



## **EDUCATION FOR MENTAL & EMOTIONAL HEALTH**

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### ***Abstract***

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*Emotional health and Mental health are the two parts of physical health. Both affect each other. Mental experiences like emotions, sensations, feelings and moods have strong subjective qualities like pleasure or pain. Emotions are of two types: positive emotions e.g. love, sympathy, hope, curiosity and negative emotions e.g. anger, hate, grief, fear, etc. Mental health problems can affect the feelings, thoughts, and actions and cause difficulties on daily activities, whether at school, at work or in relationships. A person who has good mental health has good emotional and social well-being and capacity to cope with the changes and challenges. In today's modern era, rapid industrialization and well developed modern social system, an individual often fails to maintain a balance between himself / herself and his / her social environment. Every person has certain needs, need for affection and love, need for safety and security and so on. An individual tries to establish a balance between her/his needs and her/ his capacity for realizing these needs. As long as this balance is satisfactorily maintained, the person remains adjusted and his mental health is retained. But when this balance is lost she/ he drifts towards maladjustment. The World Health Organization defines mental health as a state of well- being in which an individual realizes her/his own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her/his community. Maintaining good mental*

*health is good living alongwith a healthy life. Good mental health can enhance one's life, while poor mental health can prevent someone from living an enriching life.*

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**Key words:** - Poor Mental Health, Good Mental Health, Mentally Healthy Teacher

### **Definitions of Mental Health :**

- 1) Mental or Emotional health refers to your overall psychological well-being. It includes the ways you feel about yourself, the quality of your relationships, and ability to manage your feelings and deal with difficulties. ([www.helpguide.org/mental/mental-emotional-health/htm](http://www.helpguide.org/mental/mental-emotional-health/htm))
- 2) Lewkan P.B.  
Mentally healthy person is one who is happy, lives peacefully with her/his neighbours, makes his children healthy citizens and after fulfilling such basic responsibilities is still empowered with sufficient strength to save the cause of society in any way. (Mangal S.K.,(2010), Essentials of Educational Psychology, New Delhi, PHI Learning Pvt. Ltd.)
- 3) Mental health describes a level of psychological well-being or an absence of mental disorder. ([en.wikipedia.org/wiki/Mental\\_health](http://en.wikipedia.org/wiki/Mental_health)).
- 4) Mental health is about being able to work and study to your full potential, cope with day to days life stresses, be involved in your community and live your life in a free and satisfying way ([www.mentalhealth.com](http://www.mentalhealth.com)).

### **Characteristics of a Mentally Healthy People :**

- a) Self – confident & optimist.
- b) Feels quite safe & secure in his atmosphere.
- c) Ability to adjust in changed circumstances & situations.
- d) Intellectual powers to develop.
- e) The ability to build and maintain fulfilling relationships.
- f) The flexibility to learn new things and adapt to change.
- g) An interest for living and the ability to laugh and have fun.
- h) Awareness of needs
- i) Good physical health

### **❖ Symptoms of poor Mental Health :**

1. Easily caught in negative emotions, and easily upset.
2. Lack of self- confidence and will power.
3. Lives in own world of fantasy & imagination.
4. No adequate adjustment with the self and the environment.
5. Feels insecure, suspicious, guilty.
6. Suffers from mental disturbances.
7. Serious losses, damages in early life.
8. Negative experiences, suffers from frustrations.

❖ **Following activities will be useful to Improve Mental Health**

- A. Exercises- relive mood and lift the mood.
- B. Good Nutrition.
- C. Get enough rest.
- D. Enjoy beauty of nature, art, journey.
- E. Practice self-discipline.
- F. Engage in creative, meaningful work.
- G. Give time yourself, family for own pleasure.
- H. Manage stress, limit unhealthy mental habits.

❖ **The role of school in development of good mental health :**

The various steps which can be taken in schools for the growth of proper mental health in children are :

- a) School environment should be democratic, well administered family and provide opportunities for satisfaction of their needs of freedom.
- b) Schools should know about emotions, achievements & capacities of students. All children do not have same capacity and they are not of same standards. Instead of being high standards, the school should help each student to progress according to his space & maintain her / his self – respect.
- c) Examinations should not be a burden, tension to the students.

❖ **Characteristics of a mentally healthy teacher :**

Not only the mental health of the students but also that of the teachers play an important role in the teaching – learning process. If the teacher possesses sound mental health, then he can give proper guidance to the learner as :

- 1) Love his / her teaching profession & sympathy and sincerity in dealing with his / her pupils.
- 2) Wide interests in games, debates, sports, dramatics and other cultural activities.
- 3) Democratic in his / her relations with the learner & co – workers.
- 4) He/ she should have the ability to work with other staff & ready to share experiences with them.
- 5) He / she should have a good sense of humour, should regard their failure as a challenge and not as a defeat.

❖ **School activities /facilities for developing Mental Health :**

- a. Organize supervised games, athletic contest; give time for students to play.
- b. Make creative atmosphere –Bulletin Board Competition.
- c. Arrange picnics, visits, debates, cultural activities.
- d. Show them educational films.
- e. Give them sex education with proper channels.
- f. Facilities of Guidance & Counseling for parents and students.
- g. Get together.
- h. Understand needs of students.

❖ **The following things affect on student's Mental Health :**

- I. Unfriendly behavior of students, teacher.
- II. Strict discipline, punishment.
- III. Burden of study.
- IV. Expectation of parents.
- V. Lack of motivation, guidance, Counseling.
- VI. Quality of teachers, behavior.
- VII. Family, social atmosphere of student.

❖ **Conclusion :**

Students mental health depends on teachers and parents capacity to understand children's problems. The most important mental need of a child is affection from his teachers, parents and friends. He/ she wants that everyone should love him / her. If this desire remains unfulfilled a conflict may arise in him / her with the result that they develop a feeling of unhappiness. Some parents, teachers fail to give proper care and affection to their children, because they consider the children as obstructions in the fulfillment of their desires. In today's era, the students are more lonely, attached to mobile, internet, television and they are suffering from various mental issues. So it is the responsibility of teachers and parents to create a healthy atmosphere in school as well as at home.

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