



Health, mental health and its characteristics

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Abstract

Health is a state where the body and mind are coping well with the daily challenges of diseases. A clear distinction is often made between 'mind' and 'body'. But when considering mental health and physical health, the two should not be thought of as separate. Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.

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Introduction

Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Concept of health

Health is achieved through the interaction between people and their environment. Lifestyle and living conditions are two important factors in health as a broad concept.

- Lifestyle includes health behaviors and habits such as diet, exercise, substance use and sexual behavior.
- Living conditions refers to the settings where people live and work as well as how the surrounding environment and society impact an individual's life.

Health has evolved over the centuries from the concept of individual concern to a worldwide social goal. The various changing concepts of health as follows: -

- a. Biomedical concept
- b. Ecological concept
- c. Psychosocial concept
- d. Holistic concept

Biomedical Concept

Traditionally health has been considered as an absence of the diseases and if someone was free from disease, then that person was considered healthy.

- This concept is known as biomedical concept, and it is based on the "germ theory of the disease."
- Health means "absence of disease."
- The medical profession viewed the human body as a machine and disease is an outcome of the breakdown of the machine.
- Developments in medical and social sciences led to the conclusion that the biomedical concept of health was inadequate.

Ecological concept

- The ecologists put forward the concept of ecological concept.
- Ecologist viewed health as a dynamic equilibrium between man and his environment, and the disease as a

maladjustment of the human organism to environment.

Psychosocial concept

- Advances in social sciences showed that health is not only a biomedical phenomenon, but one which is influenced by social, psychological, cultural, economic and political factors of the people concerned.
- These factors must be taken into consideration in defining and measuring health.
- Thus health is both a biological and social phenomenon.

Holistic concept

- The holistic concept recognizes the strength of social, economic, political and environmental influences on health.
- The emphasis is on the promotion and protection of health.

Mental Health

Mental health refers to emotional and psychological well-being. Having good mental health helps you lead a relatively happy and healthy life.

Mental health can be influenced by a variety of factors, including life events or even genetics.

There are many strategies that can help you establish and keep good mental health. These can include:

- Keeping a positive attitude.
- Staying physically active.
- Helping other people.
- Getting enough sleep.
- Eating a healthy diet.
- Socializing with people whom you enjoy spending time with.
- Forming and using effective coping skills to deal with your problems.

According to the World Health Organization, "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community."

Characteristics of Mental Health

Mental health is more than just the absence of mental illness. It includes how you feel about yourself and how you adjust to life events. However, 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 problem when they arise.
9. They make their own decisions.
10. They shape their environment whenever possible and adjust it when necessary.

1. **They feel good about themselves:** Because they accept who they are and not live their lives based on what people think or feel about them. They understand that self-compassion is so important for life and growth. What other people think doesn't concern them.

2. **They do not become overwhelmed by emotions such as fear, anger, love, jealousy, guilt or anxiety:** Mentally healthy people understand that you can't control how you feel, but you can control how you react to your feelings by focusing on your thoughts. They know wanting to control your feelings at all times is a lost battle no matter how hard you try.

3. **They have lasting and satisfying personal relationships:** Mentally healthy people know that humans are social creatures with emotional needs for relationships and positive connection to others.

4. **They are comfortable with other people:** Mentally healthy people are comfortable in their own skin; they don't need to impress others, act different or trying to be someone else.

5. **They can laugh at themselves and with others:** People who are mentally healthy don't take themselves too seriously; they understand that laughing at your mistakes boosts your physical and psychological health.

6. **They have respect for themselves and for others even if there are differences:** Mentally healthy people know that they must have respect for themselves and others even when they have differences. They understand that respect is important, meaning you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect builds feelings of trust, safety, and wellbeing.

7. **They are able to accept life's disappointments:** Mentally healthy people understand that disappointment happens to everyone, accept, learn from it and move on. There is no point dwelling about life's disappointments.

8. **They make their own decisions:** A mentally healthy person understands that they are ultimately responsible for their life. They know every decision we make helps shape our reality. Learn to make your own decisions and live with the results.

9. **They shape their environment whenever possible and adjust to it when necessary:** Mentally healthy people find that environment is the invisible hand that shapes human behavior. They believe in shaping your environment whenever possible or learn to adjust to it when necessary.

10. **They can meet life's demands and handle their problem when they arise:** Life is not perfect, so, we have to be willing to accept life's imperfections rather than giving disappointments the power to negatively affect our lives in a permanent way.

References

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