

Mental Health: An Analysis

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Abstract: The fundamental of children mental and social growth, the feeling of security and affection are done during the first years in childhood. Kindness, affection understanding among family can increase self concept and make grow creative generation. In a formal family, parents not only respect each other but also they have equal and similar method so that the children feel that their parents are intimate. Adults and children should know that their parents are the source of happiness, affection. They are there to satisfy their physical and mental needs and they should believe that their parents are their shelter. In most cases inattention of parents and lack of suitable relationship would cause adults and children to face deficiency of affection. So, the root of children and adults' incorrect behavior should be found in the first years of childhood and among finalizes. The main purpose of mental health is the prevention of slightly behavioral disorder and growing health as the best kind of mental health. In this case, it is necessary for a society to prevent people from suffering from mental health by formal and informal training and people should be vaccinated against diseases. Because treatment should be before the accident (event) happens. Parents as the first teachers have a great duty to protect mental health and children's personality. Parents at first should pay attention to their children basic needs such as playing, respect, duties, and acceptance and provide for them all of these. Parents should improve the environment of their house. It means they should provide warm environment because bringing environment of fear, threat, anxiety, and mental pressure will damage children mental health. Parents should try to provide peace and quiet intimate in the environment of the family if children know that parents accept them they will feel respect and value. Briefly speaking, parents should be the practical sample political, religious and beliefs.

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1. Introduction

Generally, there are some principles which parents should consider discipline and training adults and children, agreements on their expectation according to individual differences and limitation, to prevent the occurrence of an issue that causes unpleasant excitement on adults and children. The role Existance of healthy people is the most important thing and the basis of development of a society. When the society's attitude is toward the physical and mental health of its members then not only it doesn't waste therapeutic expenses but also it trains the healthy human beings. This fact will guarantee the individual and social growth of the society. If the best defense is a good offensive, so the best kind of mental health is the development of health. The international health organization define making strong people healthy as the process of making strong people in order to improve their domination on their health. Other health specialists understand mental health as the art and the science to help people change their life style to attain ideal health. The basic of each definition of mental health is prevention. We can investigate the prevention in terms of two views: Individual and situation. In a

situation, prevention health specialists' attitude is toward the deduction of the environmental reasons of informal behavior and individual prevention views emphasize the ability of individual against the situation which may cause in harmonious behavior. Prevention can be done on 3 levels: primary prevention, secondary prevention and third prevention. A) Primary prevention: In this case, the dedication of new mental disorders is considered in a society. The aim of it is to prevent normal and healthy people from exposure to mental disorder. For example, if it is known that most mental disorders are caused by mental pressure and individual's failure in a society then society can inform other people to resist against stress and daily pressure. Today formal training (schools and universities) or informal training (media such as radio and television newspapers and journals) can decrease the mental disorders. The prevention of slightly behavioral disorder and growing health as the best kind of mental health. In this case, it is necessary for a society to prevent people from suffering from mental health by formal and informal training and People should be vaccinated against diseases. Because treatment should be before the accident (event) happens.

B) Secondary prevention: In this case, the first aim is to cure disorders completely but the second aim may be controlling the disease. In this prevention, a cure is concentrated on endangered population. For example one of these disorders is depression (dispiritedness) disorders in this case at first disease growth is prevented. Next stage, by using suitable care method, the focus is on improvement and finding suitable condition of a patient until he can agree with his environment.

C) Third prevention: The purpose of this is to reduce the dangers caused by disorders. According to this prevention, we can minimize the danger level by social security. However, there may be no complete improvement. For example, after ones death, relatives may face some mental disorders which they cannot be avoided. After these incidents counseling or care group may provide suitable social support which decrease individual disorder against mental pressure.

2. Role of family in Mental Health

The fundamental of children mental and social growth, the feeling of security and affection are done during the first years in childhood. Kindness, affection understanding among family can increase self concept and make grow creative generation. In a formal family, parents not only respect each other but also they have equal and similar method so that the children feel that their parents are intimate. Adults and children should know that their parents are the source of happiness, affection. They are there to satisfy their physical and mental needs and they should believe that their parents are their shelter. In most cases inattention of parents and lack of suitable relationship would cause adults and children to face deficiency of affection. So, the root of children and adults' incorrect behavior should be found in the first years of childhood and among finalizes. Generally, there are some principles which parents should consider discipline and training adults and children, agreements on their expectation according to individual differences and limitation, to prevent the occurrence of an issue that causes unpleasant excitement on adults and children. The role of family on prevention of physical and mental disorder on children. Parents, especially mother should pay attention to the following points and description which are effective on children physical and mental health.

1. To consult a doctor regularly, during the pregnancy period and doing medical tests would help to predict possible damages. 2. Mothers should try to prevent contagious diseases especially rubella during first three months of pregnancy. 3. Addiction of parents to alcoholism is one of the effective reasons on mental retardation. 4. Poisoning during pregnancy and shock to mother's womb specially the last months of

pregnancy cause mental retardation.

5. According to radioactive X-ray harms cannot be compensated. Mothers should prevent radiology test especially during the first months (until it is necessary and under the care of physician).

6. Mothers can prevent abnormality by suitable and sufficient diet, since lack of essential vitamins and malnutrition cause mental disorder.

7. Mothers should assure the safety of physical and mental health and avoid distress and anxiety. Because distress and constant and sudden excitement during pregnancy, cause changes on interior glands and lead to mental retardation. Fathers have a responsibility for providing facilities especially they should provide mental and affection relaxation of mother.

The role of family in making aware adults about marriage:

One of the most important issue for adults is the selection of wife or husband. In Islam religion, formation of family is very important. Marriage and formation of family is very important from mental health view. Families should explain for their children that the most successful marriage is the marriage that spouses understand each other and they should adopt their situation to the family needs & specially children's need- One the main reasons of mental disorder of children and adults is intense dispute among family and family relationship. There is no doubt that in marriage, constant agreement, tolerance, and great generous is necessary.

3. Characteristics and safe personality

There are some criterions in human life & relationship that help mental health and there are some examples as follows: Honesty on behavior: People heavily Consistency between their inner intention and outer behavior have better mental health. Otherwise the mental health is in danger. For example the person telling lies most of his mental energy is wasted not to reveal the lie. Acceptance of weakness and one's failure: In order to have a mental health, it is necessary to associate failure to lack of effort not to lack of ability. Adaptability: Social life has evil and goodness, so, it is necessary for humans to have the ability to accept that they can adapt the changes because this can help the mental health. The ability to say No: People should have the ability to say "no" against one's and others illogical wants and every one should do the job according to his inner own will not the others' will. Having incisiveness: One should exercise incisiveness and defend by using suitable communication. To avoid incorrect mental hypotheses: A person who doesn't behave morally well with others causes the others to have the same behavior with him/her, so s/he think that other people don't like him/her. Exercise: Not only

doing exercise improves the hope of a better life but also it breaks off negative thoughts. Suitable social adaptation: A healthy person, have a warm and intimate relationship with others, and s/he tries to respect others and respond to other's feeling with kindness and intimate. Having an aim in life: A healthy person knows the philosophy of his own life, and doesn't know life as a vain and meaningless way and he doesn't waste his life for useless matters. Starting progression: One should try but should not expect to be perfect in all fields. Of course, what is important is trying according to abilities. Self performance: Self-performance Is the assessment of own ability to do a duty. Express feeling: We should not (vanish) positive feeling such as happiness, kindness and negative feeling such as "distress. Without anxiety and agree but we should express them without dispute. Understanding one's and other's ability: One should know one's strength and weakness and should try to know other's strength and weakness. We should have the ability to forgive and not to blame ourselves for our mistakes, because admonition decreases self-concept and self-respect. To respect others: We should respect the others, because this causes other people to respect us and it makes possible excitement and provide environmental strength. Having positive perception: We should have a positive perception to friends, adults of the same ages, because good perception helps mental health. Feeling secure: Healthy people are not involved in constant anxiety and mental disorder. They are not worried and do not fear future and the following incidents. They face incidents with patient and security and they would find reasonable solution for them (Chauhan, 1991). Having self-confidence & feeling secure: Self-confidence has a positive effect on our abilities which has closely related to efficiency. If one person has self-confidence and say that I can do this work and have the ability to solve the problems s/he would have mental health.

Conclusion and solution

The main purpose of mental health is the prevention of slightly behavioral disorder and growing health as the best kind of mental health. In this case, it is necessary for a society to prevent people from

suffering from mental health by formal and informal training and people should be vaccinated against diseases. Because treatment should be before the accident (event) happens.

Parents as the first teachers have a great duty to protect mental health and children's personality. Parents at first should pay attention to their children basic needs such as playing, respect, duties, and acceptance and provide for them all of these. Parents should improve the environment of their house. It means they should provide warm environment because bringing environment of fear, threat, anxiety, and mental pressure will damage children mental health. Parents should try to provide peace and quit intimate in the environment of the family if children know that parents accept them they will feel respect and value. Briefly speaking, parents should be the practical sample old political, religious and beliefs. In order to gain the best kind of mental health, people should accept their failures. They should be adaptable and have aims in their life. In order to" help mental health, we should know our disordering fields. We should manage our time (use our time). By doing deeds on time, we can prevent the sense of distress and have a good relationship with others.

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