

Mental Health and Hygiene By Education

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Abstract:

For teachers, social workers and others, whose daily activities have to do with children, youths and other human beings, mental health and hygiene involves not only a better understanding of human growth and development with respect to those with whom they work, but also an understanding of the worker's own personality and his own relationship to his family, associates, school and community. Mental health is the foundation for well-being and effective functioning for an individual and for a community.

Key Words: Mental health. Mental hygiene. Mental illness.

Introduction:

Today's fast going life, technological development, rapid urbanization and advancement of knowledge not only facilitated our day today life but also created many hazards. We have overcome from many fundamental problems like bread, butter, cloth, shelter, health, education and livelihood. But many of us are not satisfied with their current positions in the life. They may feel discomfort with their social status, economical condition, educational achievements, jobs, marital status and many more to add. These unsatisfactory conditions leads to stress, anxiety, maladjustment, frustrations and mental illness.

What is health?

According to World Health Organization constitution (1946) "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

According to above definition three ideas, central to the improvement of health follow from, which includes self, others and the environment. Health is more than the absence of illness and mental health is intimately connected with physical health and behavior.

What is mental health?

According to KA Menninger, "Mental health refers to adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is ability to maintain an even

temper, an alert intelligence, socially considerate behavior and happy disposition."

According to Holyfield, "Mental health is the full and harmonious functioning of whole personality."

According to P.V. Lemkau, "Mentally healthy individual is one, who is himself satisfied, lives peacefully with his neighbors become healthy citizen of country and even after performing these fundamental duties has enough energy left to do something of benefit to society."

Thus above definitions suggests that good self and social adjustment is the indicators of good mental health. Positive use of energy, happiness and goodwill of self and community are the parameters for it.

What is mental hygiene?

According to Ryan, "Mental hygiene means the discovery of mental aberrations in their developmental stages, prevention of as many diseases of this kind as possible in society and provision of a mentally healthy life for the greatest number of individuals."

According to Rivillin, "Mental hygiene is the application of a body of hygiene information and technique. It cares for the purpose of the preservation and improvement of mental health of individual and community."

Synthesizing above definitions it comes to know that mental hygiene is not merely the prevention and curing of mental illness, but also

development of balanced, harmonious and good individuals for the society.

Traits of mental health: A mentally healthy person may have following personal traits.

Self-evaluation: A mentally healthy person evaluates himself and keeps an eye upon his tendencies and in a position to divert them in the desired directions. He accepts his faults and makes efforts to rid himself from them. He knows his strengths and limitations and tries to utilize his abilities up to maximum level for the welfare of self and people around. He introspects problems, prejudices and difficulties and try to reduce them to a minimum level.

Adjustability: A mentally healthy person adjusts to new situations with the least delay and disturbances. Often he changes situations to suit him rather than change himself to suit the situations. He makes the fullest possible use of existing opportunities and adjust to every new situation without fear, disturbance, anxiety, complaint or a desire to avoid. In fact, the most important aspect of adjustment is one's own mental condition rather than the external situations.

Maturity: Intellectual and emotional maturity is another peculiar sign of mentally healthy individual. A mature person constantly engages in increasing his fund of knowledge, abilities, responsibilities and behavior and expresses his thoughts and feelings clearly and firmly. He is prepared to sympathies with other's feelings and viewpoints. He behaves like a balanced, cultured and sensible adult in all matters.

Good habits: A mentally healthy person poses good habits regarding matters like food, clothing, health and hygiene, sports, friendship and use of leisure time. The normal and balanced routine of daily life leads to systematic and regulated, long run and economic use of energy and time.

Extremism avoidance: Excess of any thing is harmful. Whatever the instincts, if it is allowed to dominate an individual, it will bring him to harm and endanger his mental health. Extreme level of confidence in one direction leads to superiority complex while in another direction it may create inferior feelings. Hence, in order to maintain mental health, one's life should be integrated, interests should be wide and the personality balanced.

Satisfaction: A mentally healthy person have the feeling of satisfaction with his job and occupation. He works for his interest and enjoys performing duties. Work is no more burden for him but it gives pleasure to him. He also engaged in some or the other projects intended to benefit the society. He believe in mutual co-operation.

Symptoms of mental illness:

A mentally unhealthy person may exhibit some or most of the following symptoms.

- Undue anxiety.
- Moodiness.
- Impatience.
- Irritability.
- Bad temper.
- Lack of courage.
- Lack of control over emotions.
- Depression.
- Prejudice.
- Self-admirations.

Mental health and hygiene by education:

In the process of teaching and learning both students and teachers are involved in mental activities and comes across many mental processes like thinking, memorizing, decision making etc. and have to adjust with new situations. They are liable to be cared for their mental health and hygiene.

Mental health of student:

Students spend most of their time in family and school. So both family and school together can make efforts for the preservation of mental health and providing mental hygiene for them.

Mental health of student in family:

Family is of prime importance in student's life. Parents are responsible for providing soothing and encouraging environment for their children at home so that they can able to attain their all-round development.

Dos and don'ts for parents:

- Provide affection and love to your children.
- Provide conducive environment to children at home.
- Spend enough time with them.
- Listen them carefully and try to give factual answers for their questions.
- Provide guidance where necessary.
- Build self confidence in the child.

- Inculcate positive habits in children.
- Meet the legitimate needs of children.
- Try to be democratic in your dealings with children.
- Do not criticize the child.
- Do not compare the child with other children.
- Do not reject or over protect the child.
- Do not be over ambitious about the future of your child.
- Do not quarrel in presence of the children.

Mental health of student in school:

Like the family school also have the responsibility of providing conducive environment for the promotion of mental health of children. At school level following facilities can be provided for the students.

- Providing good environment.
- Adapting balanced curriculum.
- Provision for co-curricular activities.
- Play and recreational facilities.
- Flexible and participative discipline.
- Affectionate behavior from teachers.
- Providing proper guidance and counseling.
- Inculcation of good habits.
- Freedom of expression.
- Provision for moral and sex education of suitable level.
- Balanced home assignments.

Mental health of teachers:

Teachers are the hub of educational wheel, their role in teaching learning process is of prime importance as they are continue involve in mental activity and physical exertion. If teachers are distressed and exhausted they can't do justice with their jobs. Teacher's maladjustment not adversely affect his personality but also harmful for students under his charge.

Causes of teacher's maladjustment:

There are many personal, social, environmental and occupational threats because of that teachers feel uncomfortable while performing their duties. Some of them are quoted bellow.

- Lack of competencies.
- Lack of professional aptitude.
- Insecurity of service.
- Poor salaries.
- Excessive work load.
- High moral expectations.
- Lack of social prestige.

- Autocratic administration.
- Lack of recreational facilities.
- Lack of healthy relationships.
- Burden of non-educational work.
- Political pressure.
- Rare chances of professional up gradation.

Measures to improve teacher's mental health:

By adopting following measure and mental hygiene techniques teacher may assured for good mental health.

- Providing job security.
- Uplifting socio-economic conditions.
- Providing opportunities of professional growth.
- Improving inter-personal relationships.
- Arrangement for in service and refresher courses.
- Freedom from un-educational work.
- Provision for counseling and health services.
- Satisfaction from occupation.
- Treatment and remedying of mental defects.

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