

**BASIC ELEMENTS OF
EDUCATIONAL PSYCHOLOGY**
(शैक्षिक मनोविज्ञान के आधारभूत तत्व)



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Measurement of Mental Health and Hygiene

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INTRODUCTION:

Mental health is a person's emotional, psychological, and social well-being. It determines how people think and feel and how they make choices and handle things. Mental health is critical for a person's overall health, and problems in this aspect can adversely affect every aspect of a person's life. There are two dimensions to mental health, positive and negative; the latter dimension is the absence or lack of mental illness. Positive mental health is a valuable and objective ideal of a person's psychical state. Individuals with positive mental health generally present with positive affect and character traits, which may be viewed as resources. They often have high self-esteem, high levels of mastery, sense of coherence and self-efficacy. It can be conceptualized as a person's ability to cope with adversity, and avoid breakdown or diverse health problems when confronted with adverse experiences. Negative mental health encompasses specific symptoms and difficulties with mental disorders. As presently defined and used in diagnostic classifications, mental disorders are designated by the existence of specific collections of symptoms. However, manifestations of mental disorder and psychological issues that do not meet the criteria for clinical disorders are common. These subclinical conditions, as well as general psychological discomfort, are frequently caused by lasting or transient hardships. They may have a systemic impact and often result in consultations with primary care or other qualified practitioners.

POSITIVE MENTAL HEALTH:

Positive mental health refers to a state of well-being in which an individual is able to cope with the normal stressors of life, work productively and effectively, maintain positive relationships, and contribute to their community. It is more than the absence of mental illness; rather, it encompasses a state of emotional, psychological, and social well-being. Positive mental health encompasses a wide range of factors that contribute to well-being and resilience. By cultivating emotional, psychological, social, physical, spiritual, occupational, and environmental well-being, individuals can enhance their overall mental health and lead fulfilling lives. There are various types of positive mental health, each of which contributes to overall well-being and resilience. Some common types of positive mental health include:

- > Emotional Well-being: Emotional well-being involves the ability to recognize and manage one's own emotions, cope with stress, and maintain a positive outlook on life. Individuals with strong emotional well-being can regulate their emotions effectively, express themselves in healthy ways, and form positive relationships with others.
- > Psychological Well-being: Psychological well-being is characterized by a sense of purpose, self-acceptance, autonomy, and personal growth. Individuals with strong psychological well-being have a high level of self-awareness, self-esteem, and resilience, allowing them to navigate life's challenges with confidence.
- > Social Well-being: Social well-being refers to the quality of an individual's relationships and social connections. It involves having strong social support

networks, effective communication skills, and a sense of belonging and connection to others. Socially well individuals are able to build positive relationships, collaborate with others, and contribute to their communities.

- **Physical Well-being:** Physical well-being is an essential aspect of positive mental health, as physical health and mental health are interconnected. Maintaining a healthy lifestyle through regular exercise, nutritious diet, adequate sleep, and stress management can support overall well-being and mental resilience.
- **Spiritual Well-being:** Spiritual well-being involves a sense of meaning, purpose, and connection to something greater than oneself. This may include beliefs, values, and practices that provide a sense of peace, comfort, and fulfilment. Individuals with strong spiritual well-being often report higher levels of life satisfaction and resilience.
- **Occupational Well-being:** Occupational well-being refers to satisfaction and fulfilment in one's work or chosen activities. Feeling engaged, motivated, and challenged in one's career or daily activities contributes to overall well-being and mental health. Individuals with strong occupational well-being often experience a sense of accomplishment and purpose in their work.
- **Environmental Well-being:** Environmental well-being involves the quality of one's surroundings, including physical, social, and cultural environments. Having access to safe, supportive, and nurturing environments can enhance overall well-being and mental health. Connecting with nature, promoting environmental sustainability, and advocating for social justice can also contribute to environmental well-being.

Negative Mental Health:

It's important to note that mental health disorders can vary in severity and can impact individuals differently. Seeking professional help from a mental health provider is crucial for accurate diagnosis, treatment, and management of mental health issues. Additionally, adopting healthy coping mechanisms, maintaining social connections, and practicing self-care can help promote mental well-being and resilience.

There are various types of mental health disorders, each with its own symptoms, causes, and treatment approaches. Some common types of mental health disorders include:

- ✓ **Anxiety Disorders:** Anxiety disorders are characterized by excessive worry, fear, or nervousness that can interfere with daily activities. Examples of anxiety disorders include generalized anxiety disorder, panic disorder, phobias, and obsessive-compulsive disorder.
- ✓ **Mood Disorders:** Mood disorders involve disturbances in a person's emotional state, leading to persistent feelings of sadness, hopelessness, or mood swings. Common mood disorders include major depressive disorder, bipolar disorder, and seasonal affective disorder.
- ✓ **Schizophrenia:** Schizophrenia is a severe mental health disorder that affects a person's thinking, perception, and behaviour. Symptoms may include hallucinations, delusions, disorganized thinking, and social withdrawal.
- ✓ **Personality Disorders:** Personality disorders are characterized by distorted patterns of thinking, behaviour, and emotions that affect interpersonal relationships and daily functioning. Examples of personality disorders include borderline personality disorder, narcissistic personality disorder, and antisocial personality disorder.
- ✓ **Eating Disorders:** Eating disorders are mental health conditions that involve unhealthy behaviours related to food and body image. Common eating disorders contain anorexia nervosa, bulimia nervosa, and binge eating disorder.

- ✓ Substance Use Disorders: Substance use disorders involve addiction or dependence on drugs or alcohol, leading to significant impairment in daily functioning and relationships.
- ✓ Post-Traumatic Stress Disorder (PTSD): PTSD is a mental health condition that can develop after experiencing a traumatic event. Symptoms may include flashbacks, nightmares and severe anxiety.
- ✓ Attention-Deficit/Hyperactivity Disorder (ADHD): ADHD is a neurodevelopment disorder characterized by difficulty focusing, impulsivity, and hyperactivity. It often begins in childhood and can persist into adulthood.

Factors Affecting mental health:

Mental health is influenced by a complex array of factors, there are some factors that affect individual's mental health.

- ❖ Genetics: Family history and inherited traits.
- ❖ Early childhood experience: Experiencing or witnessing stressful or joyful events.
- ❖ Family environment: Living situation, social surroundings, and access to resources.
- ❖ Age and Developmental Stage: Life stages, like adolescence or old age.
- ❖ Nutrition and Exercise: Healthy eating habits and regular physical activity
- ❖ Social Connections: Strong relationships with family and friends.
- ❖ Social circumstance: Economic stability, education, and employment opportunities.
- ❖ Physical Health: Chronic illness, pain, or sleep disturbances.
- ❖ Education: level of education, school/college environment, competition pressure.
- ❖ Employment and work condition: Job environment, job pressure, job satisfaction and professional relationship issues.
- ❖ Cultural and Societal Expectations: Societal pressure, stigma, and cultural norms.
- ❖ Digital Technology: Social media, screen time, and cyber bullying.
- ❖ Brain Chemistry: Imbalances in neurotransmitters like serotonin and dopamine.
- ❖ Personality Traits: Coping mechanisms, resilience, and personality characteristics.
- ❖ Access to Mental Health Services: Availability and affordability of professional help.

These factors interact and influence one another, making mental health a multifaceted and dynamic aspect of our overall well-being.

Characteristics of mentally healthy individual:

Mentally healthy individual have some specific characteristics. Some characteristics of a mentally healthy individual are mentioned below:

- > They wake up every day and feel grateful for something.
- > They have something that they look forward to doing or experiencing.
- > They let go of anger, and they do not spend time holding grudges against others who have hurt them.
- > They enjoy the simple things in life.
- > They keep trying when the going gets tough.
- > They help others around them.
- > They take care of them self.
- > They have good boundaries in their relationships.
- > They are not envious of what others have.
- > They can be happy for others, even when they own life is challenging.
- > Mentally healthy individual have strong personality.

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- > Mentally healthy individuals are emotionally stable.
 - > Mentally healthy individuals have no any major adjustment problems.
 - > They are physically healthy people.
 - > They are free from mental illness.
 - > They have strong motivational power.

How to measure mental Health:

Measuring mental health is a complex process that involves assessing various aspects of an individual's emotional, psychological, and social well-being.

Mental health measurement tools can provide a multi-dimensional approach to help providers assess, diagnose and monitor patients by establishing a baseline, measuring change through treatment and intervention, and measuring outcomes longitudinally across time. This level of data will be critical for healthcare professionals to meet new requirements that fall under measurement-based care guidelines.

There are several steps involved in the measurement of mental health, which may include the following:

- I. **Screening and Assessment:** The first step in measuring mental health is to screen individuals for potential mental health issues. This may involve using standardized screening tools or questionnaires to identify symptoms of common mental health disorders. A comprehensive assessment may also be conducted by a mental health professional to gather information about the individual's mental health history, symptoms, functioning, and risk factors.
- II. **Diagnosis:** Based on the screening and assessment results, a mental health provider may make a formal diagnosis of a specific mental health disorder, if applicable. This process involves considering the individual's symptoms, duration and severity of the symptoms, impact on daily functioning, and any contributing factors.
- III. **Monitoring Progress:** Once a diagnosis is made, it is important to monitor the individual's progress over time. This may involve tracking changes in symptoms, functioning, and overall well-being through regular check-ins with a mental health provider. Monitoring progress helps ensure that the individual is receiving appropriate treatment and support.
- IV. **Outcome Measurement:** Outcome measurement involves assessing the effectiveness of treatment interventions and their impact on the individual's mental health. This may include tracking changes in symptoms, quality of life, functioning, and other relevant outcomes. Outcome measurement helps inform treatment planning and adjustment as needed.
- V. **Quality of Life Assessment:** Mental health measurement should also consider the individual's quality of life and well-being. This may involve assessing factors such as social relationships, work or school functioning, daily activities, and overall life satisfaction. Quality of life assessments provide valuable insights into the individual's overall mental health status and functioning.
- VI. **Feedback and Communication:** Effective communication between the individual and mental health provider is essential for accurate measurement of mental health. Providing feedback on assessment results, treatment progress, and goal setting helps engage the individual in their mental health care and promotes collaboration in the treatment process.
- VII. **Holistic Approach:** Mental health measurement should take a holistic approach, considering the individual's physical health, social support, lifestyle factors, and environmental influences. Taking a comprehensive view of mental health helps

address the complex interactions between various aspects of well-being and promote overall mental wellness.

Previous study:

The World Health Organization (WHO) conceptualizes mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. Mental disorders and psychoactive substance-related disorders are highly prevalent throughout the world and are major contributors to morbidity, disability, and premature mortality. However, the resources allocated by countries to tackle this burden are insufficient, are inequitably distributed, and, at times, inefficiently used. Together, this has led to a treatment gap that, in many countries, is more than 70%. The stigma, social exclusion, and discrimination that occur around people with mental disorders compound the situation. Mental health disorders increase the risk for other diseases and contribute to unintentional and intentional injury. In the Region, depression continues to be the leading mental health disorder, and is twice as frequent in women as in men. 10% to 15% of women in industrialized countries and 20% to 40% of women in developing countries suffer from depression during pregnancy or the postpartum period. Low-income countries spend around 0.5% of their health budget in mental health services, and high-income countries, 5.1%.

In 2013, the World Health Assembly approved the Comprehensive mental health action plan 2013-2020. The development and establishment of policies and programs for mental health promotion and prevention are a necessary part of regional efforts to improve mental health in the overall population. The situation in mental health is different and significantly more complex.

Many studies have shown that mortality is higher among those suffering from mental ill-health, whether psychological distress or diagnosable disorders, than in the general population. Adverse life events, e.g. loss of spouse, have been linked to increased mortality. Over 90% of those who commit suicide suffer from a mental disorder. The negative impact of mental ill-health on survival has even been noted in community samples. Psychiatric disorders have been associated with increased levels of mortality from natural and violent causes. The mortality ratio of discharged patients has been found to be increased compared with that in the general population.

Tools used for Measuring mental Health:

Mental health status can relate to a wide range of patient experiences, feelings, actions and behaviours areas that aren't always easily observable. Gaining this information through lengthy interviewing can be helpful, but it's not practical with large numbers of patients to see, nor is the interviewing process consistent across care settings and over time.

For this reason, scales have long been used to provide a measurable and comparable means to capture health information. Mental health professionals have access to several scales or tools they use to diagnose, assess and monitor patient progress. There are some misconceptions about use of mental health scales. As an example, many generally assume that measurement scales are used only with adults. Yet, there are many scales specifically designed for use with children, a mental health scale questionnaire for students (ages 6-17) used to assess common disorders in pediatric mental health.

Here are some of the most common scale for measuring mental health and their area of application:

- Brown Assessment of Beliefs Scale (BABS) – Body dysmorphic disorder
- Mood Disorder Questionnaire (MDQ) – Bipolar
- Patient Health Questionnaire 9 (PHQ9) – Depression

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- Yale Brown Obsessive Compulsive Scale (YBOCS) – Obsessive compulsive disorder
 - Sheehan-Suicidality Tracking Scale (S-STSS) – Suicide
 - Cognitive Therapy Rating Scale (CTRS) – Cognitive therapy competence
 - Drinking Motives Questionnaire – Addiction
 - Generalized Anxiety Disorder 7-Item (GAD7) – Anxiety
 - BDD Modification of the YBOCS (BDD-YBOCS) – Body dysmorphic disorder

There are several tools and assessments available that can help measure and track mental health. Some commonly used tools include:

1. **Mental Health Screening Tools:** These are self-assessment questionnaires that can help individuals identify symptoms of mental health conditions such as depression, anxiety, PTSD, and others. Examples include the PHQ-9 for depression and GAD-7 for generalized anxiety disorder.

2. **Mental Health Apps:** There are numerous mental health apps available that offer tools for self-assessment, mood tracking, journaling, and mindfulness practices. Examples include Headspace, Calm, and Mood path.

3. **Psychological Assessments:** These are conducted by mental health professionals to evaluate mental health symptoms, personality traits, and cognitive functioning. Examples include the Beck Depression Inventory (BDI) and the Minnesota Multiphasic Personality Inventory (MMPI).

4. **Online Mental Health Screening tools:** Websites such as Mental Health America and Screening for Mental Health offer free, anonymous online screenings for various mental health conditions.

5. **Wellness Trackers:** Apps and devices that track lifestyle factors such as sleep, physical activity, and nutrition can also provide insights into mental health. Examples include Fitbit and MyFitnessPal.

It's important to note that these tools are not a substitute for professional diagnosis and treatment. If you have concerns about your mental health, it's best to seek evaluation and support from a mental health professional.

Causes of Mental Illness:



The most common causes of mental illness are:

- **Mental exhaustion:** Having to make too many decisions within a short time can be exhausting, leading to mental illness.
- **Lack of sleep:** Having little to no sleep makes us prone to mental illness
- **Poor nutrition:** Poor nutrition causes mental illness. For example, vitamin B12 deficiency can cause depression and memory loss leading to mental illness.
- **Procrastination:** Procrastination can lead to anxiety, which in turn causes mental illness.
- **Medication:** Mental illness may occur as a side effect of specific medication.
- **Cluttered work environment:** Cluttered or chaotic work environments may make it difficult to get into a productive mind frame.
- **Impostor syndrome:** The feeling that we're inadequate or incapable at work is a common cause of mental illness
- **Perfectionism:** Perfectionism can lead to procrastination, self-doubt, and mental illness
- **Pessimism:** A negative outlook causes mental illness. If we believe we have no chance of success, we may become unmotivated.

How to overcome from mental depression:

If we find ourself facing a mental block at work, there are many ways to improve our focus and output. Overcoming mental depression can be a long and challenging process, but here are some tips that may help:

- > **Seek professional help:** Consider seeing a therapist or counsellor who can provide us with the necessary support and guidance to overcome depression.
- > **Stay connected:** Reach out to friends and family for support. Social connections can help us feel less isolated and provide a sense of belonging.
- > **Practice self-care:** Engage in activities that bring us joy and relaxation, such as exercise, meditation, yoga, or hobbies.
- > **Set realistic goals:** Break tasks into smaller, manageable steps and celebrate our accomplishments.
- > **Take a break:** If we tried unsuccessfully to work through a mental block, the next best thing we can do is take a break. We have to try some unrelated activities like solving a crossword, washing dishes, or talking to a friend. Breaks help to reset our mind and connect the dots.

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- Challenge negative thoughts: Identify and challenge negative thought patterns that contribute to our depression. Replace them with more positive and realistic thoughts.
 - Improving our skills: If we feel unprepared or inadequate for a project/work, we should take time to research, learn, and practice.
 - Maintain a healthy lifestyle: Eat a balanced diet, get enough sleep, and avoid excessive alcohol or drug use, as these can worsen depressive symptoms.
 - Stay active: Regular physical activity has been shown to improve mood and reduce symptoms of depression.
 - Engage in activities that promote mindfulness and relaxation, such as deep breathing exercises or progressive muscle relaxation.
 - Resting is one of the best ways to maintain mental health and overcome blocks. Getting a regular 7-9 hours of sleep every night keeps your mind sharp and ready.

How to maintain mental hygiene:

Maintaining mental hygiene, also known as mental health, is essential for overall well-being and quality of life. Here are some tips to help you maintain good mental hygiene:

- Practice self-care: Make time for activities that bring you joy and relaxation, such as exercise, spending time in nature, reading, or practicing mindfulness and meditation.
- Stay connected: Nurture relationships with friends and family members, and make an effort to stay connected and engage with others for social support and companionship.
- Seek help when needed: Don't hesitate to seek help from a mental health professional if you are struggling with your mental health. Therapy and counseling can provide valuable support and strategies for coping with mental health challenges.
- Manage stress: Find healthy ways to cope with stress, such as practicing stress-relief techniques like deep breathing, journaling, or engaging in hobbies.
- Maintain a balanced lifestyle: Eat a healthy diet, get regular exercise, prioritize sleep, and avoid unhealthy habits like excessive alcohol consumption or substance abuse.
- Set boundaries: Learn to say no to things that overwhelm or drain you, and prioritize your own needs and well-being.
- Practice self-compassion: Be kind and gentle with yourself, especially during difficult times. Treat yourself with the same compassion and understanding that you would offer to a friend.
- Challenge negative thoughts: Practice cognitive behavioral techniques to challenge negative thought patterns and reframe them in a more positive and realistic way.
- Engage in activities that promote mental well-being: Engage in activities that promote mental well-being, such as volunteering, taking up a hobby, or engaging in creative pursuits.
- Stay mindful: Practice mindfulness and present-moment awareness to stay grounded and focused, and to reduce feelings of anxiety or overwhelm.

Conclusion:

Mental health is about how people think, feel, and behave. Mental health care professionals can help people manage conditions such as depression, anxiety, bipolar disorder, addiction, and other disorders that affect their thoughts, feelings, and behaviours. Mental health can affect a person's day-to-day life, relationships, and physical health. External factors in people's lives and relationships can also contribute to

their mental well-being. Mental health problems are common and cause unnecessary human suffering. The reasons for this are the ups and downs of life that develop in conjunction with irregularities in biological and social structures. Mental health problems, like all the other health-related problems, have some negative consequences for individuals as well as for society.

Measuring mental health involves a multidimensional approach that considers various factors contributing to an individual's emotional, psychological, and social well-being. We should remember that recovery from depression takes time and effort, but with patience and persistence, we can overcome it. If we are struggling, do not hesitate to seek professional help.

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