



Mental Health as an Important Factor for Adjustment

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Abstract:

Mental health may be viewed in two ways: as a specific stage of the total adjustment process and as an important state of adjustment. Good adjustment is the basic component of mental health. The concept of adjustment is broader in content than mental health. It refers to a great many responses and process of behaving that have little to do with one's state of mind. But even though, it is absolutely true that a healthy mental life is an important part of the adjustment process. It is a special phase of the total adjustment pattern. In the study of human adjustment, we must take into consider the criteria of mental health. Criteria of mental health may vary in different social groups.

Keywords: *Mental health, Adjustment, Criteria.*

1. Introduction

The mind is the mainstay of all our activities, if the mind is healthy, we can put all our desires, determination and success as possible into existence. It indicates a person's way of living, working and engaging in extraordinary activities. It gives rise to self-happiness, stability and security in every person. It is the person's unique ability to build personal and social adjustment.

A person's behaviour indicates their mental health. Mental health is a set of emotional, psychological and social well-being position of a person, which is directly related to international relations, effective behaviour, remedies, positive self-concept and emotional stability.

2. Definition of Mental Health

“Mental health is the adjustment of the individuals to themselves and to the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerable behaviour and the ability of facing and accepting the realities of life”.

-White House Conference, 1930.

3. Meaning of Mental Health

Mental health is a position of psychological maturity. It is the position of personal and social functions with maximum effectiveness and satisfaction. It is a process of adjustment that involves compromise and adaptation, growth and continuity. Because of the importance of personal and social aspects, some psychologists have defined mental health as the ability of the individual to make personal and social adjustments.

The main purpose given by the term mental health is that it emphasizes the most important aspects of human adjustment. Certainly, mental health is a necessary condition of good adjustment and in the same situation, when a person is mentally healthy the chances of serious harm are less so we can say that mental health is the key for healthy adjustment.

4. Concepts of Mental Health

4.1 *Mental Health means*

Mental health is defined as having the following components:

- An ability to enter into and sustain mutually satisfying personal relationships.
- A continuous progress of psychological development
- A capacity to play and to learn so that attainments are appropriate for age and intellectual level
- A development of moral sense of right and wrong
- The degree of mental stress and malicious behaviour is within general limits of the child's age and context.
- Additional aspects of emotional well-being include the following:
 - An ability to use and enjoy solitude
 - Awareness for other's feeling and empathy
 - Persisting emotional, intellectual and spiritual development
 - Becoming able to learn and benefit from difficulties or problems.

4.2 *World Federation for Mental Health declared that,*

The mental health is not only as the absence of mental disorder but mental health as a state in which a person lives in harmony with other person, and adapts to participates in the ever-changing social order, and in the sense that he achieves himself and he achieves self-realization of its basic needs.

4.3 *Expert Committee on Mental Health of the World Health Organization States, that*

“The committee recognized need to explain as clearly as possible what is meant, by the words ‘mental health’ and ‘mental hygiene’. Mental health was defined as a person's position and instinctive drives: that creates and maintains harmonious environmental relationship to other.

5. Criteria of Adjustment and Mental health

Specific criteria of mental health: adequate contact with reality; healthy attitudes; control of thought and imagination; mental efficiency; integration of thought and conduct; integration of motives and resolution of conflicts; feelings of security and belonging; adequate concept of self; adequate ego identification; healthy emotional life; mental tranquility.

6. Specific Criteria of Mental Health

1. Adequate Contact with Reality

The first and most important criteria of mental health is adequate contact with reality. The proper approach towards reality is not the same thing as adequate contact with reality. The orientation specifically indicates the attitude towards reality. Contact refers to the extent reality or run away from reality. Thus, the person who gives more importance to the past is weak towards reality while the person who gives place to imagination rejects reality. Poor approach is most likely to be associated with instability and neurotic disorder, while inadequate contact with reality is create symptoms of schizophrenic in a patient with a mental disorder. We must keep the relationship of the organism with reality such as one extreme, a disorientation and continue the very good contact and approach with reality of the other. Here, the important fact is that both good adjustment and mental health it is necessary to be fully connected the relation with the world of good things, people events and other realities with which we come in contact on a daily basis.

2. Healthy Attitudes

A good, healthful relationship to reality is helpful a lot by sound, healthy attitude. These attitudes, as you know from general psychology, are states of mind that we assume toward our work, friends, religion, ethnic groups, death and a thousand other things that we run across in our lives. Take, for example, attitudes toward ethnic groups. It is impossible for us to be mentally healthy when we are

suffer from deep-seated hatreds and prejudices against Jews, or Negroes, or Orientals. Bacteria and toxins are harmful for physical health in the same way hate and prejudice are for mental health. Similarly, if we are anxious about our work or emotionally opposed, it is difficult to maintain mental stability. Or if our concern about health leads to micro-phobia or hypochondria, there is a risk of mental health disruption. It is interesting and instructive to note that this basic attitude often lies within the norms of an individual's values and therefore the development of a healthy attitude will largely depend on the fulfillment of this need.

3. Control of Thought and Imagination

Both of the above criteria are closely related to the control of thought and imagination. For example, it is well known, that imagination is the source of fictitious thinking and daydreaming, the methods by which the disturbed or mal-adjusted person seeks to escape reality. An incessant notion that is detrimental to mental health because it weakens the relationship between the mind and reality. In contrast, control of thinking can go a long way in developing a healthy attitude, as well as helping forward in a healthy perspective relating to reality.

In the absence of such control, people become a part of tendencies, fixed thoughts, phobia, flight of thoughts, verbalization and other traits that characterize neurotic and mental personality. Of course, you will find that this criterion of mental health is a counterpart to the criterion of self-control.

4. Mental Efficiency

Control of thought and other mental ability is fundamentally important for the attainment of mental efficiency. We have already seen that mental health and mental efficiency are not far to say that the absence of efficiency is a sign of mental illness. Yet the ability to use factors such as intelligence, independence and memory effectively promotes mental stability. It is certainly notable that an emotionally disturbed, neurotic, or psychotic person lacks the characteristic of mental efficiency. And conversely efficiency is associated with a mentally stable personality. Therefore, mental efficiency may be taken as a reliable sign post of mental stability.

5. Integration of thought and conduct

The importance of mental health is also the integration of thought with conduct. The difference between what we think and what we never promote mental stability. Integration is associated on the factor of personal integrity is determined by consistent and reliable behaviour that instills faith, trust and confidence in those with whom one deals. The pathological liar, the swindler, the moral psychopath and the criminal are all lack of personal integrity and are characterized by a pathological mindset. In many such cases, which impair the organization of response as well as mental stability, this criterion should be related to the concept of individual integration outlined in the previous section.

6. Integration Of Motives and Resolution of Conflicts

The integration of thought with conduct is paralleled by the ability to integrate individual motivations into a mentally healthy person. This quality is also internally related to the criterion of individual integration. Those who face maladjustment and mental illness are well aware that there is a conflict between antagonisms or motives based on many serious disruptions of personality. While the need for affection or security may conflict with certain individual desires, the sex drives conflict with moral ideas and principles and the craving for entertainment often conflicts with the ideals of responsibility or integrity. These different instincts must be brought into proper relationship with each other if mental stability is to be maintained. Here, self-control, adequacy of values, mental efficiency and the maturity of the response will have a great influence on the qualities that to achieve the integration of objectives.

Although this criterion can be interpreted as an extension of the integration criteria, it must be emphasized that these additional measures are necessary for the achievement or maintenance of mental stability. Constant conflict is unbearable because it has a detrimental effect on peace of mind, it

produces intense emotional stress that is unique to mental health and the condition cannot be corrected until the conflict is resolved. Because of this close relationship between conflict and mental health the problem of conflict has received considerable attention in recent years.

7. Feelings of Security and Belonging

The ability to integrate motives and resolve conflicts for involving some basic feelings, that especially related to the sense of security. When the insecure person who doubts their own abilities, personal values or status will find it difficult them to meet any criterion of mental health and especially the need for mental conflict. In order to integrate thought into action and cope adequately with different aspects of reality and to direct a person's strengths and abilities effectively. Person must be reasonably convinced of oneself, feelings of insecurity that arise from rejection, long-term failure or personal weakness make it impossible to meet these criteria. Therefore, in a crucial situation called for crucial action or efficient thinking, the insecure person feels hesitates or empties. Not being sure about himself, he tends to shrink from the demands of the situation and develop a defense system that will provide some relief from conflict and anxiety due to conflict and discomfort.

Helps with the assurance of connecting with a sense of inner security. As a social animal, man needs to feel that he desires a person or group with whom he has a strong emotional connection. Reject of parents, ambiguity from social group or intense rivalries and jealousies are all harmful in the sense of this relationship and you can see that once this emotional relationship and you can see that once these emotional relationships and identities are disrupted there is little chance for the growth of personal security. What we feel and think of ourselves is always a reflection of our relationship with others, thus the desired person, who feels that they have safe place in the network of social relationships in which they live or grows well for mental stability. And it is the possibility of developing a sense of inner security and a healthy attitude towards themselves.

8. Adequate Concept of Self

An adequate conception of the self is essential for mental health. A person must maintain the right attitude and orientation towards objective reality, so they must learn to think in a healthy way. Naturally, feelings of personal inadequacy, inferiority or insecurity do not promote a health self-concept. Feelings of inadequacy may be compensated by damaging egotism or an attitude of superiority, or they may result in exaggeration of deficiencies and feelings of worthlessness. In any case the imperfect concept of self-disrupts the relationship between self and reality, making it more difficult to meet other criteria of mental health.

The impact of self-concept on mental health and adjustment has received much attention through many different quarters in recent years. Writers in the fields of abnormal psychology, psychoanalysis, mental hygiene and personality development have all pointed out that a wholesome concept of self, based upon objectivity, common of sense, humility, and an adequate scale of values, is a desideratum of mental stability.

While Unlike Pygmalion, who tried to make another person into a creature fulfilling their concept of beauty, the neurotic sets to mold themselves into a supreme being of their own making. They hold before their soul their image of perfection and unconsciously tell themselves: "Forget about the disgraceful creature you actually are: this is how you should be; and to be this idealized self is all that matters. You should be able to endure everything, to understand everything, to like everybody, to be always productive" – to mention only a few these inner dictates. Since they are inexorable, I call them "the tyranny of the should."

As Horney points out, these internal suggestions retain the ideal image that are not intended to be a real change but aimed at immediate and complete perfection. Therefore, the shoulders lacks the moral seriousness of true ideals and norms and ultimately leads to neurotic disability and impairment.

Hither, more than any other sphere of personal existence, the virtue of humility and the destructive power of pride can play a dominant role in a person's mental health or illness. A healthy self-concept leaves enough room for meekness and modesty and removes the foolish pride that leads to the development of ego and megalomania.

The very nature of neurotic disorder is associated to pride. If the victim person is overly sensitive, annoyed, captions, they are signaling the fear that they will not benefit in competitive situations where they want to show their worth. If it is too subtle and self-critical it can try to show how admirable it really is. Thus, despite involuntary, partially unconscious and any way directly that uncontrollable, most neuroses are, from the point of view of religion, merged into the sin of pride. A more basic humility, resides in the victim's conscience, and indirectly affects their mental health as convenient.

The relationship between pride and neurosis makes the development of a healthy concept the most important factor in the achievement of mental health.

9. Adequate Ego-Identification

The growth of an adequate self-concept through the oppression of neurotic pride, un-realistic motives, and irrational demands is an important step in the direction of ego-identity. In the endless struggle to meet the needs of self and reality and to fully cope with threats, frustrations and contradictions, we must have a firm grip on our own identity. We need to know who are and what we are. We need to know something about our background and heritage, our goals and objectives in life and our ultimate goal. In other words, we should be able to identify ourselves, to recognize ourselves as separate and distinct from other individuals and yet be that solitary and without loneliness. Disturbed, unhappy or neurotic people become isolated in confusion or they get lost in the vortex of complex changing relationships that destroy their personal identity.

Ego identity refers to the self or the person who feels himself to be. The sense of identity is less developed in childhood but progressive experience brings a sharp outline and a clear definition. Gradually the sense of identity becomes a complete and rich establishment, compounded of bodily sensation, feelings of one's memories and an increasing the number of social judgements conveyed by the words and behaviour of others. With some people as white points out, ego-identification does not appear to be more stable during adolescence or adulthood. So as ego-identification grows more stably autonomous, the person becomes capable of having a more consistent and lasting impact upon his environment, the more solid is the nucleus from where his activity proceeds.

10. A Healthy Emotional Life

A healthy self-respect is also one of the best guarantees of a healthy emotional life, which is universally recognized as a prime requirement for mental stability. Emotions and feelings may be the most disruptive forces that fight against good adjustment and mental stability, as illustrated by the many examples of impropriety used in these discussions. Anxiety, worry, obsessive fears, temper tantrums, indifference, jealousy, hostility and hatred are linked to a range of emotionally disrupting forces that impair mental health, Emotional health is an integral part of mental health because emotions pervade mental life; So Emotional adequacy, which we defined in the previous chapter in terms of control, depth and range, becomes a criterion by which mental health can be assessed. Mental health is impaired in the absence of emotional control or in that case when the range and depth of sensation is insufficient.

11. Mental Tranquility or Peace of Mind

According to the great Saint Augustine, Peace is the tranquility of order, which we may paraphrase by saying that mental peace requires a well-ordered mind. Many of the foregoing criteria of mental health are oriented to peace of mind. In fact, we can be sure that if all these criteria are met, tranquillity of mind is assured. While in other words, there is a connection between reality, emotional harmony, a sense of security and a thought with relation, the contact of thought and imagination the unification of

motives and thus there is bound to be peace of mind. Therefore, very appropriately, this is the ultimate and most important criterion for judging mental stability. Mental health and peace of mind are both sides of the same coin that cannot be one without the other. In other way, all mental hygiene principles and treatment are drawn towards this remarkable quality. It must be clear that the development of symptomatic responses, such as daydreaming, loss of memory, delusions, hallucinations, obsessions, and fixed idea, is directly opposed to mental stability; and conversely, that the achievement or maintenance of mental health precludes the development of such symptoms. These relations will become clearer later on when we analyze the nature and functions of symptomatic responses.

7. Importance of Mental health for Adjustment

After studying all the specific criteria of mental health, it can be said that Mental health gives an ability to identify the adjustment pattern of the person. It helps the person to make adequate adjustments and understand the relations. Appreciating truly of the other person's good power as well as good deeds. These skills play an important role in social adjustment with another person. And it is a sign of good mental health. When a person's mental difficulties turn into a happy or healthy existence, that person can easily manage to connect with a job, work, his family members or social relationships. According to Watson, every culture has a method for establishing its own independent or distinctive personality adjustment. The fact that in Indian culture, silence and contemplation are considered more important at times of sorrow or trouble is also a characteristic of mental health. Thus, mental health is a key factor for good adjustment.

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