PG ED S3-04 (DSE)

TWO YEAR MASTER'S DEGREE COURSE

(CBCS in Accordance with NEP 2020)

SEMESTER - III

MENTAL HEALTH AND HYGIENE IN EDUCATION

Indira Miri School of Education

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

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Print : July, 2024 **ISBN:**

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Printed and published by Registrar on behalf of the Krishna Kanta Handiqui State Open University.

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COURSE INTRODUCTION

Welcome to this Self-Learning Module (SLM) for the course titled “Mental Health and Hygiene in Education” designed for the third semester of your two-year Master’s Degree in Education. This course aims to deepen your understanding of mental health and hygiene play a crucial role in the educational environment, significantly impacting students, educators, and the overall learning experience. Good mental health is linked to enhance academic performance, better cognitive functioning, and reduced absenteeism, which are essential for consistent learning and success. Mentally healthy students exhibit improved behaviour and social skills, fostering positive interactions and easier classroom management. They also show increased engagement and intrinsic motivation, participating more actively in both academic and extracurricular activities. Emphasizing mental health reduces stress and anxiety, providing students with coping mechanisms and preventing burnout for both students and educators. It facilitates early intervention and support, with schools better equipped to identify issues and provide necessary resources. A focus on mental health contributes to a safe and supportive environment, promoting bullying prevention and a sense of belonging. Long-term benefits include life skills such as resilience, empathy, and emotional regulation, which aid in future success and positive societal contributions. Implementation strategies like integrating mental health into the curriculum, providing professional development for teachers, enacting supportive school policies, and involving parents, ensure a holistic approach to mental well-being. Prioritizing mental health and hygiene in education fosters an environment where students thrive academically, socially, and emotionally, enhancing individual well-being and creating a more positive and productive educational setting.

Throughout this course, which comprises 15 comprehensive units, you will explore various dimensions related to our mental health and hygiene. Here is a brief overview of what each unit covers:

The first unit, titled “Introduction to mental health” includes the exploration of the concept of mental well-being, the historical context and assessment of mental health, as well as the criteria defining a mentally healthy individual.

The second unit, titled “An overview of mental hygiene”, takes into account an overview of Mental Hygiene deals with meaning, nature and significance of mental hygiene, functions of mental hygiene relationship between mental health and hygiene

The third unit, titled “Education and Mental Health”, explores the factors affecting mental health of students, role of schools in protecting mental health as well as mental health hazards.

The fourth unit, titled “Community and Personal Hygiene” focusses on environmental sanitation and sanitation in public places, Accredited Social Health Activist (ASHA) and also Village Health Sanitation and Nutrition Day.

The fifth unit, titled “Mental Health Concerns”, examines the important psychological aspects like frustration, sources of conflict and its management and also development of life skills.

The sixth unit, titled “Stress Management”, provides a comprehensive overview of the concept of stress and its influencing factors, causes of stress and its remedial measures.

The seventh unit, titled “Mental Health and Yoga”, outlines the concept and significance of yoga for physical and mental health. It also covers the importance of pranayama and meditation for promoting mental health.

The eighth and ninth units, titled “Adjustment Mechanisms-I and Adjustment Mechanisms -II”, explores various mechanisms of adjustment providing insights into how each mechanisms are important. The second part explains about mal adjustment and the significant role of family and schools in this regard.

The tenth unit, titled “Abnormal Behaviour”, discusses the dynamic nature, causes and remedial measures of abnormal behaviour.

The eleventh unit, titled “Social Issues in Mental Health”, analyses the influence of media and technology on mental health. It also focuses on contemporary lifestyle and related issues of mental health.

The twelfth unit, titled “Mental Health and Home”, focuses on the quality home environment which is related to our development of good mental health. It also discusses about child rearing practices and personality development at home.

The thirteenth unit, titled “Health Policies and Health Organization”, reviews several health indicators and National Health Policy of Govt of India-2017.

Thefourteenth unit, titled “Women and Child Care Schemes”, examines different schemes related to reproductive health, maternal health conditions as well as child and adolescent health.It details the guidelines and recommendations of the different schemes that are related to those issues.

The fifteenth unit, titled “Public Awareness of Mental Health and Hygiene through Digital Media”, focuses on assessing the mobile apps of Govt. of India for making individual aware about both physical and mental health. It will discuss how public can be made aware about the mental health through digital media;

While going through this SLM, you may come across some along-side boxes, which are put on the left side or right side of the text. These boxes will explain the meaning of some words and concepts within the text. Apart from this, there will be some broad and short questions which have been included under ‘ACTIVITY’ in some of the units and ‘CHECK YOUR PROGRESS’ in every unit. Activities will increase your thinking capacity because questions in the Activitybox are not directly derived from the text. Hints on the answers to the short questions have been provided under section ‘ANSWERS TO CHECK YOUR PROGRESS’. Besides, a few text-related questions have been provided in ‘POSSIBLE QUESTIONS’. These questions will help to draw your attention to the probable topics for the examination purpose so that you can prepare for the same with confidence.

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UNIT 1: INTRODUCTION TO MENTAL HEALTH

UNIT STRUCTURE

1.1 Introduction

1.2 Learning Objectives

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1.3.1 Components of Mental Health

1.3.2 Scope of Mental Health

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1.5 Criteria of a Mentally Healthy Person

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1.1 INTRODUCTION

As a learner of Education, you must have acquired the basic concept of psychology till now. While discussing psychology from the educational perspective, you have come across many components of human life and development in the earlier semesters. One such component of human life is Mental Health. We all know that to lead a happy and prosperous life, besides having a good physical health, we must possess a sound mental health. Health does not indicate only the physical aspect but also the mental one as both are interrelated. Mental health and physical health are the two indispensable parts of personality, which directly influence the overall development of an individual.This is a very important and integral concept of discussion at present days. Being adult human being and family person, we are not totally free from stress. We all are surrounded more or less by some kinds of stress, anxiety, tensions and sometime depression due to varied causes that differs from person to person. The most of the common causes that we can identify are family tensions, relationship hurdles, monetary issue, employment issues and other personal illness leading to severe depression. These stress, tensions, anxiety are the stumbling blocks

in the path of maintain a sound mental health. In this unit, therefore, we are going to discuss the concept of mental health and related aspect so that it can aid in maintaining a self-good mental health as well as of others.

1.2 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- understand the concept of Mental Health;
- trace the history of Mental Health;
- identify the different criteria of mentally healthy person.

1.3 CONCEPT OF MENTAL HEALTH

Mental health is a positive concept relating to social and emotional wellbeing of a person. Good mental health is important at every stage of our life, from childhood and adolescence through adulthood. Mental health of a person may keep changing. We all have days, weeks, months where we feel resilient, optimistic and strong or a shift of completely different set of feelings and thoughts when we feel low and pessimist. This shift of emotion affects a person's capacity to think, feel and act in many parts of our lives including experiences at workplace, personal relationships, connection with others, sense of motivation etc. Mental health refers to the condition of being sound and strong mentally. It is understood as effective collaboration between body and mind that develops an integrated personality consisting of physical, psychological, emotional, social wellbeing of a person. Mental health is also characterized as the concept of wellness rather than illness and adequate adjustment with oneself and others in the surrounding. A person is said to be mentally healthy when he or she feels comfortable about oneself, have positive feelings about others and the ability to meet the demands of daily life. Good mental health also determines how we can cope with stressful situations, build positive relationships, and develop the decision-making capacity in oneself. The best part of having a sound mental health is all about enjoying life in the truest sense. Mental health refers to the condition of cognitive and behavioral wellbeing. Sometimes the term "mental health" is used to determine the absence of a mental disorder. It is

the condition of well-being whereby each person realizes their potential and can deal with life changes and uncertainty.

According to **Oxford dictionary** meaning, "Mental Health is the ability to cope with one's environment and secure some degree of satisfaction from working and living accompanied by the promise of hope for the future." The concept of mental health cannot be explained with full certainty. We cannot exactly say what conditions are related with mental health and what conditions refer to ill mental health. Mental health varies from individual to individual, circumstance to circumstance, stressor to stressor. Mental health of a person is not fixed. It varies back and forth on a continuum during their lifetime. For a better and balanced society, mental health has become the most important necessity. In the modern times, we come across people who are anyway suffering from different mental problems and the root cause of such events is the rapidly changing pattern of society. Our society is changing in a drastic manner due to the advancement of science and technology. All the social norms, traditions, moral values, culture, lifestyle are changing and hence making people's life more challenging and chaotic. In such situations those people who are mentally strong have the capacities to face such challenges but those who are mentally weak are the worst sufferers. In this context, the concept of mental health has evolved to make people aware and understand about their mental health issues and how they can overcome it.



LET US KNOW

A mental illness is the term quite opposite to Mental Health. It is **a health condition involving changes in thinking, emotion, or behavior that leads to distress or problems functioning in social, work, or family activities.** Mental illness is also considered as Mental disorder.

Mental health also indicates satisfactory adjustment of an individual with his environment, his needs and desires as well as his concern for other people's needs and desires. It also indicates a cordial relationship of

an individual with the society at large. Thus, mental health is the ability of an individual to undertake any work with proper and right decisions besides assuming responsibilities of his own as well as that of others, and living life with a happy and positive mental attitude.

Mental health has two important aspects, the first one is individual and the other one is social. The individual aspect of Mental Health indicates that the individual is well adjusted internally and is free from internal tensions, stress and conflicts. He/she is self-confident in his/her actions and decisions. Social aspects indicate that the individual is not only well adjusted internally, but is also able to adjust to any social situation and maintain good social relationships with others. Thus, mental health indicates a harmonious relationship of an individual's physical, mental, social, and moral values. A person with good mental health radiates a happy, hopeful and a balanced personality.

Definitions of Mental Health

The above discussion must have helped you to understood that mental health stands for the process of optimum functioning of the mind, removal of all mental health related issues and maximum realization of its potentialities. The following definitions presented by different renowned organizations, psychologists and educationists will boost more clarity about the concept:

According to W.W. Boehm, "Mental Health is a condition and level of social functioning which is socially acceptable and personally satisfying".

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

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

World Health Organization (WHO) defined mental healthas "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."

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

According to White House Conference: Mental Health may be defined as the adjustment of the individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerable behavior and the ability of facing and accepting the realities of life.

Thus from the above definitions, it can be remarked that mental health refers to the ability to adjust satisfactorily with the any changing situations of life. It is the ability through which the individual makes a perfect balance between his bodily and mental activities to achieve a common and desired goal. It is a state of harmonious functioning of individual personality. Mental health indicates some qualities of an individual like happiness, hopefulness, ambition, ability to make independent decisions, self-confidence, adaptability, taking responsibility and so on.

1.3.1 Components of Mental Health

Till now, we have discussed about the concept of Mental Health. If we analyses the personality of people surrounded by us, we can see variation in terms of their mental health. This is because, mental Health is influenced by a variety of factors. Due to various factors, different persons show variety of mental health. Some people are found to be normal, others are aggressive, and some are fearful etc. This section deals with the important factors or components of mental health. These are as follows:

- **Hereditary Factors:** Hereditary factors are the founding stones for personality development. The hereditary traits are quite prominent in each individual, and mental strength or illnesses can be rightfully traced from hereditary sources like intelligence, appearance, growth and certain physical and mental diseases. Though environment plays a prominent role in the growth and shaping of an individual, heredity shows a profound impact on each individual's personality and outlook. In addition, heredity shows a direct influence on various

mental illnesses running from generation to generation in a family. In some severe situations with a very stressful life, various mental illnesses with genetic background shows up in particular individuals and these issues should be tackled with a thorough research on the hereditary background of particular families. As such, to understand the mental health of a person, apart from the environmental factors, hereditary factors should also be taken into consideration.

- **Physical Factors:** Physical health and mental health are the two sides of the same coin. These are the two attributes of a personality. Research studies prove that good and robust physical health has got a direct influence on the mental health of a person. A good physical condition assists in more mental alertness, and the person becomes enthusiastic towards life. Good physical condition increases motivation to learn new things and adaptability to new situations. Likewise, poor physical condition affects mental health adversely by giving rise to inadaptability to new situations, personality difficulties apart from mood swings, depression and anxieties. To rightfully assess the mental health of an individual, we can clearly express that physical factors play a very crucial role in any individual.
- **Socio-cultural Factors**: Besides hereditary and physical factors, social factors also influence an individual from his birth till death. Society is the most important agency of socialization of a child. The child learns various behaviours, manners and values while living in the society. Society directly influences the personality or the total behaviour of the individual. It is the social environment, which shapes the knowledge, skills, attitudes, values etc. of an individual. The society also fulfils the various needs of a person in his different developing stages. It affects the physical and mental health of the child. It has been observed that the society, which provides conducive environment to the child's growth produces children with sound mental health. The society, which cannot fulfill the needs and desires

of the pupils, show children with higher maladjustments and mental illnesses.

- **Satisfaction of basic childhood needs:** It is well agreed that the needs and desires of children play an important role in the development of mental health of an individual. When the basic needs of children like love, affection, emotional security etc. are given in an effective manner, their mental conditions seems to be normal and healthy. Likewise, when the basic needs are not satisfied during childhood or initial period of personality development, the child becomes timid, fearful, aggressive, tense, anxious, and pitiful. Therefore, a great role have to be played by the parents, the school, and the society to fulfill the basic psycho-physical needs of the children so that they become well-adjusted and balanced personality in the future.

1.3.2 Scope of Mental Health:

Mental Health is a very crucial and key concept of discussion at present era. With the increasing number of stress and anxiety among people starting from the lower age to old, it has been recognized as an important area of study now. Many important discussion, research studies have been going on mental health especially the Covid and post Covid period, which adversely affected the mental health of the people across the world. With the increasing popularity of the concept, its scope has been widened. Moreover, the society is undergoing rapid changes due to the advancement of science and technology. The more people's life becomes complex, the more is the number of cases of mental health problems. In such a scenario, the scope of mental health is expanding. The study areas of mental health can be broadly discussed as:

A. Identification and Understanding different Mental Health problems:

To progress collective action in mental health, it is important for everyone to have a shared understanding of what is meant by the term mental health and mental-ill health. The study of mental health helps the people to

understand about different mental health problems and select appropriate preventive measures to overcome it. Being mentally healthy and living well is very significant for every individual in order to enjoy life and cope with stresses.

B. Knowing the causes behind Mental Disorders or Disturbance: Mental health problems can have a wide range of causes. For many people there is a complicated combination of factors. Different people may be more deeply affected by certain things than others. There are numerous causes for which a person can face mental health problems like-Childhood abuse, trauma, Social isolation and discrimination, Poverty, debt, Losing near and dear onesetc.

C. Increasing awareness about the importance of mental health: Mental illness affect 19% of the adult population, 46% of teenagers and 13% of children each year. Only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated mental illness can contribute to higher medical expenses, poorer performance at school or work, fewer employment opportunities and increased risk of suicide. Therefore, it's high time in the society to remove all the stigmatization regarding mental health and accept it as an important topic to talk about. Mental health should be made a mandatory subject matter in all educational institutions so that every student can learn and understand the need of having good mental health. It will also spread awareness amongst the masses.

D. Identifying the characteristics of a Mentally Healthy Person: Good mental health is not simply the absence of diagnosable mental health problems, although good mental health is likely to help protect against development of many such problems. Having good mental health is characterized by a person's ability to fulfill a number of key functions and activities, including-the ability to learn; the ability to feel, express and manage a range of positive and negative emotions; the ability to form and maintain good relationships with others; the ability to cope with and manage change and uncertainty.The study of mental health can make a person understand

about the importance of possessing these characteristics and leading his or her life actively and positively.

E. Instrumental in Development of integrated personality: Integrated personality is one where various aspects of personality are working in a harmonious and effective manner. The integration of personality is the integration of all psycho-physical traits of personality. In an integrated personality, mind and emotions, desire and determination and all mental activities work in an organized way. Possessing an integrated personality is one of the characteristics of a mentally healthy person. Parents and teachers can play an important role in developing integrated personality in a child for promoting good and sound mental health.

F. The Mechanisms of Adjustment: Adjustment mechanism is a device used to achieve an indirect satisfaction of a need in order to reduce his or her own tension. This mechanism is used by different individuals in their own way. The types and frequency of such mechanism differs from individual to individual. For example- if a student is not able to manage a seat in medical college which was his dream, he may go for some other alternative course or give up studies or take up any arts subject. Generally, people adopt a healthy mechanism to protect his ego that is socially acceptable. There are some common defense mechanisms like repression, suppression, inhibition, sublimation etc. which are accepted as means to resolve the mental tension or conflict for sound mental health.

G. Techniques to make lives contentment: We all have those moments where we feel totally restless and bored with life. Sometimes it goes away once we switch up our routine or try something new, but other times it gets to the point where we have been feeling unfulfilled with our life for weeks, months and may be even years. One of the main reasons this feeling lingers is because we are searching for happiness. Happiness is a strange concept. Anyone cannot be in a continual state of happiness. Instead of falling into happiness, people must try to live life with contentment. The state of being content is about peaceful satisfaction. It means appreciating what we have and where we are rather than wishing things were different.

It is not that one should settle for a life that doesn't bring joy. Rather one should continue to dream big, set goals for themselves and work towards them diligently.

H. Mental Health Professionals: The scope of mental health also includes thedifferent kinds of experts who specialize in different areas of mental health. Each of them plays a key role in identifying and treating psychological and psychiatric health issues. The different types of mental health professionals are:Psychiatrists, Clinical psychologists, Counselors, Psychiatrist social workers, Psychiatrist nurses. These mental health professionals provide services that focus on helping a person overcome a mental health concern or some significant life issue. They have different skills to support our mental health.



CHECK YOUR PROGRESS

Q.1. Define Mental Health. ———————————————
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Q2. What are the components of Mental Health?———————
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Q.3. Why is it important to create awareness about mental health?——
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1.4 HISTORY AND DEVELOPMENT OF MENTAL HEALTH

The above sections have depicted clear picture of the concept, components and the scope of mental health. Along with that, it is also important for us to trace the history of development of mental health. Though mental health as a condition is mentioned in English language before 20th

century, but since 1946 it was not found as a separate discipline or branch. In the same year, the 'World Health Conference' held in New York proposed the establishment of World Health Organisation (WHO). WHO was established in 1948 and in the same year the Managing Director of WHO published his report in English language that included an administrative article titled 'Mental Health.' The expert committee of WHO gathered in the conference in September 11-16, 1950 defined mental health as, "Mental health is a condition, subject to fluctuations due to biological and social factors, which enables the individual to achieve a satisfactory synthesis of his own potentially conflicting, instinctive drives; to form and maintain harmonious relations with others; and to participate in constructive changes in his social and physical environment."

In India during the past years people who faced mental health problems were cured with the help of Ayurvedic medicines. Different techniques were applied to deal with those who were facing such mental issues. In the western countries the concept of mental health has been introduced in the 19th century. Clifford Beers of Yale University has introduced the concept of mental health. He himself has suffered from mental health problems in his life. He has also been admitted in the mental hospital for three years where he got all the possible treatment. Beers has written a book named- **"A mind that found itself,"** published in the year 1908 where he has described about his experiences of life, mental health problems and the preventive measures that he has undergone during his treatment. Beers has beautifully explained the importance of mental health in the life of people through his writings. **Clifford Beers** founded **"Mental Health America-National Committee for Mental Hygiene.** He also opened the first outpatient mental health clinic in the United States in the year 1913 named "Clifford Beers Clinic."

Also, in the mid-19th century, **William Sweetser** was the first person to coin the term **"MENTAL HYGIENE"** that is used for the work on promoting positive mental health. In history, those patients who were mentally ill were taught to be religiously punished. The punishment continued along

with inhumane confinement and stigmatizing such individuals. Looking at the scenario, there came an important movement called- **"Mental Hygiene Movement,"** developed by **Dorothea Dix.** Dix was a school teacher who endeavored to help people with mental disorders. Thus, the Mental Hygiene Movement came into being. Before this movement, people affected by mental illness would be completely neglected, left alone in deplorable conditions without sufficient clothing. Dix also won the support of the federal government in setting up over 30 state psychiatric hospitals, however they were understaffed, under resourced and were accused of violating human rights. Apart from the Mental Hygiene Movement, there developed the taxonomy of mental disorders by **Emil Kraepelin** in 1896. At the beginning of 20th century, The Mental Hygiene Movement at times been associated with advocating sterilization to those considered mentally deficient to be assisted into productive work and contended family life. In the post WWII years, mental hygiene was replaced by mental health due to its positive aspect that evolves from the treatment of illness to preventive and primitive areas of healthcare. We will discuss about Mental Hygiene in the following unit.



CHECK YOUR PROGRESS

Q.4. Who coined the term "Mental Hygiene?

_ _ _ _

1.5 CRITERIA OF A MENTALLY HEALTHY PERSON

This section discussed in this unit so far must have helped you to understand what mental health is? But mere knowledge of the concept and definition of mental health is not enough. As a learner of Education as well as a laymen, it is important for you to identify the criteria or characteristics that a mentally healthy person possesses. Moreover, after studying this unit, it is desirable for you to acquire those characteristics as a part of the outcome based learning. We are surrounded by numbers of people in our lives be it in the family, in the workplace, in the institutions where we do study, in the roads, in the market, in the social media and so on. We find individual differences as well as similarity to some extent in these personalities.Adequate knowledge about criteria of mentally healthy person will help you to identify those person among your surroundings. It will also introspect yourself and aid you to acquire if not possess. There are few characteristics of a person that serves as criteria for optimum mental health. A mentally healthy person possesses certain characteristics. Let us know the criteria of mentally healthy person:

1. **Balanced and Integrated personality:** A mentally healthy person has integrated personality that aims at developing the whole or the total human being. It integrates different dimensions of personality into a balanced and integrated whole such as having own ideals and principles of life, balancing behavior according to situations etc.
2. **Philosophy of life:** It is always good to formulate one's own values and philosophy of life. A mentally healthy person does not get influenced what other follows and hence develops his or her own perspective of life keeping in view the demands of the society. The philosophy thus acts as a guide in various activities of life.
3. **Having a sense of self-evaluation:** It is very important for a person to identify one's capacities, potentialities, and motives, strong and weak points. Understanding our own self will help to evaluate our behavior and accept our mistakes. A person with a sound mental

health develops a proper sense of self-evaluation where he/she identifies their strength and weakness and diagnoses it accordingly.

4. **Adaptable and Resilient Mind:** A mentally healthy person can adjust with any circumstances of life. He/she has a resilient mind through which he understands his own motives, needs, weaknesses, and strong points, and can easily adapt himself to his/her own merits and demerits.
5. **Well Regulated Emotions:** A mentally healthy individual can perfectly control his emotions, feelings, fear, anger etc. He shows emotional maturity in his behavior. A person with balanced emotions is considered to be emotionally matured and mentally strong. So, a mentally healthy person possesses the quality of being emotionally strong and exercises proper control over them. They do not get overwhelmed by emotions and expresses it at a right place in a right manner.
6. **Well-adjusted:** Human beings are social beings. No person can live without a society. A mentally healthy person knows the art of social living and social adjustment. He or she can easily adapt to the environment and can change themselves according to the need of the circumstances to have a favorable adjustment.
7. **Decision Making Power:** Rational mind is an indicative of good mental health. A person who is mentally healthy has proper intellectual growth. This enables a person to think independently and clearly with reasons and increases the decision-making capacity of an individual.
8. **Positive and Optimistic attitude:** A mentally healthy person is free from all the complexities in life. He or she always sees the brighter side of life and their mind is free from all the frustration, stress and strain. They carry an optimistic attitude which helps them to deal with different situations of life in an effective manner.
9. **Realistic approach towards life**: Our goals, needs, aspirations should be set on the basis of reality and flexibility. One should not

be lost in the imaginary world and should be ever ready to face the harsh reality of life. This characteristic is being possessed by a mentally healthy person who acts according to the realities of a situation.

10. **Growth of varied interests**: A person of good mental health develops various types of interest. He or she shows interest towards socially useful activities that enables them to utilize their time productively and constructively. A mentally healthy person has the art to maintain a balance between work and rest. Leisure time is also being spent by engaging in recreational activities like games, travelling, watching movies etc.
11. **Insight into his/her own conduct**: The mentally healthy individual has deep insight into his/her thinking, feeling, and actions. He knows his capacity or ability, and work accordingly.
12. **Calm and composed nature**: Firm self-confidence is a quality that can be seen amongst few. Many people tend to lose their patience and seen to become hyper in unfavorable circumstances. But a mentally healthy person deals with intense situations in calm and composed manner. Self-confidence helps to solve the problems with ease and by one's own effort.
13. **Good Interpersonal Relationship:** A mentally healthy individual has good interpersonal relationship with the other members of the society. The person shows a sign of maturity in his or her behaviour

Moreover these, the National Mental Health Association cites 10 characteristics of people who are mentally healthy:

1. They feel good about themselves.
2. They do not become overwhelmed by emotions, such as fear, anger, love, jealousy, guilt or anxiety.
3. They have lasting and satisfying personal relationships.
4. They feel comfortable with other people.
5. They can laugh at themselves and with others.
6. They have respect for themselves and for others even if there are differences.

7. They are able to accept life's disappointments.
8. They can meet life's demands and handle their problems when they arise.
9. They make their own decisions.
10. They shape their environment whenever possible and adjust to it when necessary.



CHECK YOUR PROGRESS

Q.7. State some of the Criteria of Mentally Healthy People

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- Mental health has two important aspects, the first one is individual and the other one is social. The individual aspect of Mental Health indicates that the individual is well adjusted internally and is free from internal tensions, stress and conflicts. He/she is self-confident in his/her actions and decisions. Social aspects indicate that the individual is not only well adjusted internally, but is also able to adjust to any social situation and maintain good social relationships with others.
- The components of mental health includes-Hereditary components, Physical component, Socio-cultural components, Satisfaction of basic childhood needs.
- The scope of mental health is very wide. It includes a wide ranges of areas like-Mental Health Problems, Causes behind these problems, Awareness of Mental Health, The Adjustment Mechanisms etc.
- The history of Mental Health has its own root. In India during the past years people who faced mental health problems were cured with the help of Ayurvedic medicines. Different techniques were applied to deal with those who were facing such mental issues. In the western countries the concept of mental health has been introduced in the 19th century.
- William Sweetser was the first person to coin the term “MENTAL HYGIENE” that is used for the work on promoting positive mental health.
- There are some criteria on the basis of which, we can easily recognize the mentally healthy person such as they are emotionally stable, have adequate power to take decision, possess calm and composite nature, and they are creative as well as have optimistic and so on. Most important criteria is that they can adjust in any kind of situation.



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1.3 CHECK YOUR PROGRESS

ANSWER TO Q.NO.1 :

Mental health varies from individual to individual, circumstance to circumstance, stressor to stressor. Mental health of a person is not fixed. It varies back and forth on a continuum during their lifetime. For a better and balanced society, mental health has become the most important necessity. In the modern times, we come across people who are anyway suffering from different mental problems and the root cause of such events is the rapidly changing pattern of society. Our society is changing in a drastic manner due to the advancement of science and technology.

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

World Health Organization (WHO) defined mental healthas "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."

ANSWER TO Q.NO.2 :

The important factors or components of mental health are as follows:

- **Hereditary Factors:** Hereditary factors are the founding stones for personality development. The hereditary traits are quite prominent in each individual, and mental strength or illnesses can be rightfully traced from hereditary sources like intelligence, appearance, growth and certain physical and mental diseases.
- **Physical Factors:** Physical health and mental health are the two sides of the same coin. These are the two attributes of a personality. A good physical condition assists in more mental alertness, and the person becomes enthusiastic towards life.
- **Socio-cultural Factors**: Besides hereditary and physical factors, social factors also influence an individual from his birth till death. Society is the most important agency of socialization of a child. It is the social environment, which shapes the knowledge, skills, attitudes, values etc. of an individual.
- **Satisfaction of basic childhood needs:** It is well agreed that the needs and desires of children play an important role in the development of mental health of an individual. When the basic needs of children like love, affection, emotional security etc. are given in an effective manner, their mental conditions seems to be normal and healthy.

ANSWER TO Q.NO.3:

Mental illness affect 19% of the adult population, 46% of teenagers and 13% of children each year. Only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated mental illness can contribute to higher medical expenses, poorer performance at school or work, fewer employment opportunities and increased risk of suicide. Therefore, it's high time in the society to remove all the stigmatization regarding mental health and accept it as an important topic to talk about. Mental health should be made a mandatory subject matter in all educational institutions so that every student can learn and understand the need of having good mental health. It will also spread awareness amongst the masses.

ANSWER TO Q.NO.4:

In the mid-19th century, **William Sweetser** was the first person to coin the term **"Mental Hygiene"**

ANSWER TO Q.NO.5:

Clifford Beers of Yale University has introduced the concept of mental health

ANSWER TO Q.NO.6:

"Mental Hygiene Movement," was developed by **Dorothea Dix,** whowas a school teacher who endeavored to help people with mental disorders.

ANSWER TO Q.NO.7:

A mentally healthy person possesses certain characteristics like:

1. He/she possesses a Balanced and Integrated personality;
2. He/she has a Philosophy of life;
3. He/she has a sense of self-evaluation;
4. He/she is Adaptable and has a Resilient Mind;
5. He/she has Well Regulated Emotions;
6. He/she is Well-adjusted.

1.4 POSSIBLE QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

1. Define Mental Health.
2. List out the characteristics of mental health.
3. What are the two aspects of Mental Health?
4. Who is the first person to coin the term Mental Hygiene?
5. Who introduced the concept of Mental Health and Why?

B. Long Questions (Answer each questions in about 300-500 words)

1. Discuss the scope of Mental Health.
2. Explain the various components/factors of Mental Health.
3. Trace the history of development of Mental Health.
4. As a learner of Education, how can you identify the mentally healthy Persons among many? What are the criteria for identification?
5. Why is it important to study Mental Health as a course? Explain.

UNIT 2: AN OVERVIEW OF MENTAL HYGIENE

UNIT STRUCTURE

2.1 Learning Objectives

2.2 Introduction

2.3 Meaning of mental hygiene

2.3.1 Nature of mental hygiene

2.3.2 Significanceof mental hygiene

2.4 Functions of mental hygiene

2.5 Relationship between mental health and hygiene

2.6 Let us Sum Up

2.7 Further Readings

2.8 Answer to Check Your Progress

2.9 Possible Questions

2.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- know the meaning of mental hygiene;
- understand the nature and importance of mental hygiene;
- identify the different functions of mental hygiene;
- establish relationship between mental health and hygiene.

2.2 INTRODUCTION

In the preceding unit, we have discussed about the basic concepts of mental health and its different components. The discussion of mental health is incomplete if we do not count for the discussion of mental hygiene. These two concepts are inseparable.We all know that a good physical health is very much important to survive or lead our lives without any constraints. To keep our physique healthy and free from any kinds of germs, viruses or infections, we maintain hygiene. As such, to keep our mental health free from any kind of mental diseases or disorders like stress, tensions, anxiety, we need to maintain hygiene. As such, we can compare the bond of mental

health and hygiene with that of *key and the lock*. The scope of mental health is such wide that it incorporates many dimensions and aspects of human mental wellbeing. Among these, mental hygiene is one important area which cannot be undermined. This unit will throw light on this aspects of mental health to help you to realize its importance in our mental lives. Moreover, as a trainee or as a learner of Education, it is very much essential for you to keep yourself hygienic and make your institutions hygienic to keep the mental health of your students sound and stress-free so that they can proceed in their academic as well as social journey successfully. This unit will be beneficial as well as essential in this regard.

2.3 MEANING OF MENTAL HYGIENE

In a very simple and lucid way, we can define mental hygiene as the science of preventing the mental health from any kinds of mental ill health or discords as well as preserving the mental health for the wellbeing of the concerned person. To lead a happy, satisfying and successful life, we have to maintain certain principles. These principles not only make us happy but also help to prevent the mental disorders or maladjustments. Mental hygiene deals with the principles of living, which promote the development of a balanced personality in men. Mental hygiene is concerned with the mental phenomena. It is a continuous process as it has a lengthy span from birth till death. Mental hygiene basically aims at providing a sound and good mental health and curing all kinds of mental disorders. As such, there is an intimate relationship between mental health and mental hygiene. Mental hygiene is considered as the means to achieve the end i.e. good or sound mental health. It mainly deals with preventing, curing mental illness, and preserving good mental health

Generally, we use the term hygiene to refer to keep ourselves neat and clean to prevent illness and diseases. If we extend this concept to the domain of mind, it stands for the art of developing, maintaining and promoting necessary behavioural, emotional and social skills to sustain good, effective and efficient mental health.

With the increasing burden of work and personal life, mental health issues are on the increasing rate and it is at the peak for most of us, thus resulting in mental diseases and disorders. Mental hygiene is thus a way to find out suitable and favourable measures to solve such problems and thus lead a mental life with no burden and have peace of mind.

From the *educational perspective*, it is a system, aiming at making the common people conscious about one's own life. It is a scheme of promoting mental health by healthy mental adjustment and it is a well-thought and overall process. The internal considerations of mental hygiene are: a) Promoting mental health of individuals, b) Educating public for curing mental diseases, c) Making provisions for treating mental patients, d) Conducting high level studies and researches in the concerned fields.

From this point of view, mental hygiene is a broad and collective study. It is an educational attempt to let the common folk know about healthy ways of living and taking up all possible ways of prosperous life adjustments. But, it cannot be expected to understand for them as some critical aspects of psychology and health- science are associated with it. Therefore, it simply aims at creating public awareness for sound mental health. Such consciousness in turn will help to prevent mental diseases. For this, it is imperative to help people so that they can utilize their leisure hours in constructive and creative ways. People who are in the trap of mental diseases because of the lack of such awareness, mental hygiene make arrangements for proper treatments. It includes studies, innovations and researches for the experts concerned. Hence, all these systems present the overall concept of mental hygiene.

Definitions of Mental Hygiene:

Some of the definitions of mental hygiene are presented here for clarifying your understanding about the same:

In the words of Drever, "*Mental hygiene means investigation of the laws of mental health and the taking or advocacy of measures for its preservation."*

C.V. Good defined mental hygiene *as the establishment of environmental conditions, emotional attitudes and habits of thinking that will resist the onset of personality maladjustment.*

According to American Psychiatric Association, *"Mental Hygiene consists of measures to reduce the incidence of mental illness through prevention and early treatment and to promote mental health."*

According to D. B. Klein, *"Mental Hygiene is the study of the ways and means for keeping the mind healthy and developing"*

H.A. Barnard defines mental hygiene as, *"Simply the means by which the process of mental health is realized, mental hygiene is a way of life and so involves all that influences what one feels, says and does."*

In the words of Lawrence. F. Shaffer, *"Mental hygiene is one that is concerned with the prevention of inadequate adjustment or with those processes or methods that adjust the maladjusted individuals.*

According to Klein, *"Mental hygiene is an endeavor to aid people to ward off trouble as well as furnish ways of handling trouble in intelligent fashion when it cannot be warded off".*

It is revealed from the above definitions that mental hygiene is the science, which is concerned with the preservation of a good mental health. The main purpose of mental hygiene is to know the root causes of mental disorders, to suggest precautions to avoid such disorders, and to suggest different measures to cure these disorders and live a healthy life.

2.3.1 Nature of Mental Hygiene

On the basis of the discussion held so far, the following natures / characteristics of mental hygiene can be derived:

a) Mental hygiene is a Science:

Mental hygiene is a part of applied science and is a science in itself. It is a science which deals with the process of attaining sound mental health.

b) Mental hygiene aims at preservation:

The aim of mental health is preservation of mental health. It also suggests for various ways and means.

c) It suggests ways to diminish troubles:

It is an attempt to aid individuals to handle and ward off troubles or any kinds of disorders. Those who can successfully attain this will be able to maintain good mental health.

d) Mental hygiene is interdisciplinary in nature:

Mental hygiene is an interdisciplinary science as it is related to the science of psychology, education, sociology, psychiatry, medicine, biology and so on.

e) Mental hygiene has a social aspect:

Mental hygiene has also a social aspect. It aims at preserving the mental health of people, its prevention, cure and ultimately the overall development of our society.

f) The scope of Mental health is very wide:

Mental hygiene covers several other independent areas of humanities and sciences as well. Therefore, its scope and areas are quite wide and comprehensive.

g) Mental hygiene studies circumstances:

Human beings since birth till death have to face various circumstances that have varied kinds of effects. One of the functions of it is therefore to study those circumstances, responses and consequences.

h) Mental hygiene and mental health are closely associated:

Mental health and mental hygiene are closely associated with each other as mental hygiene is the science of maintaining sound mental health. Mental hygiene is itself a means to attain good mental health.

i) Emotional wellbeing considered:

Mental hygiene also considers emotional wellbeing of individuals. Without emotional adjustment and healthy emotional set-up, no individual has sound mental health.

j) Mental hygiene is related to our thought process:

It is closely associated with our thought process. It takes care of avoiding the unhealthy thoughts, so that we can build habits of practicing healthy thinking and activities.

k) It prevents mental diseases:

Mental hygiene gives stress on those mental functions which are healthy enough to prevent mental diseases and disorders which are caused by unhealthy mental health.

l) Mental hygiene is related to the environment:

Environment is a strong determinant of our personality. Mental hygiene confirms healthy and happy life of the individuals by controlling their environment and situations.



CHECK YOUR PROGRESS

Q.1.What do you understand by the term Mental Hygiene?

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Q2. What are the internal considerations of mental hygiene?

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Q.3. State the definition of Mental Health as given by Lawrence. F. Shaffer.

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Q.4 State two natures of Mental Hygiene.

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2.3.2 Significanceof Mental Hygiene

The above discussion must have clarified your idea about mental hygiene and you must have realized that it is a means to accomplish the goal of sustaining good mental health. Here, a question may arise in your mind that why is it essential for maintaining the sound mental health? How does it work? This section of this unit deals with the answers of these questions.

The importance of Mental Hygiene is undoubtedly accepted by all. It is essential to practice good physical hygiene to keep ourselves physically healthy, likewise, it is essential for us to practice good mental hygiene to keep the mental health sound. With the fast changes occurred in different dimensions due to advancement of science and technology, the lives of the people have become mechanized. It has turned the lives into more complex process. Because of increase in such complexities, people today suffer from various mental diseases and disorders like stress, tension, anxiety. Therefore, the mental health of people is deteriorating day after day. Under such circumstances, mental hygiene comes up with some solutions to various issues of mental health. The psychological issues related to our mental life especially adjustment problem can be solved by its use. It is such a science which not only deals with our mental life, but also all the aspects of our personality development. A sound mental health is the key to sound physical health. A healthy individual only can touch the physical, mental, spiritual and other heights and as such the principles of mental hygiene are very much important to follow. The importance of mental hygiene can be discussed as follows:

A. Mental hygiene is the science of maintenance of good health. Therefore, mental hygiene primarily relates itself with the principles of sound mental health. Acquisition of various information about mental health is a pre-requisite for maintaining balance among activities and behaviors affecting our mental life. Mental hygiene therefore is important as it provides information about health and hygiene.

B. Everyone maintains different standards of life depending upon the needs, aspirations, ambitions, emotions and other mental dispositions. Failure to set a good standard of life hampers one to maintain sound mental health. Such unhealthy life is the result of inability to take preventive measures required for good mental health. Mental hygiene is important as it helps us to take up such measures.

C. Recreation is directly detrimental for sound mental health as such it is essential for all. But, in the present time of overburden of works

whether personal or professional we people have no time or ways for its healthy use. If we follow the principles of mental hygiene, it will lead us to healthy adjustment between life and work and thus we will be free from mental hazards.

D. Personality mal-adjustment in recent times is the subject of studies and researches. It is one of the chief mental health issues resulting from inferiority complex, unable to fulfill needs, aspirations etc. Maintaining sound health is impossible without having good personality development. For achieving this, we should take help of mental hygiene.

E. Mental hygiene also helps us to lead a happy and contented life. The various principles and rules to be followed for a healthy mental life are the subjects of study of mental health.

F. Mental hygiene studies how physical and mental health habits help in character building. It also gives importance on broadening our mental functions and capabilities as well as making individuals self-dependent and confident.

G. Mental hygiene aims at helping individuals to prevent various mental diseases. Again, such mental diseases are the results of mental anxiety, maladjustment, depression as well as some hereditary factors and their influences. These mental diseases can be checked up to some extent by following healthy rules and principles of mental hygiene.

H. Leading a healthy life is all about having positivity towards it. When individuals do not have positive attitude towards life, it reflects in our behavior and actions. Such behavior and actions coupled with favorable attitude is very conducive for maintaining sound mental health. Mental hygiene is a strong weapon used to maintain mental health by developing wholesome attitude towards life.

Besides these, different psychologists and educationists try to explain the need and importance of mental hygiene under various aspects of individuals as follows:

1. Physical aspect

The physical health of an individual is directly related to mental health. Good physical health is conducive to good mental health and good mental health helps one to make effort for maintaining good physical habits and activities. In this entire process, the knowledge of mental hygiene is very much important and practices of mental hygiene are helpful if followed.

2. Social aspect

Mental health of a person to a great extent depends on the social surrounding, environment and company he/she has. A conducive social company of friends and others give comfort and satisfaction, whereas unhealthy social influence hampers social growth. Therefore, mental health and its importance can be viewed from social point of view and for maintaining, the science of mental health is needed.

3. Emotional aspect

Emotions have great impact on one's behavior. Healthy emotional state of a person is the indicator of having sound mental health. A person who can express his emotions easily, control necessarily has proper adjustment in all situations. Therefore, sound mental health and practicing mental hygiene have emotional aspect.

4. Mental aspect

A person may suffer from various mental ailments if his/her mental drives are not fulfilled in due course of time. Every individual should get proper channel of self-expression for mental development and in its absence he or she may suffer from mental disturbances, disorders and diseases.

5. Spiritual aspect

Mental hygiene is also important from spiritual point of view. Spirituality is the path to find the God and true spirituality gives us integrated personalities free from dishonesty, power, cruelty etc. For achieving spiritual heights, a person should be mentally stable and healthy. He/she has to sacrifice all the material greed and should have the peace of mind. If he/she can follow mental hygiene, achievement of a proper mental health becomes easy.

2.4 FUNCTIONS OF MENTAL HYGIENE

Till this section, we have come across the concept, nature and need and importance of mental Hygiene. This section will throw light on the various functions served by mental hygiene. Mental hygiene is a science that deals with the process of attaining mental health and preventing mental diseases and disorders from the society. The functions of mental hygiene are categorized into two aspects- Positive aspect and Negative aspect. Mental hygiene in its ***positive aspect*** investigates the causes of mental diseases, their prevention and helps the community members to lead normal life. On the other hand, the ***negative aspect*** of mental hygiene includes the treatment of the patients of mental diseases.

The general functions of mental hygiene can be discussed under the following headings:

1. **Psychological make-up:**

Most of the problems of mental health are caused by unhealthy make-up of mental or psychological life by the individuals. Therefore, to help these people in coping up with their psychological set up is very significant for maintaining mental health. Mental hygiene helps to achieve this end.

2. **Mental hygiene serves to adjust:**

People come across different kinds of environment or circumstances where they have to adjust. For maintaining a good mental health, this adjustment is essential. Failure to adjust creates the problem of maladjustment, which is a strong cause of mental disorders and diseases. Thus, mental hygiene performs the functions to help individuals in adjusting to various environments.

3. **Preventive Work:**

There are numerous instances and incidents of mental life which creates problems in overall development of one's personality. Therefore, prevention of such incidents is the key to a successful and healthy mental life. Mental hygiene prepares the individuals in such a way that they can prevent such mental problems. It serves as protector from this disorders.

4. It strengthens one's personality:

Our personality is a wholesome concept that is constituted with physical, mental, social, emotional, religious, cultural, moral, aesthetic and other aspects. Development of one's personality means development in all these aspects. Mental health is a very important part of our healthy personality. So, manifestation of one's personality in a healthy way is possible with absence of any mental problems and disorders. Mental hygiene is a meansto maintain a balanced personality.

5. Mental hygiene develops wholesome attitude towards life:

Leading a healthy life is all about having positivity towards it. When individuals do not have positive attitude towards life, it is reflected in their behavior and actions. Such behavior and actions coupled with favorable attitude is very conducive for maintaining sound mental health. Mental hygiene is a strong weapon used tomaintain a sound mental health by developing wholesome attitude towards life.

6. Attainment of goals:

One of the key functions of mental hygiene is attainment of life's goal. Mental health of a person depends on whether he/she is able to attain goals of life or not. Individuals try hard by adopting various ways and means to achieve them and failure to this may hamper the healthy maintenance of mental health. Mental hygiene is an approach which can help one on his/her way to attain goals. Moreover, he/she can also see whether there is a gap between his/her goals and his/her achievements.

7. Derivation of pleasure :

One's mental health is the result of all the pleasures and pains that one get throughout life and such pleasures and pains result in healthy and unhealthy mental set up respectively. Therefore, mental hygiene is a way helping people to derive pleasure and satisfaction from many activities performed by the individuals. Such pleasure one finds may be from praise, achievements, rewards, and recognitions and so on.

8. Serves in habit formation:

The more one develops healthy habits, the more possibility is there to have healthy and sound mental health. Unhealthy habit formation results

in mental disorders, problems and diseases. Mental health which is the result of practice of good mental hygiene helps individuals to form good habits that are beneficial to oneself as well as to the society.

Besides these, there are some other functions of mental hygiene that can be summarized as:

- To find out the various causes of mental disorders or maladjustments of individuals whether they are personal or social.
- To understand the deep-rooted needs, drives, motives, desires etc. of an individual, which are considered the regulator of variety of behaviours.
- To suggest the ways and means of how to control emotional disturbances.
- To suggest the ways for relieving frustrations and tensions and, to adopt some measures of adjustment mechanism.
- To provide ways for curing mental illness and disorders.
- To suggest means for the rehabilitation and readjustment of the mentally maladjusted persons.
- To provide some measures to maintain a balanced mental health.
- To provide some measures to develop healthy human relationships or to develop inter personal relationships.

The above discussion reveals that mental hygiene performs multiple functions and those functions help in overall personality development. Maintenance of sound mental health and mental wellbeing are results of healthy habits and activities and for this mental hygiene performs and plays the role of a bridge between sound mental health and healthy maintenance of life. Mental hygiene performs these manifold functions to keep one mentally healthy.



CHECK YOUR PROGRESS

Q.5. Why is it essential to maintain mental hygiene?

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Q.6. What is the importance spiritual aspects of the importance of mental hygiene?

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Q.7. State the positive aspects of the functions of Mental hygiene.

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Q.8 State two positive aspects of the functions of Mental Hygiene.

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2.5 RELATIONSHIP BETWEEN MENTAL HEALTH AND HYGIENE

We often used the term mental health and hygiene synonymously. There exists a very close relationship between these two terms. Mental health as we have discussed in previous unit is state of being free from all kinds of mental diseases and disorders and mental hygiene is the means to keep the mental state of an individual healthy. As such, we can easily interpret the relationship between these two. One is complementary to the other. Mental hygiene is the important process of working to maintain oneself mentally healthy. It involves such things as psychotherapy, medication, and even less clinical actions such as learning to meditate or reaching out for family support etc. and mental health can be regarded as the goal of our life that we are trying to achieve. As such, mental hygiene is the means by which we seek that ultimate goal of life. “Mental hygiene” is basically an older term for “mental health.” The terms can be used interchangeably. Today, people sometimes use the term “mental hygiene” to emphasize methods and activities designed to prevent mental illnesses.

"Mental health," on the other hand, describes both preventative measures and the actual treatment of mental illnesses.

We use the term hygiene to refer to keep oneself and one's living and working areas neat and clean in order to prevent illness and disease. When this concept is extended to the domain of mind, it stands for the art of developing, maintaining, as well as promoting necessary behavioral, emotional, and social skills so that we can be able to sustain good, effective and efficient mental health for our healthy living. Anyone can achieve this healthy living by following some basic hygienic strategies at mental and behavioral levels in their daily life. The hygienic strategies can be discussed as:

a) **Reality Contact:** If we want to maintain good and sound mental health, then it is important to have a realistic appraisal of one's own reactions, emotions, and at the same time abilities also. If we are in touch with reality, we may be able to avoid a number of disappointments and frustrations in our daily life.

b) **Impulse Control:**A person with healthy adjustment would have good control over his/her behaviors and impulses. So, in order to maintain good mental health, it is necessary that we should be in complete control over our impulsive behaviors.

c) **Self-Esteem:**Self-esteem refers to the awareness about oneself. All the statements about "I" or "me" expressed in terms of feelings, beliefs and values are included under this term. Thus, self-concept or esteem is sum total of all that a person is aware about his or her own self. Self-esteem is the evaluative component of self. The personal evaluation of self could be either positive or negative. A sense of personal adequacy or positive self-concept is essential for mental health.

d) **Positive Thoughts:** The quality of mental health always depends on whether we direct our thoughts in positive or negative ways. Negative thoughts generate negative emotions such as anger, hate, jealousy, fear, and despair. The effect of such negative emotions on

our mind is unhealthy. They also harm the endocrine system. Therefore, in order to maintain good mental health, we need to develop the power of positive thinking which generates positive emotions such as love, joy, happiness, hope, compassion, empathy, and optimism in us. Such emotions strengthen our capacity to cope with various life challenges.

Mental hygiene basically aims at providing a sound and good mental health and curing all kinds of mental disorders. As such, there is an intimate relationship between mental health and mental hygiene. Mental hygiene is considered as the means to achieve the end i.e. good or sound mental health. It mainly deals with preventing, curing mental illness, and preserving good mental health

Activity:



2.1 List out some mental hygienic strategies to keep the self-mental health and the mental health of your family members.

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- C.V. Good defined mental hygiene *as the establishment of environmental conditions, emotional attitudes and habits of thinking that will resist the onset of personality maladjustment.*
- Mental hygiene is interdisciplinary in nature**.** Mental hygiene is an interdisciplinary science as it is related to the science of psychology, education, sociology, psychiatry, medicine, biology and so on.
- Mental hygiene is essential to practice good physical hygiene to keep ourselves physically healthy, likewise, it is essential for us to practice good mental hygiene to keep the mental health sound.
- The functions of mental hygiene are categorized into two aspects- Positive aspect and Negative aspect. Mental hygiene in its ***positive aspect*** investigates the causes of mental diseases, their prevention and helps the community members to lead normal life.
- On the other hand, the ***negative aspect*** of mental hygiene includes the treatment of the patients of mental diseases.
- Some of the general functions of mental hygiene includes: finding out the various causes of mental disorders or maladjustments of individuals whether they are personal or social, understanding the deep-rooted needs, drives, motives, desires etc. of an individual, which are considered the regulator of variety of behaviors, suggesting the ways and means of how to control emotional disturbances etc.
- Mental hygiene and mental health are closely associated. Mental health and mental hygiene are closely associated with each other as mental hygiene is the science of maintaining sound mental health. Mental hygiene is itself a means to attain good mental health.



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2.8 ANSWER TO CHECK YOUR PROGRESS

ANSWER TO Q.NO.1:

Mental hygiene is concerned with the mental phenomena. It is a continuous process as it has a lengthy span from birth till death. Mental hygiene basically aims at providing a sound and good mental health and curing all kinds of mental disorders.

ANSWER TO Q.NO.2:

The internal considerations of mental hygiene are: a) Promoting mental health of individuals, b) Educating public for curing mental diseases, c) Making provisions for treating mental patients, d) Conducting high level studies and researches in the concerned fields.

ANSWER TO Q.NO.3:

In the words of Lawrence. F. Shaffer, *"Mental hygiene is one that is concerned with the prevention of inadequate adjustment or with those processes or methods that adjust the maladjusted individuals.*

ANSWER TO Q.NO.4:

Two nature of Mental Hygiene:

a) Mental hygiene is a Science:

Mental hygiene is a part of applied science and is a science in itself. It is a science which deals with the process of attaining sound mental health.

b) Mental hygiene aims at preservation:

The aim of mental health is preservation of mental health. It also suggests for various ways and means.

ANSWER TO Q.NO.5:

Mental hygiene is the science of maintenance of good health. Therefore, mental hygiene primarily relates itself with the principles of sound mental health. Acquisition of various information about mental health is a pre-requisite for maintaining balance among activities and behaviors affecting our mental life. Mental hygiene therefore is important as it provides information about health and hygiene.

ANSWER TO Q.NO.6:

Mental hygiene is also important from spiritual point of view. Spirituality is the path to find the God and true spirituality gives us integrated personalities free from dishonesty, power, cruelty etc. For achieving spiritual heights, a person should be mentally stable and healthy. He/she has to sacrifice all the material greed and should have the peace of mind. If he/she can follow mental hygiene, achievement of a proper mental health becomes easy.

ANSWER TO Q.NO.7:

The functions of mental hygiene are categorized into two aspects- Positive aspect and Negative aspect. Mental hygiene in its ***positive aspect*** investigates the causes of mental diseases, their prevention and helps the community members to lead normal life.

ANSWER TO Q.NO.8:

The ***negative aspect*** of functions of mental hygiene includes the treatment of the patients of mental diseases.



2.9 POSSIBLE QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

1. Define Mental Hygiene.
2. List out the characteristics of mental hygiene.
3. What is the educational perspective of Mental Hygiene?
4. Why Mental Hygiene is considered interdisciplinary in nature?
5. List out some of the general functions of mental hygiene.
6. Briefly discuss some of the characteristics of mental hygiene.

B. Long Questions (Answer each questions in about 300-500 words)

1. Discuss the importance of mental hygiene.
2. Explain the various functions of mental hygiene.
3. How is Mental Health and hygiene interrelated?
4. As a learner of Education, how can you identify the mentally ill healthy Persons among many? What suggestive mental hygienic measures would you provide?
5. Elaborate the functions of mental hygiene especially from educational point of view.

UNIT 3: EDUCATION AND MENTAL HEALTH

UNIT STRUCTURE

3.1 Learning Objectives

3.2 Introduction

3.3 Factors Affecting the Mental Health of Students

3.4 Role of schools in protecting mental health and mental health hazards

3.5 Mental health hazards

3.6 Importance of Psychosocial Support in Schools and Learning Environments for Mental Health.

3.7 Let Us Sum Up

3.8 Further Reading

3.9 Answers to Check Your Progress

3. 10 Possible Questions

3.1 LEARNING OBJECTIVES

After going through this unit, you will be able to-

- Describe the factors affecting mental health of students;
- Discuss the important role of schools in protecting mental health;
- Explain the term mental health hazards.

3.2 INTRODUCTION

Education and mental health are closely intertwined, impacting individuals and society in profound ways. Quality education provides the foundation for acquiring knowledge, skills, and critical thinking abilities essential for personal development and societal advancement. However, the educational environment and experience significantly influence mental health, shaping emotional well-being, resilience, and overall psychological development.

The interplay between education and mental health is essential for fostering environments that promote both academic success and emotional

well-being. By prioritizing mental health within educational settings, we can create a holistic approach that supports the overall development of individuals, preparing them for a balanced and fulfilling life. In this unit, the discussion will be focused on factors affecting metal health of students

3.3 FACTORS AFFECTING THE MENTAL HEALTH OF STUDENTS

A. HEREDITARY FACTORSAFFECTING MENTAL HEALTH

The foundation of human personality lies in heredity, shaping various dimensions of behaviour such as intellectual capabilities, temperament, stress tolerance, and adaptive resources. Biological conditions, including genetic defects, diseases, and environmental factors, can disrupt the growth and functioning of organisms, potentially leading to maladaptive behaviour. The significant hereditary factors include:

Genetic Defects:

a. **Chromosomal Abnormalities:** Recent advancements in genetics have allowed for the detection and understanding of chromosomal abnormalities, which influence development and behaviour. Abnormalities in chromosome structure or number are linked to congenital malformations and deficiencies in genetic information, leading to conditions like colour blindness, hemophillia, and mongolism etc. in children.

b. **Defective Genes:** Breakthroughs in genetics have revealed the structure of chromosomes and DNA, the carriers of genetic instructions. Studying genetic mutations has provided insights into physical and mental disorders.

c. Genetic Predisposition to Mental Disorders: Research indicates a genetic predisposition to certain mental illnesses, such as schizophrenia, with familial studies showing a higher incidence among blood relatives.

Bodily Make-up:

a. Physique: Throughout history, attempts have been made to correlate body types with personality traits. While physique may not directly cause psychopathology, it can influence an individual's response to stress and self-perception.

b. Physical Deformities: Physical deformities, whether congenital or acquired, impact mental health and may lead to feelings of inferiority or self-pity. Society's perception of physical impairment and family dynamics can exacerbate psychological challenges.

c. Vulnerability to Stress: Individual differences in sensitivity, temperament, and activity level influence stress responses and mental adaptation.

Bodily Deprivation:

a. Malnutrition: Severe malnutrition during infancy not only affects physical development but also impairs brain growth and intellectual functioning.

b. Disruptive Emotional Processes: While mild emotions can be constructive, intense emotions hinder problem-solving and task performance, leading to physiological harm when prolonged.

b. Sleep Deprivation and Fatigue: Prolonged sleep disturbances can negatively impact mental health, as evidenced by their prevalence among hospitalized mental patients.

d. Brain Pathology: Organic disturbances affecting the central nervous system contribute to mental disorders, with conditions like drug intoxication or syphilitic infection having temporary or permanent effects.

B. PSYCHOSOCIAL FACTORS AFFECTING MENTAL HEALTH

There are numerous psychosocial factors that influence mental health, making it challenging to enumerate them all. Hence, we'll focus on highlighting the major ones.

(i) Early Deprivation

In the early stages of life, mental deprivation can profoundly impact infants. Instances such as separation from the mother and placement in children's homes at early ages, or inadequate mothering at home, have been observed to hinder healthy development, affecting the mental well-being of children.

(ii) Lack of Conducive Environment at Children's Home

Institutional settings (children's homes) often lack the essential elements required for healthy infant development, such as warmth, physical contact, and intellectual stimulation. Studies suggest that severe early deprivation, as seen in institutionalized children, can have long-term detrimental effects on mental health.

(iii) Deprivation at Home

The home environment significantly shapes personality development. Maternal deprivation during infancy, characterized by neglect or lack of proper attention, can impede intellectual, emotional, and social growth in children, depending on various factors such as age, duration, and substitute care.

(iv) Family dynamics

Family dynamics play a crucial role in childhood development. Certain patterns within family relationships, such as rejection, overprotection, unrealistic demands, and faulty discipline, can have adverse effects on children's mental health. Maladaptive family structures and early psychic trauma further exacerbate these challenges.

(A) Faulty parent-child relationship

Interpersonal relationships are pivotal for mental well-being. However, fraudulent contracts, collusion, and discordant patterns within relationships can lead to personal distress and maladaptive behaviours, affecting both partners and children negatively.Many faulty parent-child relationship patterns are harmful tothe mental health of children. A brief description of some faulty parent-child relationship patterns is mentioned below:

(i) Overprotection and Restrictiveness: Excessive mental overprotection from even the slightest risks can impede a child's growth. Jenkins in his study found that children referred to clinics often had overanxious, infantilizing mothers. Overprotected children suffer from excessive fears, and this overprotection prevents them from developing essential competencies through reality testing. Similarly, excessive restrictiveness denies children the necessary freedom for development.

(ii) Rejection: Parents who reject their children significantly hinder their proper development. Rejection can manifest as physical neglect, denial of love and affection, disinterest in the child's activities and achievements, harsh and inconsistent punishment, and failure to spend time with the child.

(iii) Unrealistic Demands: Parents who place excessive pressure on their children to meet unrealistically high standards cause anxiety and stress in their children.

(iv) Over-Permissiveness and Indulgence: Overindulged, overly permissive children often become spoiled, selfish, inconsiderate, and demanding. Scientific studies reported a positive correlation between high permissiveness, low punishment in the home, and antisocial aggressive behaviour.

(v) Faulty Discipline: Severe or harsh discipline can have various harmful effects on children. It can induce fear, hatred towards the punishing person, and less friendly feelings towards others.

(vi) Communication Failure: Parents who discourage their children from asking questions or fail to encourage necessary information exchange hinder healthy development.

(vii) Undesirable Parental Model: Emotionally disturbed parents, those addicted to alcohol or drugs, or otherwise maladjusted, provide an undesirable model for their children.

B. Maladaptive Family Structures

Maladaptive behaviour in children may be influenced by both the general family environment and the child's relationship with one or both parents. Here, we will describe four types of family structures that can negatively impact a child's healthy development (Chauhan, 2005, P. 35-36):

(i) The Inadequate Family: This family type struggles with everyday family life problems. It lacks the necessary physical and psychological resources to handle the demands that most families manage. These families often rely on ongoing external assistance and support to resolve their issues. Their incompetence may arise from immaturity, lack of education, mental retardation, or other parental shortcomings, preventing them from providing their children with a sense of safety and security.

(ii) The Disturbed Family: In this type of family, parents with highly eccentric and abnormal behaviours create a home environment of constant emotional turmoil. Disturbed families are characterized by: (a) parents who struggle to maintain their own stability and fail to provide the child with necessary love and guidance, (b) exposing the child to irrationality and flawed parental

models, and (c) almost inevitably involving the child in the parents' emotional conflicts.

(iii) The Antisocial Family: This family type promotes values that are not accepted by the broader community. Children in these families are encouraged to engage in dishonesty, deceit, and other undesirable behaviours.

(iv) The Disrupted Family: Disrupted families are incomplete due to death, divorce, separation, or other conditions. These families fail to instill feelings of security and adequacy in children.

(c) Early Experience of Traumatic Incidents

All of us have experienced some form of traumatic events, such as the death of a loved one, separation, and the aftermath of a partition, natural disasters like floods, and more. These incidents disrupt our sense of security, adequacy, and self-worth. The impact of these early traumatic experiences is significant and plays a crucial role in shaping our behaviour and emotional responses in children later in life.

(D) Severe Stress & Pressures of Modern Living

Various sources of stress, including failure, loss, personal limitations, guilt, loneliness, value conflicts, conformity pressures, and avoidance of reality, contribute to maladaptive behaviours. These stressors, compounded by the pressures of modern life, create significant challenges for mental health.

Modern life is marked by intense competition, educational and vocational demands, familial responsibilities, complexity, and a rapid pace. Negotiating these pressures often leads to heightened stress levels, impacting both biological and psychological well-being.

(E) Mental Health of Adolescents

Adolescence is a vital time for developing social and emotional habits crucial for mental well-being. These habits include adopting healthy sleep patterns, exercising regularly, developing coping, problem-solving, and interpersonal skills, and learning to manage emotions. Having protective and supportive environments at home, in school, and within the broader community is essential.

Various factors influence mental health. The more risk factors adolescents face, the greater the potential impact on their mental well-being. Factors contributing to stress during adolescence include exposure to adversity, peer pressure, and identity exploration. Media influence and gender norms can worsen the gap between an adolescent's reality and their aspirations or perceptions of the future. Other significant determinants include the quality of their home life and relationships with peers. Risks to mental health also include exposure to violence (particularly sexual violence and bullying), harsh parenting, and severe socioeconomic challenges.

Certain adolescents are at a higher risk of mental health conditions due to their living conditions, stigma, discrimination or exclusion, or lack of access to quality support and services. This group includes adolescents living in humanitarian and fragile settings, those with chronic illnesses, autism spectrum disorder, intellectual disabilities, or other neurological conditions, pregnant adolescents, adolescent parents or those in early or forced marriages, orphans, and adolescents from minority ethnic or sexual backgrounds or other marginalized groups.

World Health Organisation (WHO) in its 'Report Mental Health of Adolescents' (2021) highlighted the following points of concern:

- Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group.
- Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents.
- Suicide is the fourth leading cause of death among 15-29 year-olds.
- The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

World Health Organisation (WHO) in its 'Report Mental Health of Adolescents' (2021) stated the following factors affecting adolescents' mental health:

(i) Emotional Disorders

Emotional disorders are prevalent among adolescents, with anxiety disorders being the most common. These disorders, which include panic and excessive worry, are more frequent in older adolescents compared to younger ones. Approximately 3.6% of 10–14-year-olds and 4.6% of 15–19-year-olds experience anxiety disorders. Depression affects about 1.1% of 10–14-year-olds and 2.8% of 15–19-year-olds. Both anxiety and depression can involve rapid and unexpected mood changes.

These disorders can significantly impact school attendance and academic performance. Social withdrawal may lead to increased isolation and loneliness, and depression can potentially result in suicide.

(ii) Behavioural Disorders

Behavioural disorders are more common in younger adolescents than in older ones. Attention deficit hyperactivity disorder (ADHD), marked by difficulties in attention, excessive activity, and impulsiveness, affects 3.1% of 10–14-year-olds and 2.4% of 15–19-year-olds. Conduct disorder, which includes disruptive or challenging behaviours, affects 3.6% of 10–14-year-olds and 2.4% of 15–19-year-olds. These disorders can negatively affect education, and conduct disorder can lead to criminal behaviour.

(iii) Eating Disorders

Eating disorders, such as anorexia nervosa and bulimia nervosa, often develop during adolescence and young adulthood. These disorders are characterized by abnormal eating behaviours and an obsession with food, usually coupled with concerns about body weight and shape. Anorexia nervosa can result in premature death due to medical complications or suicide and has a higher mortality rate than any other mental disorder.

(iv) Psychosis

Psychotic conditions typically emerge in late adolescence or early adulthood and can involve symptoms such as hallucinations or delusions. These symptoms can hinder an adolescent's daily functioning and education, often leading to stigma and human rights violations.

(v) Suicide and Self-Harm

Suicide is the fourth leading cause of death among older adolescents (15–19 years). The risk factors for suicide are complex and include harmful alcohol use, childhood abuse, stigma against seeking help, barriers to care, and access to means of suicide. Digital media can significantly influence suicide prevention efforts, either positively or negatively.

(vi) Risk-Taking Behaviours

Many risk-taking behaviours, such as substance use and sexual risk-taking, begin during adolescence. These behaviours can be maladaptive strategies for coping with emotional challenges and can severely impact an adolescent's mental and physical health.

In 2016, the global prevalence of heavy episodic drinking among adolescents aged 15–19 was 13.6%, with males being the most affected. Tobacco and cannabis use are also concerns, with many adult smokers having their first cigarette before age 18. In 2018, about 4.7% of 15–16-year-olds had used cannabis at least once.

Violence perpetration is another risk-taking behaviour that can lead to poor educational outcomes, injuries, criminal involvement, or death. Interpersonal violence was one of the leading causes of death among older adolescent boys in 2019.

D. SOCIO-CULTURAL FACTORS

Socio-cultural factors play a crucial role in shaping the mental health of children by influencing their development and psychological well-being. Key factors include family dynamics (already mentioned above), where parenting styles (authoritative, authoritarian, permissive, and neglectful) can have varied impacts on mental health, with supportive and nurturing parenting fostering resilience. The family structure, including the presence of both parents or single-parent households, and socioeconomic status also significantly affect emotional security and stress levels. In the education and school environment, academic pressure can lead to anxiety, while positive peer relationships enhance self-esteem, and bullying can cause depression. Access to mental health resources and supportive school staff is essential for helping children manage stress and emotional challenges.

Community and social support, including neighbourhood safety and access to community programs, provides emotional support and social interaction, which benefit mental health. Cultural beliefs and practices, such as stigma around mental health and cultural norms, can influence access to care and create pressures affecting self-esteem. Media and technology exposure, particularly content in media and screen time, can impact self-image and stress levels. Discrimination and social inequality, including experiences of racial, ethnic, and gender discrimination, contribute to stress and exclusion, while inequality in access to services affects disadvantaged children's mental health. Addressing these factors is crucial for creating supportive environments that promote children's mental health and well-being.

3.4 Role of schools in protecting mental health and mental health hazards:

Teachers and other educational staff are vital in fostering and safeguarding students' mental health and psychosocial well-being. Establishing positive relationships with teachers and educators helps children and adolescents feel safe, valued, supported, and a sense of belonging. Research indicates that stronger feelings of school belonging correlate with fewer mental health issues into young adulthood. Supportive interactions between students and teachers positively impact students' engagement and academic success, enhance their social and problem-solving abilities, and foster a sense of purpose and agency. These factors collectively promote and protect lifelong mental health and well-being. Therefore, it is crucial to equip teachers and educators with the skills and support needed to implement programs and curricula that:

- Enhance mental health literacy and promote the development of transferable skills (such as social and emotional learning).
- Enable early identification and intervention for those requiring additional mental health and psychosocial support, including connections to community-based mental health services.
- Increase caregiver and community involvement to support children's learning and overall well-being.

A Report published by the United Nations Children's Fund (UNICEF) in 2022 on 'Five essential pillars for promoting and protecting mental health and psychosocial well-being in schools and learning Environments', mentioned the following pillars that should be considered as the basic components of a mental health and psychosocial support in schools policy that governments across the globe must mainstream within existing education policies, plans, and budgets, including more targeted interventions for children with developmental delays and disabilities.

(1) PILLAR-I

Create an enabling learning environment for positive mental health and well-being, through developing and implementing school-based mental health and psychosocial support policies informed by learners' needs, voices and capacities; and embedding mental health literacy and social and emotional learning in the curricula, from early childhood through to adolescence.

(2) PILLAR-II

Guarantee access to early intervention and mental health services and support. Depending on the context, this could include mental health and psychosocial support services provided by a dedicated health practitioner or trained and supported education sector professional in every school, such as a school counsellor; or ensuring that every school has a well-defined process to guide learners and teachers concerned about the mental health of a learner or teacher, including up-to-date information about locally available in-person or tele-health mental health services provided by the health or social service sectors. Equally important here is to support children and adolescents with mental health problems to optimize their education paths and avoid early school dropouts.

(3) PILLAR-III

Promote teacher well-being. Ensuring that there are policies, strategies and services in place to support the mental health and well-being of teachers and that of non-teaching staff and all involved in the care and support of learners in schools (including caregivers). This also includes ensuring

sufficient additional human resources to ensure teachers are not expected to take on the role of trained mental health staff.

(4) PILLAR-IV

Enhance MHPSS (Mental Health and Psychosocial Support) capacity in the education workforce. School-based mental health programmes should be built on a solid foundation of national, regional and local education professionals, including school administrators, teachers and mental health workforce professionals (e.g., school psychologists, school social workers, school counsellors, school nurses and doctors, etc.) that work in partnership with children, families and community-based mental health services. Ensure that every teacher, school manager and education professional has access to learning opportunities and training to strengthen their knowledge and capacities to promote all learners' mental health and well-being in a systematic way, both in national teacher training and in-service training opportunities.

(5) PILLAR- V

Ensure meaningful collaboration between the school, family, and community to build a safe and nurturing learning environment that creates a sense of belonging for every learner. This means emphasizing the need for strong and frequent communication between learners, caregivers and teachers, to align understanding of the strengths and needs, and build complementary strategies and support mechanisms between the home and educational setting to meet those needs. Learners and families are active agents in their own well-being and bring their own skills and resources for coping and building resiliency. They can provide insight on school strengths and areas of need, programme selection, implementation considerations, and ongoing quality assessment and progress monitoring. The process of meaningful and ethical participation can itself result in more trusting relationships, increased self-confidence and self-esteem, and an increased sense of mastery and control, each of which enhances young people's well-being and resilience.

When implementing the pillars mentioned above, the following considerations are very important:

- Governments must ensure sufficient human and financial resources and institutional support and capacity are available to promote and protect children, adolescents', teachers' and caregivers' mental health and psychosocial well-being in every school and learning environment from early childhood to adolescence.
- Mental health and psychosocial programmes implemented in school settings must consider the do no harm principle and be informed by evidence and supported by best practices. For instance, the WHO UNICEF Helping Adolescents Thrive Toolkit and related resources provide evidence-based approaches to promoting and protecting adolescents' mental health in schools in close liaison with other community-based health services.
- Mental health and psychosocial support interventions and services in education must be tailored to the children and adolescents' context and build on the strengths of children, caregivers and communities. The engagement of children, adolescents and caregivers in designing and in the delivery of school mental health programmes and services is critical. Strengthening education systems to respond to the mental health and psychosocial support needs in-depth understanding of the local context. Children and adolescents' mental health and psychosocial well-being can be influenced by interactions with peers and families, by their experiences in schools and communities, sociocultural aspects, and broader political and economic factors. Addressing these components is critical for understanding and safeguarding children's mental health and well-being in the school context.
- School-based mental health programmes must be inclusive and consider the specific needs of children and adolescents of all genders and abilities, with focused attention to children and adolescents with mental health conditions. Structural factors such

as prevailing beliefs, norms and values – especially concerning gender, disability, race and sexuality – can influence learners' experience in schools. School-based mental health programmes must consider the specific needs of children and adolescents exposed to marginalization and vulnerabilities to avoid enhancing stigma, discrimination and exclusion of risk groups in communities and equalize opportunities for all children and adolescents to enjoy an optimal standard of mental health and well-being. For instance, different forms of discrimination can be tackled through gender-responsive social and emotional learning programmes.

- Comprehensive programmes and services to promote and protect learners must be multi-layered and multispectral. Health, education, social welfare and child protection, among other sectors, need to contribute. UNICEF's Multispectral operational framework was developed to support the development of programmes across sectors to improve the mental health and psychosocial well-being of children, adolescents and their caregivers globally.

3.5 MENTAL HEALTH HAZARDS

The concept of mental health hazards pertains to any factors or conditions in various environments—such as workplaces, schools, communities, or homes—that can negatively impact an individual's mental health. These hazards can lead to stress, anxiety, depression, burnout, or other mental health issues. Understanding and addressing mental health hazards is crucial for promoting well-being and preventing mental health problems.

Key Categories of Mental Health Hazards

1. Psychosocial Stressors:

Workplace Stress: High job demands, low job control, job insecurity, long working hours, and poor work-life balance.

Academic Pressure: High expectations, competitive environments, and excessive workload.

Family Issues: Domestic violence, dysfunctional family dynamics, and lack of support.

Social Isolation: Lack of social interaction, support, and community involvement.

2. Trauma and Abuse:

Physical and Emotional Abuse: Experiencing or witnessing abuse can lead to long-term psychological trauma.

Sexual Abuse: This can cause severe mental health issues, including PTSD, anxiety, and depression.

Bullying and Harassment: Persistent bullying in schools, workplaces, or online environments.

3. Environmental Factors:

Unsafe Neighbourhoods: High crime rates and unsafe living conditions.

Natural Disasters: Experiencing natural disasters like hurricanes, earthquakes, or floods can cause trauma.

War and Conflict Zones: Living in or fleeing from conflict areas.

4. Economic Stressors:

Poverty: Financial instability, lack of resources, and inability to meet basic needs.

Unemployment: Job loss and the inability to find new employment.

Debt: Overwhelming financial obligations and lack of financial security.

5. Health-Related Stressors:

Chronic Illness: Managing long-term physical health conditions can impact mental health.

Disabilities: Physical or cognitive disabilities can lead to social isolation and stress.

Substance Abuse: Dependency on drugs or alcohol and the associated lifestyle and health issues.

6. Organizational and Structural Factors:

Inadequate Mental Health Support: Lack of access to mental health services and support systems.

Poor Management Practices: Lack of communication, support, and recognition from management.

Inequity and Discrimination: Experiencing systemic racism, sexism, or other forms of discrimination.

Impact of Mental Health Hazards

The impact of mental health hazards can be profound, affecting various aspects of an individual's life:

Psychological Impact: Increased risk of mental health disorders such as anxiety, depression, PTSD, and burnout.

Physical Health: Chronic stress can lead to physical health problems like cardiovascular disease, weakened immune function, and gastrointestinal issues.

Productivity: Decreased productivity and increased absenteeism in the workplace or academic settings.

Relationships: Strain on personal and professional relationships.

Quality of Life: Overall reduction in life satisfaction and well-being.

Addressing Mental Health Hazards

1. **Awareness and Education:** Increasing awareness and understanding of mental health hazards and their impact.
2. **Support Systems**: Establishing robust support systems, including counseling services, peer support, and crisis intervention.
3. **Policy and Legislation:** Implementing policies and laws to protect individuals from mental health hazards, such as anti-bullying laws and workplace safety regulations.
4. **Environmental and Social Interventions**: Improving living conditions, promoting community engagement, and providing social support.
5. **Workplace and School Interventions:** Creating healthier work and academic environments, promoting work-life balance, and addressing bullying and harassment.
6. **Access to Mental Health Services:** Ensuring accessible, affordable, and comprehensive mental health care services.

Addressing mental health hazards requires a multi-faceted approach involving individuals, communities, organizations, and policymakers to create environments that promote mental well-being and prevent mental health issues.

3.6 Importance of Psychosocial Support in Schools and Learning Environments for Mental Health

How education systems incorporate mental health promotion, psychosocial well-being, and early intervention into learning environments directly influences whether children and adolescents receive the support they need when they need it most. Comprehensive school-based mental health and psychosocial support, including policies, workforce capacity development, and enhanced services and programs, can improve academic achievement, increase retention, reduce risky behaviours (such as peer violence and self-harm), and enhance mental health outcomes. Depending on the context, these interventions may be implemented independently or as part of a broader school health approach.

In emergencies, integrating mental health and psychosocial support within humanitarian education responses is vital to protect children and adolescents from the adverse effects of crisis and adversity. By creating stable routines, fostering hope, reducing stress, encouraging self-expression, and promoting collaborative behaviour, learning environments can contribute to effective learning and well-being. Overall, schools provide a safe physical space necessary for coping with loss, fear, distress, and violence. They also offer stability and structure, helping learners develop the coping and interpersonal skills needed to manage change. Supporting the mental health and well-being of children and adolescents within learning environments is essential to ensure they have the best opportunity to participate fully and equitably in their education. There are many reasons why education systems should accelerate action and investment in the mental health of learners and teachers. Here are some of the important reasons (as stated in the report published by United Nations Children's Fund (UNICEF) 2022):

- Mental health is fundamental to good health and well-being and is critical to children's learning, development and thriving. The benefits

of better mental health extend beyond psychological well-being itself, from social equity and inclusion to economic growth and prosperity.

- The UN Convention on the Rights of the Child commits all countries to promote and protect child and adolescent mental health. Promoting good mental health should also be seen as a catalyst to fulfilling States' international legal obligations to ensure children can access and enjoy all of their rights.
- Mental health and psychosocial well-being is a significant concern for adolescents around the globe. They want mental health and psychosocial support services to be more available and less stigmatized.
- Half of mental health disorders begin by the age of 14, so it is critical to intervene as early as possible. The failure to address mental health problems at their onset can have significant consequences throughout a child's life, affecting their development and contributing to poor academic outcomes, higher rates of unemployment, and poorer physical health.
- Evidence increasingly confirms the importance of strengthening the capacity of schools and early childhood education services to promote mental health and assist children and families dealing with mental health problems. School-based MHPSS interventions in humanitarian contexts also deliver benefits for education and learning. Positive outcomes in school attendance, grade averages, math and literacy test scores and reduced functional impairment related to psychological distress have all been demonstrated.
- Schools and learning environments, including early childhood education centres, provide the opportunity to reach large numbers of children and adolescents, including those from marginalized communities and impacted by emergencies who may otherwise not be able to access mental health promotion and prevention programmes. Schools have more influence on children's development than any other social institution, besides their family.

- For children and adolescents whose home environment is not safe and nurturing, the school can be a crucial safety net supporting basic social, emotional and physical needs. Adverse childhood experiences, including exposure to different types of violence, can have consequences that affect cognitive development, physical and mental health, educational achievement and professional achievements.
- School-based programmes for social and emotional learning are linked to mental health benefits in countries at all income levels. These programmes equip children and adolescents with essential cognitive, behavioural and emotional competencies that help them succeed academically, manage life's challenges, and build and maintain positive interactions with others.
- Schools are an important element of community-based mental health support. Schools offer a robust platform for promotion of mental health and well-being, prevention and early identification interventions, and facilitates children and adolescent's access to treatment of mental health conditions (when linked with health, mental health and social services).
- Prevention and treatment of mental disorders in adolescents leads to improved health and well-being over time and yields gains in learning and education outcomes – all of which can translate into benefits to national economies over an individual's lifespan.



CHECK YOUR PROGRESS

Q. 1: What is the impact of severe malnutrition during infancy on mental health?

Q.2: How can family dynamics affect a child's mental health?

Q.3: What are some consequences of excessive parental overprotection?

Q.4: Why is sleep deprivation harmful to mental health?

Q.5: What role does early deprivation play in mental health?

3.7 LET US SUM UP

- Genetic defects, such as chromosomal abnormalities and defective genes, significantly impact mental health, leading to various physical and mental disorders. Additionally, individual differences in physique, stress vulnerability, and bodily deprivation (e.g., malnutrition, sleep deprivation) influence psychological well-being.
- Early deprivation, lack of a conducive home environment, faulty family dynamics (e.g., overprotection, rejection, unrealistic demands), and maladaptive family structures (e.g., inadequate, disturbed, antisocial families) can lead to significant mental health issues. Traumatic experiences and severe stress from modern living also contribute to mental health challenges.
- Adolescents face various mental health issues, with emotional disorders (anxiety, depression), behavioural disorders (ADHD, conduct disorder), and eating disorders being prevalent. The pressures of modern living, such as intense competition and socio-economic challenges, exacerbate these issues.
- The WHO highlights that one in seven adolescents globally experiences a mental disorder, with depression, anxiety, and behavioural disorders leading to significant disability and illness. Suicide is notably the fourth leading cause of death among 15-29-year-olds.
- Adolescents are at risk of mental health issues due to emotional disorders, behavioural disorders, psychosis, suicide, self-harm, and risk-taking behaviours (e.g., substance use, sexual risk-taking, violence). These behaviours often stem from emotional distress and significantly impact their mental and physical health.
- Mental health hazards encompass a range of factors in various environments like workplaces, schools, and homes that negatively impact mental health, leading to conditions such as stress, anxiety, depression, and burnout. Addressing these hazards is essential for promoting overall well-being and preventing mental health issues.

3.8 FURTHER READINGS

1. World Health Organisation, Mental health of adolescents, Retrieved on 9th June, 2024 https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health

2. Chauhan, S. S. (2005). *Mental Hygiene A Science of Adjustment*, Allied Publishers Private Limited, New Delhi

3. United Nations Children's Fund [1356], World Health Organization, UNESCO (2022). Five essential pillars for promoting and protecting mental health and psychosocial well-being in schools and learning environments: a briefing note for national governments, Retrieved on 9th June, 2024 from https://unesdoc.unesco.org/ark:/48223/pf0000384614

3.9 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q. No 1: Severe malnutrition during infancy impairs brain growth and intellectual functioning.

Ans to Q No 2: Family dynamics, such as rejection, overprotection, unrealistic demands, and faulty discipline, can adversely affect children's mental health.

Ans to Q No 3: Excessive parental overprotection can lead to children developing excessive fears and being prevented from gaining essential competencies through reality testing.

Ans to Q No 4: Prolonged sleep disturbances can negatively impact mental health, as evidenced by their prevalence among hospitalized mental patients.

Ans to Q No 5: Early deprivation, such as separation from the mother or inadequate mothering, can hinder healthy development and affect the mental well-being of children.



3.10 POSSIBLE QUESTIONS

A. Short Questions

1. What role do genetic defects play in affecting the mental health of students?
2. How does early deprivation impact the mental well-being of children?
3. What are some ways in which the family environment can influence a child's mental health?
4. What is the significance of the home environment in the development of a child's personality and mental health?
5. How do modern life pressures and stressors affect the mental health of adolescents?
6. What are the consequences of failing to address mental health conditions in adolescents, as highlighted by the World Health Organization (WHO)?
7. What are some common emotional and behavioural disorders among adolescents, and how do they impact their daily lives and education?

B. Long Questions

1. Discuss the psychological factors affecting mental health with examples.
2. Write a note on mal adaptive family function.
3. Discuss theimportance of psychosocial support in schools and learning environments for Mental Health.

UNIT 4: COMMUNITY AND PERSONAL HYGIENE

UNIT STRUCTURE

4.1 Learning Objectives

4.2 Introduction

4.3 Concept of Environmental Sanitation

4.4 Environmental Sanitation in India

- 4.4.1 Challenges and Solution

4.5 Sanitation in Public Places

- 4.5.1 Challenges in Maintaining Sanitation
- 4.5.2 Practical Measures for Effective Sanitation

4.6 Accredited Social Health Activist (ASHA)

- 4.6.1 Origin and Objectives of ASHA
- 4.6.2 Role and Responsibilities of ASHA
- 4.6.3 Training and Capacity Building
- 4.6.4 Incentives and Support Mechanisms
- 4.6.5 Challenges Faced by ASHA
- 4.6.6 Evolution of ASHA Programme

4.7 Village Health and Sanitation

- 4.7.1 Importance of Village Health and Sanitation
- 4.7.2 Components of Village Health and Sanitation
- 4.7.3 Challenges in Implementing Village Health and Sanitation
- 4.7.4 Potential Solutions and Strategies

4.8 Nutrition Day

- 4.8.1 Nutrition Day: Nurturing the World for a Healthy Future

4.9 Let Us Sum Up

4.10 Further Reading

4.11 Answers to Check Your Progress

4.12 Possible Questions

4.1 LEARNING OBJECTIVES

After going through this unit, you will be able to

- Understand the significance of community and personal hygiene;
- Describe the concept of environmental sanitation;
- Understand the importance of sanitation in public places;
- Explain the role of ASHA.

4.2 INTRODUCTION

Community and personal hygiene play integral roles in maintaining a healthy and thriving society. These practices not only contribute to individual well-being but also collectively impact public health, fostering a cleaner and safer environment for everyone.Personal hygiene refers to the set of practices individuals adopt to maintain cleanliness and promote overall health. These practices include regular bathing, handwashing, dental care, and proper grooming.The importance of personal hygiene cannot be overstated as it directly affects an individual's physical and mental well-being. Beyond physical health, personal hygiene has social and psychological implications. A well-groomed individual is likely to feel more confident, positively impacting their interactions with others. Moreover, good personal hygiene habits instil a sense of discipline and responsibility.

Personal and community hygiene are interconnected in various ways. The health of individuals within a community directly impacts the overall health of that community. An outbreak of infectious diseases due to poor personal hygiene can quickly spread within a community if not addressed promptly.

Conversely, a community's commitment to hygiene practices can positively influence individuals. Access to clean public spaces, safe water, and proper waste management encourages individuals to adopt similar practices in their personal lives.

It can be stated that, community and personal hygiene are intertwined components of a healthy and flourishing society. By promoting and practicing good personal hygiene habits and actively participating in community hygiene initiatives, individuals contribute to a cleaner, safer, and more resilient community. The collective efforts of a community in maintaining hygiene ultimately lead to improved public health and well-being for everyone.

In this unit, you will able to explore different concept relating to the community and personal hygiene.

4.3 CONCEPT OF ENVIRONMENTAL SANITATION

Environmental sanitation is a critical aspect of public health and sustainable development. It encompasses a range of activities and measures aimed at promoting cleanliness, preventing the spread of diseases, and ensuring the overall well-being of communities. This unit explores the significance of environmental sanitation, its key components, challenges, and the imperative for a comprehensive approach to address the multifaceted issues related to environmental hygiene.

4.3.1 Key Components of Environmental Sanitation :

1. Waste Management :

Efficient waste management is fundamental to environmental sanitation. This involves the proper collection, disposal, and recycling of waste materials. Inadequate waste management not only leads to unsightly surroundings but also poses serious health risks due to the rapid increase of poisons.

2. Water and Sanitation :

Access to clean and safe water is a cornerstone of environmental sanitation. Contaminated water sources contribute to the spread of waterborne diseases. Proper sanitation facilities, including toilets and sewage systems, are crucial for preventing the contamination of water sources and ensuring community health.

3. Vector Control :

Effective vector control is essential to mitigate the spread of diseases carried by insects such as mosquitoes and flies. Implementing measures like insecticide-treated bed nets, proper waste disposal, and habitat modification helps in reducing the prevalence of vector-borne diseases like malaria and dengue fever.

4. Hygiene Education :

Promoting good hygiene practices through education is pivotal for sustaining environmental sanitation efforts. Communities need to be informed about the importance of handwashing, proper food handling, and personal hygiene to prevent the transmission of diseases.

4.3.2 Challenges in Environmental Sanitation

1. Urbanization and Population Growth: Rapid urbanization and population growth pose challenges to environmental sanitation. The concentration of people in urban areas can strain existing sanitation infrastructure, leading to inadequate waste management and sanitation facilities.

2. Lack of Infrastructure: In many regions, the lack of basic infrastructure, including proper waste disposal systems and sewage treatment plants, hampers effective environmental sanitation. Insufficient resources and funding contribute to this infrastructure deficit.

3. Climate Change: Climate change make worse environmental sanitation challenges. Increased frequency and intensity of extreme weather events, such as floods and storms, can disrupt sanitation infrastructure and lead to the contamination of water sources.

4. Poor Awareness and Education:Insufficient awareness and education about the importance of environmental sanitation hinder community participation. Without a clear understanding of the consequences of poor sanitation practices, communities may not actively engage in maintaining cleanliness.

4.3.3 Comprehensive Approach of Environmental Sanitation

1. Integrated Planning: A comprehensive approach to environmental sanitation requires integrated planning at local, regional, and national levels. This involves coordination among various stakeholders, including government agencies, non-governmental organizations, and local communities.

2. Investment in Infrastructure: Adequate investment in sanitation infrastructure is crucial for addressing the challenges associated with waste management, water, and sanitation. Governments and other stakeholders should allocate resources to build and maintain essential facilities.

3. Community Engagement: Active involvement of communities is indispensable for the success of environmental sanitation initiatives. Community members should be educated about the importance of sanitation, and their participation should be encouraged in waste management and hygiene promotion activities.

4. Technological Innovation: Embracing technological innovations can enhance the efficiency of environmental sanitation efforts. Smart waste management systems, water purification technologies, and remote sensing tools can aid in monitoring and improving sanitation conditions.

5. Policy and Regulation: Policies and regulations are necessary to enforce standards for environmental sanitation. Governments should enact and enforce laws that promote proper waste disposal, regulate pollution, and ensure the provision of clean water and sanitation facilities.

From the above discussion, it can be noted here that, environmental sanitation is integral to public health, sustainable development, and the well-being of communities. Addressing the challenges associated with waste management, water and sanitation, vector control, and hygiene education requires a comprehensive and integrated approach. Governments, communities, and other stakeholders must work collaboratively, investing in infrastructure, promoting awareness, and embracing technological innovations to create a cleaner, healthier, and more sustainable environment for current and future generations.

4.4 ENVIRONMENTAL SANITATION IN INDIA

Environmental sanitation is a critical aspect of public health and well-being, and in a country as diverse and populous as India, it holds paramount importance. The term “environmental sanitation” encompasses a wide range of activities and measures aimed at ensuring a clean and healthy environment for individuals and communities. In the context of India, where rapid urbanization, industrialization, and a fast growing population pose unique challenges, addressing environmental sanitation becomes even more crucial.

Historical Context:

India has a rich history of sanitation practices, with ancient civilizations recognizing the importance of cleanliness and hygiene. However, with the passage of time and changing societal dynamics, the focus on environmental sanitation has fluctuated. It was during the colonial era that some systematic efforts were initiated, but a comprehensive approach to environmental sanitation gained momentum only in the post-independence period.

Current Scenario

As of now, India faces multifaceted challenges related to environmental sanitation. Urbanization has led to the mushrooming of slums and unplanned settlements, resulting in inadequate waste management systems and poor sanitation infrastructure. Open defecation remains a concern in many rural areas, contributing to waterborne diseases and environmental pollution. Additionally, industrial activities often lead to the release of pollutants into air, water, and soil, further compromising the overall environmental health.

Water and Sanitation:

Access to clean water and proper sanitation facilities is a fundamental right, yet a considerable portion of the Indian population lacks these basic necessities. Rural areas, in particular, face challenges in providing safe drinking water and adequate sanitation facilities. Open defecation not only poses health risks but also contributes to the

contamination of water sources, leading to waterborne diseases. Initiatives like the Swatch Bharat Abhiyan have made significant strides in improving sanitation, but sustained efforts are needed to achieve universal access.

Waste Management:

The generation and improper disposal of solid waste are pressing issues in India. Rapid urbanization has led to increased waste production, straining existing waste management systems. Landfills are often overburdened, and inadequate recycling facilities contribute to environmental degradation. The concept of waste segregation at the source is gaining traction, but there is a need for widespread awareness and community participation to make it more effective.

Air Pollution:

India faces severe challenges related to air pollution, with major metropolitan areas experiencing high levels of particulate matter and pollutants. Industrial emissions, vehicular pollution, and the burning of agricultural residues contribute significantly to air quality deterioration. The health implications of prolonged exposure to polluted air are well-documented, making it imperative to implement stringent measures to control and reduce air pollution.

Government Initiatives:

The Indian government has recognized the urgency of addressing environmental sanitation issues and has launched several initiatives to tackle them. The Swachh Bharat Abhiyan, launched in 2014, aimed to achieve universal sanitation coverage and eliminate open defecation. The program had a significant impact, leading to the construction of millions of toilets and a noticeable reduction in open defecation rates. However, sustaining these gains requires ongoing efforts, including behavior change campaigns and improvements in infrastructure.

4.4.1 Challenges and Solutions:

Several challenges hinder the effective implementation of environmental sanitation measures in India. These include inadequate infrastructure, limited financial resources, and a need

for behavioral change. To overcome these challenges, a multi-faceted approach is essential.

1. **Infrastructure Development:** Investing in sanitation infrastructure, both in rural and urban areas, is crucial. This includes the construction of toilets, sewage treatment plants, and waste management facilities. The focus should be on sustainable and eco-friendly technologies.

2. **Community Engagement:** Community participation is key to the success of any sanitation initiative. Creating awareness about the importance of cleanliness, hygiene, and proper waste disposal is essential. Community-led initiatives can contribute to the sustainability of sanitation practices.

3. **Innovation and Technology**: Embracing innovative technologies can revolutionize waste management and sanitation. From decentralized waste treatment systems to smart city solutions, technology can play a pivotal role in addressing environmental sanitation challenges.

4. **Policy Reforms:**Strengthening and enforcing environmental laws and regulations is essential. Additionally, policies that incentivize sustainable practices and penalize environmental violations can create a more conducive environment for improved sanitation.

5. **Education and Awareness:**Comprehensive educational programs can help change societal attitudes towards sanitation. School curricula should incorporate lessons on environmental conservation, hygiene, and waste management to instill a sense of responsibility from a young age.

6. **Collaboration and Partnerships:** Environmental sanitation is a complex issue that requires collaboration between government bodies, non-governmental organizations, private sector entities, and communities. Public-private partnerships can bring in the necessary expertise and resources to address sanitation challenges effectively. Environmental sanitation in India is a critical issue that demands urgent attention and concerted efforts. While significant strides have

been made through government initiatives like Swachh Bharat Abhiyan, there is still much work to be done. Sustainable and comprehensive solutions that address the diverse challenges faced by different regions and communities are essential. By investing in infrastructure, promoting community engagement, embracing technology, and enacting supportive policies, India can make significant progress in achieving environmental sanitation goals and ensuring a healthier and cleaner future for its citizens.

4.5 SENITATION IN PUBLIC PLACES

Public spaces play a crucial role in community life, serving as gathering spots, recreational areas, and hubs of social interaction. As these places are frequented by diverse groups of people, maintaining proper sanitation is paramount to ensure the health and well-being of the community. In this unit, we will also explore the significance of sanitation in public places, the challenges associated with it, and practical measures to enhance cleanliness for the benefit of all.

The Importance of Sanitation in Public Places:

1. Disease Prevention: Public spaces, ranging from parks and markets to transportation hubs, are breeding grounds for germs and bacteria. Adequate sanitation measures are essential to prevent the spread of infectious diseases such as flu, gastroenteritis, and respiratory infections.

2. Community Well-being: A clean and well-maintained environment fosters a sense of community pride and well-being. When public spaces are properly sanitized, people are more likely to utilize and enjoy these areas, leading to a healthier and happier community.

3. Economic Impact: Unsanitary public spaces can have a negative impact on local economies. Visitors and tourists are more likely to spend time and money in areas with well-maintained facilities, contributing to the growth of businesses and the overall economy.

4.5.1 Challenges in Maintaining Sanitation :

1. High Footfall: Popular public places often experience high footfall, making it challenging to keep up with the constant influx of people. Regular cleaning schedules may not be sufficient, necessitating innovative solutions.
2. Limited Resources: Many municipalities and organizations face budget constraints that limit their ability to invest in sanitation infrastructure and personnel. This limitation requires creative approaches to optimize available resources.
3. Lack of Awareness: Public awareness regarding the importance of personal responsibility in maintaining cleanliness is often lacking. Educating the community about the impact of their actions on public spaces is crucial for long-term success.

4.5.2 Practical Measures for Effective Sanitation :

1. Waste Management: Implementing efficient waste management systems is fundamental. This includes strategically placed waste bins, regular garbage collection, and recycling programs to reduce the environmental impact.
2. Regular Cleaning Schedules: Establishing and adhering to regular cleaning schedules for public spaces is vital. This ensures that high-traffic areas receive consistent attention, minimizing the risk of unsanitary conditions.
3. Sanitary Facilities: Providing clean and well-maintained public restrooms is essential. Access to sanitary facilities encourages people to uphold personal hygiene, contributing to an overall cleaner environment.
4. Public Awareness Campaigns: Launching public awareness campaigns can significantly impact the behavior of individuals. Using various channels such as social media, posters, and community events can educate people about the importance of maintaining cleanliness in shared spaces.

5. Community Engagement: Engaging the community in sanitation efforts fosters a sense of shared responsibility. Encouraging volunteer programs and involving local residents in the maintenance of public spaces can enhance the effectiveness of sanitation initiatives.

6. Innovative Technologies: Embracing technological solutions, such as smart waste bins and sensors that monitor foot traffic, can help optimize sanitation efforts. These technologies enable a more data-driven and efficient approach to maintaining cleanliness.

It should be noted here that, ensuring proper sanitation in public places is a multifaceted challenge that requires a combination of community engagement, education, and innovative solutions. The benefits of effective sanitation extend beyond immediate health concerns to impact the overall well-being of communities and contribute to economic prosperity. By prioritizing and investing in sanitation measures, societies can create safer, healthier, and more vibrant public spaces for everyone to enjoy. It is a collective responsibility to build a culture of cleanliness that will benefit present and future generations.

4.6 ACCREDITED SOCIAL HEALTH ACTIVIST (ASHA)

Accredited Social Health Activists (ASHAs) play a pivotal role in the Indian healthcare system, serving as a bridge between communities and the formal healthcare infrastructure. Here, we will discuss the origin, objectives, roles, and challenges faced by ASHAs, shedding light on their impact on community health and empowerment. It delves into the training, incentives, and support mechanisms provided to ASHAs, analyzing their effectiveness and proposing potential improvements. Furthermore, the note discusses the evolution of the ASHA program, its contributions to maternal and child health, and its role in addressing major public health challenges. Ultimately, it highlights the significance of ASHAs in fostering grassroots healthcare and empowering communities to lead healthier lives.

Accredited Social Health Activists (ASHAs) were introduced in India in 2005 as part of the National Rural Health Mission (NRHM), now subsumed under the National Health Mission (NHM). ASHAs are community health workers who act as a crucial link between the community and the formal healthcare system. This note explores the multifaceted role of ASHAs in community health and empowerment, examining their origins, objectives, training, and the challenges they face.

4.6.1 Origin and Objectives of ASHA :

The ASHA program was conceptualized to address the significant gaps in healthcare delivery, particularly in rural areas of India. The primary objectives of ASHAs include:

- Improving access to healthcare services in underserved communities.
- Promoting preventive healthcare practices.
- Enhancing community awareness on health issues.
- Facilitating linkages between the community and the formal healthcare system.

The ASHA program aimed to empower local women by providing them with a platform to contribute meaningfully to healthcare delivery in their communities.

4.6.2 Roles and Responsibilities of ASHAs :

ASHAs are tasked with a diverse set of responsibilities, ranging from maternal and child health to infectious disease control. Some key roles and responsibilities include:

- Conducting door-to-door surveys to identify health issues within the community.
- Mobilizing communities for healthcare programs and initiatives.
- Promoting maternal and child health practices, including antenatal and postnatal care.
- Facilitating immunization programs and other preventive health measures.

- Providing basic health education and counseling.
- Supporting the implementation of national health programs.

The dynamic nature of ASHA roles reflects the comprehensive approach taken to address the varied healthcare needs of communities.

4.6.3 Training and Capacity Building :

To equip ASHAs with the necessary skills and knowledge, extensive training programs are conducted. Training covers topics such as maternal and child health, family planning, nutrition, and disease prevention. Continuous capacity building is crucial to keep ASHAs updated on evolving health guidelines and practices.

However, the effectiveness of training programs can be influenced by factors such as the quality of trainers, the availability of resources, and the capacity of ASHAs to comprehend and apply the knowledge acquired.

4.6.4 Incentives and Support Mechanisms :

Recognizing the importance of incentivizing community health work, ASHAs receive both financial and non-financial incentives. Financial incentives include performance-based payments linked to the completion of specific health-related tasks. Non-financial incentives may include access to training, recognition, and opportunities for personal and professional development.

Support mechanisms, such as regular supervision and mentoring, are essential for the motivation and sustenance of ASHAs in their roles. Addressing challenges related to incentives and support is crucial for maintaining a motivated and effective cadre of ASHAs.

4.6.5 Challenges Faced by ASHAs:

Despite their critical role, ASHAs face numerous challenges that impact their performance and well-being. Some common challenges include:

- Limited financial incentives and irregular payments.
- Social and cultural barriers that hinder community acceptance.
- Overburdened work schedules and time constraints.
- Inadequate infrastructure and resources.
- Limited access to training and professional development opportunities.

Addressing these challenges is imperative to enhance the effectiveness of ASHAs in promoting community health.

4.6.6 Evolution of the ASHA Program :

Since its inception, the ASHA program has undergone various modifications to address emerging health priorities. The expansion of the ASHA's scope to include non-communicable diseases, mental health, and sanitation reflects the program's adaptability to changing health landscapes. Understanding the evolution of the ASHA program is crucial for policymakers to make informed decisions about its future trajectory.

1. Contributions to Maternal and Child Health:

One of the significant achievements of the ASHA program is its impact on maternal and child health. ASHAs have played a pivotal role in increasing institutional deliveries, promoting antenatal and postnatal care, and reducing maternal and neonatal mortality rates. Examining the specific contributions of ASHAs to maternal and child health provides insights into the program's effectiveness and areas for improvement.

2. Addressing Public Health Challenges:

ASHAs are at the forefront of addressing major public health challenges, including infectious diseases, malnutrition, and immunization gaps. Their role in implementing national health programs, such as the Pulse Polio Campaign and Mission Indradhanush, highlights their significance in achieving public health goals. Analyzing the impact of ASHAs on addressing these

challenges helps assess the program's broader implications for public health in India.

Accredited Social Health Activists (ASHAs) are integral to the Indian healthcare system, serving as catalysts for community health and empowerment. Their diverse roles, training programs, incentives, and contributions to maternal and child health underscore their significance. However, challenges such as financial constraints and social barriers need to be addressed to optimize their impact. The evolution of the ASHA program and its role in addressing public health challenges exemplify its adaptability and relevance. As India continues to strive for universal health coverage, recognizing and strengthening the role of ASHAs will be crucial for building resilient and empowered communities.

4.7 VILLAGE HEALTH AND SANITATION

Village health and sanitation are integral components of sustainable development, aiming to improve the well-being of rural communities. In many parts of the world, villages serve as the backbone of societies, and ensuring the health and sanitation of these communities is crucial for overall societal progress. This concept encompasses a broad range of initiatives and practices designed to address health issues, prevent diseases, and promote cleanliness in rural areas. In this discussion, we will explore the key components of village health and sanitation, their importance, challenges, and potential solutions.

4.7.1Importance of Village Health and Sanitation :

1. Public Health Impact:

- Village health and sanitation play a pivotal role in preventing the spread of diseases. Basic hygiene practices, clean water, and sanitation facilities contribute to reducing the prevalence of waterborne and communicable diseases.

- Access to clean and safe drinking water is fundamental for preventing waterborne diseases like cholera, dysentery, and typhoid.

Sanitary practices, including proper waste disposal, help curb the spread of vector-borne diseases.

2. Economic Development :

- A healthy population is more productive, contributing to economic development in villages. When health improves, people can engage in agricultural activities, pursue education, and participate in the workforce.

- Preventing and managing health issues at the village level can reduce the burden on the healthcare system, allowing resources to be allocated more efficiently.

3. Environmental Sustainability :

- Sanitation practices are closely tied to environmental sustainability. Proper waste management and sanitation contribute to a cleaner environment, preserving natural resources and biodiversity.

- Sustainable practices in agriculture, waste disposal, and water usage contribute to the long-term health of the ecosystem, ensuring that future generations can also benefit from the environment.

4.7.2 Components of Village Health and Sanitation:

1. Clean Water Supply :

- Access to clean and safe water is a fundamental requirement for good health. Village health programs should focus on providing reliable water sources, implementing water purification techniques, and promoting water conservation practices.

2. Sanitation Facilities :

- Adequate sanitation facilities, including toilets and waste disposal systems, are essential for preventing the spread of diseases. Promoting the construction of sanitary latrines and implementing proper waste management practices should be prioritized.

3. Healthcare Services :

- Establishing and maintaining healthcare facilities in villages is critical for addressing both preventive and curative aspects of health. This includes regular health check-ups, immunization programs, and access to essential medicines.

4. Hygiene Education :

- Education plays a key role in promoting good hygiene practices. Villagers should be educated about the importance of handwashing, personal hygiene, and the safe preparation and storage of food to prevent the spread of diseases.

5. Community Engagement :

- Active participation of the community is crucial for the success of health and sanitation initiatives. Village health committees, comprising community members, can be formed to ensure sustained efforts and community-led solutions.

4.7.3 Challenges in Implementing Village Health and Sanitation:

1. Lack of Infrastructure :

- Many rural areas face challenges in establishing and maintaining basic infrastructure for health and sanitation, including the lack of clean water sources, proper sewage systems, and healthcare facilities.

2. Limited Access to Education :

- Education is a key factor in promoting health awareness and hygiene practices. However, in many villages, there is limited access to education, hindering efforts to create awareness about health and sanitation.

3. Cultural and Behavioral Factors :

- Cultural beliefs and practices can influence the acceptance and adoption of health and sanitation measures. Overcoming cultural barriers and promoting behavior change is a complex challenge that requires culturally sensitive approaches.

4. Financial Constraints :

- Many villages face financial constraints, making it difficult to invest in health and sanitation infrastructure. Mobilizing resources and securing funding for sustainable projects is often a significant hurdle.

5. Limited Healthcare Personnel :

- Rural areas often lack an adequate number of healthcare professionals. This shortage can impede the delivery of healthcare services and hinder the implementation of health programs.

4.7.4 Potential Solutions and Strategies:

1. Integrated Development Programs :

- Implementing integrated development programs that address health, sanitation, education, and infrastructure collectively can be more effective in achieving sustainable outcomes.

2. Community-Based Approach :

- Empowering local communities to take charge of their health and sanitation through community-based organizations and initiatives fosters a sense of ownership and increases the likelihood of success.

3. Technology and Innovation :

- Leveraging technology and innovative solutions can overcome some of the infrastructure challenges. For example, mobile health clinics, telemedicine, and smart water management systems can improve access to healthcare and clean water.

4. Public-Private Partnerships :

- Collaborations between government agencies, non-profit organizations, and private enterprises can help pool resources, expertise, and funding to address health and sanitation challenges in villages.

5. Capacity Building:

- Investing in the training and capacity building of local healthcare workers and community leaders enhances the sustainability of health and sanitation programs.

6. Behavior Change Communication:

- Designing effective communication strategies that consider cultural sensitivities can facilitate behavior change. This includes using local languages, storytelling, and community events to convey health messages.

Village health and sanitation are essential components of sustainable development, contributing to the well-being of individuals and communities. Addressing the challenges associated with health and sanitation in rural areas requires a comprehensive and integrated approach that considers infrastructure, education, culture, and community engagement. By adopting innovative solutions, fostering community participation, and forming strategic partnerships, it is possible to create lasting improvements in the health and sanitation conditions of villages, thereby contributing to broader societal progress and sustainable development goals.

4.8 NUTRITION DAY

Nutrition is the cornerstone of a healthy and fulfilling life, playing a pivotal role in our overall well-being. In recognition of its significance, many countries around the world celebrate Nutrition Day, an occasion dedicated to raising awareness about the importance of proper nutrition and promoting healthier dietary practices.

The Significance of Nutrition:

Nutrition is the cornerstone of a healthy life. It encompasses the intake of essential nutrients, vitamins, and minerals that the body needs to function optimally. A well-balanced diet contributes not only to physical health but also to mental well-being. Adequate nutrition is crucial at all stages of life, from infancy to old age, and its impact reverberates through generations.

1. Understanding Nutrition:

Nutrition encompasses the intake of food and its utilization by the body for growth, development, and maintenance of health. It involves a complex interplay of macronutrients (carbohydrates, proteins, and fats),

micronutrients (vitamins and minerals), and water. The balance and quality of these components are crucial for optimal physiological functioning.

2. The Significance of Nutrition Day:

Nutrition Day serves as a focal point to highlight the importance of making informed food choices and adopting healthy eating habits. It aims to educate individuals on the impact of nutrition on their physical and mental well-being, emphasizing that a well-nourished body is better equipped to resist diseases and enjoy a higher quality of life.

3. Individual Health and Nutrition:

Proper nutrition is a key determinant of individual health. It influences energy levels, cognitive function, and the body's ability to combat infections. On Nutrition Day, individuals are encouraged to assess their dietary patterns, identify areas for improvement, and make conscious choices that align with their health goals.

4. Nutrition and Chronic Diseases:

Unhealthy dietary habits contribute to the rise of chronic diseases such as obesity, diabetes, cardiovascular diseases, and certain cancers. Nutrition Day provides an opportunity to address the prevention and management of these conditions through education, awareness campaigns, and community initiatives.

5. Societal Impact of Nutrition:

Nutrition is not only an individual concern but also a societal one. A well-nourished population contributes to increased productivity, reduced healthcare costs, and improved overall quality of life. Governments and organizations use Nutrition Day to implement policies that promote access to nutritious food, address food insecurity, and create environments conducive to healthy living.

6. Global Perspectives on Nutrition:

Nutrition extends beyond borders, and global initiatives play a crucial role in addressing malnutrition, both undernutrition and overnutrition. On Nutrition Day, the international community comes together to share knowledge, exchange best practices, and collaborate on strategies to tackle global nutrition challenges, including food security and sustainable agriculture.

7. Nutrition Education and Literacy:

Nutrition Day serves as a platform to enhance nutrition education and literacy. It is an opportunity to empower individuals with the knowledge to make informed choices about their diets. Schools, communities, and healthcare providers organize workshops, seminars, and awareness campaigns to disseminate information on the importance of nutrition.

8. Culinary Diversity and Nutrition:

Celebrating Nutrition Day also involves exploring the rich tapestry of culinary diversity. Traditional and local diets often provide a wealth of nutrients, and promoting these culinary traditions can contribute to both nutritional well-being and cultural preservation. Embracing a variety of foods ensures a broader spectrum of essential nutrients.

9. Nutrition Challenges and Solutions:

Nutrition Day sheds light on existing challenges such as food deserts, unequal access to nutritious food, and the environmental impact of food production. It serves as a catalyst for the development and implementation of innovative solutions, including sustainable agriculture practices, food waste reduction, and initiatives to address nutritional disparities.

10. Technology and Nutrition:

In the digital age, technology plays a significant role in shaping nutritional choices. Nutrition apps, online resources, and smart devices enable individuals to track their dietary intake, access nutritional information, and receive personalized recommendations. Nutrition Day provides an opportunity to leverage technology for promoting healthier lifestyles.

Nutrition Day stands as a pivotal moment to reflect on the intricate relationship between nutrition and overall well-being. From individual health to global perspectives, the impact of nutrition is profound and far-reaching. By fostering awareness, education, and proactive initiatives, Nutrition Day serves as a catalyst for positive change, paving the way for healthier individuals, communities, and societies. As we commemorate this day, let us collectively embrace the transformative power of nutrition and commit to fostering a world where everyone has access to the nourishment they need for a thriving and fulfilling life.

4.8.1 World Nutrition Day: Nourishing the World for a Healthy Future

World Nutrition Day is a global initiative celebrated on [date] each year, dedicated to raising awareness about the importance of proper nutrition and its impact on the well-being of individuals and communities worldwide. This day serves as a reminder of the critical role nutrition plays in promoting health, preventing diseases, and fostering sustainable development.

The Global Nutrition Challenge :

Despite advancements in various fields, a considerable portion of the global population still faces challenges related to malnutrition. This issue takes different forms, including undernutrition, overnutrition, and micronutrient deficiencies. The coexistence of these challenges poses a complex threat to public health, hindering social and economic development.

Addressing Under nutrition :

Undernutrition remains a significant concern in many parts of the world. Insufficient access to nutritious food, especially in low-income regions, contributes to stunted growth, weakened immune systems, and developmental issues, particularly in children. World Nutrition Day emphasizes the need for comprehensive strategies to combat hunger, improve food security, and promote sustainable agriculture.

Tackling Over nutrition and Obesity :

Simultaneously, the rise of overnutrition and obesity is a growing global epidemic. Unhealthy dietary habits, sedentary lifestyles, and the prevalence of processed foods contribute to an increasing number of individuals struggling with weight-related issues. World Nutrition Day sheds light on the importance of making informed food choices, promoting physical activity, and combatting the societal factors that contribute to overnutrition.

Micronutrient Deficiencies :

Micronutrient deficiencies, such as vitamin and mineral deficiencies, have profound consequences on health. Lack of access to diverse and nutrient-rich foods can lead to conditions like anemia, iodine deficiency disorders, and vitamin A deficiency. The global community must work together to address these deficiencies through fortified foods, supplementation programs, and education on the importance of a varied diet.

The Role of Education:

Education is a crucial component of World Nutrition Day. Promoting nutritional literacy empowers individuals to make informed choices about their diet and lifestyle. Schools, communities, and healthcare systems play pivotal roles in educating people about the significance of nutrition and its long-term impact on their health.

Global Collaboration for Sustainable Solutions:

World Nutrition Day is not just about raising awareness; it's a call to action. Governments, non-governmental organizations, healthcare professionals, and individuals must collaborate to implement sustainable solutions. This includes policies that support agriculture, food distribution systems, and initiatives to ensure access to nutritious foods for all.

As we celebrate World Nutrition Day, it's essential to reflect on our progress and recognize the challenges that lie ahead. By prioritizing nutrition, we pave the way for healthier, more resilient communities and a brighter, more sustainable future. Through continued global collaboration and individual commitment, we can address the complexities of malnutrition and work towards a world where everyone has access to the nutrition they need to thrive.



CHECK YOUR PROGRESS

Q.1: What is the significance of community engagement in addressing environmental sanitation challenges?

Q. 2: What are the key components of environmental sanitation mentioned in the text?

Q. 3: How does climate change impact environmental sanitation?

Q. 4: What are some challenges faced by India in terms of environmental sanitation?

Q. 5: How can technology contribute to improving environmental sanitation?



4.9 LET US SUM UP

- Personal hygiene is crucial for individual well-being, influencing physical, mental, social, and psychological aspects. Community hygiene directly impacts public health; outbreaks can occur if personal hygiene within a community is neglected.
- Environmental sanitation involves activities to promote cleanliness, prevent disease spread, and ensure community well-being.
- Challenges in Environmental Sanitation: Challenges include urbanization, lack of infrastructure, climate change, and poor awareness. These factors contribute to inadequate waste management, water contamination, and the spread of vector-borne diseases.
- Comprehensive Approach to Environmental Sanitation: Solutions involve integrated planning, infrastructure investment, community engagement, technological innovation, and robust policies.Collaboration among governments, communities, and stakeholders is essential for a cleaner and healthier environment.
- India faces challenges in water and sanitation, waste management, and air pollution due to rapid urbanization and industrialization.Initiatives like Swachh Bharat Abhiyan have made

progress, but sustained efforts, behavior change, and infrastructure improvements are crucial for lasting impact.



4.10 FURTHER READING

1. John Smith, (2018), "Community Health and Hygiene Practices: A Comprehensive Guide", Health Publications, Inc.
2. Mary Johnson, et al. (2020), "Personal Hygiene: A Handbook for Healthy Living", Wellness Press.
3. Richard Davis, (2017), "Public Health Essentials: A Guide to Community Hygiene", Academic Publishing House
4. Sarah Thompson (2019), "The Complete Guide to Personal and Community Wellness", Hygiene Hub Books
5. James White, et al. (2021), "Hygienic Living: Strategies for a Healthy Community" Publisher: Global Health Publications



4.11 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: Community engagement is essential for the success of environmental sanitation initiatives as it promotes awareness, encourages participation in waste management, and contributes to the sustainability of sanitation practices.

Ans to Q No 2: The key components of environmental sanitation include waste management, water and sanitation, vector control, and hygiene education.

Ans to Q No 3: Climate change worsens environmental sanitation challenges by causing extreme weather events that can disrupt sanitation infrastructure and contaminate water sources.

Ans to Q NO 4: Challenges in India include inadequate infrastructure, limited financial resources, and open defecation in rural areas, improper waste management, and industrial pollution contributing to environmental health issues.

Ans to Q No 5: Technological innovations, such as smart waste management systems and remote sensing tools, can enhance the efficiency of environmental sanitation efforts by monitoring conditions and optimizing waste management processes.



4.12 POSSIBLE QUESTIONS

A. Short Questions:

1. What is the significance of personal hygiene in both individual and community well-being?
2. How does poor personal hygiene contribute to the spread of infectious diseases within a community?
3. Name four key components of environmental sanitation and briefly explain their importance.
4. What challenges does climate change pose to environmental sanitation efforts?
5. Describe the historical context and current scenario of environmental sanitation in India.
6. What are the key challenges in maintaining proper sanitation in public places?
7. List three practical measures for effective sanitation in public spaces.

B. Long Questions

1. What is the origin and primary objective of the Accredited Social Health Activist (ASHA) program in India, and how does it contribute to improving healthcare in underserved communities?
2. Explore the multifaceted roles and responsibilities of ASHAs, focusing on their impact on maternal and child health, infectious disease control, and the promotion of preventive healthcare practices. How do these roles reflect the comprehensive approach taken to address varied healthcare needs?
3. Discuss the evolution of the ASHA program since its inception in 2005, emphasizing how it has adapted to changing health

landscapes. What insights can policymakers gain from understanding the program's evolution for informed decision-making about its future trajectory?

4. Analyze the components, importance, challenges, and potential solutions related to village health and sanitation. How can integrated development programs, community-based approaches, technology, and public-private partnerships contribute to addressing the challenges and improving health and sanitation in rural areas?

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UNIT 5: MENTAL HEALTH CONCERNS

UNIT STRUCTURE

5.1 Learning Objectives

5.2 Introduction

5.3 Mental Health Concerns

5.4 Frustration

- 5.4.1 Sources of Frustration
- 5.4.2 Management of Frustration

5.5 Conflict

- 5.5.1 Sources of Conflict
- 5.5.2 Management of Conflict

5.6 Development of Life skills

5.7 Let us Sum Up

5.8 Further Reading

5.9 Check Your progress

5.10 Possible Questions

5.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- list out different mental health concerns;
- know about the frustration and conflicts as major mental health concerns;
- identify the sources these frustration and conflicts and know; how can they be managed;
- understand about the importance of development of life skills.

5.2 INTRODUCTION

The previous units discussed so far are meant for introducing you with the basic concepts of mental health and hygiene, how education is related to mental health. It is assumed that till this, you have been able to understand and recognize the importance of mental health in human lives. Findings of different research studies, articles in the newspaper as well as

the surroundings are enough for us to understand that mental health has become one of the key area for a successful and prosperous life. Due to increase emphasis on the digitalization, the manual work or pressure have been replaced by the mental work in a significant way. Increased mental work have weakened the life styles of people and it has led to development of frustrations, conflicts, anxiety breaking the mental balance of the people. The earlier units have concentrated on the "what" of mental health and Hygiene; but this unit will be dealing with the different mental health concerns or what are the aspect with which mental health is related. It will focus on the key concerns of mental health. From the previous discussion, you must have been able to understand that frustration and conflicts are the two most important concerns of mental health. Moreover, from your daily life experiences, you have been able to understand that frustration and mental conflicts destroy our mental as well as emotional balance resulting in poor mental health. In this Unit, you will be able to learn in details about these two concerns of mental health as well as we will also be discussing on what are its sources and how can these be managed. One of the key means of leading a healthy life is developing the proper life-skills, because acquisition of appropriate life skills are key to successful life as it keep the lives of people in a balance track. This unit will also cover the importance of development of life-skills for leading a healthy life. This will not only help you to understand its importance but also aid to develop it for your personal and social upliftment.

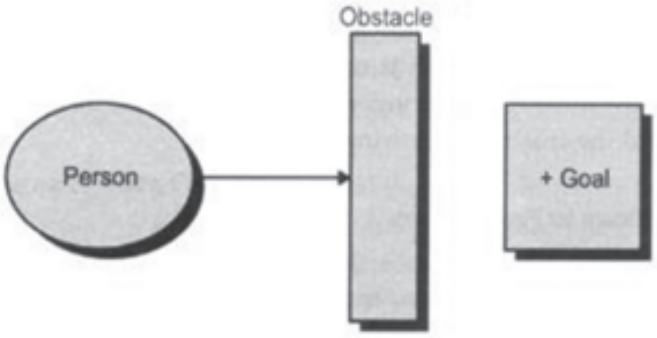
5.3 MENTAL HEALTH CONCERNS

We need no separate discussion to understand the basic concept of mental health. As you all are aware that mental health is the state of a human being free from any kinds of frustration, tension, anxiety and the person is capable enough to adjust in any kinds of life situation. Mental Health may be defined as the adjustment of the individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerable behavior and the ability of facing

and accepting the realities of life (**White House Conference).** The definition as given by White House Conference stresses on the satisfaction of people resulting from effective adjustment with lives. The intensive research study reveals that there are numbers of aspects related to mental health. Mental health problems can cover a broad range of disorders, but the common characteristic is that they all affect the affected person's personality, thought processes or social interactions resulting mal adjustment. Mental health disorders occur in a variety of forms, and symptoms can overlap, making disorders hard to diagnoses. However, there are some common disorders that affect people of all ages. Some of them includes-Frustration, Conflicts, Mood disorders (such as depression or bipolar disorder), Anxiety disorders, Conflicts, Personality disorder, Psychotic disorders (such as schizophrenia) and so on. Frustration and conflict are the most common concern of mental health. In the following sub-section, these two concerns will be covered.

5.4 FRUSTRATION

Frustration can be hard to put into words – it's a complicated mix of anger, disappointment, and annoyance. The word frustration has been derived from a Latin word *'Frusta'* means *'obstruct'.* The term frustration refers to the blocking of behaviour directed towards the goal. The course of motivation does not always run smoothly. Things that happen prevent us from reaching the goals toward which we are driven or pulled. If motives are frustrated or blocked, emotional feelings and behaviour often result. People who cannot achieve their important goals feel depressed, fearful, anxious, guilty or angry. Hence, frustration is called as a 'negative feeling'. Being a human being, we have lots of expectations, desires and hopes. Only a few of all those hopes, desires are fulfilled. There are a variety of barriers or obstacles in the satisfaction of our needs and desires. This results in frustration and mounting of tension. Thus frustration is the thwarting of one's desires or needs. It can be simply defined as the blocking or a desire or a need. It refers to failure to satisfy a basic need because of conditions, either in the individual of external obstacles.



ImageSource:https://www.psychologydiscussion.net/wp content/uploads/ 2014/01/clip_image0029.jpg

Figure 5.1: Obstacles Causing Frustration

This Figure 5.1 showing the frustration by environmental and personal obstacles. A barrier (vertical line) stands between an individual and the goal (+) that attracts the individual. The barrier may be another person or object in the environment or it may be the individual's own lack of ability or skill.

Frustrations make the frustrated person highly discomfort-able. Not knowing just what to do, he/she tends to try out all sorts of ways to obtain release from his/her tensions. Continuous frustrations of our basic needs may lead to serious maladjustments or conditions of mental ill-health. If motives are frustrated or blocked, emotional feelings and behaviour often result. People who cannot achieve their important goals, feel depressed, fearful, anxious, guilty or angry. Often they are simply unable to drive ordinary pleasure for living. For example over restrictive parents would be a source of frustration to an adolescent girl who wanted to give or attend a party, while a lack of water would be a source of frustration to man lost in the desert, a job may be source of frustration for an unemployed who is searching for long period of time. A wide range of obstacles both environmental and internal can lead to frustrations.

A situation whether social or personal becomes frustrating, only when it is in the field of aspiration of the individual. According to ***Alexander (1950),***

frustration with hope is a constructive factor in life and without hope it is destructive.

Types of Frustration:

While discussing the frustration, it is essential to know its types. I Chheiser has pointed out four types of frustrations in relation to various activities of men:

a) **Frustration of Function**: A man may be frustrated because of lack of job satisfaction, hunger, conflicts or chaos in the society or many more.

b) **Frustration of Conviction:**A physician who works in a hospital where the standard is very low than what he/she actually wanted to do for people, frustration of conviction may occur.

c) **Frustration of Ambition**: A man may find himself/herself in a lower level than he/she would like to do, i.e., his/her achievement lags behind his/her ability and so he/she experiences frustration

d) **Frustration of Response**: The frustration which arises in conflict over the use of tools or material or the feeling that one's superior officers/ personnel are unjust and unfair to him/her in evaluation and behaviour wise.

Reaction to Frustration

Frustration creates uncomfortable emotional tensions that operate as an insistent drives influencing the individual to change in various tension-reducing activities. The variety of reactions to frustration is practically unlimited. The important reactions are as follows:

1. **Direct Approach**

There are two principles of direct method of overcoming obstacles. One is through increased effort and another is the variation in mode of attack. If these approaches fail, the third direct course of action consists in changing the goal to one that is more attainable by the individual.

2. **Feelings of Inferiority**

When the increased effort and variation in attack fail and substitute goals are unavailable and un acceptable, individuals often react to frustration

by developing feelings of helplessness and inadequacy. This emotion is popularly known as the inferiority complex. It is especially prevalent among individuals who attribute their failure to attain life objectives to personal inadequacies or defects. The common reactions are extreme sensitiveness to criticism, suspiciousness, envy, expensive response to flattery, fear of competition, self-consciousness, proneness to worry and excessive self-analysis.

3. Aggressive Behaviour

Many people react aggressively towards the source of frustration instead of adjusting passively to obstacles by developing defeatist attitudes. Aggressive behaviour is most common when frustration is caused by some external obstacle, but failure due to personal faults and errors may also evoke this reaction.

5.4.1 Sources of Frustration

Frustration is a constraints in the path of maintaining a sound mental health. A frustrated person cannot adjust in any situation. As such, it is essential to be free out of frustration. But being free from frustration is not an easy effort. We all are surrounded by some situations at some point of our lives that it leads to frustration. Hence, to get rid of this evil, we must try to locate the sources of frustration. Frustration can arise from various sources. It may be both internal and external. Obstacles or challenges in the path of Goal is the primary source of Frustration. In this sub-section, we will be dealing with the sources of frustration in general:

A. Environmental

Environmental obstacle scan frustrate the satisfaction of motives of individual. An obstacle may be something physical, such as locked door or lack or money, or it may be people, parents, friends, teachers or police officer. The restriction placed on behavior by the rules of society constitute is also another important source of frustration. In satisfying our manifold desires, our actions must

be in conformity with the accepted moral and social code of our culture.Moreover, one's frustrations may be caused by environmental situations or conditions which we cannot control e.g., a contagious death disease like Covid19, death of a friend; unusual rains, storms or floods and acute housing/food/water shortage. Economic deprivations, social customs, traditions, restrictions and taboos

B.Personal

Unattainable personal goals can be important source of frustration. These are largely learned goals that cannot be achieved because they are beyond a person's abilities. Individuals who aspire to scholastic, professional or social achievements beyond their abilities causes psychological disaster.The realization of our personal deficiencies such as limited intelligence, sensory defects, physical illnesses or weakness, technical expertise may produce a sense of frustration in people.

C. Competition

We can see that most individuals have somewhat similar desires, needs or aspiration. But all are not equally equipped to satisfy them. In the competition struggle for good life, wealth, health, desirable marital partners, employment and other values that make for happiness they encounter fewer difficulties than the less well endowed, who achieve them. It is a fact that, all things being equal, some individuals perform very well in a given task or assignment and some do not care at all about the performance or even the task. This leads to frustration.

D. Affiliation

We find on the one hand human beings trying to hurt and destroy others physically and psychologically and on the other we find them trying desperately seeking others, wanting to get close and be close to other human beings and become members of groups. This behaviour of seeking other human beings and wanting

to be close to them both physically and psychologically is called affiliation. The affiliation motive is aroused when individuals feel threatened or helpless and also when they are happy. It creates frustration, when it is aroused in individual at their helpless situation.

E. Conflict

Another source of frustration is a conflict of motives within the individual. The mind is divided against itself. When, there is an intra conflict situation in the person, he/she feel frustrated. In such situation, he/she is unable to take decision and feel frustrated.

F. Uncertainty and Ambiguity: When people faced with unclear or unpredictable situations, individuals may feel frustrated. Hence, lack of clarity or direction in the life path is one of the important source of frustration.

G. Other Sources: Besides these, there are some other common sources of frustration. These are:

1. Lack of Control: Feeling powerless or unable to influence a situation can be frustrating. This might occur in personal, professional, or societal contexts.

2. Communication barrier: Misunderstandings, conflicts, or ineffective communication can also lead to frustration, especially when trying to convey thoughts, feelings, or ideas.

3. Perceived Injustice: Witnessing or experiencing unfair treatment, discrimination, or inequality can evoke feelings of frustration and anger.

4. Time/ work Pressure: Feeling rushed, overwhelmed, or under time / work constraints can lead to the feelings of frustration, especially when trying to meet deadlines or manage competing priorities

5. Physical Discomfort: Dealing with physical discomfort or pain or prolonged diseases can too contribute to frustration, as it may hinder one's ability to perform tasks or engage in activities.

6. Repeated Failures: Experiencing repeated failures without visible progress or hope can lead one to frustration.

5.4.2 Management of Frustration

The above sub section has helped you to understand and locate the sources of frustration. If you make a self-analysis, you will find that more or less the causes of your frustration lies on these above mentioned sources. We may be surrounded by some challenging situation, which may lead to frustration. But, we must strive to be free from frustration. To lead a healthy mental and physical life, one must fix or manage these frustration. After identifying these sources, now it is important for you to know and discuss how to manage frustration. In the following, we are going to discuss about some of ways of managing the frustration to lead a healthy and happy life:

1. Awareness:

Awareness is the first step or one of the major strategy in managing frustration. One must be aware about the situations, people, or circumstances that tend to trigger the frustration. By being aware about these sources, the individual can fix or manage his/her frustration.

2. Direct approach:

This is the simplest way or approach to manage frustration. In this approach the individual tries to overcome obstacles to reach the goal. If necessary he/she may develop new and necessary skills, put more effort or change the mode of attack or approach. In case of failure he/she may change the goal to one that is easily available or achievable by him/her.

3. Reducing the level of goal:

When a person fails to attain his/her goal even after repeated attempts, he/she may realize his/her inabilities and limitations and try to reduce the level of goal to avoid further disappointment. For example, a student, who fails to achieve high percentage of marks, may reduce his/her goal to an attainable level and avoid frustration.

4. Substitute goals:

In some instances the original goals may be highly impossible to attain for someone. But the person cannot forgo completely and keep quite. In such situation, he/she can opt for substitute goals. For example, a student is not good in studies may shift his/her option to sports or music/ photography, in which he/she may be interested to gain recognition in the college. Most of the times substitute goals also give the same amount of satisfaction as the original goals give.

5. Reviewing the situation:

If the individual tries to review the situation which trigger frustration, their perception may change. Reviewing the situation again and trying to understand the gravity of the situationmay lead to reduction of frustration.

6. Withdrawal:

When the above mentioned measures become ineffective, the individual develops feelings of helplessness, inadequacy and inferiority. These negative feelings make him/her to withdraw from the situation in order to avoid further damage. This withdrawal can also become a measures of fixing frustration.

7. Compromise:

In some cases the individual does not want to accept the humiliation due to failure, at the same time he/she is unable to face the situation also. So finally he/she will resort to compromise to save his/her self-respect by compromising.



CHECK YOUR PROGRESS

Q.1.List out some of the forms of Mental health disorders.

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Q.2.What is your view on Frustration?

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Conflict can by interpersonal or internal. ***Interpersonal conflicts*** refer to the disagreements, misunderstandings, or tensions between individuals or groups. These conflicts can occur in various contexts, such as relationships, work environments, or social situations. They may arise from differences in values, beliefs, expectations, or communication styles. Unresolved interpersonal conflicts can lead to feelings of frustration, anger, resentment, anxiety, or depression, which can negatively affect mental health of the individual. Again, ***internal conflicts*** refer to the psychological struggles within an individual, which often involve conflicting thoughts, emotions, or desires. For example, a person may experience inner conflicts related to decision-making, self-identity, values, or moral dilemmas. Internal conflicts can cause inner self-doubt, guilt, or shame, contributing to stress and psychological distress.

Types of Conflict

Conflicts have been classified into four types as follows:

1. **Approach-Approach Conflict:**

This type of conflict occurs when an individual is faced with two or more equally desirable options but can only choose one. For example, a person may have to decide between going on a vacation to two equally appealing destinations. Although this conflict may generate minimal emotional distress, it still requires a decision to be made.

2. **Approach-Avoidance Conflict:**

In this type of conflict, an individual is faced with a situation or decision that has both positive and negative aspects. One example could be a person considering a job offer with high pay but in a location far from family and friends. The individual may be attracted to the benefits of the job but repelled by the idea of being distant from loved ones. This conflict often leads to vacillation or indecision

3. Avoidance-Avoidance Conflict:

This type of conflict arises when an individual have to choose between two undesirable options. For instance, a student may have to decide whether to study for an exam or face the consequences of failing it. The

individual may feel trapped and experience emotions such as fear, anger, or resentment due to the negative nature of both options.

4. Multiple Approach-Avoidance Conflict:

This type of conflict involves a complex interplay of both positive and negative aspects within a single decision. For example, a person might be torn between accepting a lucrative job offer by IT Company in another city orstaying in their current location to maintain a stable relationship. In such situations, emotional reactions are common, as the individual experiences conflicting desires and concerns.

Some Common Conflicts

Each individual has his own typical share of conflicts forced upon him/her by his/her environment or by his/her own making. Every society or culture also seems to have its own secular conflicts, because it holds some types of behaviour among its members as more desirable than others. Some of these conflicts which almost every individual in the modern industrial societies has to undergo, are mentioned below:

1. Independence vs. Dependence: People struggle between wanting to stand on their own and feeling dependent. It is tough to break free from relying on others because independence brings new responsibilities.

2. Achievement vs. Fear of Failure: There is always a conflict between achievement and failure. Society values success, but many people fear failing. Some even fear success because it brings more responsibilities, like leaving a comfortable life for a job.

3. Cooperation vs. Competition: Conflicts arises in terms of cooperation and competition. Society encourages competition, but cooperation is also important. People are pushed to compete but are also told to work together.

4. Hostility vs. Approval: Frustration can lead to anger, but people fear of disapproval if they express it. So, there is a constant struggle between expressing feelings and seeking approval from others.

5.5.1 Sources of Conflict :

While discussing the impact of conflict on mental health, it is vital to understand the sources that contribute to its occurrence. Identifying these sources not only allows for better management of conflicts but also promotes a well-balanced life. In this sub- section, we will explore the various sources of conflict and their implications on mental health.

1. Psychological Factors:

Conflicts often stem from psychological factors such as ambition, ego, and selfishness. When personal considerations take precedence over basic needs, it can result in conflicts that impact mental well-being.

2. Communication Issues:

One of the leading sources of conflict is a breakdown in communication. When communication is improper, inadequate, ineffective, or misleading, misunderstandings can arise. This includes differences in communication styles, non-verbal cues, and language barriers, all of which can lead to conflicts within groups.

3. Differences in Values and Beliefs:

Conflicts may arise due to differing values, beliefs, and ideologies between individuals or groups. These differences can be related to cultural, religious, political, or personal perspectives, creating tensions that affect mental health.

4. Competition for Scarce Resources:

Conflicts often emerge when parties compete for limited resources such as budget funds, space, supplies, personnel, or office services. This competition can lead to conflicts, especially in organizational or economic contexts, impacting the mental well-being of those involved.

5. Power Imbalances:

Disparities in power, authority, or influence can contribute to conflicts by making individuals or groups feel marginalized or unfairly

treated. These power imbalances can create tension and reduce mental well-being.

6. Personalities and Interests:

Conflicts may also arise from personality clashes, conflicting interests, or incompatible goals between individuals or groups. These differences in personality and interests can lead to tensions that affect mental health.

7. Status Problems:

Status hierarchies can be a source of conflict when there is a disagreement about the degree of respect and prestige a person is given. These discrepancies in status can result in frustration and resentment, leading to conflicts that impact mental well-being.

8. External Factors:

External events or circumstances such as economic downturns, natural disasters, or political instability can exacerbate tensions and contribute to conflict situations. These external factors can have a significant impact on mental health when conflicts arise.

Understanding the various sources of conflict is essential for managing conflicts effectively and promoting mental well-being. By addressing these sources and their implications on mental health, individuals and groups can work towards resolving conflicts in a healthy and balanced manner.

5.5.2 Management of Conflict :

Conflict management is a crucial aspect of mental health care, involving various therapeutic approaches to help individuals recognize, understand, and manage conflicts constructively. By fostering healthier relationships, improving self-awareness, and enhancing mental well-being, conflict resolution techniques play a vital role in promoting overall emotional stability.

1. Proper Communication:

Effective communication is essential in addressing conflicts, as misunderstandings and lack of communication often serve as sources of conflict. Establishing open and honest communication can help clarify misunderstandings and identify common goals, thus preventing conflicts from escalating

2.Third Party Intervention:

In instances where conflicts cannot be resolved independently, third party intervention can be beneficial. By bringing in an unbiased mediator, conflicts between individuals or groups can be addressed in a neutral and fair manner, promoting resolution and mutual understanding.

3. Negotiation and Compromise:

Facilitating negotiation processes can help conflicting parties identify and agree upon mutually acceptable solutions, leading to sustainable resolutions. Compromise and negotiation are key components of conflict resolution, helping individuals find common ground and reach agreements that benefit all involved.

4. Binding Decision:

Utilizing impartial third parties to facilitate discussions and make binding decisions can be effective in resolving disputes while preserving relationships. By providing a neutral source of authority, conflicts can be managed in a fair and objective manner.

5. Integration or Collaboration:

Encouraging collaboration and integration among conflicting parties can lead to creative solutions that benefit all involved. By recognizing each other's abilities and expertise, individuals can work together to find solutions that do not require strict compromises, promoting mutual satisfaction and cooperation.

6. Denial or Avoidance:

While not always recommended, denial or avoidance can be a temporary solution to reduce conflict. In this approach, individuals may choose to ignore or sidestep the issue, allowing emotions to cool down before addressing the conflict in a more constructive manner.

7. Leadership and Conflict Resolution Skills:

Effective leadership qualities and conflict resolution skills are vital in addressing conflicts within organizations. By promoting positive organizational cultures and addressing conflicts proactively, leaders can create environments that foster understanding and cooperation among team members.

8. Cultural Sensitivity and Diversity Training:

Promoting cultural sensitivity and diversity training can help minimize misunderstandings and conflicts stemming from cultural or demographic differences. By fostering an inclusive and respectful environment, organizations can create a harmonious workplace where individuals from diverse backgrounds can work together seamlessly.

Managing conflicts effectively is essential for mental well-being and fostering healthy relationships. By incorporating these conflict management strategies into daily interactions, individuals can promote mutual understanding, cooperation, and emotional stability, leading to improved mental health outcomes.



CHECK YOUR PROGRESS

Q.6.What do you mean by conflict ?

_ _ _ _

5.5 DEVELOPMENT OF LIFE SKILLS

One of the key measures or strategy for keeping oneself free from all kinds of tensions, conflicts, frustration is acquisition of life-skills. Life skills can be defined as abilities that enable humans to deal effectively with the demands and challenges of life. They may also be called psychosocial skills, as they are psychological in nature and include thinking and behavioral processes. Others define life skills as behavioral, cognitive, or **interpersonal skills** that enable individuals to succeed in various areas of life (Hodge, Danish, & Martin, 2013).

These skills works as a protector for the individual against all kinds of mental health disorders. A mentally healthy person is one who can adjust in any situation. Ability to adjust in any situation is the outcome of development and proper utilization of the life-skills. Hence, development of life skills are a critical aspect for personal growth and success. Life skills encompass a wide range of abilities that enable individuals to navigate effectively various challenges and situations encountered in daily life. These skills are necessary for fostering independence, resilience, and overall well-being. Here are some key aspects for the development of life skills:

1**. Communication Skills:**Effective communication is fundamental in both personal and professional contexts. It involves not only verbal expression but also active listening, non-verbal cues, and the ability to convey ideas clearly, and confidently.

2. Critical Thinking: Critical thinking involves the ability to analyze information, evaluate arguments, and make reasoned judgments. It enables individuals to solve problems, make informed decisions, and think creatively!

3. Problem-Solving skill: Life often presents challenges that require problem-solving skills. These skills involve identifying issues, brainstorming solutions, evaluating alternatives, and implementing effective strategies to address problems.

4. Decision making skill: Making decisions is an essential part in life. Developing decision-making skills involves considering various factors, weighing options, anticipating consequences, and choosing the most suitable course of action.

5. Time Management: Effective time management is essential for maximizing productivity and minimizing stress. It involves setting goals, prioritizing tasks, allocating resources efficiently, and maintaining a balance between different responsibilities.

6. Emotional Intelligence: Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions, as well as the emotions of others. It involves skills such as self-awareness, empathy, emotional regulation, and interpersonal communication.

7. Stress Management: In today's fast-paced and techno-oriented world, the ability to manage stress is crucial for maintaining mental and physical well-being. Stress management techniques include relaxation exercises, mindfulness practices, and healthy coping mechanisms.

8. Adaptability: Life is unpredictable, and being adaptable is essential for thriving in changing circumstances. Developing adaptability skill involves being open to new experiences, embracing challenges, and adjusting to different situations with resilience and flexibility.

9. Financial Literacy: Understanding basic financial concepts and managing money wisely is vital for long-term financial security. Financial literacy includes skills such as budgeting, saving, investing, and avoiding debt.

10. Interpersonal Skills: Interpersonal skills are essential for building and maintaining positive relationships with others. These skills include effective communication, empathy, teamwork, conflict resolution, and networking.

11. Self-Confidence: Believing in oneself is key to achieving success and fulfilling one's potential. Building self-confidence involves setting and achieving goals, recognizing strengths and weaknesses, and cultivating a positive self-image.

12. Resilience: Resilience is the ability to bounce back from setbacks, adversity, and challenges. It involves developing coping mechanisms, maintaining a positive outlook, and learning from failures.

Developing life skills is an ongoing process that requires practice, patience, and continuous learning. By acquiring these skills, individuals can enhance their personal development, improve their quality of life, and achieve their goals more effectively and can lead a mentally healthy and peaceful live.



ACTIVITY

5.1 List out at least five (5) life skills you think important for a happy life and state how you would develop them.



5.6 LET US SUM UP

After going through this unit, it can be summarized as:

- Mental Health may be defined as the adjustment of the individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerable behavior and the ability of facing and accepting the realities of life (**White House Conference).**
- Mental health disorders occur in a variety of forms, and symptoms can overlap, making disorders hard to diagnoses. However, there are some common disorders that affect people of all ages. Some of them includes-Frustration, Conflicts, Mood disorders (such as depression or bipolar disorder), Anxiety disorders, Conflicts, Personality disorder, Psychotic disorders (such as schizophrenia) and so on. ***Frustration and conflict*** are the most common concern of mental health
- The word frustration has been derived from a Latin word *'Frusta'* means *'obstruct'.* The term frustration refers to the blocking of behaviour directed towards the goal.
- I Chheiser has pointed out four types of frustrations in relation to various activities of men: 1. Frustration of Function. 2. Frustration of Conviction 3. Frustration of Ambition, 4. Frustration of Response.
- Frustration can arise from various sources. It may be both internal and external. Some of the sources of frustration are-Environmental, Personal, Competition, Affiliation, Conflict.
- Some of ways of managing the frustration to lead a healthy and happy life are also discussed in this unit; such as: awareness, reducing the level of goal, withdrawal, Compromise etc.
- Conflict as another concern of mental health refers to the psychological distress and obstacles that arise from interpersonal or internal conflicts, which can significantly impact an individual's emotional well-being hampering the overall mental health.

- Conflict can by interpersonal or internal. ***Interpersonal conflicts*** refer to the disagreements, misunderstandings, or tensions between individuals or groups. Again, ***internal conflicts*** refer to the psychological struggles within an individual, which often involve conflicting thoughts, emotions, or desires.
- There are various sources of Conflicts. Some of them are- Psychological, Communication issue, Competition for resources etc.
- Conflict management is a crucial aspect of mental health care, involving various therapeutic approaches to help individuals recognize, understand, and manage conflicts constructively.
- A mentally healthy person is one who can adjust in any situation. Ability to adjust in any situation is the outcome of ***development and proper utilization of the life-skills***. Hence, development of life skills are a critical aspect for personal growth and success. Life skills encompass a wide range of abilities that enable individuals to navigate effectively various challenges and situations encountered in daily life.



5.7 FURTHER READING

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8. Frustration: Meaning and Sources | Psychology (psychologydiscussion.net) retrieved on 21st March, 2024 at2.39pm. Conflict Meaning: Definition, Levels, Sources, Causes, Strategies, Methods (businessmanagementideas.com)
9. Life Skills: Definition, Examples, & Skills to Build - The Berkeley Well-Being Institute (berkeleywellbeing.com)



5.8 CHECK YOUR PROGRESS

ANSWER TO Q.NO.1: Mental health disorders occur in a variety of forms, and symptoms can overlap, making disorders hard to diagnoses. Some of them includes-Frustration, Conflicts, Mood disorders (such as depression or bipolar disorder), Anxiety disorders, Conflicts, Personality disorder, Psychotic disorders (such as schizophrenia)

ANSWER TO Q.NO.2: Frustration is the thwarting of one's desires or needs. It can be simply defined as the blocking or a desire or a need. It refers to failure to satisfy a basic need because of conditions, either in the individual of external obstacles. People who cannot achieve their important goals, feel depressed, fearful, anxious, guilty or angry. Often they are simply unable to drive ordinary pleasure for living.

ANSWER TO Q.NO.3 : The word frustration has been derived from a Latin word *'Frusta'* means *'obstruct'.*

ANSWER TO Q.NO.4 : The variety of reactions to frustration is practically unlimited. The important reactions are as follows:

1. **Direct Approach** There are two principles of direct method of overcoming obstacles. One is through increased effort and another is the variation in mode of attack. If these approaches fail, the third direct course of action consists in changing the goal to one that is more attainable by the individual.
2. **Feelings of Inferiority** When the increased effort and variation in attack fail and substitute goals are unavailable and un acceptable, individuals often react to frustration by developing feelings of helplessness and inadequacy. This emotion is popularly known as the inferiority complex. It is especially prevalent among individuals who attribute their failure to attain life objectives to personal inadequacies or defects. The common reactions are extreme sensitiveness to criticism, suspiciousness, envy, expensive response to flattery, fear of competition, self-consciousness, proneness to worry and excessive self-analysis.
3. **Aggressive Behaviour**

   Many people react aggressively towards the source of frustration instead of adjusting passively to obstacles by developing defeatist attitudes. Aggressive behaviour is most common when frustration

is caused by some external obstacle, but failure due to personal faults and errors may also evoke this reaction.

ANSWER TO Q.NO.5:

1. **Direct approach:**

   This is the simplest way or approach to manage frustration. In this approach the individual tries to overcome obstacles to reach the goal. If necessary he/she may develop new and necessary skills, put more effort or change the mode of attack or approach. In case of failure he/she may change the goal to one that is easily available or achievable by him/her.

2. **Reducing the level of goal:**

   When a person fails to attain his/her goal even after repeated attempts, he/she may realize his/her inabilities and limitations and try to reduce the level of goal to avoid further disappointment. For example, a student, who fails to achieve high percentage of marks, may reduce his/her goal to an attainable level and avoid frustration.

ANSWER TO Q.NO.6:

A conflict may be defined as an active effort by an individual or a group for its self-interests at the cost of others. Conflict refers to a disagreement between two individuals. It is the breakdown of standard mechanism of decision making. In simple sense, it refers to the difference in opinion.It refers to the struggle between opposite needs or interest of people.

ANSWER TO Q.NO.7:

Internal conflicts refer to the psychological struggles within an individual, which often involve conflicting thoughts, emotions, or desires. For example, a person may experience inner conflicts related to decision-making, self-identity, values, or moral dilemmas.

ANSWER TO Q.NO.8:

Types of Conflict:

1. **Approach-Approach Conflict:**

   This type of conflict occurs when an individual is faced with two or more equally desirable options but can only choose one.

2. **Approach-Avoidance Conflict:**

   In this type of conflict, an individual is faced with a situation or decision that has both positive and negative aspects. One example could be a person considering a job offer with high pay but in a

location far from family and friends. The individual may be attracted to the benefits of the job but repelled by the idea of being distant from loved ones. This conflict often leads to vacillation or indecision

3. **Avoidance-Avoidance Conflict:**
   This type of conflict arises when an individual have to choose between two undesirable options.
4. **Multiple Approach-Avoidance Conflict:**
   This type of conflict involves a complex interplay of both positive and negative aspects within a single decision.

ANSWER TO Q.NO.9:

Some of the sources of conflict are:

1. **Psychological Factors:**
   Conflicts often stem from psychological factors such as ambition, ego, and selfishness. When personal considerations take precedence over basic needs, it can result in conflicts that impact mental well-being.

1. **Communication Issues:**
   One of the leading sources of conflict is a breakdown in communication. When communication is improper, inadequate, ineffective, or misleading, misunderstandings can arise. This includes differences in communication styles, non-verbal cues, and language barriers, all of which can lead to conflicts within groups.
2. **Differences in Values and Beliefs:**
   Conflicts may arise due to differing values, beliefs, and ideologies between individuals or groups. These differences can be related to cultural, religious, political, or personal perspectives, creating tensions that affect mental health.
3. **Competition for Scarce Resources:**
   Conflicts often emerge when parties compete for limited resources such as budget funds, space, supplies, personnel, or office services. This competition can lead to conflicts, especially in organizational or economic contexts, impacting the mental well-being of those involved.



5.9 POSSIBLE QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

1. Why frustration is called “Negative Feeling”?
2. What are the types of frustration?
3. Write about Conflict as a mental health concern.
4. What are the types of conflict?
5. What is life-skill?

B. Long Questions (Answer each questions in about 300-500 words)

1. Define frustration. How do people react to frustration?
2. Discuss the various sources of frustration.
3. Explore the sources of conflicts.
4. Imagine yourself as a Teacher of secondary level Education. How would you help these students to manage their conflict?
5. Discuss the importance of life-skill for maintaining a sound mental health

UNIT 6: STRESS MANAGEMENT

UNIT STRUCTURE

6.1 Learning Objectives
6.2 Introduction
6.3 Meaning, Nature, and Types of Stress
6.4 Factors Influencing Stress
6.5 Causes and Remedial Measures of Stress
6.6 Let Us Sum Up
6.7 Further Reading
6.8 Answers to Check Your Progress
6.9 Possible Questions

6.1 LEARNING OBJECTIVES

By the end of this unit, you will be able to:

- define the meaning and nature of stress
- identify and distinguish between different types of stress
- recognize and analyse factors that influence stress
- acknowledge and evaluate various causes of stress
- apply and practice effective remedial measures to manage stress

6.2 INTRODUCTION

Welcome toUnit 6: Stress Management inour course titled - Mental Health and Hygiene in Education. After discussing the fundamentals of mental health, the importance of mental hygiene, the intersection of education with mental health, community and personal hygiene practices, and specific mental health concerns, we now turn our focus to a crucial area impacting both educators and learners alike - Stress Management.

Stress, often a common experience in our daily lives, can significantly impact our mental health and overall well-being. In this unit, we havedealt with the intricacies of stress, its various forms, and effective strategies to manage it. This knowledge is not just essential for students but also educators and all individuals striving for a balanced and healthy life.

6.3 MEANING, NATURE, AND TYPES OF STRESS

6.3.1 Meaning of Stress

In our quest to understand stress, let us start with a scenario many of us find familiar - facing a deadline at work or school. The tension that builds up, the rapid heartbeat, the heightened state of alertness – these are all manifestations of our body's natural response to a perceived challenge or demand. This reaction is what we commonly refer to as stress, a fundamental aspect of our daily lives that plays a crucial role in how we navigate various situations.

The term 'Stress,' originally derived from the Latin word 'stringere,' meaning 'to draw tight,' has evolved significantly over time. Initially denoting hardship and adversity, it now encompasses a broader range of physical, emotional, and psychological responses.

Defining Stress:

Stress can be broadly defined as any type of change that causes physical, emotional, or psychological strain. It isour body's way of responding to any demand or challenge that it encounters. Throughout history, various academicians have attempted to define stress, each bringing their unique perspective to this complex phenomenon.

The concept of stress originated in the physical sciences during the 17th century, predominantly used to describe hardships and afflictions experienced by individuals. By the 18th century, it was more commonly associated with pressure, strain, or force. Initially conceptualized as an external stimulus, stress later evolved to be understood as an individual's response to disturbances.

Some of the well-known definitions on Stress are as given below:

- **Hans Selye (1974):** He described stress as "the non-specific response of the body to any demand made upon it." This definition highlights stress as a general bodily reaction to various demands, irrespective of their nature.

- **Lazarus and Folkman (1984):** They offered a more interactive perspective, defining stress as "a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well-being." This definition underscores the subjective nature of stress, emphasizing how personal appraisal of situations plays a key role.
- **William Schafer (2000):** Schafer provided a comprehensive definition: "Stress is arousal of mind and body in response to demands made on them."

  This definition is considered comprehensive for several reasons:

  1. **Universality of Stress:** Schafer's definition acknowledges that stress is a universal aspect of life. Arousal, or being in a state of alertness and readiness, is an inevitable part of living. It suggests that stress is something to be managed and directed, rather than entirely avoided.
  2. **Multifaceted Nature:** The response to stress involves virtually every set of organs and tissues in our body, intertwining thoughts and feelings with these physiological processes. For instance, emotional states like anxiety and depression are not just feelings but also involve mental-physiological states, with the body and mind influencing each other. Behavioral responses, such as irritability, rapid speech, or hurried movements, are often outward expressions of this stress.
  3. **Neutrality of Stress:** Schafer's definition emphasizes the neutral aspect of arousal, recognizing that it is a basic fact of life. This neutrality is significant as it acknowledges the wide range of experiences with stress – from the positive tension felt by teams in a World Cup cricket final to the adverse effects like recurrent illness due to poor stress management in a student.

This evolution in how we understand stress highlights a key realization: stress is not just about external pressures; it is also about how we interpret and react to these pressures. It is a reminder that our feelings of stress are deeply personal, and shaped by our own experiences and perceptions. This more human-centric view of stress - as a delicate balance between our external environment and our inner emotional landscape - helps us better manage it, highlighting its significant influence on our personal well-being.

6.3.2 Nature of Stress

Stress is a complex and dynamic force in our lives, characterized by its dual nature—it can be both beneficial and detrimental, depending on its intensity and our response to it.

Positive Aspects of Stress:

• Motivation and Drive: In moderate amounts, stress acts as a motivator, pushing us to meet deadlines, achieve goals, and excel in our endeavors. For example, the stress you feel before a presentation might encourage you to prepare thoroughly, enhancing your performance.

• Adaptation and Learning: Stress can stimulate adaptation and learning by forcing us to confront challenges and find solutions. This is evident in situations where moving to a new city or starting a new job presents stressful challenges that ultimately lead to personal growth and increased resilience.

• Catalyst for Growth: Just as a moderate amount of fertilizer can help plants grow faster and healthier, a manageable level of stress can act as a catalyst for personal development, pushing individuals to expand their limits and capabilities.

Negative Aspects of Stress:

• Health Impacts: When stress becomes excessive, it can harm physical health, leading to issues like heart disease, high blood pressure, and a weakened immune system. It can also trigger mental health problems such as anxiety and depression.

• Overwhelm and Burnout: Excessive stress can lead to feelings of being overwhelmed, making it difficult to cope with daily tasks. Over time, this can result in burnout, where individuals feel exhausted and lose interest in activities they once enjoyed.

• Impairment in Functioning: Chronic, unmanaged stress can impair cognitive function, affecting memory, concentration, and decision-making. This can diminish an individual's ability to perform at work or maintain social relationships.

Understanding and recognizing our own stress thresholds is crucial. Knowing how much stress we can handle before it becomes detrimental allows us to take proactive steps to manage it. By recognizing our personal limits and employing effective coping mechanisms, we can harness stress as a force for growth and achievement while protecting ourselves from its potential harms.

6.3.3 Types of Stress

Stress manifests in various forms, each with its unique characteristics and effects on individuals. The primary types include the following:

1. **Eustress:** Often referred to as 'positive stress,' eustress is the kind of stress that motivates and energizes us. It is associated with feelings of excitement and fulfillment and is often experienced when we take on a manageable challenge. For instance, preparing for a much-anticipated vacation can be stressful, but it is a positive and exciting kind of stress. It motivates you to plan and anticipate the enjoyment ahead.
2. **Neustress:** This type is considered neutral, as it generally does not have a significant positive or negative impact on an individual. It involves exposure to stimuli that do not necessarily affect us directly, but we are aware of them.An example is hearing news about a natural disaster in a distant country. We are aware of the event, but it does not directly impact our personal life, so the stress is neutral.

3. **Distress:**Distress is a type of stress commonly associated with negative experiences. It occurs when the level of arousal is excessively high or extremely low, as noted by Schafer(1998). Distress is categorized into two types: **acute** and **chronic. Acute stress** is intense but short-lived, like the anxiety felt before an important exam. **Chronic stress**, in contrast, may be less intense but lingers for an extended period, such as the ongoing stress faced in a high-pressure job. Both types can significantly impact well-being if not managed effectively.
4. **Hyperstress:** When an individual is pushed beyond what they can handle, they experience hyperstress. It occurs when there are too many demands, pressures, or challenges that exceed our coping mechanisms.An employee constantly facing unrealistic deadlines and excessive workload, leading to feeling overwhelmed, is experiencing hyperstress.
5. **Hypostress:** The opposite of hyperstress, hypostress occurs when an individual is under-stimulated. It might happen in environments that lack engagement, challenge, or excitement, leading to boredom or apathy.A person in a monotonous job, lacking challenge and engagement, leading to feelings of boredom and disinterest, is an example of hypostress.

In understanding the nature and types of stress, it isimportant to recognize that stress is an inevitable part of life. How we perceive and respond to stress can significantly impact our mental and physical health.

The following sections delve deeper into the factors influencing stress and strategies to effectively manage and mitigate its effects.



CHECK YOUR PROGRESS

Q1: What is the origin of the term 'Stress'?

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- **Life Events:** Major life events, both positive and negative, such as marriage, moving to a new city, loss of a loved one, or job changes, can trigger stress.

3. **Personal Factors:**
    - **Health and Lifestyle:** One's physical health and lifestyle choices like diet, exercise, and sleep patterns can influence stress levels. Chronic health conditions or unhealthy habits can exacerbate stress.
    - **Personality Traits:** Individual personality traits can affect how one perceives and handles stress. For instance, people with perfectionist tendencies may experience higher levels of stress.
4. **Economic Factors:**
    - **Financial Stress:** Financial insecurity, debt, and economic instability are potent stressors for many individuals.
    - **Socioeconomic Status:** Socioeconomic status, including factors like education, income, and occupation, can impact access to resources for stress management.
5. **Psychological Factors:**
    - **Cognitive Responses:** How one perceives a situation or challenge greatly influences stress levels. Cognitive responses such as pessimism or unrealistic expectations can amplify stress.
    - **Emotional Responses:** Emotional resilience and coping skills play a significant role in managing stress. Individuals who struggle with emotional regulation may find themselves more susceptible to stress.

Recognizing these factors is the first step towards effective stress management. By identifying the sources of stress in our lives, we can better develop strategies to address and mitigate their impact.

Furthermore, it is crucial to be aware of the symptoms that individuals experiencing stress may exhibit. The common symptoms of stress can be categorized into four types, which include the following:

1. **Physical Symptoms**:

- Cardiovascular: Rapid pulse, pounding heart.
- Muscular: Muscle tension, pain.
- Respiratory: Shortness of breath.
- Gastrointestinal: Indigestion, abdominal cramps.
- Neurological: Dizziness, fainting spells.
- Skin: Skin breakouts, and excessive sweating.
- Immune System: Frequent colds, infections
- General: Headaches, fatigue, sleep disturbances, dry mouth.

2. **Emotional Symptoms:**

- Mood-related: Frustration, irritability, feeling overwhelmed.
- Self-perception: Lack of self-confidence, feelings of worthlessness.
- Severe Emotional Responses: Depression, anxiety, anger, guilt, jealousy, shame.
- Emotional Volatility: Rapid mood changes, over-sensitivity.
- Despair: Hopelessness, feeling of constant worry.

3. **Psychological or Cognitive Symptoms:**

- Thought Process: Difficulty concentrating, racing thoughts, negative worrying.
- Memory: Memory problems.
- Decision-Making: Poor judgment, indecisiveness.
- Emotional Volatility: Rapid mood changes, over-sensitivity.
- Despair: Hopelessness, feeling of constant worry.

4. **Behavioural Symptoms:**

- Habits and Routines: Changes in appetite, substance use, sleep patterns.
- Social Interaction: Social withdrawal, decreased empathy, communication issues.
- Performance: Procrastination, deterioration in performance, accident proneness.
- Compulsive Behaviours: Compulsive eating, shopping, or internet use.
- Avoidance Behaviours: Avoiding responsibilities, escapism.

Thus, the symptoms of stress are categorized into these four main categories. It should be remembered, however, that there are individual differences in the symptoms exhibited by different people.

In the next section, we delve into the various causes of stress and explore remedial measures to manage them effectively.



CHECK YOUR PROGRESS

Q4: How can the physical environment contribute to stress?

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6.5.1 Causes of Stress

Stress can arise from numerous sources, often intertwining personal, professional, and social aspects. Some prevalent causes include:

1. Work-Related Causes:

Stress from work is very common. It can happen because of:

- **Too Much Work**: For example, if someone is managing many projects at once, they might feel overwhelmed.
- **Tight Deadlines**:Consider a university faculty who needs to evaluate a large number of final or term end papers in a short period of time at the end of the semester. Balancing this with other duties like lecturing, preparing for new class or conducting research can be very stressful.
- **Not Feeling Secure About Your Job**: People who think they might lose their job soon (like in companies that might let go of workers) can feel very stressed.
- **Problems with People at Work**: If someone has a difficult boss or doesn't get along with a coworker, it can make work stressful.
- **Feeling Out of Control**: When a person can't make decisions that affect their job, like in a big company with strict rules, it can be frustrating.

2. Personal Causes:

Stress can also come from personal life issues, like:

- **Health Problems**: Being sick or taking care of someone who is sick can be very stressful.
- **Feeling Very Sad or Worried**: Problems like depression or anxiety can make life very stressful. Relationship problems can also add to stress.
- **Big Changes in Life**: Events like moving to a new place, ending a marriage, or losing someone you love can be very hard to handle.

3. Social Causes:

Stress can also come from social situations, such as:

- **Feeling Alone**: Moving to a new place without friends can make someone feel lonely and stressed.

- **Not Having Support**: If someone doesn't have friends or family to talk to, they might feel like they're dealing with problems alone. For instance, a new parent without help might find it hard to manage.
- **Pressure from Society**: Sometimes, people feel stressed because they think they need to reach certain goals by a certain age, like having a good job or getting married.
- **Balancing Many Things**: Trying to manage work, school, and personal life at the same time can be a lot to handle, like a student who works during the day and goes to classes at night.

4. Financial Causes:

Worrying about money is a big cause of stress for many people. This could include:

- **Not having enough money**: Struggling to pay for basic needs like food, rent, or bills.
- **Debt**: Being in debt, such as having a large credit card balance or a student loan, can be very stressful.
- **Unexpected expenses**: Things like car repairs or medical bills that come up suddenly can create financial stress.

5. Environmental Causes:

The environment around us can also cause stress. This includes:

- **Living in a crowded area**: Places with a lot of noise, traffic, and pollution can make daily life stressful.
- **Extreme weather**: Dealing with very hot or very cold weather, or natural disasters like floods or hurricanes, can be sources of stress.
- **Unsafe or unstable living conditions**: Living in a place that feels unsafe or is in poor condition can cause worry and stress.

6. Work-Life Balance:

Finding a balance between work and personal life can be difficult and stressful. This might happen when:

- **Working long hours**: Spending too much time at work can make it hard to relax and spend time with family or friends.
- **Not having time for yourself**: When people don't have time for hobbies or to relax, it can lead to burnout and stress.

7. Technology and Information Overload:

In today's world, technology and too much information can also be sources of stress:

- **Constant connectivity**: Always being connected to phones and emails can make it hard to "switch off" and relax.
- **Social media pressure**: Comparing oneself to others on social media platforms can lead to feelings of inadequacy and stress.

These examples show different reasons why people feel stressed in their daily lives.Understanding the various sources of stress is important for managing them effectively. Recognizing what causes stress is the first step in addressing it and finding ways to lessen its impact on daily life. In the following sub- section, we will explore different ways to reduce and manage stress.

6.5.2 Remedial Measures for Stress

Although complete stress elimination is impossible, there are ways to greatly lessen its negative effects on our lives through proper management. Effective stress management involves a comprehensive approach that addresses various aspects of life:

1. Lifestyle Adjustments:

Lifestyle choices play a significant role in stress management:

- **Exercise and Physical Activity:** Regular physical activity releases endorphins, chemicals in the brain that act as natural painkillers and mood elevators. Even simple activities like walking or cycling can make a big difference. For example, someone might start cycling to work instead of driving, which integrates physical activity into their routine.
- **Balanced Diet:** Eating a diet rich in vegetables, fruits, lean proteins, and whole grains can help combat stress. Foods high in vitamin C, magnesium, and omega-3 fatty acids are known to reduce stress levels. Avoiding stimulants like caffeine and sugar, which can increase anxiety, is also beneficial.

- **Quality Sleep:** Good sleep is crucial for reducing stress. This includes creating a bedtime routine, minimizing screen time before bed, and ensuring the sleeping environment is conducive to rest. For example, using blackout curtains and avoiding electronics in the bedroom can improve sleep quality.

2. Time Management:

Effective time management can significantly reduce stress by preventing the feeling of being overwhelmed:

- **Plan and Prioritize:** Use tools like calendars or planner apps to schedule your tasks. Break larger projects into smaller, manageable steps and set deadlines for each, ensuring a balanced workload throughout the week.

3. Mindfulness and Relaxation:

These techniques help focus the mind and reduce frantic thoughts:

- **Mindfulness Practices:** Setting aside a few minutes each day for meditation or yoga can help maintain a calm mindset. Guided sessions via apps or community classes can be especially helpful for beginners.
- **Relaxation Apps:** Apps that offer guided relaxation exercises, ambient sounds, or bedtime stories can help individuals unwind and manage stress daily, making relaxation techniques more accessible and routine.

4. Professional Support:

Sometimes professional intervention is necessary to handle stress effectively:

- **Counseling or Therapy:** Professionals can offer strategies and therapies such as cognitive-behavioural therapy (CBT), which helps modify negative thoughts and behaviours associated with stress.
- **Support Groups:** Sharing experiences and coping strategies in a group setting can provide social support and validation, which is often comforting and helpful.

5. Social and Emotional Support:

Building a robust social network is crucial for emotional support:

- **Strong Support Network:** Regular contact with supportive family and friends can provide a buffer against stress. Scheduling regular meet-ups or calls can help maintain these important relationships.
- **Group Activities:** Engaging in social activities can increase feelings of belonging and purpose. Whether it's a sports league, a book club, or a volunteer group, participating in these communities offers valuable social interaction.

6. Personal Growth:

Personal fulfillment and enjoyment are great stress relievers:

- **Hobbies and Activities:** Dedicating time to personal interests and hobbies can distract from stress and bring joy. For instance, engaging in creative arts or learning a new skill can provide a sense of achievement and satisfaction.
- **Positive Mindset:** Maintaining a positive outlook involves recognizing and appreciating the good aspects of one's life, which can buffer against the negative effects of stress. Practicing gratitude, for example, can help shift focus from stressors to what's positive.

7. Setting Boundaries:

Learning to set limits on what we commit to can greatly reduce stress levels:

- **Work Boundaries:** We should not take on more than we can handle at work. It's important to learn to say no or delegate tasks when necessary.
- **Personal Boundaries:** We need to set clear limits with friends and family about what we can and cannot do to prevent overcommitting and experiencing burnout.

8. Technology Detox:

Reducing screen time and limiting exposure to digital devices can help lower stress:

- **Scheduled Breaks:** We should plan regular intervals to step away from computers, smartphones, and other screens.

- **Digital Detox Days:** Designating days where we minimize or eliminate the use of technology gives us a break from constant connectivity and information overload.

9. Nature Therapy:

Spending time in nature has been shown to decrease stress and improve mood:

- **Outdoor Activities:** Activities like hiking, gardening, or simply taking a walk in a local park can be very calming.
- **Green Spaces:** If you live in an urban area, finding time to visit green spaces, even for a few minutes, can help refresh your minds.

10. Artistic Expression:

Engaging in creative activities can be a powerful way to manage stress:

- **Art:** Drawing, painting, or sculpting can help express emotions that are hard to put into words.
- **Writing:** Keeping a journal or writing poetry or stories can be therapeutic.



11. Listening to Music:

Music has a unique ability to soothe and relax the mind:

- **Relaxing Music:** Listening to calm music can help reduce anxiety and promote relaxation.
- **Playing Music:** If you play an instrument, spending time practicing can also be a great stress reliever.

12. Regular Check-ins with Self:

Being aware of our mental health and recognizing signs of stress early can help manage it more effectively:

- **Mindfulness Meditation:** Regular meditation can increase self-awareness and help us recognize stress triggers.
- **Self-Assessment:** Regularly asking ourselves about our stress levels and overall emotional state can help us take action before stress becomes overwhelming.

By implementing these strategies, individuals can manage their stress more effectively and improve their overall mental health and quality of life.



CHECK YOUR PROGRESS

Q9: What are some common work-related causes of stress?

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- Distress: Negative stress, categorized as acute or chronic.
- Hyperstress: Occurs when demands exceed coping mechanisms.
- Hypostress: Experienced when an individual is under-stimulated, leading to boredom.

- Factors Influencing Stress:
- Environmental factors: Physical surroundings and work conditions.
- Social factors: Relationships, life events, and societal pressures.
- Personal factors: Health, lifestyle, and personality traits.
- Economic factors: Financial stress and socioeconomic status.
- Psychological factors: Cognitive and emotional responses.

- Stress symptoms fall into four categories:
- Physical: Involving cardiovascular, muscular, respiratory, gastrointestinal, neurological, and general health.
- Emotional: Including mood changes, self-perception issues, and severe emotional reactions.
- Psychological/Cognitive: Related to thought processes, memory, and decision-making.
- Behavioural: Covering habits, social interactions, performance, compulsive, and avoidance behaviours.

- Causes and Remedial Measures of Stress:
- Work-related causes: High workload, conflicts, and job insecurity.
- Personal causes: Health issues, emotional problems, and major life changes.
- Social causes: Social isolation, cultural pressures, and life balance.
- Financial Causes:Not having enough money for daily needs, debt, unexpected expenses, etc.
- Environmental Causes:Living in a crowded area, extreme weather, unsafe or unstable living conditions, etc.
- Work-Life Balance:Working long hoursat work, not having time for self, etc.
- Technology and Information Overload:Constant connectivity, social media pressure, etc.

- Remedial measures for stress include:
  - Lifestyle Adjustments: Exercise and Physical Activity, balanced diet, quality sleep, etc.
  - Time Management: Planning and prioritising, mindfulness and relaxation practices, etc.
  - Professional Support:Counselling or therapy, joining support groups, etc.
  - Social and Emotional Support: Building strong support network with family and friends, engaging in social group activities, etc.
  - Personal Growth:Dedicating time to personal interests and hobbies, maintaining a positive mindset, etc.
  - Setting Boundaries: Setting work and personal boundaries
  - Technology Detox:Reducing screen time and limiting exposure to digital devices by scheduling breaks from digital world
  - Nature Therapy:Engaging in outdoor activities, exploring green spaces
  - Artistic Expression:Engaging in creative activities like arts, writing, etc.
  - Listening to Music: Listening to relaxing music and playing music can be a great stress reliever.
  - Regular Check-ins with Self:Being aware of our mental health and recognizing signs of stress though mindful meditation, self-assessment, etc. can help manage stress more effectively.



6.7 FURTHER READINGS

Book:

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6.8 ANSWERS TO CHECK YOUR PROGRESS

Answer to Q No 3: An example of hyperstress is an employee overwhelmed by unrealistic deadlines and excessive workload.

Answer to Q No4: The physical environment influences stress through elements like excessive noise, lack of personal space, and even weather conditions, all of which can elevate stress levels.

Answer to Q No 5: Personal health and lifestyle choices have a direct impact on stress. Factors like diet, exercise, and overall physical health condition can either exacerbate or alleviate stress.

Answer to Q No 6: Financial insecurity creates stress by generating worry about meeting basic needs and future financial stability, often leading to constant anxiety and uncertainty.

Answer to Q No 7: Stress can weaken the immune system, leading to frequent colds and infections.

Answer to Q No 8: Stress can lead to psychological symptoms like difficulty concentrating, racing thoughts, negative worrying, and poor judgment.

Answer to Q No 9: Work-related stress often arises from high workloads, tight deadlines, job insecurity, conflicts with colleagues or

supervisors, and a lack of control over work processes or outcomes.

Answer to Q No 10: Major life changes such as moving to a new location, going through a divorce, or experiencing the death of a loved one can significantly contribute to personal stress due to the emotional and practical adjustments required.

6.9 POSSIBLE QUESTIONS

Short Questions (Answer each question in around 150 words)

Q 1: Describe the concept of 'Neustress' and provide an example from daily life.

Q 2: How does chronic stress differ from acute stress in terms of its impact on an individual's health and well-being?

Q 3: Discuss the impact of work environment factors, such as job demands and interpersonal relationships on an individual's stress levels.

Q 4: Examine how feelings of social isolation and the demands of societal expectations can lead to increased stress levels in individuals.

Q 5: Stress symptoms can be categorized into how many categories? Describe them with examples.

Q 6: Describe the role of physical exercise and nutritional choices in mitigating the effects of stress on mental and physical health.

Long Questions(Answer each question in around 300-500 words)

Q 1: Evaluate the various factors influencing stress, including environmental, personal, social, economic, and psychological aspects. Discuss how each of these factors can contribute to an individual's experience of stress and suggest strategies for mitigating their impact.

Q 2: Analyse the different work-related causes of stress such as high workload, job insecurity, and conflicts at the workplace. Discuss how these factors uniquely contribute to stress and propose strategies for mitigating their impact in a professional setting.

Q 3: Discuss the importance of lifestyle adjustments, time management, and professional support in stress management. How do these strategies collectively contribute to reducing stress, and what are the challenges in implementing them effectively in daily life?

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UNIT 7: MENTAL HEALTH AND YOGA

UNIT STRUCTURE

7.1 Learning Objectives

7.2 Introduction

7.3 Concept of Yoga

7.4 Importance of Yoga for Physical and Mental Health

7.5 Pranayama and meditation for promoting mental health

7.6 Let Us Sum Up

7.7 Further Reading

7.8 Answers to Check Your Progress

7.9 Possible Questions

7.1 LEARNING OBJECTIVES

By the end of this unit, you will be able to:

- identify the historical and cultural origins of yoga
- examine the relationship between yoga practices and mental health
- practice various yoga techniques, with a focus on pranayama and meditation
- analyse the benefits of yoga for both physical and mental well-being
- develop and apply practical skills in yoga to enhance mental health

7.2 INTRODUCTION

In our journey through the course titled “Mental Health and Hygiene in Education,” we have established a strong foundation in understanding mental health. The previous units have equipped us with fundamental knowledge, emphasizing the significance of mental hygiene as a crucial aspect of our overall well-being. We have delved into the intricate ways in which education intersects with mental health, highlighting how learning environments and educational systems impact our psychological state. Additionally, the course has covered the vital role of community and personal hygiene practices in maintaining mental health, demonstrating how our surroundings and personal habits directly influence our mental state. We

have addressed specific mental health concerns, offering insights into various conditions, and underscoring the importance of recognizing and addressing them in our lives and communities.

In the previous unit, we explored stress management, an essential skill in today's fast-paced world. Understanding the sources of stress and learning effective techniques to manage it are vital for maintaining mental equilibrium.

Building on this background, the present unit advances into the realm of holistic well-being, focusing on the ancient practice of Yoga. Yoga is more than just a physical exercise; it is a comprehensive approach that encompasses mental, physical, and spiritual dimensions, making it a highly relevant and effective tool for enhancing mental health.

In this unit, we will explore how the principles and practices of Yoga can be seamlessly integrated into our daily lives to promote mental well-being, reduce stress, and foster a balanced and healthy mind.

7.3 CONCEPT OF YOGA

7.3.1 Introduction to Yoga

Originating from the Sanskrit word 'Yuj,' which means 'to join,' 'to yoke,' or 'to unify,' Yoga is an ancient practice that emerged over 5,000 years ago in the Indus-Saraswati civilization of Northern India. Far more than a form of physical exercise, Yoga is a holistic spiritual discipline that aims to harmonize the mind and body, integrating the physical, mental, and spiritual facets of an individual. Yoga's essence lies in the profound union of the Jivatma (Individual Self) and Paramatma (Universal Self), symbolizing a journey towards enlightenment and self-realization. Maharishi Patanjali, renowned as the founder of the Yoga system, emphasizes that Yoga transcends mere union, representing a dedicated effort to achieve Samadhi (enlightenment). This process involves mastering the mind's modifications, thereby gaining control over the senses. In

the contemporary context, Yoga is interpreted in various ways, including as physical exercise, breathing practices, or meditation. However, at its core, Yoga remains a comprehensive discipline dedicated to spiritual perfection and achieving Samadhi, going beyond its physical manifestations to embrace a deeper, spiritual quest.

Various perspectives enrich our understanding of Yoga. The Bhagavad Gita views it as a self-journey, Amit Ray as a method to enhance body, mind, and soul, and Jason Crandell as an opportunity for self-discovery. These diverse interpretations highlight Yoga's commitment to holistic health and well-being, reflecting its complexity and depth.

Yoga is fundamentally a spiritual endeavour, rooted in a subtle science. It seeks to align the human spirit with the universe, nurturing the union of individual consciousness with Universal Consciousness. This unity implies a perfect balance between mind and body, and between the individual and the environment. Supported by traditional Yogic scriptures and modern scientific understanding, Yoga proposes that all elements in the universe are interconnected, sharing the same quantum reality.

7.3.2 Historical Development

- **Origins and Early Evidence**

  Yoga's journey began thousands of years ago, well before the advent of major world religions. Its roots can be traced back to the ancient Indus Valley Civilization, as evident from archaeological discoveries like stone carvings of Yoga postures. These findings suggest that Yoga was an integral part of life during this early civilization.

- **Shiva as the Adiyogi**

  Another significant belief in the origin of Yoga is the role of Shiva, known as 'Adiyogi' or the first yogi. In this tradition, Shiva is not just a practitioner but also the embodiment and teacher of Yoga.

- **Vedic and Pre-Vedic Influences**

  During the Vedic period, the term 'Yoga' started gaining prominence, with texts like the Rigveda using it to imply concepts of union and control of the mind and senses. This era laid the groundwork for Yoga's spiritual and philosophical dimensions.
- **Classical Period of Yoga**

  The period between 500 BC and 800 AD is particularly crucial in Yoga's history. It was during this time that the foundational text of Yoga, Patanjali's Yoga Sutras, was written. This text provided a structured approach to Yoga, emphasizing mental discipline and the path to spiritual enlightenment.
- **Post-Classical Developments**

  From 800 AD onwards, Yoga evolved under various influential teachers. This period saw the integration of Yoga into various aspects of life and its spread across different cultures.
- **Modern Era and Global Spread**

  The period from the 1700s to the 1900s marked Yoga's transformation into practices like Raja Yoga. Influential figures such as Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, and and Swami Vivekananda played a key role in popularizing Yoga during this time.

  Today, Yoga is practiced worldwide, not only as a spiritual pursuit but also for its physical and mental health benefits.

7.3.3 The Eight-Fold Path of Yoga

The Eight-Fold Path of Yoga offers a comprehensive guide to leading a balanced and meaningful life.

1. **Yama (Ethical Standards):** This stage teaches us how to behave ethically and compassionately towards others. It includes practices like non-violence, honesty, and not stealing.
2. **Niyama (Self-Discipline):** Niyama focuses on personal habits and disciplines. This includes maintaining purity, being content with what we have, and self-study to improve oneself.

3. **Asana (Postures):** These are the physical exercises or poses in Yoga, which help in maintaining physical health, improving flexibility, and enhancing mental focus.
4. **Pranayama (Breath Control):** This is about controlling our breath, which helps calm the mind and prepares us for deeper spiritual practices.
5. **Pratyahara (Withdrawal of Senses):** This step involves drawing our attention away from external distractions and focusing inward, which helps in self-reflection and calming the mind.
6. **Dharana (Concentration):** Here, the focus is on concentrating on a single point, thought, or task, which trains the mind to be more focused and less distracted.
7. **Dhyana (Meditation):** This stage is about meditating and maintaining prolonged focus, which leads to deeper self-awareness and understanding.
8. **Samadhi (Union with the Divine):** The final stage, Samadhi, is achieving a state of ecstasy or enlightenment, where there's a feeling of unity with all things.

   Each stage builds upon the previous one, guiding practitioners from basic ethical teachings to advanced spiritual awareness.



CHECK YOUR PROGRESS

Q1: Who is renowned as the founder of the Yoga system?

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Q4: What is the purpose of the Yama stage in the Eight-Fold Path of Yoga?

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2. **Posture and Balance**: Yoga enhances spinal alignment and balance, reducing the risk of posture-related issues. *Tadasana* is particularly beneficial for improving posture, and balance-focused poses like *Vrikshasana* enhance coordination and stability.
3. **Respiratory and Cardiovascular Health**: Breathing exercises (Pranayama) increase lung capacity, beneficial for respiratory health. Dynamic yoga sequences that raise the heart rate contribute to improved cardiovascular fitness, supporting heart health.
4. **Digestive Health**: Certain yoga poses stimulate the digestive system, aiding in the elimination of toxins and reducing issues like constipation. Asanas such as *Mayurasana* have been noted for their positive effect on digestion.
5. **Pain Management**: Yoga offers effective relief from chronic pain, including back pain through poses (e.g*., Bhujangasana*) that strengthen and stretch the body, helping to alleviate discomfort and improve functionality.
6. **Mental Well-being**: Practices like Surya Namaskara not only energize the body but also improve mood by reducing depression and lethargy. Meditation and mindfulness practices in yoga foster mental peace and enhance focus.
7. **Immunity and Detoxification**: Yoga supports the lymphatic system, enhancing the body's natural defense mechanisms against infection and aiding in the detoxification process.
8. **Metabolic and Lifestyle Benefits**: It aids in managing metabolism and weight, encouraging healthier lifestyle choices and dietary habits through mindful eating practices.
9. **Neurological Health**: Focusing on the present during yoga practice improves mental functions such as coordination, reaction time, and memory, and can positively affect the nervous system, offering relief from various neurological issues.

These are just a few of the many advantages that yoga provides; it's a complete practice for enhancing and preserving physical health and general wellbeing.

7.4.2 Yoga for Mental Health

The ancient wisdom of yoga is becoming more and more respected in today's fast-paced and hectic world because of its capacity to promote emotional stability, ease anxiety, lower stress levels, and quiet the mind. This holistic approach offers a special fusion of breathing exercises, mindfulness exercises, meditation, and physical postures that all work together to support mental clarity, emotional equilibrium, and a deep sense of inner calm. In the following discussion, we will look at the various ways that yoga supports mental health and provides people from all walks of life with a route to increased peace and well-being.

1. Improved Concentration:The practice of authentic yoga requires the practitioner to engage in self-reflection, introspection, and profound self-examination. This results in improved concentration. It enables us to be present in the moment and to immerse ourselves in the flow of things by acting as a gateway to comprehending our ideas, feelings, beliefs, and fundamental values. Yoga cultivates mindfulness, heightens awareness, and sharpens attention, among other benefits. For example, in a yoga class, when participants focus intently on their breath while moving through a sequence of poses, their heightened concentration allows them to maintain balance, alignment, and control, promoting a deep sense of presence and mental clarity.

2. Enhancement of Clarity and Decision-Making Capabilities: The practice of yoga, which involves exploring the "Vigyanamaya kosha" or the intellectual sheath, helps one become more adept at making decisions. This more nuanced component of the brain, known as the intellect, is accountable for making judgements that

are accurate. The fluctuations of the human mind can be stabilised via the practice of yoga, specifically through the practice of Pranayama and meditation. This results in increased mental clarity and more effective decision-making.

3. Tranquil Mind: "Jnana Yoga" is a technique that is utilised by yoga teachers and people who are interested in spirituality to quiet the restless tendencies of the mind, which are frequently compared to an unruly monkey. The mind is progressively brought under control via the practice of prana control, which provides the individual with inner peace and makes life easier for them.

6. Increased Attention and Learning Motivation: The practice of yoga and meditation can help minimise inattentiveness and demotivation, making it easier for individuals to maintain their focus on the job at hand and to remain motivated when they are engaged in activities or learning.

7. Improved Cognitive Abilities: Our thoughts shape our behaviour and actions. Yoga enables us to achieve control of our minds, thereby regulating our behaviour and encouraging more productive acts.

8. Anger Management: The ability to control one's anger is a skill that demands patience as well as mental and emotional control. As a result of its ability to help the elimination of negative thought patterns and to encourage the acceptance of the shortcomings of others, yoga is an effective tool for anger management.

9. Management of Stress, Anxiety & Depression:Through the holistic approach that yoga takes, it is possible to effectively address common mental health concerns such as stress, anxiety, and depression. The physical relaxation that yoga postures provide helps to alleviate feelings of tension and worry. While pranayama helps to relax the mind, it also helps to alleviate symptoms of stress and anxiety. Practicing yoga, which includes meditation

and mindfulness, is an effective way to combat the negative thought patterns that are connected with depression. Through the integration of the body, mind, and spirit, yoga offers a tranquil sanctuary from the pressures of everyday life, thereby cultivating mental clarity and emotional stability on a deeper level.

Various Yogic Practices for Stress, Anxiety, and Depression Management:

- ***Shat-Karma*:** Neti, Kunjal, Trataka (for stress); Jala Neti, Trataka, Kapalabhati (for anxiety); Neti, Kapalabhati (depression).
- ***Asanas for Stress*:** Tadasana, Tiryak-tadasana, Kati-Chakrasana, Trikonasana, Padmasana, Paschimottanasana, Vajrasana, Bhujangasana, Dhanurasana, Halasana, Sarvangasana, Shavasana.
- ***Asanas for Anxiety*:** Surya Namaskara, Tadasana, Tiryak-Tadasana, Kati-Chakrasana, Vrikshasana, Vakrasana, Gomukhasana, Ardha Matsyendrasana, Ushtrasana, Sashankasana, Paschimottanasana, Pawan Muktasana, Ardha Halasana, Vipreet karani asana, Makarasana, Bhujangasana, Ardha Shalabhasana, Shavasana.
- ***Asanas for Depression*:** Surya Namaskara, Tadasana, Tiryak Tadasana, Kati Chakrasana, Vakrasana, Gomukhasana, Ushtrasana, Shashankasana, Pawan-muktasana, Setubandhasana, Sarvangasana, Makarasana, Bhujangasana, Dhanurasana, Shavasana.
- ***Pranayama*:** Nadi Shodhan and Bhramari pranayama (Stress); Nadi Shodhan, Ujjayi, Shitali/Seetkari, Bhramari Pranayama (Anxiety); Nadi Shodhana Pranayama, Suryabhedan Pranayama, Ujjayi Pranayama, Bhramari Pranayama, Bhastrika Pranayama (Depression).
- ***Mudra Bandha*:** Gyan Mudra (Stress); Uddiyana Bandha (Anxiety).
- ***Meditation*:** Om chanting, Breath awareness.

- ***Yoga Nidra:*** It is beneficial, acting on the subconscious level to restore body and mind to a state of equilibrium.

CHECK YOUR PROGRESS



Q6: How does yoga contribute to improving posture and balance?

_ _ _ _

and mind's energy, improving physical and mental health, and preparing for meditation.

The practice of Pranayama unfolds through a three-stage process: inhaling, holding (retention), and exhaling.

• **Inhaling (Puraka)**: This stage involves taking a deep, steady breath into the lungs. By managing the inhalation to be smooth and regulated, one can achieve a balance in the subsequent stages of retention and exhalation.

• **Retention (Kumbhaka)**: Known as "kumbhaka," this stage involves holding the breath either after an inhale (Antar Kumbhaka) or after an exhale (Bahya Kumbhaka), each offering distinct physical and mental benefits.

• **Exhaling (Rechaka)**: Similar to inhaling, exhaling is prolonged and controlled. The variations in exhalation define the different Pranayama techniques.

It is crucial to be mindful of your body's responses during Pranayama. Remember to listen to your body. If you feel light-headed or sick at any point, resume normal breathing and lower your head into your lap.

7.5.1.1 Techniques of Pranayama

Pranayama encompasses a variety of techniques, each with specific purposes and benefits:

1. Bhramari Pranayama (Bee Breath): Involves making a humming sound while exhaling, resembling the sound of a bee. This technique calms the mind and reduces stress.

2. Kapalabhati Pranayama (Skull Shining Breath): Consists of short, powerful exhales and natural inhales. It is used to cleanse the lungs and sinuses, stimulate abdominal organs, and energize the mind.

3. Bhastrika Pranayama (Bellows Breath): Involves rapid and forceful inhalation and exhalation, similar to the bellows used to stoke a fire. This energizes the body and clarifies the mind.

4. Alternate Nostril Breathing: Both **Nadi Shodhana Pranayama** and **Anulom Vilom Pranayama** utilise alternate nostril breathing, yet they have subtle distinctions in practice and purpose. Nadi Shodhana is aimed at purifying the body's energy channels, incorporating breath retention (kumbhaka) to balance energies and ready the mind for meditation. Anulom Vilom, on the other hand, generally excludes breath retention, focusing on rhythmic breathing to soothe the nervous system and alleviate stress. Despite minor differences in approach, each technique seeks to unify the body and mind, and they are often referred to interchangeably within yoga practices.

5. Ujjayi Pranayama (Ocean Breath or Victorious Breath): Characterized by breathing in and out through the nose while constricting the throat to create a sound similar to the ocean waves. It helps in focusing the mind and maintaining body temperature.

6. Sheetali Pranayama (Cooling Breath): Involves inhaling through a rolled tongue (or pursed lips if the tongue cannot be rolled) and exhaling through the nose. It has a cooling effect on the body and calms the mind.

7. Sheetkari Pranayama (Hissing Breath): Similar to Sheetali but involves inhaling through clenched teeth. It also cools the body and calms the mind.

8. Dirga Pranayama (Three-Part Breath): Focuses on deep, full breaths, encouraging breathing into the abdomen, ribcage, and chest. It is often used for relaxation and stress relief.

9. Surya Bhedana Pranayama (Right Nostril Breathing): Involves inhaling through the right nostril and exhaling through the left. This is said to energize the body and stimulate the sympathetic nervous system.

Each of these pranayama techniques has its own unique set of benefits and can be chosen based on the practitioner's needs or objectives. **Practicing under the guidance of a knowledgeable instructor is recommended to ensure proper technique and to maximize benefits.**

7.5.1.2 Benefits of Pranayama for Mental Health

Pranayamaoffers a wealth of benefits for mental health. By regulating the breath, Pranayama practices can induce a sense of calm, reduce stress levels, enhance concentration, and promote overall emotional well-being. Here is a closer look at some of these benefits:

1. Reduces Stress and Anxiety

Pranayama techniques, such as deep breathing, can activate the parasympathetic nervous system, the part of the autonomic nervous system responsible for the body's 'rest and digest' activities. This activation leads to a reduction in heart rate and blood pressure, signaling the body to relax and thereby reducing stress and anxiety levels. Practices like Nadi Shodhana (Alternate Nostril Breathing) are especially known for their calming effects on the nervous system.

2. Improves Concentration and Focus

By fostering a state of relaxed alertness, Pranayama can enhance concentration and mental clarity. Techniques like Ujjayi Pranayama (Ocean Breath) help focus the mind, making it easier to maintain attention on tasks and meditative practices. This increased focus can improve cognitive functions, including memory and decision-making.

3. Enhances Emotional Stability

Regular Pranayama practice helps in balancing the emotional responses by regulating the flow of Prana (life energy), leading to improved emotional stability. It allows practitioners to develop a better handle on their emotional reactions, fostering a sense of equanimity and resilience in facing life's challenges.

4. Promotes Relaxation and Better Sleep

Practices such as Bhramari Pranayama (Bee Breath) and Shitali Pranayama (Cooling Breath) can induce deep relaxation, making it easier to fall asleep and improve the quality

of sleep. By reducing stress and calming the mind, Pranayama prepares the body for a restful night, beneficial for those suffering from insomnia or sleep disturbances.

5. Enhances Self-Awareness and Mindfulness

Pranayama requires focused attention on the breath, fostering a heightened state of self-awareness and mindfulness. This practice can lead to a deeper understanding of one's mental and emotional states, encouraging a mindful approach to life's situations and enhancing one's presence in the moment.

6. Boosts Mood and Reduces Depression Symptoms

Breathing exercises can influence the production of serotonin, a neurotransmitter associated with feelings of happiness and well-being. By improving mood and energy levels, Pranayama can be a supportive practice in managing symptoms of depression alongside other treatments.

7. Increases Energy Levels

Pranayama practices like Kapalabhati Pranayama (Skull Shining Breath) and Bhastrika Pranayama (Bellows Breath) are invigorating, increasing the oxygen supply to the brain and the rest of the body. This boost in energy can help overcome feelings of lethargy and fatigue, contributing to a more vibrant and active lifestyle.

8. Supports Stress Management and Coping Skills

By providing tools for self-regulation and relaxation, Pranayama can improve one's ability to cope with stress. It teaches practitioners how to manage their physiological responses to stress, enabling them to approach stressful situations with a calmer and more balanced mindset.

In summary, Pranayama offers a profound and accessible way to enhance mental health, improve emotional well-being, and cultivate a peaceful state of mind. Its benefits extend beyond immediate relaxation, contributing to long-term

mental and emotional resilience. **It is to be noted that with any practice, consistency and correct technique are key to experiencing these benefits fully, and it is often recommended to learn Pranayama under the guidance of a qualified instructor.**

7.5.2 Meditation

The name "meditation" originates from the Latin word "meditatum," which translates to "to ponder." Meditation is directing one's attention towards a certain object, thought, or activity to attain a state of heightened awareness, tranquility, and mental clarity. The exact roots of meditation are uncertain, but scholars speculate that its practice can be traced back several millennia, preceding the development of modern civilisation.

The earliest documented practices of meditation appear around 1500 BCE, rooted in the Vedic or early Hindu traditions in India. Between the 6th and 4th centuries BCE, the practice evolved within Chinese Taoist and Indian Buddhist traditions. In the West, early meditation practices were developed by figures such as Philo of Alexandria, the Desert Fathers of the Middle East, and Saint Augustine. The broad range of practices under the meditation umbrella makes it difficult to pinpoint a singular origin.

Meditation in the East

Meditation is a practice that is found in various ancient religions, but it is particularly linked to Buddhism, which was established by the Buddha in Southeast Asia about the 6th century BCE.

Buddhism offers an experiential road to enlightenment that emphasises meditative focus, ethical behaviour, and wisdom. This tradition has encouraged numerous practitioners to practise attentive awareness and find serenity through meditation. Buddhist meditation has spread throughout Asia, from modern-day Afghanistan to Japan and Indonesia, adapting to different cultures along the way.

Zen meditation is a prominent example of this adaptation. In the seventh century, the Japanese monk Dosho studied Buddhism in China before returning to Japan to teach **zazen**, a type of sitting meditation. This resulted in a lengthy heritage of meditation practice in Japan.

Meditation Moves West

Meditation became popular in Western countries starting in the 19th century, influenced by Asian spiritual traditions such as Theravada, Zen, and Tibetan Buddhism. This interest grew due to colonial expansion and better ways to travel and communicate. At first, mostly scholars and missionaries were interested, but soon, many people in the West, including artists, began exploring meditation. By the mid-20th century, experts in meditation from Asia started teaching in Western countries, and many Westerners went to Asia to learn about meditation and mindfulness, then brought these practices back home.

A key figure in making meditation more known in the West, without tying it to any religion, was Dr. Jon Kabat-Zinn. He started the Center for Mindfulness at the University of Massachusetts Medical School in 1979 and introduced the Mindfulness-Based Stress Reduction (MBSR) program. This program has greatly influenced how people and scientists view mindfulness, making it widely accepted and practiced over the last thirty years.

7.5.2.1 Types of Meditation

Meditation, known for its wide variety and widespread practice, can be approached through different frameworks. A popular way to categorize meditation techniques is to divide them into two main types: concentrative meditation and mindfulness meditation. This categorization helps in grasping the primary focus and desired outcomes of the diverse meditation practices.

Concentrative Meditation:

Concentrative meditation is characterised by the technique of concentrating all your attention on a single point of focus. This focal point could be anything that stimulates the senses or the mind - a sound, a word, a visual object such as a candle flame, or even a mental image. The major goal here is to achieve deep relaxation and mental clarity by consciously screening out external distractions and wandering thoughts. This focused attention improves concentration and produces a peaceful state of mind, allowing for profound tranquillity and clarity. Notable examples of concentrated meditation include:

- **Mantra Meditation:** Repeating a sacred word or phrase to focus the mind.
- **Transcendental Meditation:** Using a personalized mantra as a vehicle to explore deeper levels of consciousness.
- **Focused Meditation:** Concentrating on a sensory input like sound, visual image, or tactile sensation.

Mindfulness Meditation:

Mindfulness meditation, on the other hand, focuses on being open to all experiences in the current moment. During the practice, you just notice your thoughts, feelings, and body reactions as they come up, without judging them or reacting right away. The goal is to reach a state of focused awareness where a person can accept and understand what they are going through without judging it. This type of meditation helps you learn more about yourself, which makes you more emotionally strong and gives you more insight.

Examples of mindfulness meditation techniques include:

- **Breath Meditation:** Focusing on the natural rhythm of breathing to anchor the mind in the present.
- **Body Scan:** Progressively moving attention through different parts of the body to notice and release tension.

- **Loving-kindness Meditation (Metta Meditation):** Cultivating feelings of love and kindness towards oneself and others.

Other Types of Meditation:

While concentrative and mindfulness meditations represent foundational categories, the spectrum of meditation practices is vast and varied, encompassing:

- **Movement Meditation:** Practices like yoga, tai chi, or qigong where movement guides the meditation.
- **Visualization Meditation:** Using the imagination to visualize calming and peaceful images or scenarios.
- **Contemplative Meditation:** Engaging in deep reflection or pondering over specific philosophical or spiritual truths.

Exploring different meditation techniques allows individuals to discover what best suits their needs, preferences, and life circumstances. Each practice offers unique benefits and pathways to personal growth, stress relief, and deeper self-understanding. Whether seeking tranquillity through focused attention or aiming to enhance mindfulness and acceptance, there is a meditation practice tailored to every goal and journey.

7.5.2.2 Benefits of Meditation for Mental Health

Meditation is a practice that can have many benefits for your mental health. Some of the benefits are:

1. Reduces Stress

Meditation is particularly effective in reducing stress. It decreases levels of cortisol, the body's stress hormone, which helps reduce the feelings of anxiety, tension, and overwhelm.

2. Manage Anxiety

Regular meditation practice can lead to reductions in anxiety. It helps in managing symptoms of anxiety disorders, including phobias, social anxiety, paranoid thoughts, obsessive-compulsive behaviors, and panic attacks.

3. Enhances Emotional Health

Some forms of meditation can improve self-image and lead to a more positive outlook on life. Mindfulness meditation, for instance, can decrease symptoms of depression and lead to an improvement in overall emotional well-being.

4. Boosts Self-awareness

Some types of meditation may help you develop a stronger understanding of yourself, helping you grow into your best self. It can increase self-reflection and promote greater awareness of one's thoughts and actions.

5. Increases Attention Span

Focused-attention meditation is like weight lifting for your attention span. It helps increase the strength and endurance of your attention, which can help improve concentration and decrease attentional drift.

6. Improves Memory and Focus

Regular meditation enhances attention and working memory, which contributes to better concentration and cognitive function. This improvement in focus and memory can be particularly beneficial in both personal and professional settings, aiding in task management and learning processes.

6. May Reduce Age-related Memory Loss

The improved focus you can gain from regular meditation may increase memory and mental clarity. These benefits can help fight age-related memory loss and dementia.

7. Promotes Better Sleep

Meditation can enhance the quality of sleep by helping you relax and control the runaway thoughts that can interfere with sleep. It also helps in developing a bedtime ritual that signals your body to settle and prepare for rest.

8. Helps Control Pain

Your perception of pain is connected to your state of mind, and it can be elevated in stressful conditions. Meditation can diminish

the perception of pain in the brain, which may help treat chronic pain when used as a supplement to medical care or physical therapy.

9. Can Decrease Blood Pressure

Meditation can also improve physical health by reducing strain on the heart. Over time, high blood pressure makes the heart work harder to pump blood, which can lead to poor heart function. Meditation helps control blood pressure by relaxing the nerve signals that coordinate heart function, tension in blood vessels, and the "fight-or-flight" response that increases alertness in stressful situations.

10. Assists in Depression Management

Meditation has a positive effect on mood, serving as a powerful tool in reducing symptoms of depression. By boosting overall mood, meditation supports emotional balance and can be an effective complement to traditional treatments for depression.

By integrating meditation into daily routines, individuals can access these wide-ranging benefits, contributing significantly to their mental and physical health.

CHECK YOUR PROGRESS



Q10: What is the three-stage process of Pranayama?

_ _ _ _

Q14: What is the origin of the word “meditation”?

_ _ _ _

attention, learning motivation, cognitive abilities, anger management, and stress, anxiety, and depression management through a combination of breathing exercises, mindfulness practices, meditation, and physical postures.

- Pranayama, an ancient yogic practice focusing on controlled breathing, offers numerous benefits for mental health, including stress reduction, improved concentration, emotional stability, relaxation, better sleep, enhanced self-awareness, mood enhancement, increased energy, and improved stress management skills through various breathing techniques.
- Meditation, originating from ancient traditions, is a practice of directing attention towards an object, thought, or activity to achieve heightened awareness, tranquillity, and mental clarity. Its roots are traced back to various ancient religions, particularly Buddhism, and it has evolved over time, becoming popular worldwide, with significant benefits for mental health.

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7.8 ANSWERS TO CHECK YOUR PROGRESS

Answer to Q No 1: Maharishi Patanjali is renowned as the founder of the Yoga system.

Answer to Q No 2: Shiva is known as the first yogi, referred to as 'Adiyogi.'

Answer to Q No 3: This period saw the writing of the foundational text of Yoga, Patanjali's Yoga Sutras, emphasizing mental discipline and the path to spiritual enlightenment.

Answer to Q No 4: The Yama stage teaches ethical standards and compassionate behavior towards others.

Answer to Q No 5: The Pranayama stage focuses on breath control, helping to calm the mind and prepare for deeper spiritual practices.

Answer to Q No 6: Yoga enhances spinal alignment and balance, reducing the risk of posture-related issues, with poses like Tadasana and Vrikshasana being particularly beneficial.

Answer to Q No 7: Poses like Bhujangasana offer effective relief from chronic pain, especially back pain, by strengthening and stretching the body, improving functionality and reducing discomfort.

Answer to Q No 8: Yoga enhances concentration through practices like self-reflection, mindfulness, and deep self-examination, promoting mental clarity and presence.

Answer to Q No 9: Yoga helps with anger management by eliminating negative thought patterns and promoting acceptance through practices like Jnana Yoga.

Answer to Q No 10: The three stages of Pranayama are inhaling (Puraka), holding (Kumbhaka), and exhaling (Rechaka).

Answer to Q No 11: The Bhramari Pranayama technique aims to calm the mind and reduce stress by making a humming sound while exhaling, resembling the sound of a bee.

Answer to Q No 12: Concentrative meditation focuses on concentrating all attention on a single point of focus to achieve deep relaxation and mental clarity.

Answer to Q No 13: Dr. Jon Kabat-Zinn played a significant role in popularizing mindfulness in the West through the introduction of the Mindfulness-Based Stress Reduction (MBSR) program.

Answer to Q No 14: The word "meditation" originates from the Latin word "meditatum," which means "to ponder."



7.9 POSSIBLE QUESTIONS

Short Questions (Answer each question in around 150 words)

Q 1: How does Yoga propose to achieve harmony between mind and body according to traditional Yogic scriptures and modern scientific understanding?

Q 2: What are the key historical periods and influential figures that contributed to the development and global spread of Yoga?

Q 3. How does each stage of the Eight-Fold Path of Yoga contribute to the journey towards spiritual awareness and enlightenment?

Q 4: How does yoga impact physical health and well-being, and what techniques does it employ for these benefits?

Q 5: How does yoga support mental health andwhat specific yogic practices can be used for managing stress, anxiety, and depression?

Q 6: How does Pranayama contribute to mental health improvement, and what are some of the specific benefits it offers?

Q 7: What are the different types of meditation, and how do they benefit mental health?

Q 8: How has meditation evolved over time, and what are its historical origins?

Q 9: What are some specific benefits of meditation for mental health, and how do they contribute to overall well-being?

Long Questions(Answer each question in around 300-500 words)

Q 1 : Discuss the historical origins of Yoga and analyse the major developments that have shaped its practice over time.

Q 2: Elaborate on the significance of the Eight-Fold Path of Yoga and how it guides individuals towards a balanced life?

Q 3: Discuss the various techniques and benefits of Pranayama in detail, explaining how controlled breathing practices contribute to physical health, mental clarity, and overall well-being.

Q 4: Discuss the historical journey of meditation, tracing its evolution from ancient civilizations to its widespread adoption in modern society.

Q 5 : Elaborate on the main types of meditation, highlighting their differences in practice and purpose?

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UNIT 8: ADJUSTMENT MECHANISMS-I

UNIT STRUCTURE

8.1 Learning Objectives

8.2 Introduction

8.3 Meaning of Adjustment

8.3.1 Need of Adjustment

8.3.2 Areas of Adjustment

8.4 Mechanisms of adjustment

8.5 Role of family in effective adjustment.

8.6 Role of school in effective adjustment

8.7 Let us Sum Up

8.8 Further Readings

8.9 Answer to check your answers

8.10 Model Questions

8.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- discuss the concept and meaning of adjustment;
- identify the need and areas of adjustment;
- explain the different mechanisms of adjustment;
- discuss how family and school can play an important role in effective adjustment of the children.

8.2 INTRODUCTION

From the discussions made so far in the previous units, you must have come to know about severity of mental ill health and different techniques of releasing stress, tension and other mental health disorders. There are many other factors leading to mental ill-health. One important among them is lack of adjustment. When individual fails to adjust to their surroundings, they become frustrated, leading to development of different mental disorders. A mentally healthy person is a well –adjusted person. The person who can adjust in any situation, can tackle any problem in life.

In our day-to-day life, we see that there are some person, who can maintain a healthy balance between his/her personal and professional lives whereas there are a section of people who are unable to make the balance. In such situation, the latter is vulnerable to mental health issues. As such, adjustment is one of the strongest means to maintain sound mental health. In this unit, learner, you will be able to know about adjustment, the various areas of adjustment and mechanisms of adjustment. Moreover, it will also discuss the roles of family and school in helping the children to make effective adjustment.

8.3 MEANING OF ADJUSTMENT

The term "adjustment" refers to the process of changing or adapting anything to account for newly discovered information or address problems that already exist. It can be used in a variety of settings, including social, financial, and personal ones. The behavioral process by which humans and other animals maintain an equilibrium between their numerous demands or between their needs and the challenges of their surroundings is referred to as adjustment in psychology. It refers to the process of adapting to new situations, environments, or changes in one's life. This can include coping with stress, dealing with transitions, and managing emotions effectively in response to challenges.

When a need is perceived and then met, a series of adjustments take place. For example, a person's physiological state stimulates them to seek food when they are hungry. By eating, they lessen the stimulating environment that caused them to become active, which helps them adapt to this specific requirement.

Physiological adjustments are comparable to social and cultural adjustments. People want to feel at ease in their environment and to have the social networks they are a part of fulfill their psychological requirements such as love or affirmation. When requirements emerge, they drive interpersonal engagement aimed at meeting those needs, particularly in unfamiliar or altered environments. People get more accustomed to and at

ease in their surroundings in this way, and they start to anticipate that their social networks will take care of their needs going forward. Anxiety or sadness may accompany persistent challenges with social and cultural adjustment.

Definitions of Adjustment:

Someofthedefinitionsofadjustment can be presented here:

The Dictionary of Education defines adjustment as "the process of finding and adopting modes of behaviour suitable to the environment or to the changes in the environment".

According to **H. C. Smith**, "A good adjustment is one which is bothr ealistic and satisfying. Atleastinthelongrun, itreducesto aminimumfrustration, the tension and anxieties, which a person mustendure

According to **JamesC.Coleman**," Adjustment is the out come of the individual' sattempt stodeal with stress and meethisneeds; also, his efforts to maintain harmonious relationships with theen vironment.''

A. S. Gatesand A. T. Jersild observed," Adjustment isacon tinualprocessby whicha personvarie shisbehavi ourtoproduce amoreha rmoniou srelationsh ipbetweenhi mselfa ndhisenvironment.''

As such, it can be marked as physiologicalaswellaspsychological process that gives us the ability and strengthtob ringdesirablechangesint hestateofourenvironment and make us happy.

Components of Adjustment:

Four basic components make up the adjustment process:

(1) A strong, persistent **stimulus** that serves as a need or motive;

(2) The **need** being thwarted or not met;

(3) A variety of **activities** or exploratory behavior combined with problem-solving; and

(4) A **response** that eliminates or attenuates the initial stimulus and completes the adjustment.

Adjustment can be again discussed in two terms. Adjustment as achievement and adjustment as process:

Adjustment as achievement: This refers to the effectiveness with which a person can carry out his/her responsibilities in a variety of situations. If we consider adjustment to be an accomplishment, we must establish standards by which to measure the degree of adjustment. Since criteria entail value judgments that vary from culture to culture and from generation to generation within a single culture, no universal set of standards can be established for all time. Psychologists have developed four criteria to assess the sufficiency of adjustment. They may include-social acceptance, work efficiency, psychological comfort, and physical wellness.

Adjustment as a process: For educators, adjustment is a crucial process. The degree to which students adjust is primarily determined by how they engage with their surrounding environment. They constantly attempt to adapt to it. Piaget has examined adjustment from a variety of perspectives. He refers to the process of adjusting by changing oneself or one's surroundings as absorption and accommodation. An assimilator is someone who upholds their moral principles and standards of behavior regardless of external circumstances, even in the face of significant shifts in the social milieu. An accommodator is someone who adapts their standards from their social surroundings and their beliefs to the changing values of society.

8.3.1 Need of Adjustment

Adjustment is the means to lead a peaceful and happy life. If we want to be happy in any situation, we must learn to adjust. Failure to this leads to frustration, conflicts, stress and many other mental disorders. It is one of the fundamental aspect of life because change is constant. Life is dynamic, presenting us with new situations, challenges, and opportunities every day. Adjustment is that instrument which allows us to navigate these changes effectively and adapt to evolving circumstances. As such, everyone need to be adjusted. It is one of the essential skill required for any stage, any phase of life. Adjustment is needed to:

1. Adapt to the Changes: Our life is filled with changes, both expected and unexpected. Adjustment is needed to adapt to these changes which are related to your personal as well as social life.

2. Growth: Adjustment is also needed for our growth. The ability to adjust to new situations often requires learning and personal development. It pushes us out of our comfort zones and encourages our growth, both personally and professionally.

3. Development of Resilience: Another importance of adjustment in life is that it builds resilience. It enable us to bounce back from setbacks and challenges. It teaches us to be flexible and to find new ways to overcome obstacles.

4. Success: Adjustment is needed to be successful in life. The one important criteria of Successful people is that they are well adjusted one. In many cases, success depends on our ability to adapt in many context of our life like careers, relationships, or personal goals etc. The ability to adjust to changing circumstances increases the chances of success.

5. Happiness: Adjustment is needed to be happy. Adjusting to life's changes can lead to greater fulfilment and happiness. It allows us to find new opportunities for joy, even in the face of adversity.

6. Satisfaction: An adjusted person is the satisfied one. Satisfaction comes from the joy and happiness from the work, we pursue. Individuals who are better adjusted tend to experience higher levels of satisfaction in their lives, because effective adjustment skills enable people to cope with challenges more effectively, leading to a greater sense of control, accomplishment, and overall well-being. On the other hand, poor adjustment may lead to dissatisfaction as individuals may struggle to cope with stressors and feel overwhelmed by life's demands.

7. Establishing healthy Relationships: We are social being. We need to make social interaction. Adjusting is crucial for maintaining healthy relationships and interaction with our fellow members

whether in workplace, home or any context. It involves compromise, understanding, and communication, which are essential for building and sustaining meaningful connections with others.

8. Development of Life skills: The ability to adjust is not only instrumental in developing the quality of resilience, but also it aids in development of many life skills essential for being happy and successful in life such as-problem-solving skills, reasoning skills, introspecting, analysing etc.

9. Sound Mental Health: Adjustment is crucial to maintain a sound mental health. When individuals face major life changes or stressful events, they often need to adapt their coping strategies to maintain their mental health. Effective adjustment aids in developing adaptation capacity, resilience, and seeking support when needed. As such, it can be remarked that adjustment is necessary for survival and thriving in a world that is constantly changing. It requires flexibility, resilience, and a willingness to embrace new experiences and challenges. The needs of adjustment typically refers to the requirements or accommodations that individuals require in order to effectively adapt to new situations, environments, or circumstances.

8.3.2 Areas of Adjustment

In the above section, we have discussed the need and importance of Adjustment. In the study of adjustment, it is also essential to identify its areas. An individual's adjustment take into account both environmental and personal factors. Smaller components pertaining to environmental and personal factors can be further be subdivided into numbers of categories. Though adjustment appears to have universal qualities or features, it might have various dimensions and aspects. In the research study on schools and colleges, **Joshi (1964) and Pandey** listed 11 domains or dimensions of an individual's adjustment. They are-

1. Marriage, sex, and courtship,
2. Relationships between social aspect and psychology,
3. Individual psychological relationships,
4. Ethical and spiritual,
5. Family and home
6. Future academic and employment,
7. Physical growth and well-being
8. Finances, housing, and jobs.
9. Recreational and social activities.
10. Adapting to college and school work.
11. Instruction and curriculum.

As you know, “adjustment” implies a process of modification or alteration to achieve better alignment or functionality in response to changing conditions.”Areas of adjustment” typically refer to the specific aspects or areas in which someone may need to adapt, change, or make modifications. The adjustments can occur in various areas or domains of life, including the personal, professional, social, and emotional. Here are some common areas of adjustment:

1. **Societal:** Man is a social animal. To live a sound social life, individuals may require support or guidance to adapt to new social settings, such as when starting a new job, moving to a new neighborhood, or transitioning to a different stage of life e.g., marriage, parenthood, one need to make social adjustment.
2. **Culture:** Culture is the philosophy of our life. We represent our culture through the various activities-we think, do, value, speak, People may need assistance in navigating and understanding different cultural norms, values, and practices when relocating to a new country or community with distinct cultural backgrounds. To lead a happy and peaceful life, individual need cultural adjustment.
3. **Psychological:** Adjustment is very much essential to maintain a good balance between the changes and challenges we face and the solutions and preventive measures for the same. Changes in

life circumstances, such as loss, trauma, or major life transitions, may necessitate psychological support and coping mechanisms to facilitate emotional adjustment and well-being.

4. **Education**: Professional or academic life is one of the important areas, where people need to adjust. Students or professionals entering new educational or work environments may require academic or vocational support to meet the demands and expectations of their respective job roles. Lack of which leads to frustration leading to destruction of mental peace.
5. **Health**: Individuals with physical disabilities or other health conditions may require accommodations or modifications to the changed and new environment, routines, or medication management, and seeking support from healthcare professionals or other activities to facilitate independence and functionality.
6. **Environment**: Changes in environmental conditions, such as climate, infrastructure, or resources, may require individuals to adapt their behaviors, lifestyles, or habits accordingly.
7. **Technology**: With the rapid increase in the technological uses in today's world, people faces challenges of digital divide. To go with the flow, people need to make technological adjustment.
8. **Relationships:**Getting used to new romantic relationships, parenthood, breakups, and divorces, among other changes in personal connections is another domain where adjustment is required. This may entail making concessions, communicating, and controlling one's emotions.
9. **Finance**: Another area of adjustment is Finance. Adjusting to alterations in one's financial situation, such taking a new job that pays less, dealing with unforeseen bills, or making retirement plans. This could entail setting up a budget, conserving money, and making financial choices.
10. **Life Transitions**: Another area is adjusting to significant life changes like retirement, parenthood, marriage, or a loss of a loved

one. Along with practical adjustments, these transformations frequently call for psychological and emotional adjustments.

The areas of adjustment can vary widely depending on individual circumstances and life experiences. The ability to adapt and adjust to changes is an essential skill for personal development and resilience.

CHECK YOUR PROGRESS



Q.1. What is meant by adjustment?

Q.2. State the definition of adjustment as given by **JamesC.Coleman.**

Q.3. State the components of adjustment.

Q.4. Write short notes on:a) Adjustment as achievement

Q.5. State two points on demand of adjustment.

Q.6. List out the areas of adjustment as identified by Joshi (1964) and Pandey**.**

8.4 MECHANISMS OF ADJUSTMENT

One of the most important areas to be discussed under the scope of adjustment is mechanisms of adjustment. As learners of Education, you must have clear conception about this mechanism and about its varied types. Every person has unique demands and objectives that they constantly work to fulfill. But he/she is unable to consistently accomplish his/her objectives because of a variety of internal and external reasons. People may occasionally experience dissatisfaction in such situations. An individual may respond differently in such a scenario. To release his/her mental strain, he/she can ruin the object of his/her frustration or physically assault it. The person might alter himself/herself to preserve his/her ego and employ various coping strategies to get over his/her irritation. In such situation, a tool is generally used by the person to partially satisfy a requirement so that the user's own strain is reduced. This tool is named as adjustment mechanism.Generally,thenormalpeopleadoptahealthymechanism,toprotect his/her ego, which is more or less socially accepted. Every individual adopts some commonwaystodefendorescapefromconflictsandfrustrations.Through the adjustmentmechanisms ways,people maintainsthebalanceofhis/herpersonalityinthesociety.

Different people employ this process in different ways. The kinds or types of mechanisms and frequencies vary from person to person in unique ways. Each person has a different system, with different types and frequencies. For example, when a student desired to be a doctor but was unable to get a place in the course. In such case, he/she can get angry since he/she can't satisfy his/her urge to become doctor. In this situation, he/she might act in various ways. He/she has the option to pursue a paramedical course, discontinue the education, or choose to pursue an arts course. This is an example of adjustment mechanism.

Chauhan (1978,) defines the adjustment mechanism as "any habitual method of overcoming blocks,reaching goals, satisfying motives, relieving frustration, and maintainingequilibrium." These mechanisms are used by

normal, psychoneurotic and psychoticpeople and they are alsok nown as 'Defencemechanism'.

The defense mechanisms are employed to shield the individual's self-worth from threats. They protect the individual from irritation and worry and boost their level of happiness during the transition phase. However, by adopting these techniques, the person distorts reality in some way since he/she is denying himself/herself correct self-knowledge and is distorting his/her impulses in an attempt to escape from worry or irritation. Actually, the foundation of any defense or adjustment mechanism is self-deception.

Some common Adjustment Mechanism:

Though there is no general agreement regarding the adjustmentmechanism yet there are some common mechanisms followed by the individual can be discussed as follows:

1. **Compensation:**Humans have a tendency to make up for deficiencies in one area of development or a trait in another area by compensating in another. When someone struggles in one area, they often attempt to make up for it by excelling in another. The most powerful illustration is Napoleon's lust for dominance. He was likely a power monger because of his tiny stature and feminine build, which made him feel inadequate. Any compensatory behavior stems from a sense of inferiority. Compensation may be of the following types-

- **Direct Compensation:**It is a process when an individual removeshisspecificweaknessandfrustrationinthesamefield byunusualeffort.Forexample,aboywhoispoorinMathematics may compensate directly when he tries to become strong in Maths by doing hard labour.
- **Over compensation:**It is process when an individual moulds his/ heroutstandingweaknessintoan outstanding strength.Example-Inspiteofhavingearlyspeechdefect***Demosthenes***becamea great orator by utilizing the mechanism of compensation

- **Indirect Compensation:**Manyparents directedtheir children intovocationsthattheythemselvesaspiredforbutfailedtoget. Aweakstudentwhoispoorinacademicachievementmaycompensateingame.

2. **Identification:**Identifying with a successful person is another strategy people use to cope with dissatisfaction. This leads to the unconscious seizing control and transferring different aspects of other people to oneself. These components could be tasks, ideas, behavioral patterns, or emotional and psychological characteristics. Teenagers want to emulate the traits of celebrities, actresses, political figures, and young leaders with whom they identify. A student may brag about his/her father's accomplishment and empathize with him/her in order to conceal his/her own failure. Thus, the individual makes an effort to mentally hide his own flaws and inadequacies.Itisaprocessbywhichanindividualestablishesa strong emotional tie

- ✓ Withanotherperson
- ✓ A group of persons
- ✓ Or an institutions

People finds satisfaction in these kinds of connections. He/she finds strength in other people's strength.We may discuss, for instance, how infants associate themselves with their mother or father. Teenagers want to emulate the traits of celebrities, actresses, political figures, and young leaders with whom they identify. Members of a well-known person's family typically feel more important to them since they identify strongly with him. Since identification causes a person to lose their unique identity and originality, it is undesirable. Overuse of this mechanism is likely to have negative effects on one's mental state.

3. **Rationalization:**It's a process by which someone comes up with justifications that fit in with society for a behavior, viewpoint, religion, or other socially objectionable idea. It is really challenging to have a completely sensible man. Emotional elements often influence our reasoning, leading us to justify our actions so that our real behavior

appears more favorable to ourselves and others. Typically, there are two categories of justification.Theseare:

- **Sourgrapes :**When someone makes repeated attempts to reach their goals but is unsuccessful, he or she may claim that they never really wanted it. In order to cope with his/her dissatisfaction, he/she starts to deny that he/she ever had any desire to achieve the initial objectives. For example: a fox, unable to reach the grapes, claims that the grapes are sour out of pure irritation. Likewise, when a boy is not selected for the school football team, he explains his lack of participation by saying he does not want to play.
- **Sweet lemon:** An individual employs this kind of justification when he/she is dissatisfied with his/her accomplishments or his/her current circumstances. The person who employs this strategy attempts to persuade himself/herself that what he/she has is just what he/she desires. For example; prior to entering the teaching profession, a teacher made every effort to find employment that would better suit him/her. When this fails, he/she embraces teaching as a very good career and uses this as justification for his/her actions.

4. **Negativism:** Someone who fiercely rejects advice from others is negative. This is a typical childhood defense strategy where a person willfully chooses not to perceive whether a situation is actually nice or unpleasant. Every youngster goes through a phase where they have to say “No” to requests, even if they can do the task later. There is a chance that a permanent negative mechanism is developing if this refusal persists and is accompanied by temper tantrums.
5. **Daydreaming:** The majority of people employ this method. When a person can’t find a way to meet a desire, they may resort to daydreaming. An adolescent male, for instance, can want to be popular but not be liked by his peers. In that scenario, he might picture himself in his dream as the focal point of the gathering,

someone that everyone looks up to. Daydreaming or fantasizing is a coping method whereby an individual simply runs away from difficulty. When man's aspirations and wants are not met in real life, he/she turns to his/her ridiculous imagination to save himself /herself from being frustrated. We refer to this as daydreaming. It is a more effective means of erasing the suffering, misery, pain, and guilt of practical life.Daydreaming is very frequent and natural with adolescents. Creative thinking may origin at efrom day dreaming. If day dreamin gbecom esexcess, manforgetsreal it iesoflife and loseshis/ her efficienc yinwork. Day dream may be of two types :

- **Conquering hero type:** In this type of daydream, the individual sees himse lf / herself as confident and successful in all fields. For example, a person may see himself / herself as a great musician who can make the audience spell bound.
- **Sufferingherotype:** In this type of day dreamanindividual develops sympathy for himself / herself only. For example, a child who feels that he/she is being ill-treated at home may imagine himself / herself as seriously ill.

6. **Regression:** It's a type of adjustment mechanism tool when one goes back to a more basic way of living in the past, away from the complexity of the present. For example; a person who is angry may weep like a child and throw temper tantrums. Everybody has the impulse to go backward; selective forgetfulness is one instance of this. Sometimes people turn to uncivilized or childlike behavior as a coping mechanism for issues they are facing.Children between the ages of four and five frequently exhibit regression because they are dealing with a more complicated range of issues at this age. It could occur as a result of a new baby's arrival or difficulties adjusting to school. When a child experiences regression, they often return to their 2-year-old behavior and baby talk. In addition, adults occasionally act like children again when they can't think of an "adult" solution to a situation.

7. **Repression:**Through this technique, a person tries to suppress uncomfortable ideas, memories, etc. Because repression increases tension rather than reduces it, it is an unfavorable mental adjustment method. According to Freudian theory of personality, repression is a crucial form of defense. Another term for it is "motivated forgetting." It is an effort on the part of the person to drive those memories and ideas that are uncomfortable to think about or that go against his moral standards into the unconscious. The individual loses memory of the traumatic events once they have been suppressed to an unconscious level.
8. **Projection:**Using this technique, a person projects his / her repressed guilt sentiments onto other objects and people in an attempt to protect himself/herself. Excessive projection is often seen in psychotic and neurotic characters. When someone is defeated by something or someone else, they attempt to conceal their weakness, which is their failure. This is a tactic used to assign blame for an individual's failure to someone else. For example; a student who performs poorly on a test frequently attributes his/her failure to the instructor. He would have performed better on the test if he/she had been instructed by a different teacher. This is one technique to decrease mental strain and irritation by assigning responsibility to someone else. Projection, when taken too far, is a sign of paranoid behavior disorders. The paranoid projects his/her own animosity toward others onto a mental framework in which he/she believes that people are trying to harm him/her.
9. **Sublimation:** The term sublimation was first use dby Freud torefer to an unconscious process by which a sexual impulse or energy ischanged direction, so as to express itself in some non-sexual andsocially acceptable way. An individual may make the personality dominan torremove many of his/ her shor tcoming sthrough sublimation. Sublimation is a defense mechanism that involves channeling unwanted or unacceptable urges into an admissible or

productive outlet. For example, a woman who recently went through a breakup may channel her emotions into a home improvement project or an adolescent who has angry and violent urges may join his/her school's wrestling team.

10. **Malingering-pretending illness:** Malingering is the act of making up a sickness in order to get out of an awkward situation. Children most frequently use it as an excuse to skip school when they face an exam for which they are ill-prepared or when they don't finish a homework assignment. A boy may get stomach pains or some other illness to make his mother feel sorry for him and stay home from school rather than risk humiliation in front of his peers. This symptom is classified as "psychosomatic." A prudent mother would not support this inclination. This tendency, which only manifests when a youngster encounters an unfavorable situation, is known as motivated sickness.

These are some of the common adjustment mechanisms that people adopt to beat the unwanted circumstances and get rid of the dissatisfaction they receive from the unrealised life goals. The purpose of using this tool may vary person to person and situation.



CHECK YOUR PROGRESS

Q.7. What is your understanding about adjustment mechanism?

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Q.10. What are the two types of day-dreaming?

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3. Role Modelling: Parents and older siblings can act as role models for children, shaping their attitudes, beliefs, and behaviors. Children often imitate the behaviors they observe within their family, so positive role modelling is essential for their adjustment. The ability of the family members, specially the parents to adjust to any situation of family encourages the children to behave accordingly.

4. Communication: Respect and understanding among family members are fostered through effective communication inside the family. Children who have open lines of communication may communicate their needs, wants, and worries, which builds family ties and fosters a sense of belonging. It also helps the children to open up about their emotions.

5. Routine life:Family teaches the children to be organised by developing the habit of following routine. Children benefit from the routine and structure that families provide them in their lives because it makes them feel secure and stable. Mealtime, bedtime, and activity routines that are consistent help kids adjust and feel better overall.

6. Life Skills: Families can help children to develop different like skills like problem-solving skills by encouraging them to think critically and creatively to resolve conflicts and overcome the challenges arise in the family. Parents can guide children through problem-solving processes, teaching them valuable skills for coping with adversity.

7. Support for Learning and Development: Families are essential in helping children learn and grow because they provide learning materials, participate in interesting activities, and encourage a curiosity about the world around them. The academic achievement and general adjustment of children are positively correlated with parents who take an active role in their education.

8. Identity Formation: Families help children form a feeling of identity and belonging within their cultural or religious community by passing down cultural traditions, values, and religious beliefs to them. These identity-related factors are crucial for children's wellbeing and adjustment.

As such, it can be asserted that the family is essential to a child's successful transition because it offers them the resources, support, and

direction they need to succeed academically, socially, and emotionally. It is the strongest base for the children to get adjusted in any situation in life.



ACTIVITY

8.1 List out three activities or plan that you would like to do to help your brother/ sister/ niece/ nephew to get well adjusted.

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8.6 ROLE OF SCHOOL IN EFFECTIVE ADJUSTMENT

After family, it the schools which play the crucial role in the effective adjustment of children. School is the hub of learning and gaining experiences. It is the school, where children are introduced with new environment, new learning environment and people in terms of new classmates, seniors, juniors, teachers, and other members of the family. After the family, it is school, where children get opportunities to explore with new experiences and circumstances in terms of classroom learning, co-curricular activities, examination, excursion and many more. The new and changing environment provide them with a new opportunity to adapt. The various learning experiences aid a lot in helping the children to get adjusted. In this section, we are going to discuss how school can play a great role in effective adjustment in children in various ways:

1. Socialization: School is the second most important agent of socialization. Schools offer a regulated setting where children can socialize with instructors, other adults, and classmates. Children gain social skills, conflict resolution techniques, and relationship navigation through these interactions, all of which are necessary for a smooth adjustment with the changing situation.

2. **Emotional Development**: There are chances for emotional development and growth in school settings. With the help of school counselors and mental

health specialists, as well as through interactions with peers and instructors, children can learn how to control their emotions, deal with stress, and build resilience.

3. Academic Support: Through skilled instructors who mentor students on their learning path, schools provide academic support. Because it boosts children's self-esteem and confidence in their skills, academic success is frequently connected to positive adjustment.

4. Discipline: Children can feel more solid and secure when they have a regular schedule and structure that schools give. Regular schedules and routine aid in the development of children's self-control, time management abilities, and sense of accountability. These all are critical components of successful adjustment.

5. Co-curricular Activities: Participation in extracurricular activities such as sports, arts, clubs, and community service can contribute to children's overall development and adjustment. Children can explore their interests, hone their talents, and form relationships outside of the classroom through these activities.

6. Support Services: Support services, such as academic assistance, **counseling**, special education services, and interventions for behavioral or emotional difficulties, NCC, Scout and Guide are frequently provided by schools to meet the needs of their students. Children who have access to these programs may be better able to acclimate to school and succeed there.

7. Safe and Nurturing Environment: Schools ought to make an effort to provide a secure, welcoming, and caring atmosphere where kids feel appreciated, respected, and supported. Children who are in a favorable school climate are more likely to feel like they belong and to participate fully in both social and academic activities.

8. Role Modelling: Students follow the teachers. The controlled and well-adjusted personality of the teacher can attract the students. They can learn many things from them. Moreover, teachers are the key figure who can provide the emotional security to the student with whom, children feel free

to express their emotions. Teachers must keep to maintain an adjusted personality to help students to get adjusted by creating a safe and conducive learning environment.

9. Peer learning: One of the most significant aspect of school life is peer learning. Children like to make peer group and they like to be in such groups. These group not only provide children a platform for academic growth but also a platform for emotional support. Children can share their feelings and emotions and learn many skills essential to get adjusted academically, socially as well as personally.



ACTIVITY 8.2

As a teacher, list out three activities or plan that you would like to do to help your students to get well-adjusted in the school.

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Schools offer possibilities for social, emotional, and academic growth in a secure and encouraging setting, which contributes to their varied role in promoting children's healthy adjustment. It is the school where children can learn to adjust to any situation by gaining learning experiences and exploring the world through curricular and co-curricular activities. Teacher plays the role of master trainer in helping the children to adapt to any changed or new situation by developing adequate skills in them.



8.7 LET US SUM UP

After going through this unit, it can be summarized as:

- When individual fails to adjust to their surroundings, they become frustrated, leading to development of different mental disorders. A mentally healthy person is a well –adjusted person. Adjustment is one of the strongest means to maintain sound mental health.
- The term "adjustment" refers to the process of changing or adapting anything to account for newly discovered information or address

problems that already exist. It can be used in a variety of settings, including social, financial, and personal ones.

- Four basic components make up the adjustment process: (1) A strong, persistent **stimulus** that serves as a need or motive; (2) The **need** being thwarted or not met; (3) A variety of **activities** or exploratory behavior combined with problem-solving; and (4) A **response** that eliminates or attenuates the initial stimulus and completes the adjustment.
- Adjustment can be again discussed in two terms. Adjustment as achievement and adjustment as process.
- Adjustment is the means to lead a peaceful and happy life. If we want to be happy in any situation, we must learn to adjust. Failure to this leads to frustration, conflicts, stress and many other mental disorders.
- An individual's adjustment take into account both environmental and personal factors. Smaller components pertaining to environmental and personal factors can be further be subdivided into numbers of categories.
- Some of the common areas or dimensions of individual's adjustment are-health, finance, education, life transition etc.
- People may occasionally experience dissatisfaction in such situations. To release the mental strain, he/she can ruin the object of his/her frustration or physically assault it. The person employ various coping strategies to get over his/her irritation. In such situation, a tool is generally used by the person to partially satisfy a requirement so that the user's own strain is reduced. This tool is named as adjustment mechanism.
- Different people employ this process in different ways. The kinds or types of mechanisms and frequencies vary from person to person in unique ways
- Some common defense mechanism are-Rationalization, projection, sublimation, repression etc.

- Family and school play the most crucial role in helping the children in effective adjustment by providing conducive environment in the respective fields.



8.8 FURTHER READINGS

1. Carroll,A. Herbert(1964) *Mental Hygiene* (4thed) Prentice Hall Inc Englewod Cliffs, New Jersey

2. Chauhan,S.S.(1977)*AdvancedEducationalPsychology*(6th Ed) Vikash Publishing House Pvt. Ltd. New Dlhi-110014

3. Dandapani, S.(2000). *A Text book of Advanced Educational Psychology*. New Delhi :Anmol Publication Pvt. Ltd.

4. Sharma Suraj (2016), *Adjustment, Process, Achievement, Characteristics, measurement and dimension*, International Journal of Academic Research, Vol: 3, Issue 1(2)

Web-links:

ADJUSTMENT: PROCESS, ACHEIVEMENT, CHARACTERISTICS, MEASUREMENT AND DIMENSIONS (researchgate.net)



8.9 ANSWER TO CHECK YOUR ANSWERS

ANSWER TO Q.NO.1: The term “adjustment” refers to the process of changing or adapting anything to account for newly discovered information or address problems that already exist. It can be used in a variety of settings, including social, financial, and personal ones. It refers to the process of adapting to new situations, environments, or changes in one’s life. This can include coping with stress, dealing with transitions, and managing emotions effectively in response to challenges.

ANSWER TO Q.NO.2: According to **James C. Coleman**, ”Adjustment is the out come of the individual’ sattemptstod eal with stress and mee this needs; also, his efforts to maintain harmonious relationships with the environment.’’

ANSWER TO Q.NO.3: Four basic components make up the adjustment process:

(1) A strong, persistent **stimulus** that serves as a need or motive;

(2) The **need** being thwarted or not met;

(3) A variety of **activities** or exploratory behavior combined with problem-solving; and

(4) A **response** that eliminates or attenuates the initial stimulus and completes the adjustment.

ANSWER TO Q.NO.4: Adjustment as achievement: This refers to the effectiveness with which a person can carry out his/her responsibilities in a variety of situations. If we consider adjustment to be an accomplishment, we must establish standards by which to measure the degree of adjustment. Since criteria entail value judgments that vary from culture to culture and from generation to generation within a single culture, no universal set of standards can be established for all time.

ANSWER TO Q.NO.5: Adjustment is needed to:

1. Adapt to the Changes: Our life is filled with changes, both expected and unexpected. Adjustment is needed to adapt to these changes which are related to your personal as well as social life.

2. Growth: Adjustment is also needed for our growth. The ability to adjust to new situations often requires learning and personal development. It pushes us out of our comfort zones and encourages our growth, both personally and professionally.

ANSWER TO Q.NO.6: Joshi (1964) and Pandey listed 11 domains or dimensions of an individual's adjustment. They are-

1. Marriage, sex, and courtship,
2. Relationships between social aspect and psychology,
3. Individual psychological relationships,
4. Ethical and spiritual,
5. Family and home
6. Future academic and employment,

7. Physical growth and well-being

8 Finances, housing, and jobs.

9. Recreational and social activities.

10. Adapting to college and school work.

11. Instruction and curriculum.

ANSWER TO Q.NO.7: People may occasionally experience dissatisfaction in such situations. An individual may respond differently in such a scenario. To release his/her mental strain, he/she can ruin the object of his/her frustration or physically assault it. The might alter himself/herself to preserve his/her ego and employ various coping strategies to get over his/her irritation. In such situation, a tool is generally used by the person to partially satisfy a requirement so that the user's own strain is reduced. This tool is named as adjustment mechanism.

ANSWER TO Q.NO.8: Two common adjustment mechanism are:

1. Repression: Through this technique, a person tries to suppress uncomfortable ideas, memories, etc. Because repression increases tension rather than reduces it, it is an unfavorable mental adjustment method. According to Freudian theory of personality, repression is a crucial form of defense. Another term for it is "motivated forgetting." It is an effort on the part of the person to drive those memories and ideas that are uncomfortable to think about or that go against his moral standards into the unconscious.

2. Projection: Using this technique, a person projects his/her repressed guilt sentiments onto other objects and people in an attempt to protect himself/herself. Excessive projection is often seen in psychotic and neurotic characters. When someone is defeated by something or someone else, they attempt to conceal their weakness, which is their failure. This is a tactic used to assign blame for an individual's failure to someone else.

ANSWER TO Q.NO.9: ThetermsublimationwasfirstusedbyFreud.

ANSWER TO Q.NO.10: Daydreamingmaybeoftwotypes:

- **Conquering hero type:** In this type of daydream, the individual sees himself/herself as confident and successful in all fields. For example, a person may see himself/herself as a great musician who can make the audience spell bound.
- **Sufferingherotype:**Inthistypeofdaydreamanindividual develops sympathy for himself /herself only. For example, a child who feels that he/she is being ill-treated at home may imagine himself/herself as seriously ill.

8.10 MODEL QUESTIONS

A Questions (Answer each questions in about 150 words)

1. What is your understanding about adjustment?
2. What are the components of adjustment?
3. What is your perspective on adjustment as process?
4. List out few areas of individual's adjustment.
5. What is meant by adjustment mechanism?
6. What is meant by Compensation?
7. What are the types of day dreaming?
8. What is meant by rationalization?

B. Long Questions (Answer each questions in about 300-500 words)

1. Define adjustment. Discuss the importance of adjustment in life.
2. Discuss the different dimension of individual's adjustment.
3. Elaborate some common adjustment mechanism adopted by people.
4. Disuses the role of family in helping the children to get well adjusted.
5. Explain how school can help children in making better adjustment.
6. As a laymen, which defense mechanism would you adopt to release your dissatisfaction?
7. Discuss the measures, a school can take for providing better environment to the students with a view of effective adjustment in them.

UNIT 9: ADJUSTMENT MECHANISMS-II

UNIT STRUCTURE

9.1 Learning Objectives
9.2 Introduction
9.3 Concept of Maladjustment;
9.4 Causes of maladjustment;
9.5 Different forms of maladjustment;
9.6 Role of family and schools in Remedial Measures
9.7 Let Us Sum Up
9.8 Further Readings
9.9 Answer to check Your Progress
9.10 Model Questions

9.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- discuss the concept and meaning of maladjustment;
- identify the causes of maladjustment;
- list out the different forms of maladjustment;
- explain the roles of family and school in providing remedial measures for maladjustment in the children respectively

9.2 INTRODUCTION

Dear learners, we have discussed about the concept and meaning of adjustment and different tools to coping with the dissatisfaction named as adjustment mechanism in the unit nine (9) of this course. The unit must be helpful for you to grasp the concept adjustment. In the study of adjustment, there is another term often associated with it, i.e. maladjustment. The discussion will be incomplete if we skip this topic, which is very important at present day context. Maladjustment is quite opposite to the concept of adjustment. It is one of the crucial cause of ill mental health or destruction of mental peace of people. This is quite common in young people leading them to develop unhealthy habit and commit crimes. As such, it is very

much essential to know about it, the factors leading to it and its different forms. This unit will serve all these purposes. Moreover, the unit will also cover, how family and school can play significant role in taking preventive measures to get the children out of his evil.

9.3 CONCEPT OF MALADJUSTMENT

The incapacity of a person, family member, or member of another community to work with others on disagreements and disputes arising from socio-political and economic factors or ideologies is known as maladjustment. Being inadequately acclimated or mismatched to a specific circumstance or environment is referred to as maladjustment. It is frequently used in sociology and psychology to characterize a person's incapacity to manage the rigors and difficulties of daily living. There are several ways that maladjustment shows up, including behavioral, emotional, cognitive, and social problems.

Disharmony between a person and his surroundings is referred to as maladjustment. Maladjustment, as contrast to adjustment, is a state or circumstance in which a person feels as though their needs are unmet and that they have failed to create harmony with both their surroundings and themselves. A person experiences "maladjustment" when they are unable to effectively meet their biological, psychological, or social requirements. This imbalance between their needs and societal expectations causes psycho-equilibrium to be disturbed.

Maladjustment is commonly defined in psychology as a departure from the expected or socially acceptable norms of behavior and functioning. It can be caused by a number of things, such as unsolved disputes, poor coping mechanisms, trauma, stressors in the environment, or mental health conditions.

Maladjustment can have an impact on a person's relationships, performance at work or school, emotional health, and general quality of life, among other elements of their life. Distress, malfunction, or difficulties carrying out daily tasks could result from it.

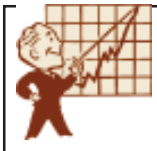
Characteristics of Mal-adjusted Person :

A maladjusted person exhibits the following characteristics:

- **Withdrawn and timid:** Maladjusted person frequently withdrawals from difficult situations and become timid and weak in facing real life situations.
- **Shy and self-conscious:** They are shy in nature. Shyness is a trait linked to self-consciousness, negative self-perception, and low self-esteem, often resulting in silentness and avoidance of eye contact.
- **Fearful:** Maladjusted people are fearful. Fear is a powerful emotion that includes unpleasant agitation, a strong sense of danger, and a strong want to run away from situations where one can encounter upper-class pupils, be alone in a room, or be afraid of dogs, weird noises, the dark, etc.
- **Anxious:** Maladjusted people are often anxious. Anxiety is a personality trait. It results from conflict, which is an inevitable part of life. Anxiety describes the individual's level of emotional instability.
- **Delusions:** Maladjusted person often possess delusions**.** A delusion is an unreasonable and steadfast belief that the person actively supports. For example, a child who does not study hard for the final exam may believe that God alone can pass it and he/she will fail. This demonstrates his/her illusion, which causes him/her to be maladjusted.
- **Extremely aggressive:** Maladjusted people are extremely aggressive.Aggressive students show enterprising or energetic behavior or tendency to be dominating in the class or the school. Sometimes an individual fails to show the tendency of dominating in a social situation and hurts herself instead e.g. a child beats her doll, kicks the dog, or other objects.
- **Tension:** The maladjusted person are full of tensions, the strain that comes from physical or mental contradiction.
- **High aspirations:** Thiskind of person has high hopes and aspirations for his/her future life. When the hopes are not achieved, he/she becomes unrealistic in life.

- **Feeling of inferiority:** They often suffer from feeling of inferiority. Imperfection is a feeling of inadequacy that drives individuals to strive for higher development. Failure to which leads to development of felling of inferiority. It stimulates upward movement, but if exaggerated by home conditions, it can lead to physical or mental disorders.
- **Emotionally disturbed:** If the internal and external adjustment of a child is not achieved, he becomes emotional e.g., weeping, quarreling, nail biting, thumb sucking, etc. and becomes maladjusted.
- **Isolated:** Children that are not well-adjusted have feelings of loneliness. They are unable to socialize and engage with other students, faculty, families, or members of the public because of this sensation.
- **Sensitive:** Maladjusted children are very sensitive. They get hurt easily e.g., on being teased by teachers in the classroom or parents in the family, sarcastic remarks by peers, unwelcome advice by others, etc.
- **Temper-tantrums:** When there is a bad-tampered out-burst, this is known as a temper tantrum e.g., if a child does not get fair treatment, sympathy, cooperation and freedom of action within reasonable limits, he/she feels maladjusted. This is generally seen in toddlers and young children.

After analysing these characteristics traits, it will be easier for us to identify those who cannot make adjustment. As a teacher, it is essential for every teacher to identify those learners and opt for preventive measures to help them to adjust in the learning environment. As a parents or other laymen too, it is our duty to help those maladjusted one. There are some among us who possess one or more than those above mentioned traits, then, they should not escape from the situation, rather should take special of help to overcome the issue. It is not rare, but a common problem faced by many in the developing stages.



CHECK YOUR PROGRESS

Q.1. What is meant by maladjustment?

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or neurological disorders that can affect their ability to adapt to their environment.

2. **Psychological Factors**: Individuals who are physically, mentally and visually handicapped react abnormally to the situation. Personality traits, cognitive patterns, and coping styles can influence how individuals respond to stress and adversity. Therefore, such children/ individual may develop an inferiority complex. Finally, they isolate themselves from other sand indulge in day dreaming.
3. **Family Factor:**It is obvious that the family as a social institution has various functions to perform. By discharging their duties, parents indirectly fulfill the needs of their children. There are certain significant causes:

   a) Social status of Family: According to Gibbian, the social problem of one generation is the psychological problem of the next generation. Children coming from homes that have been broken due to death, divorce, desertion, separation, etc., are often maladjusted in their behavior. Drunkard parents, strained marital relationship of spouses, quarrels and fights between spouses are also responsible for developing frustration in children. Such children feel insecure and become maladjusted.

   b) Economic Status of the Family: The occupational status of parents, problems of unemployment, poverty and low-economic status is responsible for maladjustment among children. When parents are unable to satisfy the needs of their children, this eventually lead to frustration, aggression and hostile behavior in growing children.

   c) Psychological status of the family: If parents are over-possessive, highly authoritative, unrealistic in their expectations, incompatible, abusive and prejudiced, this will have a deleterious effect upon their children.When the psychological needs are not met, children get frustrated.

4. **School Factor:** Children spend most of their time in school. There are many aspects of school which can be responsible for maladjusted behavior of the children. Some of them are:
   a) **Faulty method ofteaching**: Faulty method ofteaching does not motivate students. The lesson becomes dull and the students begin to hate the very process of education. It createse motional tension, which leadsto mental illness.
   b) **Strict discipline**: Some schools impose strict discipline. Suchschools are just like jails and the teachers are just like jailors.Consequently, the students are always suffering from fear andworry.
   c) **Lackofeq uipment**: In some schools, there is ala ckoffurnitureandproperequipment. Overcrowded class esand poor facilitiesle adtofrustra tionandme ntaltensio n.
   d) **Lack of guidance and counseling** : The master yover the contentand subject matter only, without caring for interest of students causes mal adjustment. No guidance is provided for various areasat different levels. Students become confused, frustrated, andbecomemaladjusted.
   e) **Lack of recreational facilities**: Children who do not get proper recreation alfacilities after school may getengaged in some anti-sociala ctivities.
   f) **Teacher**: An imbalanced personality in the teacher has its impact on the behavior of the children. If the teacher is unfair, biased or not involved with the students, it certainly affects the mental health of the children in the school.
5. **Peer Factor:**Another important factor that disturbs the psycho-equilibrium of students is an unhealthy relationship with their peer group. Negative peer relationships, peer pressure, or social isolation can impact an individual's sense of belonging and self-worth, contributing to maladjustment in them.

6. **Media Factor**: Now a day, children are exposed to mass media, different platforms of social media. Ifthechildwitnessescertainprogrammes, issues, visual, which are not meant for them, may lead tomaladjustment.
7. **Social Factor**: The social lawsandl egalbindingsare the most common sources of frustration in one's life. Similarly,restrictionsimposedbythe social groups are the common sources of maladjustment. The Socioeconomic status, cultural factors, discrimination, and lack of access to resources such as education, employment, and healthcare can all impact an individual's ability to adjust to their surroundings.
8. **Bad company / neighborhood Factor:**The neighborhood has a big influence on how children behave. Many of our children pick up certain behaviors from the adults in the neighborhood, such as lying, stealing, engaging in pornographic speech, and having promiscuous sexual interests, and they follow those examples.
9. **Traumatic Experiences**: Maladjustment can result from trauma exposure, including abuse, neglect, violence, accidents, or natural catastrophes. A person's sense of safety and security can be upset by traumatic events, which can cause mental discomfort and make it difficult for them to function in daily life.
10. **Life Transitions and Stressors**: Significant life transitions like relocating to a new city, beginning a new job, losing job, having monetary problems, getting divorced, losing a loved one, or developing a chronic illness can throw off a person's equilibrium and make them feel maladjusted.
11. **Personality Disorders**: Personality disorders like narcissistic personality disorder, antisocial personality disorder, or borderline personality disorder, bipolar personality can make it difficult for a person to establish and sustain positive relationships, which can cause them to become maladjusted in social and interpersonal situations.

These are some crucial causes or factors of maladjustment. There may be other causes which may very person to person and range to range. However, it is critical to understand that maladjustment frequently has multiple factors, with different elements interacting to affect a person's overall wellbeing. A comprehensive strategy that takes into account biological, psychological, social, and environmental aspects is usually used in treatment. Therapeutic therapies that aim to improve coping mechanisms, enhance self-awareness, build problem-solving abilities, and nurture adaptive behaviors are frequently used to address maladjustment. When underlying mental health conditions are causing maladjustment, these interventions may include psychotherapy, counseling, social support, skill-building activities, or medication.



CHECK YOUR PROGRESS

Q.4. What are the family related factors responsible for maladjustment?

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challenges of their environment, leading to difficulties in functioning adaptively. You have been able identify the causes or factors leading to maladjustment too. Besides these, in the study of maladjustment, there are various forms, which you need to understand. Each of these forms has its own characteristics and implications. In this section, we will be dealing with some common forms of maladjustment:

1. **Intrinsic Maladjustment**: It refers to the differences that exist between an individual's requirements, motivations, and assessments and the rewards they actually receive from their experiences.
2. **Extrinsic Maladjustment**: On the other hand, is the term used to describe a person whose behavior does not conform to societal norms or cultural expectations.
3. **Emotional Maladjustment**: As the name suggests, this form of maladjustment is characterized by a lack of emotional regulation, which might show up as extreme anxiety, depressive symptoms, rage, or mood swings. People may find it difficult to handle pressures and may feel upset all the time.
4. **Social Maladjustment**: People having social maladjustment have issues with relationships and social interactions. People may find it difficult to build and preserve deep relationships with others, which can result in social exclusion, loneliness, and a lack of supportive relationships. It can also in reference to extrinsic maladjustment.
5. **Academic or Occupational Maladjustment**: Person having this type of maladjustment entails challenges in the workplace or in educational environments. It could be demonstrated by subpar work, a lack of drive, an inability to fulfill deadlines, or disagreements with superiors or peers.
6. **Behavioral Maladjustment**: This includes negative behaviors like substance addiction, defiance, impulsivity, and violence. These actions could interfere with interpersonal interactions, the workplace or educational setting, and general functioning.

7. **Cultural Maladjustment**: When a person's ideals, beliefs, or actions conflict with their cultural or environmental background, this happens. It could result in identity uncertainty, estrangement, or trouble adjusting to social norms and expectations.
8. **Existential Maladjustment**: It is the result of pondering existential issues such as, *Nihilism* (the belief that all values are baseless and that nothing can be known or communicated), existential sorrow, or emptiness in relation to life's meaning and purpose.
9. **Cognitive Maladjustment**: This is a reference to abnormal or twisted thought processes that fuel maladaptive behavior and psychological suffering. Irrational beliefs, cognitive biases, and maladaptive coping mechanisms are a few examples.
10. **Psychosomatic Maladjustment**: This occurs when physical symptoms or illnesses, such as headaches, gastrointestinal problems, or persistent pain, appear to be a manifestation of psychological discomfort without having a clear medical cause.
11. **Developmental Maladjustment**: This happens when someone goes through challenges that are specific to their developmental period, such midlife existential issues or identity crises in adolescence.
12. **Trauma-Related Maladjustment**: This is the outcome of experiencing traumatic experiences, such as abuse, violence, or natural catastrophes, which can cause anxiety, sadness, or post-traumatic stress disorder (PTSD) symptoms.

It is important to remember that these maladjustment types can co-occur in people and are frequently linked to one another. Furthermore, the degree and consequences of maladjustment might range greatly amongst people and may call for various kinds of assistance and intervention.



CHECK YOUR PROGRESS

Q.7. State some forms of maladjustment.

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1. Early Identification: For preventing any kind of disease be it physical or mental, early identification and intervention is very essential. It is the family, the parents who can identify any mental or adjustment problem in their children. Early identification of the problem leads to ease eradication of the same.

2. Providing Support System: Families are the main source of support for those who are maladjusted. They provide the knowledge, encouragement, and psycho-emotional support needed to overcome obstacles.

3. Communication: Identifying and resolving maladjustment issues requires open communication. Family members can discuss their thoughts, worries, and experiences, fostering a secure environment for sharing and getting support.

3. Problem-solving: Families can collaborate to determine the underlying reasons of maladjustment and come up with remedies. This could entail getting expert assistance, putting stress-reduction techniques into practice, or altering one's way of life to enhance wellbeing.

4. Setting Boundaries: Establishing limits and expectations in a healthy family is essential. Setting limits can make people who are struggling with maladjustment feel safer and more supported in the family.

5. Building Resilience: Families can assist the children in developing coping skills and resilience to face life's obstacles by creating a supportive atmosphere. Resilience is essential for getting through challenging circumstances and resolving maladjustment.

6. Professional Intervention: Maladjustment may occasionally necessitate expert assistance. It is the family that can take the initiative to look out the right counseling or treatment to deal with underlying problems and promote healing.

7. Promoting Positive Relationships: Healthy family relationships contribute to overall well-being and can mitigate the effects of maladjustment. Families can build relationships and encourage positive interactions by communicating, having fun, and showing respect for one another.

8. Creating a Nurturing Environment: Every Children need such a family to get appreciated and supported. Families can help to establish this kind

of atmosphere by being understanding, encouraging, and providing a sense of community.

Families, by providing resources, empathy, and support, enable individuals to overcome obstacles and flourish in the face of maladjustment.



ACTIVITY

9.1 List out three activities that you would like to organize to address the maladjustment faced by any member of your family or neighborhood.

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Role of School in in Remedial Measures:

After the families, schools are the institutions who act as watchful guardians, furnished with the means to identify early warning indicators of maladjustment. Teachers and counselors can spot students who are struggling with emotional discomfort, social alienation, or academic disengagement through perceptive observation, interaction, and assessment. Schools can take intervention, with significant power in recognizing, addressing, and resolving student maladjustment. In addressing maladjustment through focused remedial efforts, schools have a multidimensional role. This section will examine the critical role that schools play in addressing students' maladjustment. It will highlight how schools can act as early indicators of maladjustment, offer a nurturing environment that fosters resilience and flexible coping strategies, and encourage inclusion in order to lessen social exclusion. By providing programs such as peer support groups, counseling services, and promoting an inclusive atmosphere, schools enable students to overcome obstacles and succeed in their academic, social, and emotional lives. The role of school in addressing maladjustment can be discussed as:

1. **Early Detection and Assessment**: Through routine observations, examinations, and interactions with the children, schools can detect and provide early diagnosis of maladjustment. Signs of maladjustment, such as social disengagement, poor academic performance, behavioral problems, or emotional instability, can be recognized by educators and counselors.

2. Individualized Support: Schools can offer customized support plans that are suited to each student's unique needs once those needs have been recognized. This could entail individual academic help, mentoring programs, or counseling sessions to address the underlying causes of maladjustment.

3. Counselling Services: Schools can provide counselling services staffed with trained professionals who can provide psychological support and therapy to students struggling with maladjustment. These counsellors can offer a safe space for students to express their concerns, views, emotions and explore coping strategies, and develop resilience.

4. Peer Support Programs: A network of supportive peers can be provided to students through the establishment of peer support programs in schools. Peer mentors or support groups can help students who are struggling with maladjustment feel more connected and understood, which lessens their feelings of alienation and isolation.

5. Parental Involvement: Schools can involve the parents or guardians in the remedial process by providing them with adequate information, resources, and guidance on how they can support their child's emotional and social well-being at home. Parent-teacher meet, conferences, workshops, and family counselling sessions can facilitate collaboration between school and home.

6. Life Skills Education: School can impart life skills education through the curriculum. It can equip students with the necessary social, emotional, and coping skills to navigate challenges and build resilience. Teaching topiclike stress management, conflict resolution, empathy, and self-awareness can empower students to handle adversity effectively.

7. Conducive School Climate: School can foster a positive school climate characterized by inclusivity, acceptance, and respect. School can create an environment conducive to mental health and well-being of the students. Schools can implement anti-bullying policies, promote diversity and tolerance, and encourage positive peer interactions to mitigate the risk factors associated with maladjustment.

8. Multi-disciplinary Approach:A multidisciplinary strategy combining cooperation between educators, counselors, psychologists, social workers, and other pertinent experts is frequently necessary to address maladjustment. By combining knowledge and resources, schools can provide complete support to students who are experiencing maladjustment.

9. MoralEducation:The moraleducationprovided by the school throughvarious methods is also a measure to check maladjustment. Self-confidence, co-operation, sharing andcaring,arethevaluesthatcanbeinculcatedthroughco-curriculumprogrammes.

10. Pattern ofRelaxation: School can make arrangement for Pattern ofrelaxation like-Yoga, meditation, and stress management courses. These courses play averyimportantroleinpreventingmaladjustment.

11. Delegating Responsibility: In the school students are assigned withsome responsibilities. This responsibility involve tasks, which the child perceivesa sreal and important. This not only encourages the students but also provide a space to open up.

As such, we can remark that schools play a vital role in promoting the social, emotional, and psychological well-being of students and can significantly contribute to the identification and remediation of maladjustment through targeted interventions and support services. The primary goal of education is to help each and every children/students to build a strong personality. To reach this goal, each child need to be developed in all aspects of their personality. School serve as the base to reach this goal by creating a conducive environment where, child can learn, earn experience and explore the skills required to face all challenges of life.



ACTIVITY

9.2 As a teacher, what activities you would like to organize to address the maladjustment faced by any students of your school/ classroom.

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a conducive environment where children can express their views, emotion and feel attached.



9.8 FURTHER READINGS

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2. Chauhan,S.S.(1977)*AdvancedEducationalPsychology*(6th Ed) Vikash Publishing House Pvt. Ltd. New Dlhi-110014

3. Dandapani,S. (2000). *A Text book of Advanced Educational Psychology*. New Delhi: Anmol Publication Pvt.Ltd.

4. Sharma Suraj (2016), *Adjustment, Process, Achievement, Characteristics, measurement and dimension*, International Journal of Academic Research, Vol: 3, Issue 1(2)

Web-links:

Adjustment & Maladjustment: Characteristics and Causes ~ EduGyan



9.9 ANSWER TO CHECK YOUR PROGRESS

ANSWER TO Q.NO.1: The incapacity of a person, family member, or member of another community to work with others on disagreements and disputes arising from socio-political and economic factors or ideologies is known as maladjustment.

ANSWER TO Q.NO.2: A person experiences "maladjustment" when they are unable to effectively meet their biological, psychological, or social requirements

ANSWER TO Q.NO.3: Few characteristics of mal-adjusted people are:

- ✓ **Withdrawn and timid:** Maladjusted person frequently withdrawals from difficult situations and become timid and weak in facing real life situations.
- ✓ **Shy and self-conscious:** They are shy in nature. Shyness is a trait linked to self-consciousness, negative self-

perception, and low self-esteem, often resulting in silentness and avoidance of eye contact.

- ✓ **Anxious:** Maladjusted people are often anxious. Anxiety is a personality trait. It results from conflict, which is an inevitable part of life. Anxiety describes the individual's level of emotional instability.

ANSWER TO Q.NO.4: There are certain significant family related causes:

a) **Social status of Family:**According to Gibbian, the social problem of one generation is the psychological problem of the next generation. Children coming from homes that have been broken due to death, divorce, desertion, separation, etc., are often maladjusted in their behavior.Drunkard parents, strained marital relationship of spouses, quarrels and fights between spouses are also responsible for developing frustration in children. Such children feel insecure and become maladjusted.

b) **Economic Status of the Family:** The occupational status of parents, problems of unemployment, poverty and low-economic status is responsible for maladjustment among children. When parents are unable to satisfy the needs of their children, this eventually lead to frustration, aggression and hostile behavior in growing children.

c) **Psychological status of the family:** If parents are over-possessive, highly authoritative, unrealistic in their expectations, incompatible, abusive and prejudiced, this will have a deleterious effect upon their children.When the psychological needs are not met, children get frustrated.

ANSWER TO Q.NO.5: Individuals who are physically, mentally and visually handicapped react abnormally to the situation. Personality traits, cognitive patterns, and coping styles can influence how individuals respond to stress and adversity. Therefore, such children/ individual may develop an inf eriority complex. Finally, they isolate themselves from other sandin dulgein day dreaming.

ANSWER TO Q.NO.6: Personality disorders like narcissistic personality disorder, antisocial personality disorder, or borderline personality disorder, bipolar personality can lead to maladjustment.

ANSWER TO Q.NO.7: Some common forms of maladjustment:

1. Intrinsic Maladjustment: It refers to the differences that exist between an individual's requirements, motivations, and assessments and the rewards they actually receive from their experiences.

2. Extrinsic Maladjustment: On the other hand, is the term used to describe a person whose behavior does not conform to societal norms or cultural expectations.

3. Emotional Maladjustment: As the name suggests, this form of maladjustment is characterized by a lack of emotional regulation, which might show up as extreme anxiety, depressive symptoms, rage, or mood swings. People may find it difficult to handle pressures and may feel upset all the time.

ANSWER TO Q.NO.8: Nihilism is the belief that all values are baseless and that nothing can be known or communicated),

ANSWER TO Q.NO.9: Post-traumatic stress disorder

9.10 MODEL QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

1. What is your understanding about maladjustment?
2. Discuss briefly some of the traits of mal-adjusted people.
3. List out the school related factors leading to maladjustment.
4. What is meant by intrinsic maladjustment?
5. What is PTSD?

B. Long Questions (Answer each questions in about 300-500 words)

1. Define maladjustment. Discuss the characteristics of mal adjusted person
2. Discuss the factors that are responsible for maladjustment.
3. Elaborate some common forms of maladjustment.
4. Disuses the role of family in addressing maladjustment in children.
5. Explain how school can help children in making better adjustment by addressing their maladjustment problem.

UNIT 10: ABNORMAL BEHAVIOUR

UNIT STRUCTURE

10.1 Learning Objectives

10.2 Introduction

10.3 Concept of Abnormal Behaviour

- 10.3.1 Definitions of Abnormal Behaviour
- 10.3.2 Nature of Abnormal Behaviour
- 10.3.3 Types of Abnormal Behaviour

10.4 Remedial Measures for Abnormal Behaviour

10.5 Let Us Sum Up

10.6 Further Reading

10.7 Answer to Check Your Progress

10.8 Model Questions

10.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- define abnormal behaviour and its various conceptualizations.
- identify the nature of abnormal behaviour
- assess the remedial measures for abnormal behaviour.

10.2 INTRODUCTION

Dear learners, in this unit we are going to delve into a fascinating and complex topic on ***abnormal behaviour***. This is a part of psychology which explores the various ways in which individual deviate from what we consider as "normal" in their thoughts, feelings and actions. Now while listening the term abnormal behaviour it may come to your mind that is the term "abnormal behaviour" is same as "being crazy" or "insane". It's a very common misconception that comes to everyone mind while hearing the term "abnormal behaviour". It doesn't necessarily mean someone is ***crazy or insane***. Instead, it refers to behaviour that dramatically differs from cultural standards, produces distress or impairment in functioning, or endangers oneself or others. It's crucial to remember that what's considered abnormal

varies by culture and situation.It's fascinating to learn how psychologists analyze and address deviant behaviour.Understanding abnormal behaviour is an important component of psychology because it allows us to better support individuals who are struggling while also promoting mental health and well-being in our society. Let us have a detail look into it for your better understanding.

10.3 CONCEPT OF ABNORMAL BEHAVIOUR

To understand the concept of abnormal behaviour, **let us start with a simple example**; *Consider an individual, John, who has an extreme and unjustified phobia of leaving his house, even for simple things like grocery shopping or going to work. This anxiety is not a result of any specific threat or danger, but rather is persistent and overwhelming. As a result, John avoids leaving his house entirely, substantially limiting his capacity to retain job, social contacts, and overall quality of life.In this case, John's behaviour could be indicative of agoraphobia, a type of anxiety disorder characterized by a fear of circumstances or places from which escape is impossible or assistance is unavailable in the event of a panic attack or other anxiety-related symptoms. His refusal to leave the house, despite the lack of an actual threat, fits the criteria for abnormal behaviour because it deviates significantly from societal standards and hinders his functioning and well-being.****This example shows how abnormal behaviour can develop in various ways and what effect it can have on a person's life. It also emphasizes the significance of identifying and resolving such behaviour in order to help individuals improve their mental health and functioning.****

The term 'normal' literally means 'apart from normal'. It signifies a departure from a clearly established 'norm' or'standard'. As a result, accepted definitions of abnormality are dependent on a proper definition of 'normal'. The name 'normal' comes from the ***Latin word 'norma'***, which refers to a carpenter's square or rule.

Abnormal behavior denotes a conduct, thinking or feeling that is markedly contrary to what is regarded as normal, expected or socially

acceptable within a given cultural context. This variation can be presented differently such as strange or intense response to situations; irrational fears or beliefs; breakdowns of daily routines and behaviors harmful to oneself or others. It should be remembered that abnormality varies across cultures, contexts and periods of time. What one culture may regard as abnormal could be seen as perfectly natural in another. Therefore, ***evaluations about abnormality are often based on the following criteria:*** statistical infrequency, violation of social norms, personal distress and impairment in functioning. Abnormalities are studied by psychologists and other mental health professionals so as to find out more about why they occur, their impact and possible interventions for treatment purposes. They therefore diagnose different forms of abnormality using diagnostic criteria stated in classification systems like DSM (Diagnostic Statistical Manual for Mental Disorders) which range from anxiety disorders through mood disorders up-to psychotic disorders including personality.

In general terms then – Abnormal behaviours cover a wide variety of conducts and experiences which diverge from what is considered usual. The current diagnostic processes used in the mental health sector rely on four major ways in which abnormality might be defined:

Impairment: This criterion focuses on maladaptive behaviours that impede an individual's capacity to operate in everyday life. Impairment is a reduction in a person's ability to perform at an optimal or average level. For example, when someone drinks psychoactive substances, their cognitive and perceptual abilities are weakened, placing them at risk while driving. In some cases, individuals may evaluate themselves positively while those around them observe poor functioning, as in the case of X as example, who squandered all of his savings impulsively due to faulty judgement.

Distress: According to this criterion, behaviours should be regarded abnormal if they cause significant distress and the individual wishes to eliminate them. While emotional or physical discomfort is a natural part of life, the severity of distress in abnormal behaviour interferes with daily functioning. Individuals who have experienced severely traumatic situations,

for example, may endure ongoing emotional upheaval that impairs their capacity to cope in daily life.

Risk to Self or Others: Behaviour that endangers one's own or others' lives is considered abnormal. Severe depression, for example, raises the chance of suicide, indicating deviant behaviour. Similarly, persons with schizophrenia, who may be removed from reality, can endanger themselves and others. Furthermore, behaviours that endanger the physical or psychological well-being of others, such as child abuse or exploitation, are deemed abnormal because of the potential harm they do.

Socially and culturally unacceptable behaviour: Behaviour that deviates from social or cultural norms is considered abnormal. Certain behaviours may be acceptable in some cultures but considered unusual or unacceptable in others. For example, being possessed by a deity is typical during festivals in India, yet it is regarded unusual in many other countries. As a result, while determining whether a behaviour is normal or deviant, the social and cultural background must be taken into account.

These four criteria serve as a foundation for understanding and diagnosing abnormal behaviour in the context of mental health evaluation and therapy. The above discussion on the concept of abnormal behaviour will hopefully help you provide a clear understanding of the topic. Let us now look at the definitions supplied by various psychologists on abnormal behaviour in order to gain a better knowledge of the subject. It will be quite interesting for you all to explore a new field of learning.

10.3.1 Definitions of Abnormal Behaviour

Abnormal behaviour is defined by the ***American Psychological Association*** as "behaviour that is atypical or statistically uncommon within a particular culture, or that is maladaptive or detrimental to an individual or those around that individual."

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines abnormal behaviour as meeting one or more of

the following four criteria: maladaptive behaviour, personal suffering, statistical rarity, or violation of social norms.

Sigmund Freud, the initiator of psychoanalysis, saw abnormal behaviour as the result of conflicts between the conscious and unconscious mind. He felt that unresolved problems from early childhood could show as abnormal behaviour and symptoms.

B.F Skinner, a behaviourist, defined abnormal behaviour as anything that differs from the norm or is maladaptive. He concentrated on visible behaviours and the contextual forces that govern them, emphasising the importance of reward and punishment in moulding behaviour.

Carl Rogers, a humanistic psychologist, defined abnormal behaviour as a difference between an individual's true self and their ideal self. He felt that abnormal behaviour occurs when people are unable to achieve their intrinsic need for self-actualization owing to environmental or interpersonal obstacles.

Albert Ellis, the originator of rational emotive behaviour therapy (REBT), identified abnormal behaviour as the product of irrational ideas and faulty thought patterns. He emphasised the importance of cognitive processes in forming emotions and behaviours, and he created ways for challenging and changing erroneous ideas.

Aaron Beck, a cognitive psychologist, identified abnormal behaviour as the result of negative cognitive schemas and habitual thoughts. He hypothesised that people with specific cognitive distortions are more likely to acquire mood disorders including sadness and anxiety.

These are only a few instances of how various psychologists have approached abnormal behaviour. Each viewpoint provides distinct insights into the causes and treatment of abnormal behaviour, adding to the vast and diverse subject of abnormal psychology.After having a look into various definitions of abnormal behaviour provided by

various psychologists, it seems quite clear that you all are now confident enough to understand the concept clearly. Now let us go through the nature of abnormal behaviour, or how a person with abnormal behaviour looks to society.

10.3.2 Nature of Abnormal Behaviour

A person's abnormal behaviour can have a wide range of features depending on the disorder or condition they are experiencing. However, some similar characteristics can be found in those who exhibit anomalous behaviour. Here are a few:

- ***Emotional Distress:*** People who exhibit abnormal behaviour frequently endure severe emotional distress or conflict. This can emerge as feelings of despair, worry, anger, or hopelessness that are out of proportion to the event and continue over time.
- ***Maladaptive Coping techniques:*** People who exhibit deviant behaviour may use maladaptive coping techniques to deal with emotions or pressures. This could include behaviours like substance misuse, self-harm, or avoiding upsetting events.
- ***Impaired Functioning:*** Abnormal behaviour can have a substantial impact on an individual's capacity to perform in several areas of life, including employment, school, relationships, and daily activities. This impairment could be due to cognitive, emotional, or behavioural issues.
- ***Distorted Thinking Patterns:*** Many people with deviant behaviour have distorted thinking patterns or unreasonable views. This could involve negative self-talk, cognitive biases, or inaccurate beliefs about oneself, others, or the world.
- ***Social Withdrawal or Isolation:*** Some people who exhibit deviant behaviour may withdraw from social contacts or isolate themselves. This could be due to a sense of shame, humiliation, or a lack of social skills.

- ***Disorganised Behaviour:*** Some diseases, such as schizophrenia, can cause disorganised or odd behaviours that are difficult to comprehend or predict. This may include hallucinations, delusions, or unpredictable speech and movement.
- ***Difficulties in Relationships:*** Abnormal behaviour can strain relationships with family, friends, and love partners. This could be due to conflict caused by the individual's symptoms, communication issues, or a lack of understanding or support from others.
- ***Physical Symptoms:*** In some circumstances, abnormal behaviour is accompanied by physical symptoms such as changes in appetite or sleep habits, exhaustion, or psychological concerns.

It's important to note that the nature and characteristics of abnormal behaviour can vary greatly depending on the specific disorder, individual differences, and environmental factors. Additionally, not all individuals with abnormal behaviour will exhibit all of these characteristics, and the severity of symptoms can fluctuate over time.

10.3.3 Types of Abnormal Behaviour

Abnormal behaviour refers to a broad spectrum of conditions and behaviours that differ from what is deemed normal or socially acceptable. The following are some common examples of abnormal behaviour:

- **Anxiety Disorders:** These are disorders characterised by excessive anxiety, fear, or apprehension. Some examples include generalised anxiety disorder, panic disorder, phobias, and obsessive-compulsive disorder.
- **Mood Disorders** are disturbances in a person's mood or emotional state. This can include depression, bipolar disorder, and seasonal affective disorder.

- **Psychotic disorders** are defined by a loss of reality, which can include hallucinations, delusions, and poor reasoning. Examples include schizophrenia and schizoaffective disorder.
- **Personality disorders** are long-term patterns of behaviour, cognition, and inner experience that diverge significantly from the expectations of the individual's society. Examples are borderline personality disorder, narcissistic personality disorder, and antisocial personality disorder.
- **Dissociative disorders** cause disturbances or discontinuities in consciousness, memory, identity, or perception. Examples include dissociative identity disorder (also known as multiple personality disorder) and dissociative amnesia.
- **Eating disorders** are defined as abnormal eating patterns that have a negative influence on both a person's physical and mental health. Examples include anorexia nervosa, bulimia nervosa, and binge eating disorder.
- **Substance use disorders** are defined as problematic patterns of substance use that cause considerable impairment or suffering. This encompasses disorders associated with alcohol, drugs, and other substances.
- **Sleep Disorders:** Sleep disorders are abnormalities in sleep patterns that impair a person's capacity to operate throughout the daytime. Examples include insomnia, sleep apnea, and narcolepsy.
- **Neurodevelopmental disorders** are defined by impaired brain function that affects emotion, learning, and behaviour. Autism spectrum condition, ADHD, and intellectual disability are among examples.
- **Sexual disorders** refer to problems in sexual desire, arousal, or behaviour that produce distress or impairment.

Examples include erectile dysfunction, early ejaculation, and paraphilic diseases.

These are just a few instances of the various sorts of odd behaviour that people may exhibit. It's crucial to remember that everyone's experience is unique, and symptoms might vary in severity and presentation. Treatment for anomalous behaviour frequently combines psychotherapy, medication, lifestyle changes, and mental health professional assistance.

CHECK YOUR PROGRESS

Q1: How do psychologists define abnormal behavior?

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Q2: What are the four major ways in which abnormality is defined in the mental health sector?

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Q3: List out common characteristics of individuals with abnormal behaviour.

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Q4: How do various psychologists approach the concept of abnormal behavior?

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10.4 REMEDIAL MEASURES FOR ABNORMAL BEHAVIOUR

Dear learners, till now you all came to know about the concept, definition and the nature of abnormal behaviour. In this part you will come know about how to treat a person who possess abnormal behaviour.We must understand that a person with abnormal behaviour is not a person to be avoided or excluded from society. Rather, we should be kind enough to help him or her attain normality and to make them lead a happy and peaceful life. But for that, we must understand the remedial measures required to help such people in society. Let us look into such measures in a detailed way.

Psychotherapy, medication, lifestyle modifications, and family and friend support are commonly used to treat abnormal behaviour. The specific strategy is determined by the underlying reason of the abnormal behaviour as well as the individual's unique demands. Here are some common remedies:

Psychotherapy: Various types of psychotherapy, including cognitive-behavioural therapy (CBT), dialectical behaviour therapy (DBT), and interpersonal therapy, can assist individuals in identifying and changing problematic thought patterns, behaviours, and emotions related with abnormal behaviour. Therapy offers a safe and supportive setting in which to explore underlying concerns, develop coping methods, and strengthen resilience.

Medication: In some situations, medication may be administered to treat symptoms of specific mental health conditions, such as antidepressants for depression and anxiety, antipsychotics for psychosis, or mood stabilisers for bipolar disorder. Individuals must work closely with their psychiatrist to assess drug effectiveness and manage any potential side effects.

Living Changes: Adopting good living practices can improve general health and help manage signs of aberrant behaviour. This may include regular exercise, balanced eating, appropriate sleep, stress management skills (e.g., mindfulness, relaxation exercises), and abstaining from substances.

Social Support: Establishing a strong network of family, friends, and peers can provide emotional affirmation, encouragement, and practical assistance in dealing with abnormal behaviour. Support groups or peer-led initiatives can help foster a sense of belonging and understanding among those facing similar issues.

Education and knowledge: Raising public knowledge and understanding of mental health concerns can help to minimise stigma and encourage early intervention and treatment seeking behaviour. Education programmes, workshops, and community outreach projects can assist

individuals and groups in recognising symptoms of abnormal behaviour, gaining access to resources, and seeking appropriate assistance.

Holistic Approaches: Some people may benefit from holistic approaches to mental health, such as yoga, meditation, art therapy, or alternative treatments like acupuncture or herbs. When combined with established therapy procedures, these complementary therapies can help to improve relaxation, self-expression, and overall well-being.

Continued Monitoring and Support: Recovery from abnormal behaviour is frequently a journey that involves continuous monitoring, treatment plan adjustments, and support. Regular check-ins with mental health specialists, engagement in support groups, and self-care routines can all help people maintain their progress and manage setbacks more successfully.

Individuals experiencing abnormal behaviour should seek professional help from competent mental health specialists who can conduct a full assessment, make personalised treatment recommendations, and give continuing support throughout the recovery process.

Understanding abnormal behaviour necessitates a comprehensive approach that considers a variety of elements, including cultural variations, individual differences, and the context in which the behaviour happens. What is considered odd in one culture or situation may be completely normal in another. As a result, while evaluating and responding to abnormal behaviour, these cultural and environmental aspects must be taken into account.



CHECK YOUR PROGRESS

Q5: List some common remedies used to treat abnormal behavior?

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Q6: How can psychotherapy help individuals with abnormal behavior?

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Q7: What role does medication play in treating abnormal behavior?

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Q8: How can social support aid in managing abnormal behavior?

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Q9: Why is education and knowledge about mental health important in treating abnormal behavior?

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Dear learners, at the end of the unit you will get a section as "let us sum up" where you will get the summary of the entire unit. This part will help to recapitulate all the things you have learnt part by part in the entire unit. Let us have a look into it.



10.5 LET US SUM UP

- Abnormal behavior is often misconceived as synonymous with being "crazy" or "insane," but it encompasses behavior that significantly deviates from cultural standards, causes distress or impairment, or poses risks to oneself or others.
- Understanding abnormal behavior is crucial in psychology as it aids in better supporting individuals struggling with such behaviors and promoting mental health and well-being in society.
- Abnormal behavior is defined by criteria such as impairment in functioning, distress, risk to self or others, and deviation from social or cultural norms, with evaluations varying by culture and context.
- Psychologists diagnose and study abnormal behavior using classification systems like the DSM-5, exploring its causes, impact, and interventions for treatment purposes.
- Various psychologists, including Freud, Skinner, Rogers, Ellis, and Beck, have different approaches to understanding abnormal behavior, providing unique insights into its causes and treatment.
- Characteristics of abnormal behavior include emotional distress, maladaptive coping techniques, impaired functioning, distorted

thinking patterns, social withdrawal, disorganized behavior, difficulties in relationships, and physical symptoms.

- Remedial measures for abnormal behavior include psychotherapy, medication, lifestyle modifications, social support, education, holistic approaches, and continued monitoring and support.
- Recovery from abnormal behavior often requires continuous monitoring, treatment plan adjustments, and support from mental health specialists, emphasizing the importance of seeking professional help and personalized treatment.



10.6 FURTHER READING

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10.7 ANSWERS TO CHECK YOUR PROGRESS

Answer to Q No 1: Psychologists define abnormal behavior as conduct, thoughts, or emotions that significantly deviate from cultural norms,

cause distress or impairment in functioning, or pose a risk to oneself or others. It's important to consider that abnormality can vary across cultures and contexts.

Answer to Q No 2: Abnormality is defined by impairment, distress, risk to self or others, and socially and culturally unacceptable behaviour. These criteria serve as a foundation for understanding and diagnosing abnormal behaviour in mental health evaluation and therapy.

Answer to Q No 3: Some common characteristics include emotional distress, maladaptive coping strategies, impaired functioning, distorted thinking patterns, social withdrawal or isolation, disorganized behavior, difficulties in relationships, and physical symptoms.

Answer to Q No 4: Various psychologists have different perspectives on abnormal behavior. For example, Sigmund Freud viewed it as stemming from conflicts between the conscious and unconscious mind, while B.F. Skinner defined it as behavior that differs from the norm or is maladaptive. Other psychologists, such as Carl Rogers, Albert Ellis, and Aaron Beck, have offered additional perspectives on abnormal behavior.

Answer to Q No 5: Psychotherapy, medication, lifestyle modifications, social support, education, holistic approaches, and continued monitoring and support are commonly used remedies.

Answer to Q No 6: Psychotherapy, such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and interpersonal therapy, can assist individuals in identifying and changing problematic thought patterns, behaviors, and emotions associated with abnormal behavior.

Answer to Q No 7: Medication may be prescribed to treat symptoms of specific mental health conditions, such as antidepressants for depression and anxiety, antipsychotics for psychosis, or mood stabilizers for bipolar disorder.

Answer to Q No 8: Establishing a strong network of family, friends, and peers can provide emotional affirmation, encouragement, and practical assistance in dealing with abnormal behavior. Support groups can also foster a sense of belonging and understanding.

Answer to Q No 9: Raising public awareness and understanding of mental health issues can help reduce stigma and encourage early intervention and treatment-seeking behavior. Education programs and community outreach projects can assist individuals in recognizing symptoms of abnormal behavior and accessing appropriate resources.

6.8 MODEL QUESTIONS

A) Short Questions (Answer each question in about 150 words)

Q1: Give the definition of abnormal behavior according to the American Psychological Association?

Q2: Highlight the four major ways in which abnormality is defined in the mental health sector?

Q3: List some common characteristics of individuals with abnormal behavior?

Q4: Highlight some common remedial measures for abnormal behavior?

B) Long Questions (Answer each question in about 300-500 words)

Q1: Explain the concept of abnormal behavior using the example of John and his extreme phobia.

Q2: Describe the criteria used by psychologists to define abnormal behavior, including statistical infrequency, violation of social norms, personal distress, and impairment in functioning.

Q3: Discuss how various psychologists, such as Sigmund Freud, B.F. Skinner, Carl Rogers, Albert Ellis, and Aaron Beck, approach the concept of abnormal behavior.

Q4: Explain the concept of abnormal behavior and provide examples of different types of abnormal behavior, including anxiety disorders, mood disorders, psychotic disorders, and personality disorders.

Q5: Explain the nature of abnormal behavior, including emotional distress, maladaptive coping techniques, impaired functioning, distorted thinking patterns, social withdrawal, disorganized behavior, difficulties in relationships, and physical symptoms.

Q6: Outline the remedial measures commonly used to treat abnormal behavior, including psychotherapy, medication, lifestyle modifications, social support, education and knowledge, holistic approaches, and continued monitoring and support.

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UNIT 11: SOCIAL ISSUES IN MENTAL HEALTH

UNIT STRUCTURE

11.1 Learning Objectives

11.2 Introduction

11.3 Social Factors and Mental Health

11.4 Mental Health in the Digital Age

- 11.4.1 Challenges
- 11.4.2 Opportunities
- 11.4.3 Strategies for Promoting healthy digital Habits

11.5 Contemporary Lifestyles on Mental Health

11.6 Role of Families and Communities

11.7 Related Issues of Mental Health

11.8 Let Us Sum Up

11.9 Further Reading

11.10 Answers to Check Your Progress

11.11 Possible Questions

11.1 LEARNING OBJECTIVES

After going through this unit you will be able to –

- Understand the influence of media and technology on mental health;
- Explain the relationship between contemporary lifestyles and mental health;
- Identify the different issues of mental health.

11.2 INTRODUCTION:

Mental health, once shrouded in stigma and silence, has increasingly come to the forefront of public discourse. However, discussions often focus on individual experiences and medical interventions, neglecting the profound impact of social factors on mental well-being. In this unit, we are going to explore the intricate web of social issues that intersect with mental health, exploring how societal structures, cultural norms, economic disparities, and systemic injustices shape individuals' psychological well-being.

Mental health is not solely determined by biological factors but is deeply intertwined with social determinants such as socioeconomic status, education, employment, housing, and access to healthcare. Poverty, for instance, amplifies stressors and limits resources, increasing susceptibility to mental illness. Similarly, inadequate education and employment opportunities perpetuate cycles of disadvantage, contributing to feelings of worthlessness and despair.

Marginalized communities face unique challenges that exacerbate mental health disparities. Discrimination based on race, ethnicity, gender, sexual orientation, and disability not only inflicts psychological harm but also restricts access to essential services and opportunities. The pervasive impact of systemic racism, for example, not only undermines self-esteem but also limits access to quality healthcare and perpetuates disparities in diagnosis and treatment.

Cultural beliefs and attitudes shape perceptions of mental illness, influencing help-seeking behaviors and treatment outcomes. Stigma, rooted in misconceptions and fear, often prevents individuals from disclosing their struggles or seeking support. Cultural norms surrounding mental health vary widely, with some communities viewing mental illness as a sign of weakness or moral failing, further isolating those in need of assistance.

Exposure to trauma, violence, and adverse childhood experiences profoundly affects mental health outcomes. Individuals who have endured abuse, neglect, or interpersonal violence are at increased risk of developing psychiatric disorders such as post-traumatic stress disorder (PTSD), depression, and substance abuse. Moreover, the lack of trauma-informed care exacerbates traumatization and impedes healing.

Addressing social issues in mental health requires multifaceted interventions at the individual, community, and policy levels. Advocacy efforts must prioritize dismantling systemic barriers, promoting inclusivity, and amplifying the voices of marginalized communities. Policy reforms aimed at expanding access to mental healthcare, increasing funding for prevention and early intervention programs, and integrating mental health services into

primary care settings are essential steps towards achieving equity and justice.

Understanding the complexity of social issues in mental health is crucial for developing holistic approaches to promoting well-being for all. By acknowledging the impact of societal structures, cultural norms, discrimination, trauma, and systemic injustices, we can work towards creating more supportive, inclusive environments where all individuals have the opportunity to thrive. It is through collective action and advocacy that we can dismantle barriers, challenge stigma, and cultivate a society that prioritizes mental health as a fundamental human right.

11.3 SOCIAL FACTORS AND MENTAL HEALTH:

Social factors play a significant role in mental health outcomes. Unemployment, poverty, and financial stress are well-established risk factors for mental disorders. Conversely, mental health issues can also contribute to economic disparities by limiting individuals' educational and employment opportunities. Breaking the cycle of poverty and mental health struggles requires a comprehensive approach that addresses both social factors and mental health concerns simultaneously.

Social policies that promote economic stability, such as unemployment benefits, affordable housing, and access to education and vocational training, can positively impact mental health. Workplace initiatives, such as mental health support programs and flexible work arrangements, can create environments conducive to employee well-being. Integrating mental health education into financial literacy programs can empower individuals to manage stress related to economic challenges effectively.

India, like many other countries, grapples with various social issues that can have a negative impact on the mental health of individuals. Here are some social issues in India that may contribute to mental health challenges:

1. Poverty and Economic Inequality:

High levels of poverty and economic inequality can lead to stress, anxiety, and depression. Limited access to resources and opportunities can exacerbate mental health issues.

2. Gender Inequality:

Discrimination against women, unequal access to education and employment, and gender-based violence contribute to mental health challenges among women in India.

3. Caste Discrimination:

The deeply rooted caste system and discrimination based on caste can lead to feelings of inferiority, exclusion, and a sense of injustice, impacting mental well-being.

4. Communal and Religious Tensions:

Communal and religious conflicts can create a hostile environment, leading to fear, stress, and trauma, affecting the mental health of individuals and communities.

5. Lack of Access to Education:

Limited access to quality education and high dropout rates can contribute to feelings of hopelessness and hinder personal development, impacting mental health.

6. Healthcare Disparities:

Inadequate access to healthcare services, especially in rural areas, can result in untreated physical and mental health conditions, exacerbating the burden on individuals.

7.Child Marriage and Early Parenthood:

Practices such as child marriage and early parenthood can lead to increased stress, mental health issues, and hinder the overall well-being of young individuals.

8. Urbanization Challenges:

Rapid urbanization brings its own set of challenges, including overcrowded living conditions, pollution, and a fast-paced lifestyle that may contribute to mental health problems.

9.Media Influence and Body Image Issues:

Media portrayal of beauty standards and societal pressure to conform to certain ideals can contribute to body image issues, leading to conditions such as eating disorders and low self-esteem.

Addressing these social issues requires a comprehensive and multi-dimensional approach involving government policies, community initiatives, and public awareness campaigns to promote mental well-being and create a more inclusive and supportive society.

11.4 MENTAL HEALTH IN THE DIGITAL AGE:

The advent of the digital age has revolutionized how we interact, communicate, and access information. While technological advancements have brought unprecedented convenience and connectivity, they have also introduced new challenges to mental health. This unit explores the impact of the digital age on mental well-being, addressing both its challenges and opportunities.

One of the defining features of contemporary lifestyles is the pervasive influence of technology, particularly the rise of digital devices and social media platforms. While technology has undoubtedly revolutionized communication, education, and access to information, its impact on mental health cannot be overlooked. Excessive screen time, constant connectivity, and the pressure to present an idealized version of oneself online have been linked to various mental health issues, including anxiety, depression, and low self-esteem.

Social media, in particular, has been implicated in exacerbating feelings of inadequacy and fostering a culture of comparison. Studies have shown a correlation between heavy social media use and negative psychological outcomes, with individuals frequently exposed to curated images and unrealistic standards of beauty and success. The constant barrage of notifications and updates can also lead to a sense of FOMO (fear of missing out) and a compulsive need to stay plugged in, further impacting mental well-being.

Moreover, the digital age has blurred the boundaries between work and leisure, making it increasingly challenging for individuals to disconnect and unwind. The expectation of being constantly available and responsive, coupled with the pressure to multitask and achieve optimal productivity, can contribute to chronic stress and burnout. The phenomenon of "technostress" has emerged as a significant concern, highlighting the psychological toll of navigating an always-on, digitally driven world.

11.4.1 Challenges:

1. Cyberbullying: The anonymity of the internet has facilitated the proliferation of cyberbullying, leading to psychological distress and trauma among victims.
2. Social Media-induced Stress: Constant exposure to curated images and unrealistic standards on social media platforms can contribute to feelings of inadequacy, anxiety, and depression.
3. Screen Time Impact: Excessive screen time, particularly on smartphones and computers, has been linked to poor sleep quality, decreased attention span, and heightened levels of stress.
4. Digital Addiction: Compulsive use of digital devices, such as smartphones and gaming consoles, can lead to addiction-like behaviors, interfering with daily functioning and exacerbating mental health issues.
5. Online Disinformation: Misinformation and false narratives circulating online can contribute to confusion, anxiety, and mistrust, particularly during times of crisis or uncertainty.

11.4.2 Opportunities:

1. Access to Information and Support: The internet provides readily accessible information about mental health conditions, treatment options, and support resources, empowering individuals to take control of their mental well-being.
2. Online Therapy and Support Groups: Digital platforms offer convenient access to therapy sessions and support groups,

breaking down barriers to mental health care, particularly for those in remote areas or with mobility issues.

3. Mental Health Apps and Tools: Mobile applications and digital tools, such as meditation apps, mood trackers, and cognitive-behavioural therapy modules, provide users with tools for self-care, stress management, and personal development.
4. Online Communities and Peer Support: Virtual communities and social media groups enable individuals to connect with others who share similar experiences, fostering a sense of belonging, validation, and support.
5. Telehealth Services: Telemedicine platforms allow individuals to consult mental health professionals remotely, expanding access to care and reducing geographical barriers.

11.4.3 Strategies for Promoting Healthy Digital Habits:

1. **Digital Well-being Education:** Schools, workplaces, and community organizations should incorporate digital well-being education into their curricula and programs, teaching individuals how to use technology mindfully and responsibly.
2. **Cyberbullying Prevention Programs:** Schools and community organizations should implement cyberbullying prevention programs that educate students about the harmful effects of online harassment and promote positive digital behaviour.
3. **Screen Time Management:** Individuals should set limits on their screen time, prioritize offline activities, and establish tech-free zones in their homes to promote mental and physical well-being.
4. **Mindful Social Media Use:** Users should curate their social media feeds to prioritize content that uplifts and inspires them, unfollow accounts that trigger negative emotions, and practice self-awareness and self-compassion while engaging with social media.

5. **Digital Detox**: Periodic digital detoxes, where individuals disconnect from their devices and engage in offline activities, can help restore balance and perspective, reducing stress and improving mental health.

The digital age presents both challenges and opportunities for mental health. While issues such as cyberbullying, social media-induced stress, and digital addiction pose significant threats to mental well-being, the digital landscape also offers unprecedented access to information, support, and therapeutic interventions. By promoting healthy digital habits, fostering digital literacy, and leveraging technology to expand access to mental health care, we can harness the potential of the digital age to support mental well-being and create a healthier and more resilient society.

11.5 CONTEMPORARY LIFESTYLES ON MENTAL HEALTH:

In the contemporary era, lifestyles have undergone significant transformations due to advancements in technology, changes in societal norms, and evolving cultural landscapes. While these changes have brought about numerous conveniences and opportunities, they have also introduced challenges that affect mental health. This unit aims to explore the intricate relationship between contemporary lifestyles and mental health, examining various factors such as technology dependence, work-life balance, social media influence, urbanization, and consumerism. By delving into these aspects, we can gain a comprehensive understanding of how modern living patterns impact mental well-being.

1. Technology Dependence and Mental Health:

- The omnipresence of technology in daily life
- Effects of excessive screen time on mental health
- Digital addiction and its psychological ramifications
- Strategies for mitigating technology-related stressors

2. Work-Life Balance and Mental Health:

- Rise of remote work culture and blurred boundaries
- Stressors associated with work-related pressures
- Importance of establishing boundaries and self-care practices
- Promoting work-life balance for improved mental well-being

3. Social Media Influence on Mental Health:

- Impact of social media on self-esteem and body image
- Comparison culture and its detrimental effects
- Cyberbullying and online harassment
- Mindful social media usage and fostering digital wellness

4. Urbanization and Mental Health:

- Effects of urban living on stress levels
- Social isolation and loneliness in urban environments
- Access to mental health resources in urban vs. rural areas
- Designing cities for mental well-being: green spaces, walkability, and community engagement
- Materialism and its link to decreased life satisfaction
- Financial stress and its toll on mental health
- Alternative models of consumption promoting sustainable and mindful living
- Cultivating gratitude and contentment amidst consumerist culture

Contemporary lifestyles have undoubtedly reshaped the way individuals navigate their daily lives, but they have also introduced challenges that can impact mental health. From technology dependence to urbanization and consumerism, various factors contribute to the complex interplay between lifestyle choices and psychological well-being. By acknowledging these influences and implementing strategies for resilience and self-care, individuals can strive to maintain optimal mental health in the face of modern challenges. Additionally, it is imperative for society as a whole to prioritize mental health awareness and advocate for systemic changes that promote holistic well-being. Only through collective efforts can we create a future where contemporary lifestyles support rather than undermine mental health.

5. Work Culture and Mental Health:

Another aspect of contemporary lifestyles that significantly influences mental health is the evolving nature of work culture. The traditional nine-to-five model is increasingly being supplanted by flexible arrangements and remote work setups. While these changes offer greater autonomy and flexibility for some individuals, they also bring unique stressors and challenges.

Remote work, in particular, has become more prevalent in the wake of the COVID-19 pandemic, leading to a blurring of boundaries between home and office space. While remote work offers certain advantages, such as reduced commute times and greater flexibility, it also presents challenges in terms of maintaining work-life balance and establishing clear boundaries between work and personal life. The lack of social interaction and the feeling of isolation associated with remote work can also take a toll on mental well-being, exacerbating feelings of loneliness and disconnection.

6.Societal Pressures and Mental Health:

Contemporary lifestyles are shaped not only by technological advancements and changes in work patterns but also by societal pressures and cultural norms. The relentless pursuit of success, material wealth, and social status can place immense pressure on individuals, leading to feelings of inadequacy, self-doubt, and anxiety.

In today's hypercompetitive world, the pressure to excel academically, professionally, and socially begins at a young age, contributing to the rise of perfectionism among adolescents and young adults. Social comparison, fuelled by social media and consumer culture, further reinforces unrealistic standards of success and beauty, leading to a constant cycle of striving and dissatisfaction.

Moreover, societal stigmas surrounding mental health can deter individuals from seeking help and support, exacerbating feelings of shame and isolation. The pervasive belief that mental illness is a sign of weakness or moral failing perpetuates harmful stereotypes and prevents open dialogue about mental health issues.

7.Coping Mechanisms and Resilience:

Despite the challenges posed by contemporary lifestyles, it is essential to recognize the resilience and coping mechanisms that individuals employ to navigate these complexities. From mindfulness practices and self-care rituals to community support networks and therapy, people are finding innovative ways to prioritize their mental health and well-being.

Mindfulness-based interventions, such as meditation and yoga, have gained popularity as effective tools for managing stress and promoting emotional regulation. By cultivating present-moment awareness and non-judgmental acceptance, these practices empower individuals to cope with the pressures of modern living more effectively.

Contemporary lifestyles exert a profound influence on mental health, shaping the way individuals experience and navigate the complexities of modern living. From the pervasive influence of technology and changes in work patterns to societal pressures and cultural norms, various factors contribute to the mental health challenges faced by individuals today. However, it is essential to recognize the resilience and coping mechanisms that people employ to thrive in the face of adversity. By fostering open dialogue, promoting mental health awareness, and prioritizing self-care, we can work towards creating a society that supports and nurtures the psychological well-being of all its members.

11.6 THE ROLE OF FAMILIES AND COMMUNITIES:

Families and communities play a pivotal role in shaping mental health outcomes. The social support network that individuals have can significantly impact their ability to cope with mental health challenges. However, families and communities may also perpetuate stigma or lack the necessary understanding to provide effective support. Strengthening these support systems is essential for fostering a mentally healthy society.

Educating families and communities about mental health, offering support groups, and promoting open communication can contribute to reducing stigma and creating supportive environments. School-based mental health

programs that involve parents and caregivers can enhance early intervention efforts. Encouraging community initiatives that address social isolation and promote inclusivity can further strengthen the fabric of social support.

The social issues surrounding mental health are complex and intertwined, requiring a comprehensive and collaborative approach for meaningful change. From stigma and discrimination to access to care and systemic inequalities, each issue represents a thread in the intricate tapestry of mental health challenges. Addressing these issues necessitates a collective effort from individuals, communities, policymakers, and mental health professionals.

To create a mentally healthy society, it is imperative to foster understanding, empathy, and awareness. Public education campaigns, policy reforms, and community-based interventions are essential components of this collective effort. By addressing the multifaceted social issues in mental health, society can strive towards creating an environment where individuals can seek support without fear of judgment, access care without barriers, and thrive in a community that values mental well-being as an integral part of overall health.

In recent years, the discussion surrounding mental health has gained significant traction, highlighting the importance of understanding the complex interplay between various factors that influence psychological well-being. Among these factors, contemporary lifestyles have emerged as a significant determinant of mental health outcomes. Rapid advancements in technology, changes in work patterns, societal pressures, and shifting cultural norms have all contributed to shaping the way individuals experience and perceive their mental health. This unit delves into the multifaceted relationship between contemporary lifestyles and mental health, exploring the challenges and opportunities presented by modern living.

11.7 RELATED ISSUES OF MENTAL HEALTH

Mental health is an integral component of overall well-being, yet it remains an area often misunderstood and stigmatized in society. Within the broad landscape of mental health, there exists a complex web of related issues

that contribute to the prevalence and impact of mental illness. This unit aims to provide a comprehensive examination of these interconnected issues within the context of contemporary society.

1. Stigma and Discrimination:

One of the most pervasive challenges in addressing mental health issues is the enduring stigma and discrimination attached to them. Stigma arises from negative attitudes, beliefs, and stereotypes about mental illness, leading to social exclusion, discrimination, and reluctance to seek help. This stigma can manifest in various settings, including workplaces, schools, healthcare systems, and within families and communities. As a result, individuals experiencing mental health problems often face barriers to accessing support and treatment, exacerbating their suffering and perpetuating a cycle of silence and shame.

2. Access to Mental Health Services:

Another critical issue is the inadequate access to mental health services, particularly in low- and middle-income countries and marginalized communities. Factors such as geographical location, socioeconomic status, cultural beliefs, and systemic inequalities contribute to disparities in access to care. Limited availability of mental health professionals, long waiting times, and insufficient funding further hinder access to timely and appropriate treatment. As a result, many individuals are left untreated or receive substandard care, leading to worsened outcomes and increased burden on individuals, families, and society as a whole.

3. Socioeconomic Determinants:

Mental health outcomes are profoundly influenced by socioeconomic factors, including poverty, unemployment, housing instability, and lack of access to education and healthcare. These determinants shape individuals' experiences of stress, trauma, and adversity, increasing their vulnerability to mental illness. Moreover, the interplay between mental health and socioeconomic status creates a vicious cycle, wherein mental health problems can perpetuate or exacerbate socioeconomic disadvantage, further entrenching inequalities within society.

4. Trauma and Adverse Childhood Experiences (ACEs):

Exposure to trauma and adverse childhood experiences (ACEs) is a significant risk factor for the development of mental health disorders later in life. ACEs encompass a range of experiences, including abuse, neglect, household dysfunction, and community violence, which can have lasting effects on individuals' psychological and emotional well-being. Moreover, the cumulative impact of multiple ACEs can increase the risk of various mental health problems, substance abuse, and interpersonal difficulties, underscoring the importance of early intervention and trauma-informed care.

5. Intersectionality and Marginalization:

The intersectionality of various social identities, such as race, gender, sexuality, disability, and immigration status, intersects with mental health in complex ways. Marginalized communities often face unique stressors and forms of discrimination that contribute to heightened rates of mental illness and barriers to care. For example, LGBTQ+ individuals may experience minority stress and discrimination, exacerbating mental health disparities within this population. Similarly, racial and ethnic minorities may encounter systemic racism and cultural barriers that impede their access to culturally competent mental health services.

6. Mental Health and Physical Health:

The connection between mental health and physical health is profound, with each exerting a significant influence on the other. Mental health disorders are associated with increased risk of chronic physical conditions such as cardiovascular disease, diabetes, and autoimmune disorders. Conversely, individuals with chronic illnesses may experience heightened levels of psychological distress, depression, and anxiety. Furthermore, lifestyle factors such as diet, exercise, sleep, and substance use play a crucial role in both mental and physical health outcomes, highlighting the importance of integrated approaches to healthcare that address the holistic needs of individuals.

7. Digital Technology and Social Media:

The widespread adoption of digital technology and social media has transformed the way people communicate, work, and socialize, but it also has implications for mental health. Excessive use of social media has been linked to heightened feelings of loneliness, depression, and anxiety, particularly among adolescents and young adults. Moreover, cyberbullying and online harassment can have serious consequences for individuals' mental well-being, exacerbating existing mental health problems or precipitating new ones. However, digital technology also presents opportunities for innovation in mental health care delivery, such as teletherapy, mobile apps, and online support communities, which can enhance access to services and provide new avenues for self-management and peer support.

Mental health is a multifaceted issue that intersects with various social, economic, and cultural factors. Addressing the related issues of stigma, access to care, socioeconomic determinants, trauma, intersectionality, physical health, and digital technology requires a comprehensive and coordinated approach involving governments, healthcare providers, communities, and individuals. By promoting mental health literacy, reducing stigma, improving access to quality care, addressing social inequalities, and fostering resilience and support networks, we can work towards creating a society that prioritizes mental well-being for all its members. Only through collective action and solidarity can we create a world where mental health is recognized, valued, and supported as a fundamental aspect of human flourishing.

CHECK YOUR PROGRESS



Q No 1. What are some of the social issues in India that contribute to mental health challenges?

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Q No 2. How does the digital age influence mental health?

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Q No 3. What are some strategies for promoting healthy digital habits?

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4. How does contemporary work culture impact mental health?

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5. What societal pressures contribute to mental health challenges in contemporary lifestyles?

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1.8 LET US SUM UP

- Mental health discussions are evolving to include social determinants such as socioeconomic status, discrimination, and cultural norms, which significantly influence individuals' well-being.
- Factors like poverty, inadequate education, and employment opportunities contribute to mental health issues by amplifying stressors and limiting resources.
- Marginalized communities face unique challenges due to discrimination, which not only inflicts psychological harm but also restricts access to essential services.
- Cultural beliefs and stigma surrounding mental illness impact help-seeking behaviors and treatment outcomes, with some communities viewing it as a sign of weakness.

- Exposure to trauma and adverse experiences, such as abuse or neglect, increases the risk of developing psychiatric disorders like PTSD and depression.
- Disparities in mental healthcare access and quality persist, perpetuating social injustices and exacerbating health inequities.
- Policy reforms aimed at expanding access to mental healthcare and integrating services into primary care settings are crucial for addressing these inequities.
- Economic factors like unemployment and financial stress significantly influence mental health outcomes, with poverty and economic inequality leading to heightened stress, anxiety, and depression.
- Social issues in India, such as gender inequality, caste discrimination, and lack of access to education and healthcare, contribute to mental health challenges among its population.
- The contemporary digital age presents both challenges, such as cyberbullying and social media-induced stress, and opportunities, such as access to information and online therapy, for promoting mental well-being.



11.9 FURTHER READING

Schafer, W. (2009). Stress Management. 4th Edition. Second Indian Reprint. Cengage Learning India Pvt. Ltd.: New Delhi.



11.10 ANSWERS TO CHECK YOUR PROGRESS

Answers to Q No 1 - Poverty, gender inequality, caste discrimination, communal tensions, and lack of access to education are among the social issues in India impacting mental health.

Answers to Q No 2 - The digital age introduces challenges such as cyberbullying, social media-induced stress, and digital addiction, while also offering opportunities such as access to information, online therapy, and support groups.

Answers to Q No 3 - Strategies include digital well-being education, cyberbullying prevention programs, screen time management, mindful social media use, and periodic digital detoxes.

Answers to Q No 4 - Contemporary work culture, including remote work and gig economy platforms, can lead to blurred boundaries, isolation, financial insecurity, and heightened stress and anxiety.

Answers to Q No 5 - Societal pressures include the pursuit of success, material wealth, and social status, along with hypercompetitive environments, perfectionism, social comparison fuelled by social media, and stigmas surrounding mental health.



11.11 POSSIBLE QUESTIONS

A.Short Questions:

1. What are some examples of socioeconomic determinants that influence mental health outcomes?
2. How does stigma impact individuals seeking support for mental health issues?
3. What role do families and communities play in shaping mental health outcomes?
4. Name one challenge and one opportunity presented by the digital age in relation to mental health.
5. Briefly explain the concept of intersectionality as it relates to mental health disparities.

B. Long Questions:

1. Discuss the complex relationship between contemporary lifestyles and mental health, highlighting specific challenges and opportunities presented by factors such as technology dependence, work-life balance, and societal pressures.
2. Explain how socioeconomic determinants, such as poverty and access to education and healthcare, contribute to mental health disparities. Provide examples to illustrate your points.

3. Analyse the impact of stigma and discrimination on individuals experiencing mental health issues, considering how these factors create barriers to accessing support and treatment.
4. Explore the role of trauma and adverse childhood experiences (ACEs) in shaping mental health outcomes, discussing the long-term effects of trauma and the importance of trauma-informed care.
5. Evaluate the implications of digital technology and social media on mental health, discussing both the negative consequences, such as cyberbullying and excessive screen time, and the potential benefits, such as access to online therapy and support groups.

UNIT -12 MENTAL HEALTH AND HOME

UNIT STRUCTURE

12.1 Learning Objectives

12.2 Introduction

12.3 Problems related to Mental Health at home.

12.4 Provision for Keeping the Mental Health of the Child at Home.

12.5 Meaning of Child rearing Practices.

12.6 Types of Child Rearing Practices.

12.7 Personality Development of Children at Home.

12.8 Role of Parents in the Personality Development of the Children at Home.

12.9 Let's Sum Up

12.10 Further Readings

12.11 Answer to Check Your Progress

12.12 Possible Questions.

12.1 LEARNING OBJECTIVE

After going through this unit, you will be able to:

- describe the importance of the home environment for mental health;
- identify the home-related problems of mental health;
- tell the strategies to keep good mental health;
- explain the meaning and strategies of child-rearing practices;
- tell the different types of child-rearing practices;
- discuss the importance of personality development among children; and
- explain the role of the home environment in the personality development of children.

12.2 INTRODUCTION

The role of the home environment in shaping an individual's mental health and overall well-being is of paramount importance. It is within this setting that individuals seek solace, security, and a sense of belonging.

The design, organization, and maintenance of our homes can exert a significant influence on our mental and emotional states. A positive home environment can promote feelings of security, relaxation, and happiness, whereas a negative or chaotic environment may cause stress, anxiety, and possibly depression. Elements such as cleanliness, orderliness, and access to natural surroundings all contribute to the creation of a space conducive to mental health. Additionally, the incorporation of personal touches, meaningful decor, and comfortable furniture can further enhance the overall atmosphere of a home. Creating designated spaces for relaxation, work, and socializing can help individuals maintain a healthy balance in their daily lives. Prioritizing the well-being of oneself and those within the household can lead to increased happiness and overall satisfaction with life. Therefore, it is crucial to pay attention to the details of our living spaces in order to create a harmonious environment that supports our mental and emotional well-being.

12.3 PROBLEMS RELATED TO MENTAL HEALTH AT HOME

There are many problems closely linked to our mental health. One such major problem is home-related issues. The impact of the home environment on the mental well-being of children is substantial. Therefore, parents have to be cautious about the environment they create at home, ensuring it is conducive to positive mental health. Many research studies revealed that family background issues can serve as predictors of mental health problems among university students. Poor family environments characterized by conflict, lack of warmth, communication failures, and domestic violence have been linked to hindering emotional support and expression of emotions, thereby contributing to mental health challenges. Seeking professional help and guidance when needed can also be beneficial in addressing mental health issues effectively. Some of the home-related problems are mentioned below:

1. Lack of communication among family members can generate feelings of isolation and loneliness. Eventually, this can lead to poor mental health among children.

2. Frequently quarrelling parents may have a long-lasting negative impact on the mental health of children.
3. Lack of parental encouragement and support may develop a sense of insecurity and low self-esteem.
4. Chronic poverty in the family may disturb the mental state of the child and hamper their academic enthusiasm and focus on their career.
5. Exposure to domestic violence or substance abuse within the household can substantially heighten the risk of mental health problems for children.
6. Broken families in terms of parental death, separation, or divorce may contribute to mental health related problems.
7. The absence of privacy, characterized by the absence of specified areas for individuals to engage in personal activities and solitude, may result in heightened levels of stress and anxiety.
8. Lack of emotional support and toxic relationships can further cause mental health problems in children.
9. Overanxious parental expectations of children may create undue pressure that is harmful to their mental well-being.
10. There are also detrimental effects of unstable housing situations on psychological well-being.
11. Over guided parents restrict their freedom enthusiasm.
12. Negative labelling to children by parents is very harmful from psychological standpoint.

12.4 PROVISION FOR KEEPING MENTAL HEALTH OF THE CHILD AT HOME

The home environment is the most important place for nurturing the mental health of a child. The home environment establishes the foundation for the child's future mental health. The care and attention received from the mother during childhood play a crucial role in shaping the future lives of individuals. Children who grow up without maternal care can

face various challenges in life. Psychologists and mental health experts emphasise the importance of keeping children stress-free during these times. They suggest that providing emotional security to children is essential for their mental well-being.

1. Emotional Needs Satisfaction: The emotional experiences of happiness and sadness are crucial for mental health care. Fulfilling the emotional needs of children through genuine care and attention from caregivers is essential. This helps in maintaining the child's emotional well-being and fostering self-confidence, beauty, and self-expression.

2. Giving Emotional Security: Children need to experience a sense of safety, security, and freedom from danger within the emotional bonds of their caregivers. They should feel assured that their parents and caregivers will always provide them with emotional security. This sense of assurance helps in building the child's self-confidence, which is crucial for developing a healthy and strong personality.

3. Addressing Legitimate Needs: We should categorize children's needs into physical, mental, emotional, and social domains. Physical needs include food, play, and rest, while mental needs include acquiring knowledge, curiosity. Emotional needs include care, love, and emotional security, and social needs include acceptance, praise, freedom, respect, and dignity. Fulfilling these needs without excess or neglect is essential to preventing harm to the child and requires constant attention.

4. Liberation from Repression: The primary goal of parents should be to free children from mental repression during their childhood and adolescence. It is important to be vigilant against any signs of mental distress in children so that they do not develop harmful repressive habits due to the everyday influences of life. The focus should be on achieving mental well-being and self-satisfaction. Play therapy is considered a meaningful form of mental health treatment to keep a child's mind free from the harmful effects of repression.

5. Provision of Discipline: The establishment of a disciplinary system by parents within the home environment ensures the mental well-being of children. This system should focus on physical, punitive, and strict

control toinstil self-discipline and self-control in children. Internal discipline, guided by personal judgement or conscience, can help support mental health.

In summary, the following points are crucial for maintaining the mental health of children in the home environment:

- Provide love and proper care for children at home.
- Create a conducive environment at home for children's growth.
- Avoid criticising children at home.
- Avoid comparing children with others.
- Avoid excessive or unnecessary punishment of children at home.
- Encourage children to engage in different creative activities.
- Avoid causing anxiety about the child's future.
- Practice democratic behaviour in the exchange of ideas with children.
- Fulfils the legitimate needs of children.
- Guide children at home as needed.
- Build the child's self-confidence in their mind.
- Spending quality time with children.
- Encourage open discussion and active listening among the children.
- Praise the children publicly and criticise them personally.
- Creating a conducive home environment at home.
- Be friendly with your children so that they can feel free to share their problems.
- Parents should be role models for their children.
- Understanding the interests of children will facilitate achieving their targets.
- Let the children enjoy their childhood and explore their interests in multiple ways.
- Praise them publicly and criticize them privately.
- Encouraging them to engage in self-care practices to bravely face the challenges ahead.
- Creating a safe and supportive home environment to make people happy and healthier.

- Seeking professional assistance from an expert if necessary.



CHECK YOUR PROGRESS

1. Define mental health. What are the common home-related problems that can affect the mental health of children?

2. Discuss the role of parents in creating a healthy home environment for their children.

12.5 MEANING OF CHILD-REARING PRACTICES

Child-rearing practices are the essence of creating soundness in mental health. Hence, the parents must understand the significance of such practices to facilitate their holistic development. Child-rearing practices stand for a wide range of parenting styles and strategies to nurture children. This practice includes everything from setting limitations and giving freedom to explore their hidden talents. By adopting child adequate child rearing practices, parents can foster a strong sense of security, optimism, self-esteem and self-confidence in their children. From an academic standpoint, child-rearing practices are emerging as a subject of study in the fields of psychology, sociology, and child psychology. Child-rearing practices encompass a diverse range of actions and decisions that are undertaken during the upbringing of children. These actions involve deliberate choices regarding the values to inculcate, the behaviors to encourage, and the disciplinary methods to employ. Additionally, they extend to the unforeseen ways in which children are influenced by their parents, including the attitudes exhibited and the societal standards embodied. Researchers have highlighted the various factors that constantly influence child-rearing practices which commonly include the personality attributes of the children, cultural norms, parental beliefs and expectations, values and so on.

Parental responsibilities in child caring practices— —

- Provisions of physical security must be ensured by the parents
- A healthy home environment is to be created
- Maintenance of a nutritious diet for children
- Monitoring the child's activities at home

- Engage the children in different sports of their interest
- Discuss their problems with friendliness
- Ensure emotional security
- Develop healthy habits
- Focus on moral and spiritual development
- Developing self-discipline and independence
- Encourage the children to engage in yoga and meditation regularly
- Facilitate the interaction process of the children within the family members and others as well
- Granting autonomy to the children which further helps them to be self-reliant
- Reinforce the positive behaviour of the children through adequate feedback mechanisms
- Engage the children in some creative games and works as a mental exercise
- Listen to them and allow them to speak.
- Let them learn to accept failures and find some alternative to succeed.
- Be firm, friendly, and fair with the children.
- Nurture innovative thinking.
- Developing risk-taking ability and problem-solving skills in them.
- Appreciate their good performance.
- Try to find out the unique strengths of children.
- Let the children learn that sharing is caring which will help to develop a sense of association and collaboration.
- Share the stories of growth mindset with the children.
- Build a quality family conversation.
- Punish intelligently for correcting their behaviour.
- Avoid arguing and quarrelling before children.
- Childhood is well known as the “age of questioning” to fulfill their inquisitiveness and thereby enrich knowledge.

12.6 TYPES OF CHILD REARING PRACTICES

Every child is born with some unique talents. The role of parents is to identify and facilitate their children's exploration of their unique talents to the fullest. In today's diversified world, parents have to play many key roles, such as being a mentor, guide, and supporter, to help their children navigate through different challenges and opportunities. By adopting different child-rearing practices and parenting styles, parents can customise their approach to best suit their child's individual needs and strengths. Parents must be cautious and flexible to nurture their children as per the changes in this ever-evolving competitive world. Child rearing practices are the combinations of different skills, beliefs, and behavioural patterns that are practiced during the upbringing of a child. By understanding the various styles of parenting as per their own beliefs, cultural norms, and strategies, child rearing practices are broadly categorised into four categories.

1. **Authoritarian style**: The authoritative parenting style or child-rearing practices are more dominating and strict disciplinarian. This style stresses strictness and discipline, with high expectations for children to adhere to rules without question. The concept of authoritarian child-rearing practices can be well understood by the following points:

   a) Strict rules and expectations: Authoritarian parents have high expectations for their children and enforce strict rules without much flexibility.

   b) Lack of zeal and emotional support: Authoritarian parents are usually cold and distant, showing little zeal or emotional support towards their children.

   c) Over control and dominance: Authoritarian parents are rigid about controlling and dominating their children. They believed in punishment to modify the behaviour of their children.

   d) Focus on obedience: Authoritarian parents prioritize obedience and agreement in their children, valuing submission over independence or individuality.

   e) Little room for negotiation: Authoritarian parents do not encourage open communication or negotiation with their children,

instead of expecting unquestioning obedience. This unhealthy exercise leads to certain mental health-related issues in later periods of their lives.

f) Lack of autonomy: Authoritarian parents do not encourage independence or autonomy in their children, instead seeking to make decisions for them. They are over-guided, which makes their children less confident.

g) High pressure to succeed: Here, children are forced to achieve higher ranks and positions without considering their interests and abilities. This excessive pressure may have a long-lasting impact on their psychological state.

h) Limited emotional expression: Authoritarian parents may discourage emotional expression in their children, leading to difficulties expressing feelings or seeking support. They do not try to understand their emotions and restrict their choices of life.

i) Psychologically harmful: This type of child-rearing practice is anticipated to be psychologically harmful. It is because, under this type of parenting style, children do not follow their desires and thereby develop anxiety, a sense of insecurity, phobia, etc.

j) Psychological control over children: These child-rearing practices always try to control their children psychologically, which hampers children's verbal expression, individuality, and attachment to parents.

Impact of authoritarian child-rearing practices on children:

Children of authoritarian child-rearing practices tend to be:

- Distrustful of others
- Poor communication skills
- Adjustment problems
- Lower self-esteem and self-confidence
- Problems in maintaining relationships
- Less warmth and responsiveness
- Reduces critical thinking capacity

- Lack of emotional control and emotional maturity

2. Permissive child-rearing practices

Permissive child-rearing practices indicate a kind upbringing that is friendly and accepting. However, this parenting style or child-rearing- practices are uninvolved. The idea of permissive child-rearing practices can be clarified by the undermentioned points:

- This type of parenting style provides sufficient autonomy to the children to pursue their interests.
- This parenting style does not impose restrictions unnecessarily.
- Child-rearing practices characterized by permissiveness involve the establishment of minimal rules and boundaries for children.
- Children's needs and desires are often met with high responsiveness by permissive parents.
- The emphasis on children's happiness and well-being over the imparting of responsibility may be a priority for permissive parents.
- Permissive parents may experience difficulty enforcing routines or schedules.
- A fear of disappointing or upsetting their children may be present in permissive parents.
- Permissive child-rearing practices are usually nurturing and loving towards their children.
- The parents' strict discipline practices rather demonstrate a friendly attitude in this type of parenting.
- Children are given the freedom to voice their opinions before their parents.

Impact of Permissive child-rearing practices on children:

Children of permissive child-rearing practices tend to be:

- Children may become less disciplined.
- Children may develop insecure feelings due to proper structure and guidance in the family.
- Difficulty in self-control and emotional regulation.
- Increasedthe risk of substance use.

- Least exploratory.
- Aggressive.

3.Uninvolved child-rearing practices

Parents who practice uninvolved parenting, commonly referred to as neglectful or indifferent parenting, exhibit a deficiency in emotional engagement, response, and guidance. Low levels of parental control, attention, and support are characteristics of this type. Parents who are not interested do not provide their kids with the emotional attention they require, do not pay any attention to them, and do not support a "tough" approach. They encourage harmful behavior from their adult children and do not impose boundaries, norms, or expectations. Children with absentee parents frequently have difficulty controlling their emotions, forming bonds, and interacting with others. In addition, bad behaviors, low self-esteem, poor academic achievement, and substance abuse may be experienced by them.

Impact of Uninvolved child-rearing practices on children:

- Children with this upbringing often remain emotionally detached from their parents and thereby depressed.
- Parents often devote a limited amount of time and energy to their children in the context of these child-rearing practices, which can lead to their children feeling isolated.
- Parents frequently fail to pay attention to the academic and social needs of their children, which can have a detrimental impact on the development of their children.
- It is strictly forbidden for children to express their opinions.
- There is a lack of adequate guidance for the children.
- There is a chance of reducing self-esteem and confidence among the children in these child-rearing practices.
- It is also difficult to maintain a healthy parent-child relationship.
- Children may develop feelings of being neglected and rejected by their parents.
- This upbringing style may have a long-lasting impact on the mental health of the children due to the communication gap with their parents.\

4. Authoritative Child-rearing practices

The term "child-centric approach" describes the authoritarian child-rearing procedures used to nurture children. Through the promotion of mutual understanding between parents and children, this parenting style adheres to the principle of equality rather than maintaining hierarchy. This parenting style places a significant amount of emphasis on the reciprocal connection that takes place between parents and children. The goal is to foster the development of a sense of collaboration and security in the children.

Impact of Authoritative child-rearing practices on children:

- Children are well-adjusted with the diverse situations of life.
- This parenting style helps in developing emotional maturity among the children.
- Children become responsive towards the changes taking place around them.
- This parenting style promotes mutual understanding and friendship with the parents.
- In general, children who are brought up using this method of parenting tend to have better levels of self-esteem and confidence.
- It is possible for children to develop social skills when they grow up with an authoritative parenting style since they tend to engage in healthy discourse with their parents.
- Usually, children coming from an authoritative family have a strong sense of security and trust in their parents due to parental cooperation and understanding.

CHECK YOUR PROGRESS



3. What do you mean by child-rearing practices? Discuss the parental responsibilities in child-rearing practices.

4.What are the distinguishing characteristics of authoritarian child-rearing practices, and how do they impact children's emotional and psychological development compared to other parenting styles?

5. What are the defining characteristics of authoritarian child-rearing practices, and how do they shape children's behavior and attitudes?
6. What are the key signs of uninvolved child-rearing practices, and how do they impact children's emotional development, academic performance, and social relationships?

12.7 PERSONALITY DEVELOPMENT OF CHILDREN AT HOME

The process of personality development is complex and extends beyond the confines of formal institutions of education. Although education and educational settings have a substantial impact on the formation of our knowledge and abilities, it is critical to acknowledge that personality development is a perpetual process that takes place over the course of our lives, including in our homes. Promoting personal development within the home environment becomes a collective responsibility on the part of family members, parents, and the individuals themselves. According to Dweck (2006), adopting a growth mindset is crucial for enhancing personality traits. A growth mindset emphasises learning, resilience, and adaptability. Rather than fearing mistakes, individuals with a growth mindset embrace them as opportunities for growth. Effort, practice, and learning lead to improvement, making this mindset a powerful catalyst for personal development. Moreover, effective communication skills play a pivotal role in shaping one's personality. Active listening, clear articulation of thoughts, and empathy contribute to meaningful interactions. As asserted by Covey (1989), "Seek first to understand, then to be understood." This principle underscores the importance of empathetic communication in building strong relationships and self-awareness. Stepping out of one's comfort zone is another strategy for personality development. As Bandura (1997) suggests, exposure to novel experiences fosters confidence, resilience, and adaptability. Whether it involves learning a new skill, volunteering in the community, or exploring diverse hobbies, venturing beyond familiar boundaries contributes significantly to personal growth.

In summary, personality development at home involves intentional self-improvement, a growth mindset, effective communication, and stepping out of comfort zones. By incorporating these strategies, individuals can enhance their overall well-being and contribute positively to their personal and professional lives.

12.8 ROLE OF PARENTS IN THE PERSONALITY DEVELOPMENT OF THE CHILDREN AT HOME

- **Positive reinforcement**: Encouraging and praising children for their efforts and achievements helps boost their self-esteem and confidence.
- **Setting boundaries**: Establishing clear rules and boundaries at home teaches children about discipline, respect, and responsibility.
- **Effective communication**: Open and honest communication between parents and children fosters trust, understanding, and emotional intelligence.
- **Encouraging independence**: Allowing children to make decisions, solve problems, and take on responsibilities helps them develop autonomy and self-reliance.
- **Providing a nurturing environment**: Creating a safe, loving, and supportive home environment helps children feel secure and nurtured, which is essential for their emotional development.
- **Teaching empathy and compassion**: Modeling empathy, kindness, and compassion towards others helps children develop strong interpersonal skills and a sense of social responsibility.
- **Promoting creativity**: Encouraging children to explore their interests, express themselves creatively, and think outside the box fosters innovation, imagination, and problem-solving skills.
- **Cultivating resilience**: Teaching children how to cope with challenges, setbacks, and failures helps them build resilience, perseverance, and a positive attitude towards adversity.

- **Instilling values**: Teaching children about values such as honesty, integrity, respect, and empathy helps shape their moral compass and ethical decision-making.
- **Leading by example:** Parents serve as role models for their children, so demonstrating positive behaviours, attitudes, and values sets a strong foundation for their personality development.



CHECK YOUR PROGRESS

7.What do you mean by personality development? Explain the personality development of children at home.

8. Discuss the role of parents or family in the personality development of children at home.



12.9 LET US SUM UP

- The home environment significantly influences mental health, emphasizing the need for attention to its design and maintenance.
- Objectives include understanding the home's impact on mental health, recognizing related problems, and strategies for improvement.
- Family conflicts, lack of communication, and domestic violence are major contributors to children's mental health issues at home.
- Lack of parental support, chronic poverty, and unstable housing further exacerbate mental health challenges.
- Provision for mental health at home involves meeting emotional needs, providing security, and addressing legitimate needs.
- Liberation from repression, discipline, and play therapy are essential for maintaining children's mental well-being.
- Authoritarian, permissive, uninvolved, and authoritative are the main types of child rearing practices.
- Authoritarian parenting emphasizes strictness, obedience, and lack of emotional support, impacting children negatively.
- Permissive parenting grants autonomy but lacks structure, leading to undisciplined and insecure children.

- Uninvolved parenting neglects emotional engagement, resulting in emotionally detached and insecure children.
- Authoritative parenting balances discipline with responsiveness, fostering emotional maturity and confidence in children.
- Parental responsibilities in child rearing include physical security, emotional support, and moral development.
- Effective communication, setting boundaries, and nurturing independence are crucial for personality development at home.
- Promoting a growth mindset, stepping out of comfort zones, and active listening contribute to personal growth.
- Positive reinforcement, effective communication, and nurturing environment are key aspects of parental role in personality development.
- Encouraging independence, teaching empathy, and promoting creativity are essential for holistic development.
- Cultivating resilience, instilling values, and leading by example shape children's moral and ethical compass.
- The chapter emphasizes the collective responsibility of families, parents, and individuals in fostering mental health and personality development.
- Strategies such as creating a conducive home environment and practicing positive parenting styles are essential for nurturing well-being.
- Understanding the interplay between home environment, parenting styles, and individual traits is crucial for promoting holistic development in children.

12.10 FURTHER READINGS

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12.11 ANSWER TO CHECK YOUR PROGRESS

12.12 POSSIBLE QUESTIONS

1. What is the significance of the home environment to mental health, and how can it impact an individual's overall well-being?
2. Discuss the common problems related to mental health that can arise in the home environment, particularly for children. How can these issues be addressed?
3. Explain the provision for maintaining the mental health of children at home. What strategies can parents employ to ensure a positive environment for their children's well-being?
4. Define child rearing practices and discuss their importance in fostering holistic development in children. How do these practices contribute to a child's emotional, social, and cognitive growth?
5. Describe the four main types of child rearing practices (authoritarian, permissive, uninvolved, and authoritative) and their respective impacts on children's development. How do these parenting styles shape children's behaviour and attitudes?
6. What are the distinguishing characteristics of authoritarian child-rearing practices, and how do they impact children's emotional and psychological development compared to other parenting styles?
7. Discuss the role of parents in personality development at home. How do positive reinforcement, effective communication, and nurturing environment contribute to shaping children's personalities?
8. How can parents promote resilience, empathy, and creativity in their children through effective parenting practices? Discuss the importance of instilling values and leading by example in fostering holistic development.
9. Explain the concept of a growth mindset and its significance in personality development. How can individuals cultivate a growth mindset, and what are its benefits for personal growth and well-being?
10. What are the collective responsibilities of families, parents, and individuals in fostering mental health and personality development? Discuss the strategies and approaches that can be adopted to create a supportive and nurturing environment for overall well-being.

UNIT-13: HEALTH POLICIES AND HEALTH ORGANIZATIONS

UNIT STRUCTURE

13.1 Learning Objectives

13.2 Introduction

13.3 Issues of Health Care in India

13.4 National Health Policy in India

13.5 Functioning of various Nutrition and Health Organisation

13.6 Let Us Sum Up

13.7 Further Readings

13.8 Answers to Check Your Progress

13.9 Model Questions

13.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- explain the issues of heath care services in India
- elaborate the relevance of the National Health Policies in the context of India
- discuss the role and initiatives of health organisations prevalent in India

13.2 INTRODUCTION

Right from the time of Independence, the Government of India has stated: "Yes, the health of the Indians is our responsibility." Article 47 of the Indian Constitution states: "The State shall regard the raising of the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties." Even in the NHP 2002, 2017, the Government has acknowledged that it has a key role to play in providing and financing health. Therefore, after this policy effect, various provisions and schemes are made and implemented for protecting, preventing and promoting the health-related issues for the citizens of India. After the Bhore Committee report of 1946, and Alma Ata conference in 1978, health has

been considered an important aspect for human development in our country. Although the life expectancy of the people of India has increased and the mortality rate has fallen, India still remains the host to many communicable diseases. In this regard, financing is the most important factor for implementing a policy in the proper form. Besides the National Health Policy shows that health is still a cause of concern in terms of ensuring health security to all. Still, there is a high variation among the states in terms of IMR, MMR, Institutional delivery, Numbers of anaemic patients etc. In this Unit, we are going to discuss the health issues of India and various intervention and policies adopted by the Government from time to time.

13.3. ISSUES OF HEALTH CARE IN INDIA

Empowerment makes people self-worthy, promotes the productive activity of men and women, and calls for greater inputs in education, training, health, protection of rights and employment opportunities. It enhances people's participation in economic, political, social, and educational fields, and helps in realizing the need to protect and promote the aspects of social securities. Empowerment is the key to development, because it reduces ignorance, backwardness, helplessness and resistance to downward change. Therefore, in order to promote the welfare of the state, social security should be provided to both men and women. The schemes and programmes which are implemented for empowering people should make them feel that they are socially secured and economically protected in their day to day life. The various means under the social security schemes on health, education and employment should be designed in such a way that they can ensure the capacity of the people particularly the marginalized one and make them empowered in real terms.

In the context of health, various preventive, protective, and promoting measures have been taken. After the recommendations of Bhore Committee (1946), the Alma Ata Declaration (1978), National Health Policy (1983, 2002, and 2017), National Population Policy (2000), various Government centric as well as State-centric schemes had been implemented by the Public

Health System. Even Article 25 of Universal Declaration of Human Rights states Health Care to be one of the basic human rights. But still, Infant Mortality Ratio (IMR), Maternity Mortality Ratio (MMR), Birth and Death Rate have been found alarming in the entire state.

In 2020-21, IMR (Infant Mortality Ratio) for the country has come down to 28 in 2020 from 50 in 2019, a decrease of 22 points over last 11 years. In case of MMR (Maternal Mortality Ratio) is still a challenging issue, as in 2018-2020, there was 97 MMR, whereas it was 178 in the year 2010-2012. However, the state like Assam has the highest MMR i.e. 195 in 2018-2020, whereas it was 328 during 2010-2012.

As we know health is a state subject, however, in the context of Assam, if we look at the rate of institutional delivery, 84.1% registered for the institutional delivery, still more than 15% are home delivery. 65.9% anaemic patient in Assam in the age group of 15-49. The specific factors for higher mortality rate identified by various studies are miscarriage,abortions, foetal wastage, and teen-age pregnancy happening mostly in the low income groups. One study reported that pregnancy wastage of malnourished mothers was 30 percent in 1972. Much of the pregnancy lost and the prenatal mortality and still births were the result of premature births which itself is a consequence of iron deficiency during pregnancy (Usmani, B. D. 2004). Moreover, National Family Health Survey III has provided the information that half of the women received antenatal care from doctors, and 23 percent received from ANMs, nurses, midwives. Almost 98 percent women with 12 or more years of education received antenatal care, compared to 62 percent of women with no education. The overall antenatal care received from doctors is available more in the urban areas than in the rural areas, whereas antenatal care received from other types of health personnel like ANMs, nurses, midwives is more common in the rural areas. Therefore, for maintaining good health and reducing the health related risks, the Government of India should implement various schemes and programmes particularly meant for women.

Right from the time of Independence, the Government of India has stated: “Yes, the health of the Indians is our responsibility.” Article 47 of the

Indian Constitution states: “The State shall regard the raising of the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties.” Even in the NHP 2002, the Government has acknowledged that it has a key role to play in providing and financing health. Therefore, after this policy effect, various provisions and schemes are made and implemented for protecting, preventing and promoting the health-related issues for the citizens of India. After the Bhore Committee report of 1946, and Alma Ata conference in 1978, health has been considered an important aspect for human development in our country. Although the life expectancy of the people of India has increased and the mortality rate has fallen, India still remains the host to many communicable diseases. In this regard, financing is the most important factor for implementing a policy in the proper form. But the national health-budget allocations are steadily decreasing. In 1986, the Government’s allocation of funds for the health sector was more than 1.5 percent from the total budget in a year. But gradually, the importance declined from 1987 to 2000, as the allocation was limited only to 0.9 percent which was one of the lowest in the world.Countries like Bangladesh and Sub-Saharan Africa spend about 3 percent of their GDP on health. In recent years, India’s health expenditure as a percentage of GDP has shown a modest increase. As of the fiscal year 2022-23, health expenditure was at 2.1% of GDP, up from 2.2% in the previous year, which marked an improvement from 1.6% in FY21 (Financial Year 2021). However, this remains below the pre-pandemic levels and is relatively low compared to global standards.

The Indian government’s focus on healthcare has been increasing, with significant investments aimed at improving access to health services. Despite these efforts, the overall public health expenditure remains limited, with much of the spending still shouldered by individuals through out-of-pocket expenses.

Although the rate of IMR has declined, the degree of achievement in this demographic area in a decade-long period is certainly too small compared to the efforts and expenditure the Government has incurred on

health care and family welfare. Apart from this, if we particularly focus on the inter-state variation with respect to MMR, Assam still has a high-maternal mortality rate compared to many of its counterparts.



CHECK YOUR PROGRESS

Q1: Write a brief note on the issues of health care services in India

13.4 NATIONAL HEALTH POLICY IN INDIA

As we have already discussed about the background of health policy adopted by the Government from time to time for ensuring universal health care facilities to all the citizens of the country. The Health Policy which was implemented in the year 2002 and2017 could be considered for understanding the holistic health care facilities in the context of India as well as across the states.

India has developed and revised its National Health Policy (NHP) several times to address the evolving health needs and challenges of its population. Here is a summary of the health policies from 2002 and 2017.

National Health Policy 2002

The National Health Policy of 2002 aimed to achieve an acceptable standard of good health among the general population. It emphasized increasing access to decentralized public health systems, ensuring more equitable access to healthcare across social and geographical divides, and reducing the burden of disease. Key initiatives included strengthening primary healthcare services, expanding public health infrastructure, and promoting the integration of traditional and modern systems of medicine.

The National Health Policy 2002 of India aimed to address the country's healthcare challenges by emphasizing an increase in public health investment, strengthening the primary healthcare system, and ensuring equitable access to health services.

Key objectives included:

1. Increase in Public Health Expenditure: The policy proposed to increase public health spending from 0.9% to 2% of GDP to provide better healthcare services.

2. Universal Access to Health Services: It emphasized the need for universal access to primary healthcare, especially in rural and underserved areas.

3. Focus on Primary Healthcare: Strengthening primary healthcare infrastructure, including enhancing the availability of essential drugs and improving maternal and child health services.

4. Disease Control Programs: The policy supported intensified efforts for controlling communicable diseases and addressing the growing burden of non-communicable diseases.

5. Regulation and Quality Control: It called for better regulation of the private health sector and measures to ensure quality control in both public and private healthcare services.

6. Human Resources for Health: The policy stressed the importance of training and capacity-building of healthcare professionals.

7. Public-Private Partnerships: Encouraging public-private partnerships to enhance healthcare infrastructure and service delivery.

Overall, the National Health Policy 2002 aimed to create a more equitable, accessible, and efficient healthcare system in India.

National Health Policy 2017

The 2017 National Health Policy marked a significant update, replacing the 2002 policy. It aimed to attain the highest possible level of health and well-being for all age groups through preventive and promotive health care. The policy emphasized increasing public health expenditure to 2.5% of GDP, reducing out-of-pocket expenses, and ensuring universal access to good quality healthcare services without financial hardship. Key initiatives included the Ayushman Bharat program, which launched the Pradhan Mantri Jan Arogya Yojana (PM-JAY) for health insurance and the establishment of Health and Wellness Centres (HWCs) to provide

comprehensive primary healthcare. By 2022, the health policy initiatives were heavily influenced by the ongoing COVID-19 pandemic, leading to a focus on strengthening the healthcare infrastructure, improving digital health services, and enhancing public health preparedness. The Ayushman Bharat Digital Mission aimed to create a digital health ecosystem that included unique health IDs for individuals and health facilities, enabling better management of health records and service delivery. Additionally, efforts were directed toward expanding the coverage and quality of health services under the Ayushman Bharat scheme and other public health programs.

Each of these policies reflects India's efforts to adapt to changing health dynamics and ensure that the population has access to necessary healthcare services. The ongoing revisions and updates are part of a broader strategy to improve health outcomes and achieve universal health coverage. India's National Health Policy (NHP) is a comprehensive framework designed to guide the development and implementation of healthcare services in the country. The National Health Policy 2017, builds on previous policies and aims to address contemporary challenges in the healthcare sector. Here are key highlights and objectives of the National Health Policy 2017:

Objectives and Goals

- Universal Health Coverage (UHC): The primary objective is to ensure that everyone has access to comprehensive healthcare services without suffering financial hardship. This includes promotive, preventive, curative, rehabilitative, and palliative care.
- Quality of Care: Improving the quality of healthcare services at all levels, ensuring adherence to standards, and enhancing patient safety.
- Equity: Reducing disparities in access to healthcare across different sections of the society, particularly among disadvantaged and underserved populations.
- Affordability: Making healthcare affordable through a combination of government funding, health insurance schemes, and reducing out-of-pocket expenses.

- Preventive and Promotive Health: Emphasizing the importance of preventive healthcare and promoting healthy lifestyles to reduce the incidence of diseases.

Key Strategies and Approaches

- Strengthening the Healthcare System:
  - ➢ Infrastructure: Enhancing healthcare infrastructure at the primary, secondary, and tertiary levels.
  - ➢ Human Resources: Addressing the shortage of healthcare professionals through better training, recruitment, and retention strategies.
  - ➢ Technology and Digital Health: Leveraging technology to improve healthcare delivery, including the implementation of electronic health records and telemedicine services.
- **Financial Protection:**
  - ➢ Ayushman Bharat: Implementing the Ayushman Bharat scheme, which includes the Pradhan Mantri Jan Arogya Yojana (PM-JAY) for secondary and tertiary care hospitalization.
  - ➢ Health Insurance: Expanding health insurance coverage to cover a larger portion of the population.
- **Public Health and Primary Care:**
  - ➢ Health and Wellness Centers (HWCs): Establishing HWCs to provide comprehensive primary healthcare services, including maternal and child health services, non-communicable disease management, and basic diagnostic services.
  - ➢ National Health Mission (NHM): Strengthening the NHM to improve access to essential healthcare services in rural and urban areas.
- **Regulation and Governance:**
  - ➢ Policy and Regulation: Enhancing regulatory mechanisms to ensure the quality and safety of healthcare services.
  - ➢ Governance: Promoting transparency, accountability, and good governance practices in the healthcare sector.

- **Health Financing:**

➢ Public Spending: Increasing public expenditure on health to at least 2.5% of GDP.

➢ Efficient Allocation: Ensuring efficient allocation and utilization of resources to maximize health outcomes.

- **Implementation and Monitoring**

➢ Public-Private Partnerships (PPPs): Encouraging PPPs to leverage private sector expertise and resources in healthcare delivery.

➢ Community Participation: Involving communities and local bodies in planning and monitoring health programs to ensure they are responsive to local needs.

➢ Monitoring and Evaluation: Establishing robust monitoring and evaluation systems to track progress and make data-driven decisions.

- **Challenges and Future Directions**

➢ Implementation Gaps: Addressing gaps in the implementation of health policies and programs, particularly in rural and remote areas.

➢ Disease Burden: Tackling the dual burden of communicable and non-communicable diseases, with a focus on emerging health threats.

➢ Resource Constraints: Ensuring adequate funding and resources for the healthcare sector, including addressing inefficiencies and corruption.

The National Health Policy 2017 reflects India's commitment to improving the health and well-being of its population through comprehensive and inclusive strategies. Its success depends on effective implementation, collaboration among stakeholders, and continuous evaluation and adaptation to emerging health challenges.



CHECK OUR PROGRESS

Q 2: Why do you think that health policy is needed for ensuring universal health facilities to the citizens?

13.5 FUNCTIONING OF VARIOUS NUTRITION AND HEALTH ORGANISATION

Various nutrition and health organizations play critical roles in promoting public health, advancing nutrition science, and supporting the development of policies and programs aimed at improving health outcomes. India has a multifaceted approach to nutrition and health, encompassing various organizations and initiatives aimed at improving the well-being of its population. Here is an overview of the functioning of key nutrition and health organizations in India:

National Institute of Nutrition (NIN)

NIN, established in 1918, which is a premier nutrition research institute under the Indian Council of Medical Research (ICMR).

Functions of NIN:

Conducts research on various aspects of nutrition, including dietary requirements, nutritional deficiencies, and the impact of nutrition on health.

Provides dietary guidelines for Indians.

Engages in training and capacity-building programs for nutrition professionals.

Monitors and evaluates nutrition programs and policies.

The National Institute of Nutrition (NIN) is a premier nutrition research institution based in India.

NIN is dedicated to various aspects of nutrition research, focusing on the nutritional needs of the Indian population and addressing public health issues related to nutrition. Through its extensive research and policy support, the National Institute of Nutrition continues to play a pivotal role in improving the nutritional health and well-being of the Indian population.

Food and Nutrition Board (FNB)

FNB is a governmental body under the Ministry of Women and Child Development.

Functions of FNB:

- Implements nutrition education and extension programs.
- Develops and promotes guidelines for a balanced diet.
- Supervises and supports the implementation of the Integrated Child Development Services (ICDS) scheme.
- Conducts surveys and studies to assess the nutritional status of the population.

Indian Council of Medical Research (ICMR)

ICMR is the apex body in India for the formulation, coordination, and promotion of biomedical research.

Functions of ICMR:

- Conducts and supports research in areas related to public health and nutrition.
- Provides policy recommendations based on research findings.
- Develops and promotes guidelines for disease prevention and health promotion.
- Collaborates with international health organizations for global health initiatives.

The Indian Council of Medical Research (ICMR) is the apex body in India for the formulation, coordination, and promotion of biomedical research. It is one of the oldest and largest medical research bodies in the world.

ICMR's primary objectives include:

- Conducting and supporting biomedical research
- Translating research into action for public health benefit
- Formulating and updating guidelines for health practices and policies
- Addressing health issues of national priority, such as infectious diseases, non-communicable diseases, reproductive health, and nutrition

Major Initiatives and Achievements of ICMR:

- Disease Surveillance: Establishment of networks for disease monitoring and outbreak response

- Vaccine Development: Development and evaluation of vaccines, including the indigenous COVID-19 vaccine, Covaxin

- Collaborative Research: Partnerships with international organizations, universities, and research bodies

- Public Health Guidelines: Issuing guidelines for disease management, health policies, and clinical practices

- Capacity Building: Training programs for researchers, healthcare professionals, and policy-makers

ICMR continues to be a cornerstone of India's healthcare research and development, contributing significantly to both national and global health.

Indian Dietetic Association (IDA)

IDA is a professional body of dietitians and nutritionists in India.

Functions of IDA:

- Promotes the profession of dietetics and nutrition through advocacy, education, and research.

- Provides accreditation and continuous professional development opportunities for its members.

- Engages in public education and awareness programs on healthy eating and nutrition.

World Health Organization (WHO) - India

WHO-India works in collaboration with the Indian government to improve health outcomes.

Functions of WHO-India:

- Provides technical support for health programs and policies.

- Conducts research and disseminates health information.

- Assists in emergency response and outbreak management.

- Promotes health equity and strengthens health systems.

The World Health Organization (WHO) has a significant presence and role in India, focusing on various public health initiatives and supporting

the country's health system. WHO India's work encompasses a broad range of activities aimed at improving health outcomes, addressing diseases, and supporting health policies.

Key Areas of WHO India's Work:

1. Disease Prevention and Control: WHO India collaborates with the Indian government on controlling and eliminating diseases such as tuberculosis, HIV/AIDS, and malaria. They provide technical support, surveillance, and resources for vaccination programs, including efforts to eradicate polio and improve immunization coverage in hard-to-reach areas.

2. Health System Strengthening: WHO supports initiatives to enhance the healthcare infrastructure and ensure universal health coverage (UHC). The organization assists with policy development, quality assurance, and capacity building. Notable programs include Ayushman Bharat, which aims to provide comprehensive primary healthcare and financial protection through insurance schemes.

3. Maternal and Child Health: Efforts to improve maternal and child health are a priority. WHO India works on reducing maternal and infant mortality rates through improved healthcare services, education, and outreach programs. The organization also supports nutritional programs and initiatives to promote safe motherhood and child health practices.

4. Public Health Emergencies: WHO India plays a crucial role in managing public health emergencies, including responses to disease outbreaks and natural disasters. They provide guidance on preparedness, response, and recovery efforts to mitigate the impact of health crises.

5. Health Promotion and Disease Prevention: WHO advocates for healthy lifestyles and preventive measures to combat non-communicable diseases (NCDs) such as diabetes, cardiovascular diseases, and cancers. Programs focus on promoting physical activity, healthy diets, and reducing tobacco and alcohol use.

During the COVID-19 pandemic, WHO India provided substantial support in terms of technical guidance, coordination, and resources for testing, treatment, and vaccination efforts. They also supported the development of the National Pandemic Preparedness Plan.

UNICEF - India

UNICEF-India focuses on the rights and well-being of children, including their nutrition and health.

Functions of UNICEF-India:

- Implements programs to reduce child malnutrition and improve maternal health.

- Supports government initiatives like ICDS and the National Health Mission.

- Conducts advocacy and awareness campaigns on child nutrition and health.

- Provides emergency assistance in response to humanitarian crises.

UNICEF India is deeply involved in numerous initiatives aimed at improving the lives of children and adolescents across the country. Celebrating 75 years of partnership with the Government of India, UNICEF's mission is to ensure that every child born in India has the best start in life, thrives, and reaches their full potential.

Key areas of focus for UNICEF India include:

1. Early Childhood Development: Ensuring that children receive proper nutrition, healthcare, and early education. Programs like the Integrated Child Development Service (ICDS) are vital in this regard, supported by community workers like Snehamaya Das, who play a crucial role in delivering services at the grassroots level.

2. Education: Promoting access to quality education for all children, with a particular emphasis on girls' education and STEM (science, technology, engineering, and mathematics) fields. This includes initiatives to keep children in school and support their learning, especially during emergencies.

3. Health and Nutrition: Addressing issues like malnutrition, immunization, and maternal health. This includes campaigns to promote vaccination and the distribution of essential health supplies.

4. Gender Equality and Empowerment: Working to ensure that girls and boys have equal opportunities. Programs focus on ending child

marriage, promoting menstrual hygiene, and advocating for gender equality in all aspects of life.

5. Youth Engagement: UNICEF India has also started engaging young leaders to advocate for issues like climate action, mental health, and innovation. Recently, Bollywood actress Kareena Kapoor Khan was appointed as the National Ambassador, alongside four youth advocates who focus on key issues affecting children and young people.

UNICEF India operates in collaboration with various partners, including government bodies, other NGOs, and community leaders, to maximize its impact.

National Health Mission (NHM)

National Rural Health Mission (NRHM)was launched in 2005. NRHM aims to improve healthcare delivery in rural areas.

Functions of NRHM:

- Strengthens healthcare infrastructure and services in rural regions.

- Enhances community participation and decentralizes health planning.

- Focuses on maternal and child health, disease control, and health promotion.

The National Health Mission (NHM) is a flagship initiative by the Government of India to provide accessible, affordable, and quality healthcare to the country's vast population. The Key components of NHM include:

1. Maternal and Child Health: NHM focuses on reducing maternal and infant mortality rates through programs like Janani Suraksha Yojana (JSY) and Rashtriya Bal Swasthya Karyakram (RBSK), which provide financial assistance and healthcare services to pregnant women and children.

2. Universal Immunization Program (UIP): NHM supports immunization services across the country to ensure all children receive essential vaccines to prevent diseases like polio, measles, and hepatitis.

3. National Rural Health Mission (NRHM): Although integrated into NHM, NRHM's objectives are still carried forward, including

strengthening healthcare infrastructure, human resource development, and community participation.

4. National Urban Health Mission (NUHM):NUHM focuses on improving healthcare delivery in urban areas, addressing issues related to slum populations, migrants, and urban poor.

5. Non-Communicable Diseases (NCDs) Control Program: NHM addresses the rising burden of non-communicable diseases like diabetes, hypertension, and cancer through awareness campaigns, screening programs, and promoting healthy lifestyles.

6. National Health Programs:NHM also supports various national health programs such as the National AIDS Control Program (NACP), National Vector Borne Disease Control Program (NVBDCP), and National Tuberculosis Elimination Program (NTEP) to combat specific health challenges.

7. Capacity Building: NHM emphasizes capacity building of healthcare providers at all levels, from community health workers to specialists, to improve the quality of healthcare services.

Overall, NHM plays a crucial role in advancing India's healthcare agenda by addressing disparities, promoting preventive healthcare, and strengthening health systems at the grassroots level.

National Urban Health Mission (NUHM)

NUHM, which was launched in 2013, targeted healthcare needs in urban areas, especially for the urban poor.

Functions of NUHM:

- Provides primary healthcare services in urban slums and underserved areas.

- Strengthens urban healthcare infrastructure.

- Implements community-based health interventions.

National Education Policy (NEP) 2020

NEP 2020 is a comprehensive framework for education reform in India. The National Education Policy (NEP) 2020 in India emphasizes the integration of health and physical education into the school curriculum from

the foundational stage onwards. Here are some key points related to health education in NEP 2020:

1. Holistic Health and Well-being: NEP 2020 aims to promote holistic development, including physical, mental, emotional, and social well-being. Health and physical education are seen as essential components of this holistic approach.

2. Early Childhood Health Education: The policy emphasizes the importance of early childhood care and education, including health and nutrition. Schools are encouraged to provide age-appropriate health education to young learners.

3. Health and Physical Education Curriculum:NEP 2020 recommends integrating health and physical education into the curriculum at all levels of schooling. This includes both theoretical knowledge about health-related topics and practical activities to promote physical fitness.

4. Promotion of Healthy Lifestyles: The policy aims to promote healthy lifestyles among students by fostering habits such as regular physical activity, nutritious eating, and mental well-being practices like mindfulness and stress management.

5. Teacher Training: NEP 2020 underscores the need for teacher training programs to equip educators with the knowledge and skills to effectively teach health and physical education. This includes training on topics such as nutrition, hygiene, fitness, and mental health awareness.

6. Infrastructure and Facilities: Schools are encouraged to provide appropriate infrastructure and facilities to support health and physical education activities. This may include sports equipment, playgrounds, and spaces for yoga and other fitness activities.

7. Collaboration with Health Agencies: The policy suggests collaboration between educational institutions and health agencies to ensure comprehensive health education and support services for students. This may involve partnerships with healthcare providers, NGOs, and government health initiatives.

Overall, the NEP 2020 recognizes the importance of health education in fostering the overall well-being of students and aims to integrate it effectively into the education system at all levels.

These organizations and frameworks collectively contribute to the overall goal of improving public health and nutrition in India through research, policy-making, education, and program implementation.



13.6 LET US SUM UP

- The various means under the social security schemes on health, education and employment should be designed in such a way that they can ensure the capacity of the people particularly the marginalized one and make them empowered in real terms.
- In the context of health, various preventive, protective, and promoting measures have been taken. After the recommendations of Bhore Committee (1946), the Alma Ata Declaration (1978), National Health Policy (1983, 2002, 2017), National Population Policy (2000), various Government centric as well as State-centric schemes had been implemented by the Public Health System.
- Even Article 25 of Universal Declaration of Human Rights states Health Care to be one of the basic human rights. But still, IMR, MMR, Birth and Death Rate have been found alarming in the entire state.
- In 2020-21, IMR (Infant Mortality Ratio) for the country has come down to 28 in 2020 from 50 in 2019, a decrease of 22 points over last 11 years. In case of MMR (Maternal Mortality Ratio) is still a challenging issue, as in 2018-2020, there was 97 MMR, whereas it was 178 in the year 2010-2012. However, the state like Assam has the highest MMR i.e. 195 in 2018-2020, whereas it was 328 during 2010-2012.
- In recent years, India's health expenditure as a percentage of GDP has shown a modest increase. As of the fiscal year 2022-23, health expenditure was at 2.1% of GDP, up from 2.2% in the previous year, which marked an improvement from 1.6% in FY21 (Financial Year 2021). However, this remains below the pre-pandemic levels and is relatively low compared to global standards.
- India has developed and revised its National Health Policy (NHP) several times to address the evolving health needs and challenges of its population.

- The National Health Policy of 2002 aimed to achieve an acceptable standard of good health among the general population. It emphasized increasing access to decentralized public health systems, ensuring more equitable access to healthcare across social and geographical divides, and reducing the burden of disease. Key initiatives included strengthening primary healthcare services, expanding public health infrastructure, and promoting the integration of traditional and modern systems of medicine.
- The 2017 National Health Policy marked a significant update, replacing the 2002 policy. It aimed to attain the highest possible level of health and well-being for all age groups through preventive and promotive health care. The policy emphasized increasing public health expenditure to 2.5% of GDP, reducing out-of-pocket expenses, and ensuring universal access to good quality healthcare services without financial hardship. Key initiatives included the Ayushman Bharat program, which launched the Pradhan Mantri Jan Arogya Yojana (PM-JAY) for health insurance and the establishment of Health and Wellness Centres (HWCs) to provide comprehensive primary healthcare.
- India has a multifaceted approach to nutrition and health, encompassing various organizations and initiatives such as NIN (National Institution of Nutrition), FNB (Food and Nutrition Board), ICMR (Indian Council of Medical Research), IDA (Indian Dietetics Association), WHO-India, UNICEF-India National Health Mission: National Rural Health Mission (NRHM) Framework, National Urban Health Mission (NUHM) Framework, NEP 2020 where the basic aims were to improve the well-being of its population



ACTIVITY

Q 1: Describe the existing issues related to public health care facilities in your locality and elaborate the challenges that you are facing while accessing the public health facilities.

Q 2: How do government health insurance schemes, such as Ayushman Bharat, impact healthcare accessibility and affordability for marginalized populations in India, and what improvements could be made to ensure equitable coverage for all?



13.7 FURTHER READINGS

- National Health Policy 2002, retrieved from: https://main.mohfw.gov.in/sites/default/files/180488929121051791 10National.pdf
- National Health Policy 2017, retrieved from: https://main.mohfw.gov.in/sites/default/files/9147562941489753121.pdf



13.8 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: India's healthcare system faces several challenges, reflecting the country's diverse demographics, socio-economic disparities, and infrastructural limitations. Here are some key issues:

Accessibility: Rural areas and economically disadvantaged populations often lack access to basic healthcare services due to insufficient healthcare infrastructure and a shortage of medical professionals. This leads to disparities in healthcare delivery between urban and rural areas.

Quality of Care: While India has a robust network of healthcare facilities, the quality of care varies widely. Many public hospitals and clinics suffer from overcrowding, inadequate staffing, and a lack of essential medical equipment and supplies. Private healthcare, while often of higher quality, can be expensive and inaccessible to the majority of the population.

Affordability: Healthcare expenses can be a significant burden for many Indians, particularly those from lower-income backgrounds. Out-of-pocket payments for healthcare often lead

to financial hardship or even impoverishment, especially for catastrophic illnesses requiring prolonged treatment or hospitalization.

Infrastructure and Technology: While there have been significant improvements in healthcare infrastructure in recent years, particularly in urban areas, many healthcare facilities still lack essential infrastructure and technology. This includes access to clean water, sanitation, electricity, and medical equipment, hindering the delivery of quality healthcare services.

Healthcare Financing: India's healthcare financing system is fragmented, with a large portion of healthcare expenditures being out-of-pocket. While government-sponsored health insurance schemes have been introduced to provide financial protection to vulnerable populations, coverage remains incomplete, leaving many without adequate protection against healthcare expenses.

Human Resources: India faces a shortage of trained healthcare professionals, including doctors, nurses, and allied health workers. This shortage is particularly acute in rural areas, where the doctor-patient ratio is significantly lower than in urban areas. Additionally, there are concerns about the uneven distribution of healthcare workers across different regions and specialties.

Addressing these challenges requires a multi-faceted approach, including investments in healthcare infrastructure, improvements in healthcare financing and insurance coverage, efforts to enhance the quality and accessibility of healthcare services, and initiatives to train and retain healthcare professionals, particularly in underserved areas.

Ans to Q No 2: Health policy is essential for ensuring universal health facilities to citizens for several reasons:

Equitable Access: Health policies aim to ensure that all citizens, regardless of their socio-economic status, have access to essential health services. Without such policies, healthcare might

be inaccessible or unaffordable for certain segments of the population, leading to disparities in health outcomes.

Public Health Promotion: Health policies focus on promoting public health through preventive measures, such as immunizations, screenings, and health education programs. By implementing these policies, governments can reduce the burden of diseases and improve overall population health.

Resource Allocation: Health policies help in allocating resources efficiently to address the healthcare needs of the population. This includes funding for healthcare infrastructure, medical equipment, medications, and healthcare workforce development.

Quality Assurance: Policies ensure that healthcare services meet certain quality standards and are delivered in a safe and effective manner. Quality assurance measures help in preventing medical errors, improving patient outcomes, and building trust in the healthcare system.

Healthcare System Sustainability: By establishing policies that promote preventive care and early intervention, governments can reduce the long-term costs associated with treating advanced diseases. This contributes to the sustainability of the healthcare system by optimizing resource utilization and reducing the burden on healthcare facilities.

In fact, health policy plays a crucial role in ensuring that all citizens have access to affordable, high-quality healthcare services, thereby promoting better health outcomes and improving overall well-being.

13.9 POSSIBLE QUESTIONS

Q 1: Describe the issues and challenges of health care services in India.

Q 2. How effective have recent health policies been in addressing the major public health challenges faced by India, such as sanitation, malnutrition, and access to healthcare in rural areas?

Q 3. What are the major barriers to the implementation of universal healthcare in India, and what policy changes are necessary to overcome these obstacles?

Q 4. How has the implementation of the Ayushman Bharat scheme impacted healthcare accessibility for marginalized communities in India?

Q 5. What are the major challenges faced by India's public health system, and what strategies could be adopted to address them effectively?

Q 6. What are the key factors influencing maternal and child health outcomes in India, and what policies should be implemented to improve them?

Q 7. Assess the effectiveness of India's National Health Policy in achieving its objectives of promoting equitable healthcare access and achieving universal health coverage.

Q 8. Discuss the contribution of international health organizations like the World Health Organization (WHO) and UNICEF in supporting India's public health initiatives and addressing global health challenges.

Q 9. Describe the role and initiatives taken by the various organisations for promoting health services in India.

UNIT 14: WOMEN AND CHILD HEALTH CARE SCHEMES

UNIT STRUCTURE

14.1 Learning Objectives

14.2 Introduction

14.3 Women and Child Health Care Schemes

- 14.3.1 Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+);
- 14.3.2 Janani Shishu Suraksha Karyakaram (JSSK);
- 14.3.3 Rashtriya Bal SwasthyaKaryakram(RBSK);
- 14.3.4 India Newborn Action Plan (INAP);
- 14.3.5 Adolecent Heatlh-Rashtriya Kishor Swasthya Karyakram (RKSK).

14.4 Let us Sum Up

14.5 Further Readings

14.6 Answer to check your progress

14.7 Model Questions

14.1 LEARNING OBJECTIVES

After going through this unit, learners will be able to:

- identify different schemes related to women and Child and adolescents launched by Government of India;
- make discussion on Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+);
- explain the Janani Shishu Suraksha Karyakaram (JSSK);
- focus on the child care scheme, Rashtriya Bal Swasthya Karyakram (RBSK);
- throw light on the India Newborn Action Plan (INAP);
- explain the schemes on -Adolecent Heatlh- Rashtriya Kishor Swasthya Karyakram (RKSK).

14.2 INTRODUCTION

Health is one of the crucial component of human life. Both men and women are equally contributing towards the development of one's nation. Like the other country, in our country India too, health sector is prioritized. To contribute to the nation's development, each citizen must possess a sound health. To ensure sound health of the citizen, the government of vary country launches some schemes, so that, public can be benefitted through these schemes and contribute towards the nation's development. In India, population of women comprises more than half of the total population of the country. The heath of the women is prioritised as they are contributing in the Nation's development not only by producing future citizen but also creating human resources by nurturing, growing and educating the children. Moreover, there are many cases where women and children more vulnerable to illness, reproductive contradiction. As such, health of the women is placed at top in a country like India, where women are worshiped in the form of Goddesses. Along with the women health, child or new born heath is equally placed important in the national missions. In the earlier unit (13), you have been able to discuss and understand various health Policies and health Organizations of India. Here, in this unit, discussion will be made on various schemes launched by the government of India especially for the women, children and the adolescents. The unit will throw light on the objectives, implementation strategies of these schemes and their impact on transforming the healthcare landscape for women and children nationwide.

14.3 WOMEN AND CHILD HEALTH CARE SCHEMES

India's public health programs mostly rely on its health care schemes for women and children. Its goal is to enhance the welfare and well-being of mothers and children from a variety of socioeconomic backgrounds. The Indian government has put in place a number of policies and schemes to address the unique health requirements of women and children, improve their access to necessary healthcare services, and

encourage general wellness because it recognizes the crucial role that these groups play in the growth of the country.

These programs or schemes aim to address a variety of complex problems, such as infectious diseases, malnourishment, and problems related to reproductive health as well as maternal and child mortality. They highlight India's dedication to accomplishing the Sustainable Development Goals (SDGs), especially Goal 3, which is all about guaranteeing and enhancing everyone's health and well-being at all ages.

India has made significant progress in recent years to improve the health of mothers and children, but there are still persisting inequalities and difficulties, particularly in isolated rural areas and communities that are marginalized. In order to effectively target the most vulnerable groups, these health care plans are always changing, combining creative techniques, utilizing technology, and establishing collaborations. These initiatives which range from nutrition campaigns and vaccination drives to maternal health programs highlight the significance of inclusive and all-encompassing strategies for ensuring the welfare of current and future generations. In the upcoming sub-sections, we will be dealing with some of such schemes.

14.3.1 Reproductive, Maternal, New-born, Child and Adolescent health (RMNCH+)

One of the National Rural Health Mission's top priorities is lowering maternal and infant mortality. The Indian government is investing heavily and strategically to accomplish these objectives. Achieving national health goals under the National Health Mission (NHM) requires improving the health and survival of mothers and children. The goal of SDG Goal 3 is to decrease the death rate of mothers, newborns, and children. Under the national program, creative approaches have developed in recent years to provide evidence-based interventions to a range of population groups.

Reproductive, Maternal, New-born, Child, and Adolescent Health (RMNCH+) is a comprehensive approach that focuses on improving health outcomes for women, new-borns, infants, children,

and adolescents. It encompasses a wide range of interventions aimed at promoting health and preventing diseases across the lifecycle stages of reproduction, pregnancy, childbirth, infancy, childhood, and adolescence.

Reproductive, Maternal, Newborn, Child, Adolescent Health and Nutrition **(RMNCAH+N)** was introduced by the Ministry of Health & Family Welfare in response to the Government of India's "Call to Action (CAT) Summit" in February 2013 to influence the key interventions for reducing maternal and child morbidity and mortality.

The RMNCAH+N strategy is built upon the continuum of care concept and is holistic in design, encompassing all interventions aimed at reproductive, maternal, newborn, child, adolescent health and Nutrition under a broad umbrella, and focusing on the strategic lifecycle approach.

The RMNCH includes:

1. Reproductive Health Services: It includes access to family planning, antenatal care, skilled attendance during childbirth, postnatal care, and prevention and management of sexually transmitted infections.

2. Maternal Health: It ensures safe pregnancy and childbirth, addressing complications during pregnancy and childbirth, and providing postnatal care to mothers.

3. Newborn Health: It covers the care for new-born infants immediately after birth, including essential new-born care practices, prevention and management of neonatal infections, and support for breastfeeding.

4. Child Health: It includes immunizations, treatment of common childhood illnesses, nutritional support, growth monitoring, and development assessments.

5. Adolescent Health: It aims to provide information and services related to sexual and reproductive health, addressing mental health issues, promoting healthy behaviors, and preventing substance abuse.

The RMNCAH+N strategy promotes links between various interventions across thematic areas to enhance coverage throughout the lifecycle to improve child survival in India. The **"plus"** within the strategy focuses on:

- ✓ Inclusion of adolescence as a distinct life stage within the overall strategy.
- ✓ Linking maternal and child health to reproductive health and other components like family planning, adolescent health, HIV, gender, and preconception and prenatal diagnostic techniques.
- ✓ Linking home and community-based services to facility-based services.
- ✓ Ensuring linkages, referrals, and counter-referrals between and among various levels of health care system to create a continuous care pathway, and to bring an additive /synergistic effect in terms of overall outcomes and impact.

Key features of RMNCAH+N Strategy:

The RMNCAH+N strategy approaches include:

- ❖ Strengthening health systems (HSS) with an emphasis on supply chain management, infrastructure, human resources, and referral transport strategies.
- ❖ Setting high-impact interventions in order of priority for different lifecycle stages.
- ❖ Improving the efficacy of investments by giving evidence-based priority to certain geographic areas.
- ❖ Integrated monitoring and accountability through grievance procedures, community involvement, and data set utilization, effective governance, and community involvement.
- ❖ Wide-ranging relationships and collaborations with departments, ministries, development partners, civic society, and other relevant parties.

The RMNCAH+N strategy provides a strong platform for delivery of services across the entire continuum of care, ranging from community to various level of health care system.

Current Status of key RMNCAH+N/RCH Indicators

Indicator	Current status	National Health Policy Target	SDG Target	2030
Maternal Mortality Ratio (SRS, 2015-17)	122	100 by 2020	<70	
Neonatal Mortality rate*	23	16 by 2025	<12	
Infant Mortality Rate*	33	28 by 2019	-	
Under 5 Mortality Rate*	37	23 by 2025	d”25	
Total Fertility Rate*	2.0	Replacement level fertility		

http://nhm.gov.in/images/pdf/RMNCH+A/RMNCH+A_Strategy.pdf

As such it can be asserted that the objectives of RMNCH+ programs are to lower the death rate for mothers and children and to enhance the health of mothers and children, encourage normal growth and development, and provide people the power to make decisions about their own health. To address the multiple factors influencing health across the reproductive, maternal, infant, child, and adolescent stages, these schemes generally combine health education, healthcare services, community outreach, and policy lobbying.



CHECK YOUR PROGRESS

Q.1. What is the goal of SDG Goal3?

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Q.2.When was RMNCAH+N launched?

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_____

Q.3. Fill in the Blank:(RMNCAH+N) was introduced in response to the Government of India's

_____

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_____

Q.4. State two key features of RMNCAH+N?

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_____

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14.3.2 Janani Shishu Suraksha Karyakaram (JSSK)

Another key Health schemes for Mother and maternal health in India is Janani Shishu Suraksha Karyakaram (JSSK). This scheme is based on ***JananiSurakshaYojana (JSY).***Institutional deliveries in India had increased substantially after launched of this JananiSurakshaYojana (JSY). However 25% women still hesitate to access health facilities for delivery due to out of pocket expenditure during stay at health facilities on drugs, diet, and diagnosis and arrangement blood etc.

It is imperative that the mother and her newborn receive critical treatment within 48 hours. For the purpose of identifying and treating postpartum complications, this postnatal phase is essential. Under the National Health Mission (NHM), Janani Shishu Suraksha Karyakaram (JSSK) was launched in June 2011 with the aim of assisting and caring for both sick newborns and expectant mothers. (JSSK) is a government of India program designed to give ill newborns and expectant mothers who seek care and birth at public health facilities free, cashless services.

The program was expanded to include all prenatal and postnatal pregnancy difficulties in 2014, and comparable benefits are now available to all ill newborns and infants up to the age of one who seek treatment at public health facilities.

The key features of JSSK include:

- ✓ Free entitlements such as free and cashless delivery, including caesarean section,
- ✓ Free drugs and consumables,
- ✓ Free diagnostics,
- ✓ Free diet during stay in the health institutions,
- ✓ Free transport from home to institution, between facilities in case of a referral, and drop back home.

CHECK YOUR PROGRESS

Q.5. Fill in the blank:Janani Shishu Suraksha Karyakaram (JSSK) is based on

_ _ _ _



***Image Source**: https://3.bp.blogspot.com*

By guaranteeing that financial barriers do not prevent pregnant women from giving birth at public health facilities, this is an effort of the Government of India effort to lower the rates of maternal and newborn mortality.

14.3.3 Rashtriya Bal SwasthyaKaryakram(RBSK)

This is another initiative of Government of India launched with a view to protect health of the children. The Rashtriya Bal Swasthya Karyakram (RBSK) is a program to improve the overall quality of life of children and provide comprehensive care to all the children in the community. It involves screening children from birth to 18 years of age for ***four Ds: Defects at birth, Diseases, Deficiencies, and Development delays.*** The program covers 32 common health conditions for early detection and free treatment and management, including surgeries at tertiary level. The program was launched in 2013 under the National Health Mission, with the goal of providing comprehensive healthcare to children in India.

At the district level, children with diagnosed medical issues receive follow-up treatment and early intervention services. Additionally, the initiative gives States the freedom to use the services of privately owned hospitals that have signed memorandums of understanding with their respective governments to treat ailments like heart problems and congenital deformities, ensuring that children

receive care on time. Since all of these services are offered without charge, their families can spend less money on therapy out of pocket.

To facilitate screening of children, there is a strong convergence with the Ministry of Women and Child Development for screening children the age group 0 – 6 years enrolled at Anganwadicenters and with the Ministry of Human Resource Development for screening the children enrolled in Government and Government aided schools. The newborns are screened for birth defects in health facilities by the doctors at health facilities and during the home visit by ASHA (peripheral health worker).

District Early Intervention Centers are being established at the district level to handle the follow-up of patients that have been referred and treated. These centers offer a wide range of services that provide developmentally supportive care. In the event that surgical management is necessary, these units also connect the youngsters with tertiary level health services. The Ministry of Social Justice and Empowerment supports the identified children with disabilities by supporting devices such as hearing aids or implants.

Key components of RBSK include :

1. **Screening**: The program offers children up to the age of eighteen a systematic screening process for a range of health issues, such as birth abnormalities, deficits, illnesses, developmental delays, and disabilities.
2. **Early Intervention**: RBSK provides early intervention treatments, such as treatment, therapies, surgeries, and rehabilitation, to children whose health issues are detected.
3. **Follow-up Services**: For children who need ongoing medical attention and assistance for their medical concerns, RBSK makes sure they receive follow-up services on a regular basis.
4. **Community Participation**: In order to promote preventative healthcare practices, increase public knowledge of child health issues, and ease access to healthcare services, the health

scheme places a strong emphasis on community mobilization and involvement.

5. **Integration with Health Systems**: RBSK is integrated into the existing public health infrastructure at various levels, including primary health centres, district hospitals, and medical colleges, to ensure efficient delivery of services.

Considering all its aspect, it can be said that, the Rashtriya BalSwasthyaKaryakram is an important scheme of India to meet the medical demands of children of India and advancing their general wellbeing.



Image Source:

https://www.readermaster.com/wp-content/uploads/2019/11/rashtriya-bal-swasthya-karyakram.jpg

Health Conditions screened under this program

Defects at Birth	Deficiencies
1. Neural tube defect	10. Anaemia especially Severe anaemia
2. Down's Syndrome	11. Vitamin A deficiency (Bitot spot)
3. Cleft Lip & Palate / Cleft palate alone#	12. Vitamin D Deficiency, (Rickets)
4. Talipes (club foot)	13. Severe Acute Malnutrition
5. Developmental dysplasia of the hip	
6. Congenital cataract	
7.Congenital deafness	

8. Congenital heart diseases
9. Retinopathy of Prematurity

Childhood Diseases

15. fungal infection and Eczema)
16. Otitis Media
17. Rheumatic heart disease
18. Reactive airway disease
19. Dental caries
20. Convulsive disorders

14. Goiter

Developmental delays

21. Vision Impairment
22. Hearing Impairment
23. Neuro-motor Impairment
24. Motor delay
25. Cognitive delay
26. Language delay
27. Behaviour disorder (Autism)
28. Learning disorder
29. Attention deficit hyperactivity disorder
30. Congenital Hypothyroidism, Sickle cell anaemia, Beta thalassemia (Optional)
31. Tuberculosis
32. Leprosy

https://nhm.gov.in/index4.php?lang=1&level=0&linkid=499&lid=773



CHECK YOUR PROGRESS

Q.8.When was Rashtriya Bal SwasthyaKaryakram (RBSK) launched?

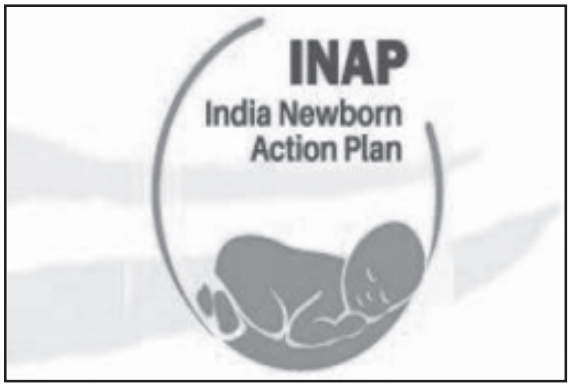
_ _ _ _

Q.11. List out the health condition covered by this scheme under the **Deficiencies?**

_ _ _ _

- Care beyond newborn survival.

India has made significant progress toward enhancing the quality of life for newborns with birth abnormalities or impairments and for those who experience neurodevelopmental delay after illness under the sixth pillar of "care beyond new-born survival." A list of dashboard indicators has been prepared along with a systematic methodology for monitoring and evaluation to ensure effective implementation.



ImageSource:https://static.mygov.in/static/s3fs-public/styles/group/public/388bcc785c11c9722f339a9f5b0a914aca1192de_0_1700469840.jpg

The key objectives of the India New-born Action Plan include:

1. Reduction of neonatal mortality rates: The plan aims to reduce the neonatal mortality rate (deaths within the first 28 days of life) to below 10 per 1000 live births by 2030.

2. Strengthening the health systems: In order to deliver critical new-born care, such as expert attendance at delivery, emergency obstetric care, and postnatal care for both mothers and newborns, INAP focuses on bolstering health systems at all levels.

3. Improving the quality of care: The scheme places a strong emphasis on the necessity of giving newborns high-quality, evidence-based care. This care includes thermal management, early breastfeeding initiation, infection control, and the treatment of preterm and low birth weight babies.

4. Enhancing the community participation: INAP emphasizes community involvement in the development, execution, and oversight of new-born care

programs because it acknowledges the critical role that communities play in supporting the health of infants and young adults.

5. Promoting Equity and reaching vulnerable populations: Reaching vulnerable populations such as infants from underprivileged neighborhoods, rural regions, and urban slums is given top priority in the plan in order to guarantee equal access to critical new-born care services.

The government, non-governmental organizations, civil society organizations, healthcare providers, and communities work together to implement INAP using a multi-sectoral approach. In order to enhance the health outcomes of newborns and help India achieve universal health care, it focuses on evidence-based interventions and technologies.

14.3.5 Adolecen tHeatlh- Rashtriya Kishor Swasthya Karyakram (RKSK)

The RashtriyaKishorSwasthyaKaryakram (RKSK) is a comprehensive program initiated by the Government of India aimed at improving adolescent health across the country. The Ministry of Health and Family Welfare initiated Rashtriya Kishor Swasthya Karyakram (RKSK) on January 7, 2014, to reach out to 253 million adolescents - male and female, rural and urban, married and single, in and out of school adolescents, with a special focus on marginalized and undeserved groups - in order to ensure the holistic development of the adolescent population. RKSK focuses on the unique health requirements of adolescents between the ages of 10 and 19 and addresses issues such as substance misuse, nutrition, mental health, sexual and reproductive health, and non-communicable diseases.

The initiative broadens the focus of adolescent health programming in India; it was previously restricted to sexual and reproductive health; it now covers non-communicable diseases, mental health, substance abuse, injuries and violence (including gender-based violence), and nutrition. The program's approach to

health promotion is its strongest point. The current clinic-based services are being replaced with promotion and preventive initiatives that target teenagers in their homes, communities, and schools. This represents a paradigm shift. Community-based interventions, such as counselor outreach, facility-based counseling, social and behavior change communication, and the development of Adolescent Friendly Health Clinics at all levels of care, are important program drivers.

Adolescents frequently lack the independence or capacity to make their own decisions. RKSK incorporates the community and parents while acknowledging this. The goal is to restructure the current public health system to better serve the needs of young people. Preventive, promotive, curative, and counseling services are included in this core package of services. Adolescents, married and single, girls and boys, receive frequent check-ups at the primary, secondary, and tertiary levels of care during clinic sessions.



Image Source: https://www.godigit.com/content/dam/godigit/directportal/en/contenthm/rashtriya-kishor-swasthya-karyakram.jpg

Key components of the RKSK:

1. Health Education:RKSK places a strong emphasis on providing the adolescents with age-appropriate health education via a variety of channels, including as digital media, community centers, and schools. Topics including diet, mental health, substance misuse, sexual and reproductive health, and cleanliness are all covered in this education.

2. Access to Services: Through the introduction of adolescent-friendly health clinics and the reinforcement of the current healthcare infrastructure, the scheme seeks to expand the accessibility of health services for adolescents. These clinics offer treatment for a range of medical conditions, counseling, and youth-friendly, private services pertaining to sexual and reproductive health.

3. Community Engagement:RKSK encourages community participation in resolving health issues related to adolescents. In relation to adolescent health, it promotes the involvement of parents, educators, community leaders, and peer educators in health education initiatives, awareness campaigns, and decision-making processes.

4. Peer Education: Peer educators from the adolescent community are trained by the program to spread health information and encourage healthy behaviors among their peers. Peer educators promote healthy lifestyle choices by serving as role models.

5. Counselling and Support: RKSK provides counselling and support services to adolescents facing various health challenges, including mental health issues, substance abuse, gender-based violence, and sexual and reproductive health concerns. Trained counsellors offer confidential guidance and support to help adolescents make informed decisions about their health and well-being.

6. Monitoring and Evaluation:In order to determine the impact and efficacy of interventions, the program places a strong emphasis on the monitoring and evaluation of its operations. Frequent data gathering and analysis aids in pinpointing problem areas and provides guidance for developing and implementing future programs.



CHECK YOUR PROGRESS

Q.16. When was RashtriyaKishorSwasthyaKaryakram (RKSK) launched? ———————————————————

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Q.17. What is the target age group of RKSK?

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Q.18. What are the Community-based interventions of RKSK?

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Q.19. State any two key components of RKSK.

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In general, the RashtriyaKishorSwasthyaKaryakram (RKSK) is essential in meeting the various health requirements of Indian adolescents and advancing their general growth and well-being.



14.4 LET US SUM UP

After going through this unit, it can be summarized as:

- To contribute to the nation's development, each citizen must possess a sound health. To ensure sound health of the citizen, the government of each country launches some schemes, so that, public can be benefitted through these schemes and contribute towards the nation's development.
- The Indian government has put in place a number of policies and programs to address the unique health requirements of women and children, improve their access to necessary healthcare services,

and encourage general wellness because it recognizes the crucial role that these groups play in the growth of the country.

- Reproductive, Maternal, Newborn, Child, Adolescent Health and Nutrition (RMNCAH+N) was introduced by the Ministry of Health & Family Welfare in response to the Government of India's "Call to Action (CAT) Summit" in February 2013 to influence the key interventions for reducing maternal and child morbidity and mortality.
- Another key Health schemes for Mother and maternal health in India is Janani Shishu Suraksha Karyakaram (JSSK) which was launched in June 2011 with the aim of assisting and caring for both sick newborns and expectant mothers.
- The RashtriyaBalSwasthyaKaryakram (RBSK) is another program to improve the overall quality of life of children and provide comprehensive care to all the children in the community. It involves screening children from birth to 18 years of age.
- The four D's of RashtriyaBalSwasthyaKaryakram (RBSK) are- Defects at birth, Diseases, Deficiencies, and Development delays.
- Another initiative for the child health in India is **INAP,** The India New-born Action Plan (INAP).
- The strength of INAP is built on its six pillars of intervention packages, impacting stillbirths and new-born health. It includes: Pre-conception and antenatal care; Care during labour and child birth; Immediate newborn care; Care of healthy newborn; Care of small and sick newborn; and Care beyond newborn survival.
- The RashtriyaKishorSwasthyaKaryakram (RKSK) is a comprehensive program initiated by the Government of India aimed at improving adolescent health across the country. The Ministry of Health and Family Welfare initiated Rashtriya Kishor Swasthya Karyakram (RKSK) on January 7, 2014, to reach out to 253 million adolescents - male and female, rural and urban, married and single, in and out of school adolescents, with a special focus on marginalized and undeserved groups - in order to ensure the holistic development of the adolescent population.



14.5 FURTHER READINGS

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3. Ministry of Health & Family Welfare Government of India (2014), *India Newborn Action Plan*

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Web-links:

1. https://nhm.gov.in/index4.php?lang=1&level=0&linkid=499&lid=773
2. http://nhm.gov.in/images/pdf/RMNCH+A/RMNCH+A_Strategy.pdf
3. RBSK-Rashtriya Bal SwasthyaKaryakram :: National Health Mission (nhm.gov.in)
4. RashtriyaKishorSwasthyaKaryakram (RKSK) :: National Health Mission (nhm.gov.in)



14.6 ANSWER TO CHECK YOUR PROGRESS

ANSWER TO Q.NO.1: The goal of SDG Goal 3 is to decrease the death rate of mothers, newborns, and children

ANSWER TO Q.NO.2: (RMNCAH+N) was introduced by the Ministry of Health & Family Welfare in response to the Government of India's "Call to Action (CAT) Summit" in February 2013

ANSWER TO Q.NO.3: "Call to Action (CAT) Summit"

ANSWER TO Q.NO.4: Two Key Features of RMNCAH+N are:

- ❖ Strengthening health systems (HSS) with an emphasis on supply chain management, infrastructure, human resources, and referral transport strategies.
- ❖ Setting high-impact interventions in order of priority for different lifecycle stages.

ANSWER TO Q.NO.5: JananiSurakshaYojana (JSY).

ANSWER TO Q.NO.6: Janani Shishu Suraksha Karyakaram (JSSK) was launched in June 2011

ANSWER TO Q.NO.7: The primary objective of JSSK is to give ill newborns and expectant mothers who seek care and birth at public health facilities free, cashless services

ANSWER TO Q.NO.8: RashtriyaBalSwasthyaKaryakram (RBSK) was launched in 2013 under the National Health Mission

ANSWER TO Q.NO.9: The four D's of RashtriyaBalSwasthyaKaryakram (RBSK) Defects at birth, Diseases, Deficiencies, and Development delays.

ANSWER TO Q.NO.10: At the district level, children with diagnosed medical issues receive follow-up treatment and early intervention services. District Early Intervention Centers are being established at the district level to handle the follow-up of patients that have been referred and treated. These centers offer a wide range of services that provide developmentally supportive care.

ANSWER TO Q.NO.11:

The health condition covered under Deficiency in the RKBS scheme are-

1. Anaemia especially Severeanaemia
2. Vitamin A deficiency (Bitot spot)
3. Vitamin D Deficiency, (Rickets)
4. Severe Acute Malnutrition
5. Goiter

ANSWER TO Q.NO.12:INAP was launched in June 2014 at the World Health Assembly.

ANSWER TO Q.NO.13: The India New-born Action Plan (INAP) is a project aimed at achieving the targets of **"Single Digit Neonatal Mortality Rate**" and **"Single Digit Stillbirth Rate"** by 2030 via coordinated efforts.

ANSWER TO Q.NO.14: ENAP stands for-Every New-born Action Plan

ANSWER TO Q.NO.15: The six pillars of INAP are:

- Pre-conception and antenatal care;
- Care during labour and child birth;
- Immediate newborn care;
- Care of healthy newborn;
- Care of small and sick newborn; and
- Care beyond newborn survival.

ANSWER TO Q.NO.16: The RashtriyaKishorSwasthyaKaryakram (RKSK) was launched on January 7, 2014.

.**ANSWER TO Q.NO.17:** Adolescents between the ages of 10 and 19

ANSWER TO Q.NO.18: Community-based interventions, of RKSK are-counselor outreach, facility-based counseling, social and behavior change communication, and the development of Adolescent Friendly Health Clinics at all levels of care.

ANSWER TO Q.NO.19: Two key components of RKSK:

Community Engagement: RKSK encourages community participation in resolving health issues related to adolescents. In relation to adolescent health, it promotes the involvement of parents, educators, community leaders, and peer educators in health education initiatives, awareness campaigns, and decision-making processes.

4. Peer Education: Peer educators from the adolescent community are trained by the program to spread health information and encourage healthy behaviors among their peers. Peer educators promote healthy lifestyle choices by serving as role models.



14.7 MODEL QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

1. What is RMNCAH+?
2. Write short notes on- RMNCAH+N?
3. What are the components of RMNCAH+N?
4. What is the basis of establishment of JSSK?

5. Discuss briefly some of the key feature of JSSK.
6. When was RashtriyaBalSwasthyaKaryakram (RBSK) launched?
7. How many health conditions are covered under RBSK?
8. What are the health conditions covered by RBSK underDevelopmental delays?
9. How does the scheme of RBSK operate?
10. What are the components of RBSK scheme?
11. When was INAP launched?
12. What is the target of INAP?
13. Name the initiative of Government of India launched for the health of Adolescents.
14. Discuss briefly the components of RKSK.

B. Long Questions (Answer each questions in about 300-500 words)

1. Elaborate the health provisions guaranteed by RMNCAH+N.
2. Discuss about the RashtriyaBalSwasthyaKaryakram scheme of India.
3. Discuss about INAP. Highlight the key objectives of INAP
4. Enumerate the RashtriyaKishorSwasthyaKaryakram (RKSK) of Government of India.
5. Make a comparative analysis between RBSK and INAP schemes launched by Government of India. Which scheme you think to be best applicable in the scenario of Assam?

UNIT 15: PUBLIC AWARENESS OF MENTAL HEALTH AND HYGIENE THROUGH DIGITAL MEDIA

UNIT STRUCTURE

15.1 Learning Objectives

15.2 Introduction

15.3 Importance of Public Awareness of Mental Health and Hygiene through Digital Media

15.4 An introduction to Mobile apps of Government of India

- 15.4.1 NHP
- 15.4.2 No More Tension
- 15.4.3 Pradhan Mantri Surakshit Matritva abhiyan (PM Suman Yojana)
- 15.4.4 My Hospital (Mera aspataal)
- 15.4.5 India Fights Dengue
- 15.4.6 JSK Helpline
- 15.4.7 Ayushman Bhava
- 15.4.8. Arogya Setu
- 15.5.9 Covid-19App

15.5 Let us Sum Up

15.6 Further Reading

15.7 Check Your Progress

15.8 Model Questions

15.1 LEARNING OBJECTIVES

After going through this unit, you will be able to:

- realise the importance of public awareness of mental health;
- know how public can be made aware about the mental health through digital media;
- list out different Mobile Apps of Government of India launched for public awareness;
- identify the uses of these apps and initiative for mental and physicalhealth awareness.

15.2 INTRODUCTION

With this unit, you have come to the closure of this course. After going through the previous units on mental health, it has become crystal clear that mental health is a very significant area to be discussed, focused and to take appropriate care of. Without a sound mental health, it is not possible to lead a sound life. The units discussed so far had focused on how education can play a pivotal role in making people aware about the issue. Mental health education can be provided to a particular section of people through prescribed curricular or co-curricular activities. But, the purpose is to serve all. Mass awareness on mental health is the priority at present time with the view of increasing cases on mental health issue in the families, societies and so on. In today's rapidly evolving digital landscape, everything is quite possible and accessible. Mass or public awareness on the pivotal issue can be done through digital media. In this unit, we will be discussing on how public can be made aware about mental and physical health through digital media and throw light on different Mobile Apps launched by Government of India for public awareness.

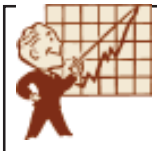
15.3 IMPORTANCE OF PUBLIC AWARENESS OF MENTAL HEALTH AND HYGIENE THROUGH DIGITAL MEDIA

A mentally healthy person is the wealthiest one as he possesses not only a good physical heath but the capacity to tackle all kinds of stress, frustration with rational utilization of the mechanism of adjustments. A mentally healthy parents can maintain proper the mental hygiene for their wards and so on the society. As such, mere sensitizing the children on mental health without sensitizing their parents or community will not serve the goal. In today's rapidly evolving digital landscape, the intersection of technology and healthcare has become increasingly prevalent, particularly in the realm of mental health awareness. As societal attitudes towards mental health continue to evolve, there has been a growing recognition of the importance of raising public awareness and understanding of mental

health issues. Digital media platforms offer unprecedented opportunities to reach wide audiences and disseminate valuable information efficiently and effectively. Social media platforms, online forums, blogs, podcasts, and mobile applications have provided individuals with unprecedented access to a wide variety of mental health information.This accessibility has the potential to break down barriers to information, facilitate open dialogue, and challenge stigmatizing attitudes towards mental illness.

Moreover, digital media provides a platform for diverse voices to be heard, including those with lived experiences of mental health challenges. Personal narratives shared through blogs, videos, or social media posts can humanize mental health issues, fostering empathy and understanding among the public. Additionally, digital platforms offer opportunities for mental health professionals, advocates, and organizations to disseminate evidence-based latest information, resources, and support services to the public for a greater interest.

Though, digital media holds immense potential for advancing mental health awareness, it also presents certain challenges. One must keep in mind to make intelligent use of the digital media. There are many challenges of digital media. One such challenge is the proliferation of misinformation and stigmatizing narratives surrounding mental health online. Misleading content and harmful stereotypes can perpetuate misconceptions and deter individuals from seeking help or support. Moreover, the anonymity afforded by digital platforms can sometimes foster negative behaviors such as cyberbullying or harassment, which can on other hand exacerbate mental health issues. In this regard, concerned authority or user must take preventive measures and update the same on time. Despite these challenges, the potential benefits of leveraging digital media for public awareness on mental health are significant. By harnessing the power of digital platforms, stakeholders can reach diverse audiences, engage in meaningful conversations, challenge stigma, and promote mental health literacy on a global scale. With the complexity of the digital age, it is imperative to use these tools responsibly and ethically so that mental health issues can be discussed more openly and accurately in our society.



CHECK YOUR PROGRESS

Q.1.Why is it important to make public aware about mental health?

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health sectors like disease prevention, promotion of good health via cross-sectoral actions, health investment, strengthening human resources, technological advancements and more. The main objective of the National Health Policy 2017 is to achieve the highest possible level of good health and well-being, through a preventive and promotive health care orientation in all developmental policies, and to achieve universal access to good quality health care services without anyone having to face financial hardship as a consequence.

Four significant goals of the policy:

1. **Changing health priorities:** NHP aimsto tackle the increasing non-communicable and infectious diseases in India.
2. **Growth of the health care industry:** National Health Policy aims to strengthen the health care industry by introducing newer and more advanced technologies.
3. **Lower the expenditure:** This policy also aims to reduce medical expenses and other health-related costs as well as it aims to provide superior services to poor and backward communities.
4. **Economic growth:** It aims to enhance fiscal capacity by boosting economic growth.

Health Status and Programme Impact of NHP:

The NHP aims to have the following impact on the health status of the masses:

A. Life Expectancy and healthy life

- Increasing Life Expectancy at birth from 67.5 to 70 by 2025.
- Establishing regular tracking of Disability Adjusted Life Years (DALY) Index as a measure of burden of disease and its trends by major categories by 2022.
- Reducting of TFR to 2.1 at national and sub-national level by 2025

B. Mortality by Age and/ or cause

- Reducingunder Five Mortality to 23 by 2025 and MMR from current levels to 100 by 2020.
- Reducing infant mortality rate to 28 by 2019.

- Reducing neo-natal mortality to 16 and still birth rate to "single digit" by 2025.

C. Reduction of disease prevalence/ incidence

- Achieving the global target of 2020 which is also termed as target of 90:90:90, for HIV/AIDS i. e,- 90% of all people living with HIV know their HIV status, - 90% of all people diagnosed with HIV infection receive sustained antiretroviral therapy and 90% of all people receiving antiretroviral therapy will have viral suppression.
- Achieving and maintaining the elimination status of Leprosy by 2018, Kala-Azar by 2017 and Lymphatic Filariasis in endemic pockets by 2017.
- Achieving and maintaining a cure rate of >85% in new sputum positive patients for TB and reduce incidence of new cases, to reach elimination status by 2025.
- Reducing the prevalence of blindness to 0.25/ 1000 by 2025 and disease burden by one third from current levels.
- Reducing the premature mortality from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases by 25% by 2025.

Core areas covered in the NHP

1. **Coverage of Health Services**
    - Increasing the utilization of public health facilities by 50% from current levels by 2025.
    - Antenatal care coverage to be sustained above 90% and skilled attendance at birth above 90% by 2025.
    - More than 90% of the newborn are fully immunized by one year of age by 2025.
    - Meeting the need of family planning above 90% at national and sub national level by 2025.
    - 80% of known hypertensive and diabetic individuals at household level maintain "controlled disease status" by 2025.
2. **Cross Sectoral goals related to health**
    - Relative reduction in prevalence of current tobacco use by 15% by 2020 and 30% by 2025.

- Reduction of 40% in prevalence of stunting of under-five children by 2025.
- Access to safe water and sanitation to all by 2020 (Swachh Bharat Mission).
- Reduction of occupational injury by half from current levels of 334 per lakh agricultural workers by 2020.
- National/ State level tracking of selected health behavior

3. Strengthening of Health Systems

❖ **Health finance**

✓ Increasing health expenditure by Government as a percentage of GDP from the existing 1.15% to 2.5 % by 2025.

✓ Increasing State sector health spending to > 8% of their budget by 2020.

✓ Decreasing proportion of households facing catastrophic health expenditure from the current levels by 25%, by 2025.

❖ **Health Infrastructure and Human Resource**

✓ Ensuring availability of paramedics and doctors as per Indian Public Health Standard (IPHS) norm in high priority districts by 2020.

✓ Increasing the community health volunteers to population ratio as per IPHS norm, in high priority districts by 2025.

✓ Establishing the primary and secondary care facility as per norms in high priority districts (population as well as time to reach norms) by 2025.

❖ **Health Management Information**

✓ Ensuring district-level electronic database of information on health system components by 2020.

✓ Strengthening the health surveillance system and establish registries for diseases of public health importance by 2020.

✓ Establishing federated integrated health information architecture, Health Information Exchanges and National Health Information Network by 2025.



CHECK YOUR PROGRESS

Q.4. When was National Health Policy or shortly NHP launched ?

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Q.5. State two objectives of NHP.

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Q.6. What are the core areas covered in NHP?

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15.4.2 No More Tension: Stress Management App

This is one of the important app of Govt. of India released for public mental health interest. The Union **health minister J.P. Nadda** launched **"No more tension: Stress Management Application on 9th November, 2016. This mobile app is lunched to manage stress.** The app aims to help users to manage stress by providing appropriate information, symptoms, and its management on stress.

Stress management as discussed in the earlier units of this course is common and a burning topic nowadays and as such support from the government is important as it can get people the help that they need as it opens up the channel of communication. The stress management application not only provides people with the information about stress but also helps them to know the stress levels and how to reduce them.

The functions of this application are:

- The Mobile Application provides information about stress, which includes content with respect to details about Stress, its Causes, indicators and stress Management techniques.
- The App helps users by providing information to know about stress as well as provides information with respect to 'what is stress?'
- It provides details about causes of stress. The user will get to know different reasons that leading to stress.
- The App provides information with respect to different indicators that suggest that a person is stressed. Now a days due to busy and hectic schedule a person doesn't realize whether they are stressed or not, they think that some indicators are normal and continue to ignore them, this results in increase stress level. By knowing the indicators the user can work towards reducing their stress level.

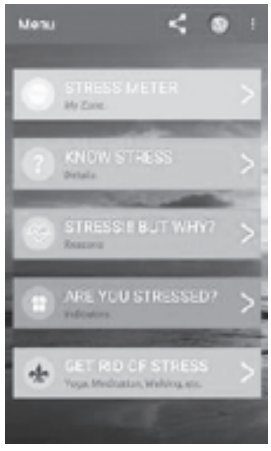


Figure 15.1: Interface of the No More Tension APP

https://th.bing.com/th/id/OIP.5zxppDzKvK17WtGnGSx9HAAAAA?pid=ImgDet&w=191&h=324&c=7

Techniques provided by the App:

The user are also provided with different types of stress management techniques, through which the user will be able to reduce stress in their life. The techniques include:

- ✓ **Prevent stress**: This section provides information regarding the lifestyle changes one should adopt in order to avoid stress

- ✓ **Yoga & Meditation**: This section provides information about various Yoga positions which can help them to reduce stress, wherein it provides information about the Yoga position and steps for how to perform them. It also provide details about meditation and how to perform the same.
- ✓ **Walking**: This section provides the information regarding benefits of walking
- ✓ **AYUSH**: This section provides information about how AYUSH***(Ayurveda, Yoga and Natuopathy, Unani, Siddha, Homeopathy)***can be useful for reducing stress
- ✓ **Contemporary Science**: This section provides information regarding strategies to be followed by an individual with respect to psychology, psychiatry and other behavioral sciences, etc.
- ✓ **Balance of stress in life:** This section provides information regarding the relationship between stress and performance of an individual.
- ✓ **FLIGHT or FIGHT**: This section provides information about reaction of an individual during stress and how they react.
- ✓ **Don'ts:** This section provides information about the unhealthy habits one should avoid when they are stressed.

The application also has a Stress Meter which calculates stress level of an individual, based on a questionnaire, and based on their score, it advise them the steps they should incorporate in their life in order to avoid stress. The application also has a music option from which a user can select different type of music as per their mood.



CHECK YOUR PROGRESS

Q.7. When was "No more tension: Stress Management Application" launched?

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Q.8. State two functions of "No more tension: Stress Management Application"

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Q.9. What is the full form of AYUSH?

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15.4.3 Pradhan Mantri Surakshit Matritva abhiyan (PM Suman Yojana)

This is yet another significant initiative that the Indian government created to support mother care. As part of the Reproductive Maternal Neonatal Child and Adolescent Health (RMNCH+A) Strategy, the Pradhan Mantri Surakshit Matritva Abhiyan aims to enhance the quality and accessibility of antenatal care (ANC), diagnostics, and counseling services. It has been proposed, following lengthy discussions with national experts, that PMSMA take place on the ninth of each month. All necessary maternal health services will be supplied at designated public health facilities (according to the facility level and guidelines specified in the MNH Toolkit) as well as accredited private clinics and organizations that are volunteering for the Pradhan Mantri Surakshit Matritva Abhiyan.

In essence, the Medical Officer and OBGY specialist will handle these services. In facilities without access to such trained labor, voluntary services from Private Practitioners (OBGY) must be provided. PMSMA will support the provision of high-quality ANC as well as the identification, referral, treatment, and follow-up of women experiencing difficulties and high-risk pregnancies. Pregnant women are advised to attend at least one more antenatal care clinic held as part of PMSMA during their second or third trimester, regardless of the number of antenatal care sessions they have

already attended. The goal is to guarantee that every pregnant woman has access to complete, appropriate, and high-quality prenatal care, including screening, diagnosis, treatment, and prevention, at least once in the second or third trimester.

During this campaign, trained service providers and ASHA will focus their efforts to identify and reach out to pregnant women who have not registered for ANC (left out/missed ANC) and also those who have registered but not availed ANC services (dropout) as well as High Risk pregnant women. It will also be ensured that not only all pregnant women complete their scheduled ANC visits but also undertake all essential investigation. ***While 9th of every month will be organized as a special day***, it is reiterated that the existing, routine and planned services such as ANC, PNC etc. will continue to be delivered at all the facilities as scheduled in their respective micro-plans.



Source: https://www.bing.com/images/search?view=detailV2&ccid=DM%2bss0kh&id=504F6E1D63EB208BCA33746246 4E270189A794E1&thid=OIP.DM-ss0khgvOxfoXh

The objectives of the PMSMA program:

The following are the objectives of PMSMA:

Ï% To ensure care provision by a physician/specialist in at least one ante-natal visit in the second or third trimester.

Ï% To improve the quality of care provision during ante-natal visits. This includes ensuring provision of the following services:

- ✓ All applicable diagnostic services
- ✓ Screening for the applicable clinical conditions

- ✓ Appropriate management of any existing clinical condition like Anemia, Pregnancy induced hypertension, Gestational Diabetes etc.
- ✓ Proper counseling services
- ✓ Proper documentation of services rendered.
- ✓ Offer additional opportunity to pregnant women who have missed their ante-natal visits due to any reason.

- To identify and line-listing of high risk pregnancies based on obstetric/ medical history and existing clinical conditions.
- Ensuring appropriate birth planning and complication readiness for each pregnant women especially those identify with any risk factor or comorbid condition.
- Putting Special emphasis on early diagnosis, adequate and appropriate management of women with malnutrition conditions like Anemia, will be provided during these clinics.
- Special focus will also be given to adolescent and early pregnancies, as these pregnancies need extra and specialized care.

15.4.4 My Hospital (Mera Aspitaal)

The Ministry of Health and Family Welfare, Government of India has launched the "Mera Asptaal/My Hospital" initiative on 29th August 2016 to empower the patients by seeking their views on Quality of experience in a public healthcare facility. My Hospital is a straightforward, multilingual software that quickly gathers patient opinions about the care they received from public hospitals. It functions via a variety of communication methods, such as a web portal, a mobile application, Outbound Dialling (OBD), and Short Message Service (SMS). Feedback can be collected, analyzed, and shared via the program on a dashboard that is updated often. Healthcare facilities employ analyzated data to improve the quality of their services. Thus, patients can communicate with legislators and healthcare professionals through My Hospital and have their voices heard and taken into consideration.



https://1.bp.blogspot.com/

Objective of Mera Asptaal/My Hospital application:

The app aims to:

- improve quality of care at healthcare facilities;
- establish a patient-driven, responsive and accountable healthcare system;
- establish an environment of healthy competition among providers to provide better quality service;
- recognize top performing facilities, which will boost the morale of staff.

My Hospital App is hosted on the National Informatics Centre (NIC) cloud of Government of India, and is integrated with the hospital information system at each facility. On any given day all integrated hospitals will share the demographics data (mainly mobile or landline number) of outpatients and inpatients (patients discharged on that given day) with Mera Aspataal (My Hospital) application.Through an online dashboard, the aggregated data is presented to the relevant officials in charge of the healthcare services. The dashboard uses color-coded displays to make it easy to visualize feedback analysis at the facility, district, state, and federal levels. The dashboard gives facilities access to reports that show several parameters in addition to aggregate patient feedback findings. Facilities are able to recognize the gaps in the provision of healthcare services and take the necessary action to rectify these gaps based on the input. In order to ensure that the health system is held responsible for responding on patient feedback and to ease coordination of quality improvement initiatives, the reports are

also being made available to stakeholders at the district, state, and federal levels.

15.4.5 India Fights Dengue

In recent years, mosquito-borne diseases have emerged as a serious public health threat. Dengue is one of them, which is a self-limiting acute mosquito transmitted disease and is characterized by fever, headache, muscle & joint pain, rashes, nausea and vomiting. Each year, there are an estimated 50–100 million cases of DF and depending on the year, 0.25-0.5 million cases of DF require hospitalization. Dengue is endemic in all States and UTs of India. During 2015, a total of 99,913 dengue cases and 220 deaths were reported from 35 States/ Union Territories (UTs).

As such, in view of protecting the public health, a mobile App called 'India Fights Dengue' was developed by NVBDCP/ M0HFW, Government of India in coordination with National Health Portal (NHP)/National Institute for Smart Government (NISG). This App was launched by Hon'ble Union Minister for Health and Family Welfare on the event of World Health Day celebration on **7th April, 2016**. This is can be downloaded on mobile phone from both Google play store and App Store.

The primary motivation behind creating this app was to enable the community to take an active and involved role in dengue control, particularly in source reduction initiatives. The app gives the public access to comprehensive information about dengue, including how to prevent it, what to do and don't do, where to get aid, and other details. It also has a video discussing dengue and source reduction efforts, as well as a link to play the Dengue Mosquito game. The Ministry/NVBDCP will be able to broadcast messages to the public. By uploading a photo and the location of the breeding place, communities will be able to report dengue larvae breeding using this citizen interface.



https://social-innovation.hitachi/-/media/project/hitachi/sib/en-in/knowledge-hub/viewpoint/mhealth/images/VP08C4.png

Feature of the App:

1. The user can view the symptoms of dengue
2. The user receives information on the closest blood bank and hospital based on their current location.
3. Users can email comments to each other.
4. A visual and interactive display to guarantee that the region is clear of dengue mosquitoes.
5. The audio for Mann ki Baat by Shri Narendra Modi is audible.
6. The Dengue application's Myths and Facts can be checked by the user.
7. The user can see the Dos and Don'ts for avoiding dengue
8. The user can examine Frequently Asked Questions about Dengue.
9. The Munnabhai video for the Dengue fight can be viewed by the user

15.4.6 JSK Helpline

The National Population Stabilization Fund, or Jansankhya Sthirata Kosh (JSK), is an independent organization under the Ministry of Health & Family Welfare (MoHFW) that was established based on the National Commission on Population's recommendations. It was reorganized in 2005 with the addition of a General Body, having been founded in 2003 under the MoHFW.

Its mission is to advance and carry out plans, projects, programs, and campaigns to address the underserved needs of reproductive and child health as well as contraception. By 2045, it sought to stabilize the population at a level that would support social progress, sustainable economic growth, and environmental preservation.

Aims and Objectives of JSK

- ✓ To provide or undertake activities aimed at achieving population stabilization, at a level consistent with the needs of sustainable economic growth, social development and environment protection by 2045.
- ✓ To promote and support schemes, programmes, projects and initiatives for meeting the unmet needs for contraception and reproductive and child health care.
- ✓ To promote and support innovative ideas in the Government, private and voluntary sector with a view to achieve the objectives of the National Population Policy, 2000.
- ✓ To facilitate the development of a vigorous people's movement in favour of the national effort for population stabilization.
- ✓ To provide a window for channelizing contributions from individuals, trade organizations and others within the country and outside, in furtherance of the national cause of population stabilization.

Salient features of JSK:

- o The Private Health Provider, State Health Society, and JSK must sign a tripartite MOU.
- o Accredited Private Hospitals and Nursing Homes under JSK's MoU are eligible for top-up incentives of Rs. 500/-per case, payable by JSK for organizational activities, if they perform 10 tubectomy (female sterilization) or/and both vasectomy (male sterilization) procedures in a month.

- A clause providing wage compensation of Rs. 600 for tubectomy patients and Rs. 1100 for vasectomy patients having sterilization procedures in privately accredited clinics.
- If they meet the necessary requirements for quality assurance, any reputable non-governmental organizations and privately accredited facilities operating inside the State are entitled to take part in the program.
- All reputed NGOs/private accredited facilities working in the State are eligible to participate in the scheme if they fulfill requisite criteria for quality assurance.
- As per the decision of the Governing Board of JSK, reputed NGO may utilize the infrastructure of PHC, CHC etc.

CHECK YOUR PROGRESS



Q.10. What is the objective of Pradhan Mantri Surakshit Matritva Abhiyan?

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Q.14 How would you define "Mera Asptaal/My Hospital" initiative?

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Q.15. When was the 'India Fights Dengue' app launched?

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Q.16. State two features of 'India Fights Dengue' app.

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Q.17. What is the mission of JSK?

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15.4. 7 Ayushman Bhava

The Government of India launched the "Ayushman Bhav" campaign to increase awareness of the Pradhan Mantri Jan Arogya Yojana (PMJAY), ABHA ID generation, and services relating to screening and management of non-communicable diseases, tuberculosis, and sickle cell disease. According to the Hon'ble Prime Minister's pledge to guarantee reach to the last mile and provide access to health care services for every member of society, the "Ayushman Bhav" effort aims to saturate all health care services in every village and town. 'Ayushman Bhav' initiative involves a set of interventions that include '**Ayushman - Apke Dwar 3.0',** '**Ayushman Sabhas**', '**Ayushman Melas- at Health and Wellness level and Medical Camps by Medical Colleges at CHCs**', and eventually ensuring Gram/ Nagar Panchayat to attain the status of '**Ayushman Panchayat**' in a saturation mode.

'Ayushman - Apke Dwar 3.0' 'Ayushman - Apke Dwar' initiative 1.0 and 2.0 were successfully undertaken with three key objectives, namely, improving awareness, increasing Ayushman card penetration, and establishing continuum of care ultimately leading to increased utilization under the scheme. Under this initiative, more than 19 crore Ayushman cards were issued.

Health melas are 'one-stop' platforms to address a comprehensive range of health issues and have proven to be an effective strategy to reach the masses, popular among the masses for providing health services such as awareness on health and wellness, preventive measures, early detection, and treatment, and a potent vehicle for the inculcation of health-seeking behaviour. Thus, the organization of **'Ayushman Melas'** from 17th September 2023 at each of the Ayushman Bharat - Health and Wellness Centres and at CHCs by the medical colleges are the important strategies to optimize the uptake of services. The expected outcomes of these melas/ camps are increased access to specialized care, strengthen continuum of care, building the trust between the community and the health system, improved health-seeking behaviour and health literacy in the community, increased ownership of the medical colleges, and reaching the unreached The **Ayushman Sabha was** scheduled on 2nd October, 2023. It involves distribution of Ayushman cards to eligible beneficiaries, displaying lists of beneficiaries who have received treatment under PM-JAY, showcasing empaneled hospitals in the area, organizing special health talks to raise awareness about NCDs, TB, Routine Immunization, SCD, Ayushman card and facilitating the creation of ABHA IDs. Furthermore, other invitees shall include MPs/MLAs, PMJAY beneficiaries, beneficiaries of Ayushman Bharat Health and Wellness Centres, tuberculosis champions etc. After achieving the success in the initiatives, 'Ayushman - Apke Dwar 3.0', 'Ayushman Sabhas' and 'Ayushman Bharat – Health Melas', the Panchayat and Wards will achieve defined indicators and shall be certified as an **'Ayushman Gram Panchayat'** or **'Ayushman Urban Wards'**. The **'Ayushman Panchayat'** is a novel initiative awarded to a village with 100% coverage of Ayushman

card, ABHA ID, screening for Hypertension & Diabetes, screening for TB, screening for Sickle Cell Disease and distribution of sickle cell disease cards to the screened individuals. Ayushman Bhav initiative is envisaged to bring together the frontline stakeholders of departments of Health and Family Welfare, Rural Development, Panchayati Raj, Housing and Urban Affairs, Tribal Affairs (MoTA), to translate each panchayat as 'Ayushman Panchayat' leading to overall sustainable development of community.

This campaign will be implemented with the whole of government, whole of society approach. NGOs, SHGs, PRIs, Youth groups, Primary cooperative societies, Indian Medical Association and companies using CSR funds, will be part of campaign.On September 13, 2023, the country's President Draupadi Murmu launched the visionary health program 'Ayushman Bhava' campaign online to make access to health services accessible across the country

15.4.8 Arogya Setu App

Arogya Setu is a digital initiative by Government of India to fight Covid. On 2nd April 2020, India launched Aarogya Setu mobile App for helping augment the efforts of limiting the spread of COVID19, with an objective of enabling Bluetooth based contact tracing, mapping of likely hotspots and dissemination of relevant information about COVID19. The App has over million users, which is more than any other Contact Tracing App in the world. The App is available in 12 languages and on Android, iOS and KaiOS platforms.

The creation of Aarogya Setu is a notable illustration of the cooperation of the public, government, business, and academia. It is also the result of the diligent labor of our nation's young, gifted technologists, who have put in endless hours to create this top-notch product. By making the source code available to the public, it was hoped to increase cooperation, take advantage of the knowledge of our country's brightest young people and residents, and jointly develop a reliable and safe technological solution to aid front-line medical professionals in combating the Covid pandemic.



https://www.indianera.com/wp-content/uploads/2020/06/aarogya-setu-app-download-710x524.jpg

The Aarogya Setu app, which has amassed a user base of over 217 million people globally, has been praised for its innovative contributions in the fight against COVID-19. By using cutting-edge techniques like Bluetooth-based contact tracing and syndromic mapping, it has been able to identify over 500,000 possible exposures and counsel over 900,000 users on the necessary tests and safeguards. Surprisingly, out of those who were recommended for testing, almost 24% had tested positive. This is a notable rise from the 4.65% total positive rate. To encourage the developer community to improve the app's functionality and security, the Indian government has made its source code available under the Apache License Version 2.0. Additionally, India emphasizes cooperation in the battle against the epidemic and aims to disseminate its technology solutions throughout the world.

Recently, this app has added the ability for users to register their ***Ayushman Bharat Health Account, or Digital Health ID, through Aarogyasetu***. This allows users to interact with participating healthcare providers and receive digital lab reports, prescriptions, and diagnoses from verified healthcare professionals and health service providers with ease.

15.4.9 Covid 19 App

The Covid pandemic is much more than a health crisis. It is also an unprecedented socio-economic crisis. Stressing every one of the

countries it touches, it had created devastating social, economic and political effects that has left deep and longstanding scars. There have been various applications developed to assist with different aspects of managing and dealing with the COVID-19 pandemic. Some of these applications include:

1. Contact Tracing Apps: Many countries and regions have developed contact tracing apps to help identify and notify individuals who may have been exposed to COVID-19. Examples include the NHS COVID-19 app in the UK, COVIDSafe in Australia, and many others around the world.

2. COVID-19 Information Apps: Numerous apps provide up-to-date information on COVID-19 cases, safety guidelines, testing locations, and vaccination resources. These apps often come from health authorities or reputable organizations like the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC).

3. Vaccine Appointment scheduling apps: As vaccination efforts had ramped up, many regions had developed apps to help people schedule appointments for COVID-19 vaccinations, check vaccine availability, and receive reminders for follow-up doses.

4. Symptom Checkers: Some apps allow users to input their symptoms and receive guidance on whether they should seek medical attention or get tested for COVID-19.

Arogya Setu is the trusted and only Application launched by Government of India to fight against Covid, which has already been discussed in the preceding sub-section.



15.5 LET US SUM UP

After going through this unit, it can be summarized as:

- Mass awareness on mental health is the priority at present time with the view of increasing cases on mental health issue in the families, societies and so on.

- In today's rapidly evolving digital landscape, the intersection of technology and healthcare has become increasingly prevalent, particularly in the realm of mental health awareness.
- Social media platforms, online forums, blogs, podcasts, and mobile applications have provided individuals with unprecedented access to a wide variety of mental health information.
- Digital media platforms offer unprecedented opportunities to reach wide audiences and disseminate valuable information efficiently and effectively. Social media platforms, online forums, blogs, podcasts, and mobile applications have provided individuals with unprecedented access to a wide variety of mental health information.
- Digital media holds immense potential for advancing mental health awareness, it also presents certain challenges. One must keep in mind to make intelligent use of the digital media. There are many challenges of digital media. One such challenge is the proliferation of misinformation and stigmatizing narratives surrounding mental health online.
- With a view to safeguard the mental and physical health of the masses, the Government of India has launched numbers of initiatives and mobile applications. Some of them are-
- **National Health Policy or shortly NHP** is an initiative by the Central Government was launched in 2017 to strengthen the health system in India. This Policy replaces the existing policy previously established in 2002
- The Union health minister J.P. Nadda launched "**No more tension**: Stress Management Application on 9th November, 2016. This mobile app is lunched to manage stress.
- **Pradhan Mantri Surakshit Matritva abhiyan (PM Suman Yojana**) is another significant initiative that the Indian government created to support mother care. As part of the Reproductive Maternal Neonatal Child and Adolescent Health (RMNCH+A) Strategy, the Pradhan Mantri Surakshit Matritva Abhiyan aims to enhance the quality and

accessibility of antenatal care (ANC), diagnostics, and counseling services.

- The Ministry of Health and Family Welfare, Government of India has launched the **"Mera Asptaal/My Hospital"** initiative on 29th August 2016 to empower the patients by seeking their views on Quality of experience in a public healthcare facility.
- In view of protecting the public health, a mobile App called '**India Fights Dengue'** was launched by Hon'ble Union Minister for Health and Family Welfare on the event of World Health Day celebration on 7th April, 2016.
- The National Population Stabilization Fund, or **Jansankhya Sthirata Kosh (JSK),** is an independent organization under the Ministry of Health & Family Welfare (MoHFW) that was established based on the National Commission on Population's recommendations.
- The Government of India launched the **"Ayushman Bhav"** campaign to increase awareness of the Pradhan Mantri Jan Arogya Yojana (PMJAY), ABHA ID generation, and services relating to screening and management of non-communicable diseases, tuberculosis, and sickle cell disease.
- **Arogya Setu** is a digital initiative by Government of India to fight Covid. On 2nd April 2020, India launched Aarogya Setu mobile App for helping augment the efforts of limiting the spread of COVID19



15.4 FURTHER READING

1. Aggarwal.J.C (2009), *Essentials of Educational Psychology*, Vikash Publishinh House, Nioda

2. Aggarwal Sunita (2008), *Psychological Foundation of Education and Statistics*, Bookland, Panbazar, Guwahati.

3. Mangal S.K (2006), *Advanced Educational Psychology*, Ashoke. K Ghosh, Prentice-Hall of India Private Limited, New Delhi.

4. Mathur S.S (2008), *Educational psychology,* Vinod Pustak Mandir, Agra-2

5. National Health Policy (2017), Ministry of Health and family Welfare, Govt. of India

6. Prasad Deepesh Chanda (2006), *Applied Educational Psychology*, KSK Publishers & Distributors, New Delhi.

Web-links:

1. No More Tension on the App Store (apple.com)\



15.5 CHECK YOUR PROGRESS

ANSWER TO Q.NO.1: Mental health education can be provided to a particular section of people through prescribed curricular or co-curricular activities. But, the purpose is to serve all. Mass awareness on mental health is the priority at present time with the view of increasing cases on mental health issue in the families, societies and so on.

ANSWER TO Q.NO.2: Digital media provides a platform for diverse voices to be heard, including those with lived experiences of mental health challenges. Personal narratives shared through blogs, videos, or social media posts can humanize mental health issues, fostering empathy and understanding among the public.

ANSWER TO Q.NO.3: One such challenge is the proliferation of misinformation and stigmatizing narratives surrounding mental health online. Misleading content and harmful stereotypes can perpetuate misconceptions and deter individuals from seeking help or support.

ANSWER TO Q.NO.4: NHP is an initiative by the Central Government was launched in 2017 to strengthen the health system in India

ANSWER TO Q.NO.5: Two Objectives of NHP are:

1. Changing health priorities: NHP aimsto tackle the increasing non-communicable and infectious diseases in India.

2. Growth of the health care industry: National Health Policy aims to strengthen the health care industry by introducing newer and more advanced technologies.

ANSWER TO Q.NO.6: Core areas covered in the NHP are:

1. Coverage of Health Services
2. Cross Sectoral goals related to health
3. Strengthening of Health Systems

ANSWER TO Q.NO.7:"No more tension: Stress Management Application was launched on 9th November, 2016.

ANSWER TO Q.NO.8: The two function of No More Tension app are:

1. The Mobile Application provides information about stress, which includes content with respect to details about Stress, its Causes, indicators and stress Management techniques.
2. It provides details about causes of stress. The user will get to know different reasons that leading to stress.

ANSWER TO Q.NO.9:AYUSH stands for-**Ayurveda, Yoga and Natuopathy, Unani, Siddha, Homeopathy**

ANSWER TO Q.NO.10: The Pradhan Mantri Surakshit Matritva Abhiyan aims to enhance the quality and accessibility of antenatal care (ANC), diagnostics, and counseling services.

ANSWER TO Q.NO.11: **Ninth**

ANSWER TO Q.NO.12: Two objectives of PMSMA are:

1. To identify and line-listing of high risk pregnancies based on obstetric/ medical history and existing clinical conditions.
2. Ensuring appropriate birth planning and complication readiness for each pregnant women especially those identify with any risk factor or comorbid condition.

ANSWER TO Q.NO.13: The Ministry of Health and Family Welfare, Government of India has launched the "Mera Asptaal/My Hospital" initiative on 29th August 2016

ANSWER TO Q.NO.14: The "Mera Asptaal/My Hospital" initiative was launched on 29th August 2016 to empower the patients by seeking their views on Quality of experience in a public healthcare facility. My Hospital is a straightforward, multilingual software that quickly gathers patient opinions about the care they received from public

hospitals. It functions via a variety of communication methods, such as a web portal, a mobile application, Outbound Dialling (OBD), and Short Message Service (SMS).

ANSWER TO Q.NO.15: The mobile App 'India Fights Dengue' was launched by Hon'ble Union Minister for Health and Family Welfare on the event of World Health Day celebration on **7th April, 2016**.

ANSWER TO Q.NO.16:

Feature of the India Fight Dengue App:

1. The user can view the symptoms of dengue
2. The user receives information on the closest blood bank and hospital based on their current location.

ANSWER TO Q.NO.17:

The mission of JSK is to advance and carry out plans, projects, programs, and campaigns to address the underserved needs of reproductive and child health as well as contraception. By 2045, it sought to stabilize the population at a level that would support social progress, sustainable economic growth, and environmental preservation.

ANSWER TO Q.NO.18:

'Ayushman Bhav' initiative involves a set of interventions that include **'Ayushman - Apke Dwar 3.0', 'Ayushman Sabhas**', '**Ayushman Melas- at Health and Wellness level and Medical Camps by Medical Colleges at CHCs**', and eventually ensuring Gram/ Nagar Panchayat to attain the status of '**Ayushman Panchayat**' in a saturation mode.

ANSWER TO Q.NO.19:

Arogya Setu is a digital initiative by Government of India launched on 2nd April 2020.

ANSWER TO Q.NO.20:

Few apps on Covid 19 are:

1. Contact Tracing Apps: Many countries and regions have developed contact tracing apps to help identify and notify individuals

who may have been exposed to COVID-19. Examples include the NHS COVID-19 app in the UK, COVIDSafe in Australia, and many others around the world.

2. COVID-19 Information Apps: Numerous apps provide up-to-date information on COVID-19 cases, safety guidelines, testing locations, and vaccination resources. These apps often come from health authorities or reputable organizations like the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC).



15.8 POSSIBLE QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

1. Should public be made aware about mental health?
2. What are the challenge in making public aware through digital media?
3. Write short notes on-NHP.
4. What are the four key goals of NHP?
5. What is the No More Tension Application?
6. What is the prime objective of No More Tension Application?
7. What are the techniques available in the No More Tension Application?
8. What is PMSMA?
9. Which day of a month is considered as PMSMA Day?
10. When was the “Mera Asptaal/My Hospital” initiative launched?
11. What are the objectives of “Mera Asptaal/My Hospital?
12. What is the objectives of India Fight Dengue App?
13. Mention the features of India Fight Dengue App.
14. What is JSK?
15. Discuss briefly the features of JSK.
16. Write short notes on:
    a) Arogya Setu App
    b) Ayushman Bhava
17. Discuss briefly some applications developed to fight Covid 19.

B. Long Questions (Answer each questions in about 300-500 words)

1. Define the importance of digital media in public awareness.
2. Discuss how people can be made aware about their overall health through digital media.
3. Explain about National Health Policy as a significant initiative of Government of India.
4. Who launched “No more Tension Application”? Discuss the key features of the app.
5. Discuss the objectives of PMSMA initiative of GoI. What are the health benefits for the mother as provided by this initiative?
6. Discuss the initiative of “Mera Asptaal/My Hospital in today’s context.
7. Discuss the important application developed to fight Covid19 in India.