



A HISTORICAL PERSPECTIVE ON THE CONCEPT OF MENTAL HEALTH

RAJIB SARMAH*

*Research Scholar, Ph.D. in Education, CMJ University, Jorabat, Meghalaya.

Dr. MD. Meraj Alam Nehal

Assistant Professor, Dept. of Education, CMJ University, Jorabat, Meghalaya.

Email: rajibsarmah26@gmail.com



RAJIB SARMAH

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ABSTRACT

For as long as there have been people, the concept of good mental health has been around. Dementia and its numerous therapies are extensively covered in our ancient scripture. Various mental diseases and therapies are detailed in the Atharva Veda, Chark Samhita, Susrut Samhita, and Asthangh Sangrah. Let them know how to maintain and improve their mental health by providing them with information. Chapter Sixteen of the Bhagavad Gita compares God's nature to that of a demon's intellect. "Fearlessness, purity of mind, wise use of knowledge and focus, kindness, self-control, self-sacrifice, scripture study, firmness and integrity" are traits found in persons who have a nature comparable to God's nature. Another characteristic of those who hold God in high regard is their commitment to "non-violence," which includes the absence of wrath or resentment as well as tranquility, faultlessness and compassion for the living.

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1. Introduction

Every year, the number of people with severe mental illness rises in our modern society. Research undertaken by the National Institute of Mental Health found this to be the case. Bangalore is currently dealing with a medical crisis involving more than 15 million people. Dementia is now well understood by the general public because to study undertaken by scientists on the subject. People today understand the importance of mental well-being in addition to physical health, and they will not hesitate to seek professional help if such an issue ever develops.

This kind of a mindset is beneficial to excellent mental health since there is no room for distractions in it. We can learn a lot from our ancient rishis about mental illness and therapeutic options that were accessible at the time. In the Atharva Veda, the Surut Samihita, and other writings, there are indications of such disorders and several therapeutic possibilities. Other topics covered include coping mechanisms for mental health issues and the best ways to talk about them. The idea began to take shape in Western culture when Clifford Beers released his book. In the minds of Western psychologists, competent reasoning necessitates first and foremost a well-balanced

personal life. People who are mentally well are also described in detail. The state of one's mental health has come to be seen as critical to one's entire health. This is owing to the fact that it is believed to be a substantial contributor to the maintenance of their bodily and social well-being, respectively. The thoughts, feelings, and actions of a mentally healthy individual are coordinated to achieve a common goal. Personal mental health is the ability to maintain one's feelings, desires, and ideas in balance and to face and accept life's inevitable truths in a healthy way. One's work quality and their attitude toward other people, as well as the world around them, are all factors that contribute to one's sense of well-being. In addition to an individual's mental health, the social environment plays an important role. Self-confidence and a lack of internal conflicts are both demonstrated by this personality trait, which shows that the bearer possesses an internally corrected personality. Having the ability to keep track of others' priorities in a group situation is implied by this term. Community rules and practices that have been passed down through the generations and contribute to the well-being of the community's members. In some cases, psychologists have defined mental health as the ability to create changes in one's own life and in one's social



context. As a result, both individual and social influences play a significant role.

If the word "correction" appears in this context, it reflects the ability of individuals to build satisfying relationships with their environment and with other people. Happiness can only be attained through resolving emotional conflicts and misunderstandings, which is why pursuing this goal leads to it. Others define mental health in terms of skills such as decision-making and responsibility-taking that are in line with one's abilities, finding contentment, success, and happiness in the course of fulfilling daily responsibilities, successfully coexisting with others, and exhibiting thoughtful behavior. In order to achieve mental health, one must have a sense of well-being as well as a sense of control over one's own life. [Reference required] A person's ability to enjoy life and maintain a good equilibrium between routine tasks and efforts to improve one's mental health might be considered a measure of well-being. There are a number of aspirations that people have when it comes to their mental health, such as rehabilitating those who have mental illnesses and keeping them from developing mental disorders, alleviating tensions in a troubled world, and working at the level of one's abilities that corresponds to one's physical health or one's mental

capabilities. Emotional and behavioral health are critical components of a person's mental well-being. It's a state of mind in which one is able to maintain a sense of equilibrium between one's own needs, wants, and attitudes toward the world around them. As defined by the term "public mental health," this concept describes the degree to which a group or community's operations shape its members' well-being or lack thereof.

2. Review Of Literature

Studies On the Relationship Between Mental Wellness and Performance in School Are Offered

Students in their sophomore year of high school were studied by Sharma and S. Nidhi in 2002 to see what effect parental expectations had on their academic performance and goals. The sample for this study consisted of 310 students from grades XI and XII and their parents. Parents were asked about their involvement and aspirations as parents, and we gathered their responses. A list of parents of both high- and low-achieving pupils was created. Results showed that parents of high-achieving children and low-achieving adolescents had distinct behavioral tendencies. The parents of high-achieving students typically gave their children academic advice



and organized a variety of cultural activities for them to participate in. Those students who had more parental participation scored higher on educational goals than their peers.

An investigation into the link between emotional competence and mental health as a possible indicator of academic success was conducted by P. Usha and Rekha in 2009. The survey was given to 530 high school students in the Keralan districts of Thrissur and Ernakulam. It was decided to pick the students at random. A variety of instruments were employed, including the Mental Health Status Scale (1999), created by Usha, Anil, and Remmya; the Scale of Emotional Competency (2006), created by Usha and Rekha; and the Achievement Test in Physics (2004), created by Usha and Suchitra. Emotional competence has been found to be the biggest predictor of physics achievement among secondary school pupils, according to the data. A child with strong mental health is able to take on their responsibilities, is able to make their own decisions and is able to organize and achieve their goals. Although there is no substantial gender disparity in terms of emotional competency, mental health, or accomplishment in physics, the high means associated with females indicate that they are superior in these areas. Mental well-being, emotional maturity,

or physics proficiency are all equally prevalent among students in rural and urban areas.

Examining The Mental Health of Teachers and Other Members in The Workforce Is the Focus of Several Studies

Amita Saxena and Ashwani Kumar Malik started researching the connection between mental health and the home environment in 2005 and haven't stopped since. The study was conducted on 120 middle-class families in the city of Jodhpur. Only families with nuclei, on the other hand, were considered. According to Joshi (1985), an adaptation of Moose and Moose (1978)'s Family Environment Scale (FES) was used to measure the family environment. In order to gather information on the characteristics of healthy people, Joshi and Malik in 1997 created the Jodhpur Mental Health Inventory. Researchers found that fathers who reported feeling more connected to their families and experiencing less conflict had the best mental health. Higher degrees of expressiveness were linked to greater levels of autonomy, according to the research findings.

"Teacher Burnout and Mental Health" was the title of a 2008 essay by Bina Srivastava and Md. Saheelkhan. Method: A total of 640 school and college professors from four



districts in Eastern UP were included in this study's sample population. The researchers used Dr. Tripte Hatwal's Burnout Scale and Anand Kumar and Giridhar P.Thakur's Hindi adaptation of the Mithila Mental Health Status Inventory (MMHSI). People with low mental health were shown to be more likely to experience burnout than people with average or better mental health. Negative personality traits were more prevalent in people who scored higher than the national average on a test of mental health. Poor mental health made people more self-absorbed and focused on their own desires, emotions, thoughts and ideas than those of others.

In Terms of The Studies, These Are the Essentials

To further understand type A hardiness, Latha conducted study in 2001 on its fundamental parts. The study's goal was to determine whether or not toughness and the type A behavioral pattern are related. Randomly selected 324 persons who were taking part in a larger survey on the psychological risk factors associated with coronary artery disease were included in this study's sample. Participants completed the Blumen Type A Screening Inventory from 1985 and the Padus Hardiness Scale (1992). Researchers have discovered a relationship between toughness and the sort of

adolescent one is. In order to discern a possible crossover between the hardy and type teenage personality types, the locus of control component must be examined.

In a study conducted in 2008 by S. Subramanian and D.V. Nithyanandan, the moderators of the types of cognitive emotion regulation approaches utilized by teenagers who had undergone unfavorable life events were hardiness and optimism. The sample for this study was made up of 160 high school students between the ages of 17 and 19, all of whom had previously attempted and failed the higher secondary school exam (+2). After failing the exam, these pupils enrolled in tutorial colleges to continue their education. Hardiness and Optimism scales were developed by Kobasa (1982, Scheier, Carver, and Briges) respectively, as was the Cognitive Emotion Regulation Questionnaire (CERQ). These were the tools that were employed. Once confronted with adversity, resilient people can adapt their coping techniques, according to the study's findings. Adolescents' ability to bounce back from difficult situations and develop effective coping mechanisms is no surprise, given the importance of resilience and optimism in their development.



Researchers Jagpreet Kumar and Shamsheer Singh studied the link between gender and self-esteem as a predictor of psychological resilience in 2009. At Punjab University in Patiala, there were 151 students altogether, 76 of whom were male and 75 of whom were female. The participants were selected at random. The study's measures included the Psychology Hardiness Scale (Nowack, 1990) and the Self-Esteem Inventory (Coopersmith 1981). The study's findings demonstrated that there are significant gender differences in the commitment, control, and challenge components of psychological resilience and global resilience. Higher levels of self-esteem were associated with stronger levels of commitment, a sense of mastery over one's own destiny, a willingness to take on new experiences, and a greater capacity for resilience in university students, according to research.

Summarization And Interactive Research

studied Type A and Hardiness in 2001, breaking it down into its constituent parts. Hardiness and optimism were cited as mediators of the forms of cognition and emotion in her research. Teenagers who have had negative life situations were studied by Subramanian. S and D. V. Nithyanandan in

2008. 'Gender and self-esteem as variables of hardiness,' an investigation by Jagpreet and Shamsheer was published in 2009. No research has been done on the association between mental health and toughness, specifically for Intermediate students, according to the reviews that are currently available.

Intermediate students' mental health and academic performance are both at risk, making it imperative that this population's mental health be studied as soon as possible. This is because the Intermediate stage has been determined to be at risk. In order to acquire a complete picture of the participants' mental health, the researcher decided to look into their social, personal, and academic life. That's why we call it "Mental Health Status of Intermediate Students in Relation to their Hardiness and Academic Achievement".

3. The Difference Between a Healthy Mind and a Sick Mind?

When it comes to mental health, it's hard to tell the difference between being healthy and being ill. The following two definitions of mental disease aid our comprehension of this concept: As defined by the American Psychiatric Association, a mental or behavioral condition, as well as a functional disability, resulting from



social, mental, genetic, physical and/or conversational issues 2. Native American Mental Health If a person is in need of treatment for any mental disease other than mental retardation, they are considered mentally ill, according to the 1987 Act. Mental health refers to a state of well-being, while mental disease refers to a specific form of psychological disorder. This is now crystal evident. There is no such thing as mental health or mental illness, but rather a state of mind that can be influenced by genetic differences. When a person does not receive proper treatment for their mental health, they are deemed to have a mental disorder. To illustrate this point, let's say that one of us is more likely than not to demonstrate a tendency to be pessimistic. Almost all behavioral difficulties that may be linked back to incorrect perceptions, feelings, methods of thinking and attitudes are included under the umbrella term "mental illness." As a result, they have a tough time adapting to group life.

The Indian Mental Health Approach

Mental illness and its treatment in ancient India are discussed in detail in the Atharva Veda, an ancient Indian scripture. The three gunas of Atharva Veda say that the human mind is made up of sattva, rajas, and tamas. In order to

maintain a healthy mental state, it is vital to have a specific number of rajas and tamas in our daily lives. This is because mental diseases can result from guna imbalances. Susrut and Charaka Samhita both address the issue of mental health.

The Qualities of a Mentally Healthy Person

As a starting point, one can define mental health as a state of mental maturity, but the term can be reduced even lower. The ability to distinguish between right and wrong is a sign of a healthy mind. According to Jahoda, a person must meet six conditions in order to be called mentally healthy

- To be a good environmental manager, one must be able to love and fit into human connections, as well as be efficient in meeting the demands of the circumstance and being able to rectify, adapt, and solve problems quickly.
- Compassion, empathy, and social context all come together in an irrefutable reality.
- Misconceptions about genuine empathy and social sensitivity
- integration, which refers to an individual's mental capacity, a single perspective on life, and resistance to stress



- Decision-making, internal regulation, and independent action are the means by which independence is attained.

Mind-Body Wellness: Its Outward Signs

- It's important to note that "mental health" is a distinct concept.
- The cornerstone for a strong mental health is a healthy physical one.
- A person's mental health cannot be assessed in any meaningful way.
- A person's overall well-being is influenced by a wide range of factors.

Mental Health's Coverage Range

- First and first, mental health research is concerned with finding solutions to prevent mental illness in the general population.
- Everyone should receive timely diagnosis and treatment.
- All varieties of mental disease, including those that are universal (typical), selective (associated with a high risk), and recognized (high risk).

Personality Characteristics Indicated by Mental Well-Being

- It's impossible to come up with a comprehensive list of signs that someone is mentally sound. Many psychologists have come up with their own list of traits that a healthy individual should possess. Here is a list of the most typical characteristics of a mentally healthy individual.
- Maintaining a Healthy Body: Many psychiatrists, including Jacy Roy, believe that mental wellness begins with physical health. It's a widely held belief that a sound mind requires a healthy body.
- Having a Sense of Safety and Confidence at All Times Healthy people always feel secure and confident in their present as well as future situations. The idea that he has others watching out for him while he's in difficulty gives him comfort.
- When a person has a healthy mental state, they are capable of making sound decisions. As a result, he is aware of her abilities and limitations. You're doing a great job of assessing your situation and making an informed decision right now.



Structures Of Mental Health That Work

The previous chapter went into great detail about the importance of taking care of one's mental health. The principles of sound mental health will be examined in this section. True, that is correct.

We must work hard to achieve and maintain good physical health if we are to preserve good mental health. It's been claimed that a healthy body is a prerequisite for a healthy mind. Physical health is essential to an organism's survival and well-being in the modern environment, according to psychologists and mental health practitioners.

Satisfying Social Relationships Good mental health is dependent on a person's and society's ability to engage in meaningful social interactions. The ability to maintain healthy interpersonal interactions is a sign of a person's mental well-being.

When it comes to life's most difficult issues, everyone craves the companionship of a trustworthy friend with whom they can share their deepest secrets and struggles. It's critical to have a confidante or close buddy with whom you can open up about everything. Because of this, it is easier for you to express your

sentiments and keep them pent up with a friend like this. As a result, mental health can be maintained.

Maintaining excellent mental health also necessitates a fair degree of self-esteem and respect. This helps a person see his importance and treat himself with the respect he deserves as a result. The complexity of the human mind is not reduced by an experience like this, nor does it help to keep it healthy.

To truly grasp something, one must be able to put their own actions into action. He needs to be mindful of his own actions in order to succeed.

Insights into the meaning of life an individual with a sound mental health is said by S. S. Chauhan to have the following four pillars of a sound life philosophy.

- To properly experience life on this planet, one must be willing to join and contribute to their community.
- Health and wellness are crucial. Personal or religious understanding is not enough to grasp its significance.
- In one of his poems, John Donne stated, "No one is an island unto themselves." According to Erich Fromm's philosophy, "all human beings are



brothers of HT and are capable of developing creative love," every man is a fundamental component of every other man.

Mental Health-Related Influences on An Individual's Life Are Summarized in The Following

A person's mental health has a big impact on their unique personality, and there is no place for disagreement about this. To develop a well-rounded personality, a person must be in good mental and physical health. It is incredibly difficult to identify a single factor that contributes to a person's mental condition. A person's propensity for mental instability can be attributed to a variety of factors. Something mental, physical, or social or cultural could be the cause. A person's mental health can be affected by the following variables.

Genetics: The mental health of an individual can be dramatically affected by the genetic makeup of their family. Genes play a role in determining a person's mental health. Studies have shown that heredity may have a role in some cases of mental disease brought on by stress. Mental illnesses like schizophrenia and bipolar disorder can be traced back to a variety of genetic variables. When it comes to mental

retardation, humans can be genetically predisposed to the condition. Wallin claims that: "Mental and emotional illnesses can arise as a result of genes that have been altered in some way. Minor personality problems, on the other hand, have no hereditary basis." [Reference required]

Physical Factors. All of these things contribute to an elevated sense of personal security and impact the lives of others. Social success and happiness are more likely to be enjoyed by people who are more physically capable, more attractive, and healthier. People who consider themselves physically fit are more likely to be energetic and well-advised. In his heart, he wants to live, be successful, and enjoy life to the fullest. Good physical health has long been linked to better mental health. This is no secret.

Chronic sleep deprivation, overwork, and hunger have all been shown to exacerbate our already precarious mental health. In comparison with healthy people, those who are ill have a more difficult time adapting to new situations.



The Objective of The Improvement of Mind Health

On both an individual and social level, the goal of sustaining mental health is to do so in the best possible way. Having healthy mental health is a personal goal, according to Stevenson. In order to achieve rational and professional objectives, he is capable of maximizing his abilities and skills. Self-worth, confidence, and achievement are all indicators of a person's mental health. The ability to know that they are loved or wanted is also an indicator. Your sense of belonging and dignity, as well as your ability to accept, respect, and love the people in your life, has improved. – She has a strong sense of security and confidence in both herself and her surroundings. As a result, Blos (p.564) adds the ability to distinguish between emotions, to think and act logically, to tolerate disagreements, to defuse satisfaction when necessary, and to attain "self-awareness in an acceptable role" rather than "socially acceptable satisfaction" for those who are less socially accepted. To be a successful member of society, one must possess all of these skills.

The overriding purpose of all education and mental health, such as the development of the mental ability that may exist for all is a

multifaceted and complex culture," wrote Sutherland. According to Lindeman, one of the hallmarks of a healthy personality is the ability to face reality and accept that some conflict, annoyance, and hardship are inevitable. His list also included the ability to work in teams without being governed by them, and the ability to preserve integrity both at work and at home.

Factors That Promote Mental Health and Well-Being

Optimal Physical Health

The mind and body are inseparable. If one's physical health is poor, it is impossible to maintain excellent mental health.

Self-Acceptance

In order to maintain one's mental health, both Shaffer and Shoben emphasise the importance of maintaining one's own self-discipline.

Greeting Guests with a Generous Amount of Courtesy

Furthermore, embracing other people requires social cohesion and obedience, both of which are necessary for our mental well-being. embracing other people to maintain excellent mental health, self-acceptance grows when it is reflected in the acceptance of others.



Relationships That Are Deeply Personal and Intimate

Developing close, trusting relationships with others is a requirement for optimal mental health, allowing people to openly express their feelings, concerns and fears. A new study has found that those who have intimate relationships with their spouses behind their backs have better overall mental health than those who don't.

Participation In the Community

Maintaining good mental health requires that a person is actively involved in both their local community and the activity that they most like. To the best of his abilities, he strives to serve the group in a way that is in their best interest.

Creating A Work-Life Balance That Is Both Enjoyable and Rewarding

When a person participates in an activity they enjoy, their mental well-being improves. There are few experiences in life that have as profound an impact on an individual's life as the fulfillment and accomplishment that come from a successful career.

Innovative Concepts

Participation in one's community and a profession that one enjoys are important components of sustaining a positive outlook on life and one's own well-being. It takes fresh thinking to conceive about the possibility of oneself having fun. A skill that is cultivated and developed can lead to the creation of something of value, which in turn can lead to a deeper expression of self-esteem.

Viewpoint and Appropriate Terms

Maintaining societal values such as respect for the rights of others, adherence to the golden rule, and belief in equality of opportunity will boost mental health. Maintaining social ideals like fairness, respect for others' rights, and a belief in equality of opportunity might help you achieve this.

How to Do Science in a Nutshell

Everyone's health concerns should be approached from a scientific perspective. Stability and a calm demeanor are required for the scientific method. One must have the skills necessary to conduct a scientific examination of one's problems and draw conclusions based on those measurements.



A Mindset That Gets Things Done

To be truly effective, both Shaffer and Shoben believe that they must do more than just talk about the issue. They believe that this is the only path to success for them. It's critical for him to devote himself fully to activities that satisfy his emotional needs as well as his social ones." Other mental states should be paired with a functioning attitude "The author emphasizes the importance of self-awareness and a realistic view of the world around you.

Personality Traits

If you're a good communicator, you're likely to be in good mental health. Someone who is in good mental health will be understanding of the emotions of others, decent sportsman-like, and fair. They will also be able to participate in discussions and show real concern for the well-being of others.

Implications for Education

The vast majority of students in intermediate level classes are able to adapt to college life, but their difficulties originate from the fact that they receive very little help from teachers and staff. Some students, on the other hand, engage in major dispute because they are unable to come to an agreement on their differences of

opinion. An unbalanced attitude, bad family and home teaching or excessive or unneeded needs or appetites may be to blame. Genuine emotional tendencies that are sometimes mixed with remarkable intelligence may also be to blame. As a result of their low performance, they will have a difficult, meaningless, and fruitless time at college. They may appear strange, gloomy, or even insane at the same moment.

Conclusion

For as long as there have been people, the concept of good mental health has been around. Mental well-being is just as critical to human development as physical well-being. Mental health is a reflection of a person's overall well-being and their ability to maintain harmonious relationships with others. In terms of mental health, it is not just about human interactions; it is also about personal contact with the community in which people reside. The majority of a person's life is shaped by the people in this community, which influences everything from his or her way of life, employment, leisure activities, and financial security to how content he or she feels about those things. 32 percent of Intermediate level pupils were found to have a major mental health issue in the most recent study.



Adolescents are in the midst of developing their adult selves, so it's critical to provide them with direction and guidance at all times.

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