

<b>Subject</b>	<b>PSYCHOLOGY</b>
<b>Paper No and Title</b>	<b>Paper No 16: Community Psychology</b>
<b>Module No and Title</b>	<b>Module No 38: Mental Health Evaluation in Everyday Life</b>
<b>Module Tag</b>	<b>PSY_P16_M38</b>

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**PSYCHOLOGY**

**PAPER No.16: COMMUNITY PSYCHOLOGY**

**MODULE No. M38: MENTAL HEALTH EVALUATION IN  
EVERYDAY LIFE**

## 1. Learning Outcomes

After studying this module, you shall be able to

- Know about mental health.
- Learn how to take care of your mental health and other's mental health.
- Identify mental health problems which affects in our everyday life.
- Analyze the facts and figures of mental health problem.

## 2. Introduction to Mental Health in Everyday Life

Mental Health is wellness of mental fitness of a person. The way we all talk and react to everyday situation affect our mental health, with sound mental health it is easy to deal with day to day life stressful situations. It effect a person's ability to make out of opportunities he/she had in everyday life, and play full part of his/her role among family and friends, at workplace and community. Mental Health is closely linked with physical fitness too. To live a fulfilling life a person need to be physically, emotionally as well as mentally fit.



## 3. What is Mental Health?

Mental health is a psychological state of being mentally well i.e. free from any kind of mental illness in which an individual is able to use his or her cognitive skills and emotional capabilities to meet the ordinary demands of everyday life to function normally in a social setting. It can be

interpreted in other words that a mentally well being is that person who is functioning at satisfactory level of emotional and behavioral adjustment to cope with day to day hassales.

Stresses of life enjoy life and create a balance between life activities and efforts to achieve psychological resilience.

Not having mental health problem just doesn't mean that one is mentally healthy. For being mentally healthy one is supposed to be in good mental health and can

- Make a lot out of his/her potential
- Able to cope with life's stressful events or situations
- Play a full part in one's family, workplace, community and among friends.

Mental health should be everyone's priority as it is everyone's business. Everyone one has times when they feel down and stressed or frightened because of when sometimes they might develop into more serious problem and that could happen to anyone. Everyone is different and have different capacity to deal with the stressful situation, some may bounce back from setback and some may take a longer time and some might also need help to bounce back to these stressful events of their life. With this life change and evolve, a person's understanding grows which is defined by the different stages of life. So one's mental health doesn't stay same always it varies at different stages of life. There's a stigma attached to mental health problems. This means that people feels uncomfortable about them and doesn't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how we are feeling.

#### 4. What are Mental Health Problems?



##### 4.1 Introduction to Mental Health Problems in Everyday Life.

Mental health problem range varies from day to day life's little worries to serious mental health condition i.e. long term mental health conditions and problems. Most of the population who experience mental health problem with the help learn how to over-come with stress of suffering

from mental health problem and live with it, especially if they get help on early stages of problem.

To deal with such problems related to mental health people suffering from mental health problem should be referred to the professionals dealing with this kind of problem, so that better care of the person suffering should be taken care off. But some diagnosis are controversial because of which the mental health practitioner has to label the patient with mental health problem and treat him/her with that. This also affect profoundly the quality of life of that person. Diagnosis remains the same way as dividing and classifying symptoms into groups.

Most of the symptoms of mental health distortion have been divided into two groups called “neurotic” or “psychotic” symptoms. Neurotic symptoms consists of severe symptoms of normal form of emotion experiences such as anxiety, depression or panic. Neuroses are now more frequently known as common mental health problems. Less common are ‘psychotic’ symptoms, which interfere with person’s perception of reality and may include hallucinations such as seeing, hearing, smelling or feeling things that no one else can.

Mental health related problems affect a person’s behavior in terms of way a person thinks, feels and behave in his/her day to day life. In other words it can be said that mental health problems affect a person’s personality and emotional fitness in complete and the capacity to react in various upcoming day to day challenges of life. Mental health problems are diagnosed by doctors and are very common in today’s stressful lifestyle of the society, so it cannot be counted as personal weakness. About a quarter of population around the world experience mental health problems in any one year.

Among mental health disorders anxiety and depression are most common mental health problems and out of 10 at least 1 person do suffer from anxiety or depression. Anxiety and Depression can also be long – lasting and have a big impact on people’s ability to function properly in life. It can affect their way to feel, express and experience in life. In terms of severe mental health disorder schizophrenia and disorder like bi-polar or obsessive compulsive disorder are common and out of 100 at least one person do get affect by one of these disorder and suffer from periods of episodes when they lost touch with reality and start feeling unrealistic. People suffering from schizophrenia may hear voices, experience hallucination and read particular messages in everyday events. Some symptoms are common in certain mental health disorder still not two people will behave in same way even when suffering from the mental health problem. Many people who suffer from mental health disorder try to keep their feelings hidden because of the weird reaction they receive from people when they share it to them.

#### **4.2 Mental health Statistics**

The studies done in UK to collect the mental health statistics data explained the following main mental health problems prevailing in the country:-

- In Britain most common mental health problem is depression and mixed anxiety.
- At any one time about 10% children experience mental health problem.
- Out of 5 at least 1 older person experience depression in the country.

- Among the prisoners only 1 out of 10 is free from mental disorder.
- In UK, in 2010 more than 5700 people committed suicide (Smaritans Information Resource Pack, 2012)
- 400 per 100,000 populations in UK committee self-harm, which highest among Europe. (Self poisoning and self injury in adults. Clinical Medicine, 2002)
- In India there is shortage of treatment facility for mental health problems.
- In India 5% of population suffers from common mental health disorder such as depression and anxiety as per studies conducted by national commission on macroeconomics and health in 2005.
- In AIIMS there is 1 psychiatrist available for four lakh Indians. There are 4000 psychiatrists, 1000 psychologists and 3000 social workers available for whole country.
- Brain drain is the reason for shortage in availability of mental health facilitators in India, There are more Indian psychologists in the USA and UK as compared to India.

**Table 1: Showing Alcohol and Drug use records by children and adolescent in major countries of the world in 2008**

<b>National Survey on substance use among children and adolescents</b>		
<b>Country</b>	<b>Alcohol</b>	<b>Drugs</b>
<b>Timor- Leste</b>	<b>no</b>	<b>no</b>
<b>India</b>	<b>no</b>	<b>no</b>
<b>Pakistan</b>	<b>no</b>	<b>yes</b>
<b>Bangladesh</b>	<b>no</b>	<b>no</b>
<b>Australia</b>	<b>yes</b>	<b>yes</b>
<b>Republic of Korea</b>	<b>yes</b>	<b>yes</b>
<b>Afghanistan</b>	<b>no</b>	<b>yes</b>
<b>Austria</b>	<b>yes</b>	<b>yes</b>
<b>China</b>	<b>no</b>	<b>no</b>
<b>Germany</b>	<b>yes</b>	<b>yes</b>

## 5. Good Mental Health



### 5.1 Introduction to Good Mental health in Everyday life

Good mental health doesn't mean absence of diagnosable mental health disorder or problem. Good mental health is about developing resistance against developing any kind of mental health problem.

Mental fitness is considered good only when a person's ability to fulfill all the requirements mentioned below:-

- Ability to grasp new learning.
- Ability to feel, express, experience and manage variety of range of positive and negative emotions.
- Ability to make and maintain good relationship with other people.
- Ability to maintain and manage the upcoming challenges of life and adjust with the new changes coming up in life.

## 5.2 How to Take Care of Mental Health in Everyday Life

Everyone can take care of mental health of his/her own and other members of his/her family or other members of the society by taking care of few points mentioned below:-

- Getting a checkup done by mental health professionals, especially in case of some kind of problem persist.
- If get diagnosed with some kind of mental illness one should pay regular visit to the mental health practitioners for checkup.
- Connecting yourself with some kind of mental health programs to spread awareness about mental health among the members of the society, in this case a person can give your share of effort either as volunteer, as a fundraiser, as a trust or foundation or by

Sharing your story of fight with mental illness to encourage others to fight with mental illness problems.

- Talk about one's feelings
- Eat and drink well, proper intake of food and liquid should be there.
- Stay in touch with family, friends and other people around to build a strong support for difficult times. Happiness is key to mental fitness. Accept who you are.
- Keep yourself active and fit.
- Ask for help when required.
- Do something you are good at or like to do.
- Care for others.

## 6. Summary

1. Mental health is being mentally well enough to cope with our daily life situations and uncertain changes in the daily life.
2. A mentally well being person is well enough to make emotional and behavioral adjustments to cope with uncertain changes in life.
3. Mental health problems are basically mental illness which affects a person's life badly. Neurotic disorders are more common as compared to psychotic disorders.
4. Good mental health means developing resistance against developing mental health problems, it just does not mean being free from any kind of diagnosable mental health disorders or problems.

5. Taking care of mental health in everyday life is easy; following few steps can save one from mental illness.

- a. Talk about your feelings.
- b. Eat well and Drink sensibly.
- c. Keep in touch with family and friends.
- d. Accept who you are.
- e. Ask for help when required.
- f. Do something you are good at or like to do.
- g. Care for others.

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