

Need and importance of mental health education

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Received : 16.09.2015; Accepted : 30.09.2015

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■ **ABSTRACT**

The purpose of the study was to find out the need and importance of mental health education for a good teacher, coach, trainer and psychologist. From this study we can conclude that need and importance of mental health education is very important for a good teacher, coach, trainer and psychologist. It is important on the part of teachers worked on the special attention on abnormal and dull students, too recognize individual differences of the students, finding out mental health problems of students, solving mental health problems of students, good understanding a women students, teachers and other person, for emotional maturity, for making the atmosphere of class and college interesting, high standard mental health of a teacher, good attitude of teacher, giving best teaching, coaching and training, for promotion of mental health of society etc.

■ **KEY WORDS** : Need, Mental health education

■ **HOW TO CITE THIS PAPER** : Maan, Sahadev (2015). Need and importance of mental health education. *Internat. J. Phy. Edu.*, **8** (2) : 98-100.

We now very well know that health is wealth. Health is very important in our life. 'What is Health' ? According to Choudhary and Gautam (2010) health is not an abstract, it is a relative concept.

According to English term health is a condition of being "safe and sound" The dictionary meaning of health is "state of being hale and sound in body, mind of soul especially free from physical disease or pain".

According to World Health Organization health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

There are two types of health. First is physical health and second is mental health. So health is not complete without mental health and mental health is not possible without mental health education. Mental health education is totally related to mental health of the human beings. It is very important part of education and physical education

because every person wants to live a healthy life.

Physical health :

Physical health is the base upon which the personality stands, physical health implies a good complexion, a clean skin, bright eyes, lustrous hair, firm flesh, slim physique, favourable attitude, sound sleep and smooth bladder .

Mental health :

Good health depends on the state of the mind and body and they both influence each other, but owing to the power of mind over matter, good mental health is of greater importance. Mental health enables an individual to understand the mind emotions, instincts and tendencies.

Generally it is said that a person who is not unnecessarily worried, anxious and tense is mentally

healthy. The ideal mental health includes intelligence, intellect, wisdom, adjustment etc.

Health education :

View of ground :

According to Panday (2007) health education is the translation of what is known about health into desirable individual and community behaviour patterns by means of education process.

View of sophie :

Health education is concerned with the health related behaviour of people.

View of Thomas Wood :

Health education is the sum of all experiences which favourably influences habits, attitudes knowledge related individual community is social health.

According to Singh and Singh (2010) mental health is an index which shows the extent to which the person has been able to meet his environmental, socio, emotional or physical demands. however, when he finds himself in a trapped situation, he does not have match coping strategies to deal with it effectively and gets himself mentally strained this mental strain is generally reflected in symptoms like anxiety, tention, restlessness or hopelessness among others.

Objective of the study:

Objective of the study was to find out the need and importance of mental health education for a good teacher, coach, trainer and psychologist.

Doing teacher's work easily :

If you are a responsible and good teacher and you want to do your work at time with quality and easily. Then mental health education is your first need.

Paying special attention on abnormal and dull students :

If you teach fifty students in class. We know very well that all students are not same. Some students are good, some average and some are dull. Teachers duty is to give you special attention on dull students. If we have got mental health education we can do our work but if we have not got mental health education we cannot do our work.

Recognising individual differences of the students:

Minimum three types of individual differences are there introvert, extrovert and ambivert.

According to Kamlesh and Sangral (1988).

- Pyknic/Endomorph (extrovert)
- Athletic (Mesomorph) (Ambivert)
- Asthemic (Ectomorph) (Introvert)
- Dysplastic.

Recognition individual differences of students is very important part of teaching. This is possible only by mental health education because mental health education has a close relationship with individual differences.

According to Verma, mental health has a close relationship with the personality of a student.

Finding out and solving mental health problems of students :

Mostly students have mental health problems teacher can find out and solve mental health problems by mental health education.

Improving mental health of children :

Very important role is of teacher to improve mental health of children.

According to Singh role of a teacher is to improve mental health of children, affectionate and sympathetic behaviour, balanced curriculum, emphasis upon good discipline, teaching according to needs, behaviour according to theory of individual difference, provision of play and recreations, educational guidance, personal guidance, fostering good habits and vocational guidance.

Good mental health of a teacher :

Mental health education is very important for good mental health of a teacher.

According to Verma criteria of optimum mental health adequate feeling of security, emotional maturity, adequate understanding of other, adequate basic harmony, adequate integration of personality, adequate feeling of personal worth.

Personal characteristics :

Creating interest in students and teaching, democratic attitude, to accept his faults and errors heartily, impartiality and health attitude, sense of humour, interest in extracurricular activities, a lertness and

attentiveness, tolerance and patience, self-evaluation, good manners and to have a clear philosophy.

Professional characteristics :

Sense of responsibility, expertness in subject matter, aptitude for teaching, effective communication, ability to have proper control over students, good teaching methods, respect for his profession, constant effort for improving skills and qualifications, use of books and periodicals for solving his professional problems and try to discover new ideas, teaching materials and teaching methods.

Conclusion:

After this study we can conclude the need and importance of knowledge of mental health education for a good teacher, coach, trainer and psychologist is very important and necessary for getting below points.

- Doing teacher's work easily.
- Paying special attention on abnormal and dull students.
- Recognising individual differences of the students.
- Finding out mental health Problems of students.
- Solving mental health problems of students
- Good understanding with students, teachers and other person.
- Emotional maturity.
- Making the atmosphere of class and college very increasing.
- High standard mental health of teacher.
- Very good attitude of teacher.
- Giving best teaching, coaching and training.
- Promoting mental health of society.

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