wishful thinking, success, faith, or philosophic reflection, suggesting that the world as it exists is not so bad, or even the best possible, and that the life is good and humanity's destiny is bright. Optimistic people are

1. Always hope that good things will happen in the future.
2. See challenges and difficult situations as opportunities.
3. Carry a positive attitude toward themselves and for others.
4. Are ready to accept their mistake if they do something wrong.

WAYS TO INCREASE OPTIMISTIC THOUGHTS-

1. Keep a positive attitude in all situations.

2. Accept challenges as opportunities.
3. Show gratitude.
4. Be hopeful.

Hence, optimism is a mental attitude characterized by the hope for a successful future.

• **POSITIVE MENTAL HEALTH PRACTICE**

Activities that positively affect a person's mental health. Such as regular exercise, yoga, good eating habits and maintaining a healthy sleep cycle, are significant activities that contribute healthy mental well-being. Signs of mentally healthy person include-

1. Work productively.
2. Understand their potential well.
3. Are physically and mentally healthier compared to others?
4. Do not find difficulty in handling stressors.
5. Have good relationships with others and make meaningful contribution to their community.

WAYS TO BE MENTALLY HEALTHY ARE AS FOLLOWS-

1. Take care of your physical health by eating nutritious food, getting good hours of sleep, staying hydrated etc.
2. Develop a sense of meaning in life.
3. Develop coping skills.
4. Engage in regular exercise, yoga, meditation, relaxation exercises, or any activity that promotes good health and keep close to nature.
5. Be open - minded to new experiences.

Therefore, to live a fruitful life one should be physically healthy.

• **WORKING ON PASSION**

Doing activities which one like to do promotes happiness and supports an individual's emotional and psychological well - being. Signs of a passionate person includes:

1. Perform task more creatively.
2. Develop a healthy working environment.

3. Are more loyal to their work.
4. Motivate others.

WAYS TO DEVELOP PASSION-

1. Develop a positive mind-set.
2. Find happiness at work.
3. Reward yourself time to time.
4. Engaging activities that you find interesting and do not harm yourself or others.

However, it's true that if passion becomes a profession, it brings more joy in life, if passion and profession differ, one can still develop passion with positive thought process and a good mind set.

MENTAL HEALTH PREVENTION

Mental health prevention focuses on treatment or stopping individuals and communities from developing mental health issues. It provides path to promote good mental health and to live a happy life. Treatment and efforts can vary person to person, depending on individual needs, as changes in mental health depend on past experiences of life.

MENTAL HEALTH PREVENTION CAN BE DIVIDED INTO DIFFERENT STAGES ARE AS FOLLOWS-

PRIMARY PREVENTION

Primary prevention focuses on stopping mental health illness before they occur by stopping stressors and promoting a positive mental health environment. Can benefit both individuals and the large community. For example, continuous exam stress can be reduced by offering remedial or extra classes to students.

SECONDARY PREVENTION

Secondary prevention involves treating mental health issues before they become more severe. This stage includes counseling, therapies and prevention programs as per the need of the individual. For example, treating depression before it becomes a serious health hazard.

TERTIARY PREVENTION

Tertiary prevention focuses on reducing the impact or effect

of ongoing mental health conditions. This includes providing treatments rehabilitation services, drug therapies etc. For example, treating mental illness such as schizophrenia and PTSD etc.

INDIA TOWARDS MENTAL WELL- BEING

To create a healthy and resilient society, it is important to promote mental health awareness and prevention programs. In the past few years, India has taken various steps toward the mental wellbeing of its citizen. The Government of India has launched various schemes and compulsory program to promote mental health.

1. NATIONAL MENTAL HEALTH PROGRAMME (NMHP) in 1982.
2. NATIONAL MENTAL HEALTH ACT in 1987.
3. DISTRICT MENTAL HEALTH PROGRAMME (DMHP) in 1996.
4. RIGHTS OF PERSON WITH DISABILITIES ACT in 2006.
5. MENTAL HEALTH CARE ACT in 2017- This act paved the way for the establishment of the Central Health Authority and State Health Authorities.
6. TELE - MENTAL HEALTH PROGRAMME in 2023.
7. Made the appointment of counselor's compulsory in various workplaces and schools.

Therefore, good mental health improves the overall health of individuals and communities.

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