CHAPTER – II
CONCEPTUAL FRAME WORK

Self means one's opinion about oneself self is expressing in term of mine and it is a product of social interaction. It may be pointed out that the concept of self, analogous to the concept of ego in that both represent sub-systems which are concerned with evaluation, decision making, planning and coping, Roger's new point, however extends further to include self identity in an individual towards growth and self confidence.

The extent to which an individual is confident of his abilities, also seems to be an important factor in conformity to social pressures persons who have confidence in their own judgements are more resistant to pressures to conform than those who do not have this confidence intelligence and confidence in one's own abilities determine the extent of conformity.

According to join student confidence is process of becoming the best possible person one can become at achieving one's own goals in life. It is highest human motive. It is, need for self-fulfillment in the sense one becoming everything that he or she capable of being. Until one has achieved self-esteem, he will not full secure enough to

become a fully actualized person that is unless one has confidence in himself he will not dare to express in his own unique way and make his own contribution to society each person's self is different because genetic and socio-cultural in heritance are different.

Any individual's success or failure depends not upon his/her abilities, but upon his perception about himself. In other words while doing any work how he perceives himself "whether I do this work, whether the given problem is simple or complex, may I attain success or not" all such perceptible factors determine the output. Strictly speaking any kind of failure or success will be determined by the self confidence. Self confidence is an attribute of perceived self, it is not apart from the self or it is not independent from the self. Self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to attain successes.

More often the very choice of an individual's type of education soon after the compulsion of secondary education depends upon the level of self confidence, which he has. To take decision on his/her own, about any matters educational, vocational etc., is possible only for those individuals whose confidence to high in this context it is important to measure the self confidence of students in general and to study its

effects on students academic performance particularly on there academic achievement. In general terms, self confidence refers to an individual perceived ability to act effectively in a situation to overcome obstacles and to get things go all right.

Different researchers have measured self confidence as a construct, variously in the past. Klein and Schoenfeld (1941) measured it by asking the subjects to state the degree of confidence they felt in the accuracy of their performance after they had taken some psychological tests. Immediately thereafter each subject was asked to rate his performance on the task just finished on a three paint rating scale and these ratings were used to infer self confidence.

Hence, self confidence is believed to increase one's performance. The higher level of confidence generates enthusiasm for the given activity. It is the variation in confidence that makes differences in performance of sports activity. Therefore, studying the influence of confidence assumes importance.

Self-confidence is the confidence one has in oneself, one's knowledge, and one's abilities. It is the confidence of the type: "I can do this". "I have the ability to do this". Self-confidence is the one thing that

is much more important than many other abilities and traits. If you do not have self-confidence, what you do will never become fruitful at all. The fruits of wha1 you do without self-confidence are lost.

Genuine self-confidence is the forerunner of achievements. Self-confidence integrates the powers of mind and body and focuses them towards the goal. Only such a concentrated energy can reach the goal.

Self-confidence is the first step to progress, development, achievement and success. Even if you have a lot of abilities and a lot of knowledge, if you do not have self-confidence you cannot be a success. But, on the contrary, even if you have only average abilities and knowledge, if you have an unfailingly true self confidence, chances are that you achieve what you want to.

The successes and achievements in turn will strengthen your self-confidence further. People like, respect, believe and trust persons who are self-confident. It is natural that persons with good confidence are offered leadership and other office responsibilities of groups. More and more opportunities automatically come the way of the person

with a good self-confidence. In short, success flows to those who have a genuine self confidence.

Tips to improve your self-confidence

1. Improve your Self Esteem

2. Self Esteem depends on how one evaluates oneself, one's abilities and achievements rather than the quality and quantity of these.

    By improving one's self-acceptance, self-concept, and self-image, one can improve one's self-esteem. Unless one is not able to love oneself, like oneself respect and accept oneself as one is with all the defects one has it is not possible to have self-esteem. People do not accept one who does not accept himself.

    Keep a good self-image of yourself in your mind's eye. Imagine yourself as a strong, confident and decisive person. Foster a positive image of yourself. Never waste your precious time, energy and effort by worrying about your weakness and deficits. Accept your deficits, defects as such understand clearly that worrying and mourning over your defects, deficits, weakness and negatives can never bring their opposites. On the other hand, it will only women your position further. So stop worrying over them.

3. Think and Act Positively

4. Be positive. Think of your wills and successes. Think of your achievements, positives. Find out new opportunities. Be optimistic and be realistic. Start to act confidently and positively. Write down all your positives, strengths, virtues. Write down the recent successes and achievements you had. Keep the list with yourself and append it whenever possible.

5. Friends and Peers

6. Mingle yourself with people who are optimistic, positive and active. Work with those who have confidence in themselves and in yourself. Avoid the company of those who destroy your Self-confidence and enthusiasm.

7. As - If Technique

8. Act and speak as if you are confident. As if you are in control of your own destiny, as if you are already a success, as if you are there where you wanted to be, as if you are psychologically a strong person who cannot be affected by external threats of any kind. Act, Speak and believe that you can overcome each and every obstacle, face each and every threat, solve each and every problem.

9. Helping Others

10. Help others whole heartedly without expecting anything (even thanks) in return. Help others just for the sake of helping.

You will gradually gain more and more confidence by this. Again, some day, someone will reciprocate these in some way or other. At least, you will build up more and more goodwill for yourself.

11. Be happy

12. Be happy. Smile. Be friendly and approachable. Believe in yourself and in your abilities. Believe that when one door closes nine new ones open before you. Believe that there are opportunities and look for them untiringly and without hope.

13. Alignment with Stereotypes and Expectations Behave in line with the stereotyped behavior of those who are confident. This easily makes others think that you are confident. Dress neatly and smartly. Keep yourself straight when walking, standing and sitting. Walk with turn steps, do not be absent minded. Keep yourself energetic and vital.

14. Be active and enthusiastic. Plan your actions and do it effectively and efficiently. Do it full heartedly. Speak confidently. Don't be indecisive. If you are aware of your goal, you'll not be indecisive.

Dress for success

Dressing well and appropriately can do wonders for one's self esteem. Many of us wear clothes that look nice on the clothes rack but

do not necessarily suit our body type. Wear clothes that fit you well. If you are on the healthier side, wear clothes that aren't too tight yet not loose or baggy, this just adds to the bulk and does not make you look any better.

Dressing well does not mean you need to spend your entire salary investing in designer brands. Choose your clothes wisely it's quality not quantity that counts. Pick up a few outfits that make a statement instead of loads of outfits that do nothing for your confidence.

The other thing to do is watch the popular verdict. If most people say pink is your colour and you feel comfortable wearing pink, do it.

Good posture

Good posture has an immediate and lasting impact on your confidence. Do you recollect the time you were at the door, about to face an interview? What did you do instinctively? Didn't you take a deep breath? By doing that two things happen your stomach goes in and your head is held high.

Always hold your head high, throw your shoulders back, keep your back straight and walk with confident steps. Practice in the mirror a few times to make sure your doing it right, without looking too stiff.

Walk smart

Do you take small, shuffling steps? Do you fling your arms around when you walk? Stop! You may be doing something sub-consciously that does not really compliment your style.

Be aware of how you walk. Be quick and energetic 'with a spring in your step. Think of a nice outdoor activity that you like doing, feeling the breeze on your face and letting your heart guide your walk.

If you are still not comfortable, try this age-old trick. Place a big book on your head and try to walk without dropping it. This is a great way to improve posture and gait.

Smile often

To complete the look, make sure to smile. Smile as often as you can and, if you can manage, let a tiny smile hang around the corners of your mouth.

In all your interactions, look people in the eye, greet them and smile. You'll see the other person transform in front of you.

Be empathic

Your confidence levels rise drastically when you successfully connect with people around you. For that you need to be empathic towards your family, friends and colleagues to begin with. Once you can deal and help other people with their emotions and problems, you immediately increase your influence with your circle of friends, acquaintances and colleagues.

Learn to calm yourself

This is probably the most important factor when it comes to confidence being able to face every situation calmly. But this does not come naturally to everyone, which is why you need to train yourself.

Find activities that calm you like talking a walk, listening to music, dancing, talking to your friends, reading, writing, gardening, cooking any activity that makes you feel happy. Do it once or twice a week or month, depending on the time you have. Meditation techniques help too.

Empower yourself

Knowledge almost always boosts self-confidence. Empower yourself with knowledge of your surroundings, of your job, of people, of the world around you. A good grasp of current events helps you strike up meaningful conversation and ensures that you're not left out.

One of the simplest things to do is read the newspaper, talk to people and be aware and observant.

Keep a soul knick-knack

A soul knick-knack can help you tide over those times when your confidence is tested. It could be your guru's photo, a gift from a loved one, your lucky charm, or even a photograph of a loved one. This soul knick-knack needs to be something that can bring a smile to your face, specially during testing times.

Find solutions to problems

Do not procrastinate or run away from your problems. The sign of a confident person is that he or she takes the problem head on and finds a solution. If you don't think you can handle it on your own, there is no shame in seeking help.

Talk about it with friends or colleagues, or write it down while listing out various solutions, pros and cons.

Self-confidence is characterized by: assertiveness, optimism, eagerness, affection, pride, independence, trust, the ability to handle criticism, emotional maturity, and the ability to accurately assess our capabilities.

What is Self Confidence?

Self-confidence primarily refers to us having a positive and realistic perception of ourselves and our abilities. A lack of self-confidence, on the other hand, is characterized by: self- doubt, passivity, submissiveness, over-conformity, isolation, sensitivity to criticism, distrust, depression, and feelings of inferiority and being unloved.

How Does a Lack of Self Confidence Develop?

▪ Experience: We often develop feelings of inferiority and hopelessness through various negative life experiences at home, school, on the job, etc. For example, when you were growing up your parents might have been unable to provide a healthy and supportive environment. They were critical, demanding and/or

overprotective of you. As a result, you develop negative perceptions of yourself.

- Loss of a family member or close friend. For example: your parents' divorce, moving away from home for the first time (you are away from your friends and family), and breaking up with your boyfriend/girlfriend.

- Dwelling unnecessarily on negative events such as failures and disappointment, instead of using the event as a learning experience.

- Judging or criticizing yourself and your abilities too harshly. For example, you criticize and blame yourself for your failures and disappointment.

- Evaluating the outcome of situations as much worse than they really are.

- Experiencing too much pressure from your parents and/or peers to meet the demands and expectations that they set out for you deprives you of the opportunity to develop your own identity, independence and autonomy.

- Setting unrealistic goals.

- Fear of failure. For example, if you get a "F" on an exam you may think that you are a failure rather than that you are a perfectly ok person who has failed an exam.

How to Increase Your Self Confidence

- Think positively about yourself.

- Set goals that are realistic and will meet your expectations. For instance, set your goals at reasonable level so that what you accomplish is equal/almost equal to what you set out to accomplish. This can boost your self confidence and self-satisfaction. William James, the father of psychology, said: "Self Satisfaction = What We Accomplish/What We Set Out to Accomplish"

- Reward/praise yourself when you have done well.

- Whenever something upsetting or disappointing occurs, be aware of your thoughts. Think logically about the situation instead of reacting merely on the basis of your emotions.

- Dwell on your strengths not your weaknesses.

- Realize that there are certain things that you are more adept and competent in than others, and that it is impossible to expect perfection in every aspect of your life.

- Do not attribute your achievement and accomplishments only to luck. Instead, give yourself credit for your own personal achievement.

- Learn to be assertive. That is, learn to express your feelings, opinions, beliefs and needs directly, openly and honestly, while

not violating the rights of others. For example, learn to stand up for your rights and say "no" to unreasonable requests.

- Assertiveness training can be very helpful in building self-confidence and discovering areas of negative self-image.

- Make a list of what you feel are the major problems in your life. Then list ways to improve or change them. Chances are that not all of your problems can be dealt with easily or quickly. However, there are some areas where you can take immediate action.

Things to Remember for Improving Self Confidence

- Count the good things, not the negative

- Think positively about yourself

- Learn from your experiences

- Set realistic goals

- Be courageous

- Keep learning

- Live usefully

- Value simplicity

- Welcome change

Self confidence is the difference between feeling unstoppable and feeling scared out of your wits. Your perception of yourself has an enormous impact on how others perceive you. Perception is reality - the more self confidence you have, the more likely it is you'll succeed.

Although many of the factors affecting self confidence are beyond your control, there are a number of things you can consciously do to build self confidence. By using these 10 strategies you can get the mental edge you need to reach your potential.

Build Self Confidence

1. Dress Sharp

Although clothes don't make the man, they certainly affect the way he feels about himself. No one is more conscious of your physical appearance than you are. When you don't look good, it changes the way you carry yourself and interact with other people. Use this to your advantage by taking care of your personal appearance. In most cases, significant improvements can be made by bathing and shaving frequently, wearing clean clothes, and being cognizant of the latest styles.

This doesn't mean you need to spend a lot on clothes. One great rule to follow is "spend twice as much, buy half as much". Rather than

buying a bunch of cheap clothes, buy half as many select, high quality items. In long run this decreases spending because expensive clothes wear out less easily and stay in style longer than cheap clothes. Buying less also helps reduce the clutter in your closet.

2. Walk Faster

One of the easiest ways to tell how a person feels about herself is to examine her walk. Is it slow? tired? painful? Or is it energetic and purposeful? People with confidence walk quickly. They have places to go, people to see, and important work to do. Even if you aren't in a hurry, you can increase your self confidence by putting some pep in your step. Walking 25% faster will make to you look and feel more important.

3. Good Posture

Similarly, the way a person carries herself tells a story. People with slumped shoulders and lethargic movements display a lack of self confidence. They aren't enthusiastic about what they're doing and they don't consider themselves important. By practicing good posture, you'll automatically feel more confident. Stand up straight, keep your head up, and make eye contact. You'll make a positive impression on others and instantly feel more alert and empowered.

4. Personal Commercial

One of the best ways to build confidence is listening to a motivational speech. Unfortunately, opportunities to listen to a great speaker are few and far between. You can fill this need by creating a personal commercial. Write a 30-60 second speech that highlights your strengths and goals. Then recite it in front of the mirror aloud (or inside your head if you prefer) whenever you need a confidence boost.

5. Gratitude

When you focus too much on what you want, the mind creates reasons why you can't have it. This leads you to dwell on your weaknesses. The best way to avoid this is consciously focusing on gratitude. Set aside time each day to mentally list everything you have to be grateful for. Recall your past successes, unique skills, loving relationships, and positive momentum. You'll be amazed how much you have going for you and motivated to take that next step towards success.

6. Compliment other people

When we think negatively about ourselves, we often project that feeling on to others in the form of insults and gossip. To break this cycle of negativity, get in the habit of praising other people. Refuse to engage

in backstabbing gossip and make an effort to compliment those around you. In the process, you'll become well liked and build self confidence. By looking for the best in others, you indirectly bring out the best in yourself.

7. Sit in the front row

In schools, offices, and public assemblies around the world, people constantly strive to sit at the back of the room. Most people prefer the back because they're afraid of being noticed. This reflects a lack of self confidence. By deciding to sit in the front row, you can get over this irrational fear and build your self confidence. You'll also be more visible to the important people talking from the front of the room.

8. Speak up

During group discussions many people never speak up because they're afraid that people will judge them for saying something stupid. This fear isn't really justified. Generally, people are much more accepting than we imagine. In fact most people are dealing with the exact same fears. By making an effort to speak up at least once in every group discussion, you'll become a better public speaker, more confident in your own thoughts, and recognized as a leader by your peers.

9. Work out

Along the same lines as personal appearance, physical fitness has a huge effect on self confidence. If you're out of shape, you'll feel insecure, unattractive, and less energetic. By working out, you improve your physical appearance, energize yourself, and accomplish something positive. Having the discipline to work out not only makes you feel better, it creates positive momentum that you can build on the rest of the day.

Evolution of the concept of mental health from mental illness to mental health:

The evolution of the concept of mental health is linked to the larger developments in the understanding of human behaviour. Starting from explanations of supernatural causation, we have arrived at understanding the states of mind and mental heath from a holistic point of view. Rapid advances in the understanding of the human brain and individual and group behaviour open up new possibilities for non-medical and wider psychosocial actions towards promotion of mental health.

The World Health Organization (WHO) constitution defines health as a state of complete physical, mental and social well being not

merely the absence of disease or infirmity. However, WHO, in the first thirty years (1948-1978), focused largely on specific illnesses not so much on health (William, 1988). The Alma Ata Conference in 1978 (WHO, 1978) is a landmark in the development of the concept of health. The conference viewed health as an individuals responsibility rather than a service to be delivered to individuals (William, 1988). The concept of primary health care (PHC) is revolutionary both in terms of conceptual clarity and details included for achieving the goal.

The Alma Ata recommendation includes promotion of mental health as one of the eight components of PHC. This shift in emphasis from illness to health is important, as the term 'mental' connotes illness rather than well being. This traces the evolution of concepts of mental illness and mental health, categorization of mental health issues, recent developments in the prevention of mental and psychosocial disorders, current approaches to mental health programme development and concludes by outlining the future of mental health care with special reference to India.

The importance of mental health has been known to range from the care of the ill to the promotion of mental heath by professionals. Govindaswamy (1970), Indian psychiatrist, stated, the field of mental

health includes three sets of objectives. One of these has to do with mentally ill persons. For them the objective is the restoration of health. A second has to do with those people who are mentally healthy but who may become ill if they are not protected from conditions that are conducive to mental illness, which however are not the same for every individual. The objective for those persons is prevention. The third objective has to do with the upgrading of mental health of normal persons, quite apart from any question of disease or infirmity. This is positive mental health. It consists in the protection and development at all levels, of human society of secure, affectionate and satisfying human relationships and in the reduction of hostile tensions in persons and groups.

The Indian view of mental health:

Indian psychiatrists have described how mental health has been an important part of Indian philosophy and social thought. Wig (1990) has summarized this as Indian culture has always attached great significance to spiritual life. The term spiritual is, of course, not identical with the term mental, but both recognize the value of inner mental life and experiences. In India, the term health is usually not confined to physical state; in any Indian definition of health there is always reference to mental harmony and potential for spiritual growth. The present day term mental heath is European in concept and origin.

There is no exact equivalent of the term mind in Indian languages, because the differentiation of body and mind has never been important in Indian philosophy, as it has been in modern European thought. Thus, when we speak of 'mental health' especially positive mental health, not merely the absence of mental disorder, the average Indian will always perceive in it an underlying reference to spiritual development. The holistic approach to health in general and mental health in particular to a large extent, reflects the current concept of mental health.

Indian philosophy attaches great importance to the spiritual dimension of life. The ultimate goal of life is self-realization or realization of one's inner nature. Material things are regarded as illusions and are hence impermanent. There are repeated references in the religious texts to the need for detachment from material things and for a search for the spiritual meaning of life (Wig, 1990). A number of Indian mental health professionals have focused on the various aspects of Indian concepts of mental health (Wig, 1990, Neki, 1977).

Four theme can be identified in this area. First, the recognition of the rich knowledge available in classical texts of India. The second set of observations have focused on the cross cultural consideration of dynamics

in terms of personality functioning. The third area where contributions have been made is the area of using traditional concepts for therapy. The fourth area has been in relation to the place of family in therapy.

Understanding mental illness and mental health:

For the last 500 years, the western approach to deviant or abnormal behaviour has been influenced predominantly by religion and science. Till about 17th century, all abnormal behaviour was seen as an act of the devil that is against God consequently, the ill were seen as evil and Christianity approved specific sanctions to kill them or punish them. The next phase considered all abnormal behaviour as criminal that is anyone whose behaviour was socially unacceptable was classified as bad and they their behaviour from other angles. With the advent of modern scientific thought, the focus shifted from evil to ill in a way, people are not bad but mad or insane. This shift, however subtle, was significant. The ill were looked after in more humane surroundings. At the turn of 20th century, there were other major developments in mental health. The most significant was the contribution of Sigmund Freud. He presented behaviour and mental functions as understandable. He gave the world a new conception of both infancy and adolescence, and characterology, and evolved a system of treatment where the origin of the disease would be revealed.

This contribution of Sigmund Freud, shifted the focus from the illness to wellness and the isotonic view of behaviour to understandability of behaviour rooted in childhood experiences and parent child relationships.

Concept of mental health:

Mental health covers an elusive and diffuse field and the term itself encompasses a multiplicity of meaning. Freeman (1975) regards it, "as a valuable rubric to head a chapter and describe on area of research than as a concept". Schultz (1977) remarks "the concept is difficult, challenging, and complex, full of unknowns and half truth and no doubt some fad and fancy as well".

The very word "Mental health" is worthy of criticism essence of mental health specifics what person or mind? If the ultimate reference is to the person why the adjective 'mental'? with finally, the ultimate reference is to the person (Soddy, 1965) and this typifies the lack of relationship between the term and what is in it placed for communication.

For reasons of precise communication some theoreticians opt to do away the very term mental health and in its place prefer such as 'healthy

personality' (Jourard, 1968), 'Psychological' well being (Breadburn, 1969), 'emotional maturity' (White, 1959), 'Soundness as a person' (Barron, 1977) and of the sort current concept of mental health includes the ingredients of all the above said notions, and is much more rich to trust the psychological communication with the reserve benefits that is boundaries are flexible for inclusion of any possible elements in future.

Definitions of mental health

Mental health is a term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism, mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience.

The World Health Organization defines mental health as "a state of well being in which the individual realize his or her own abilities, can cope with the normal stresses of life, can work productivity and fruitfully, and is able to make a contribution to his or her community". It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined.

Mental health definition:

"Mental health is the balance between all aspects of life social, physical and spiritual and emotional". It impacts on how we manage our surrounding and make choice in our lives clearly it is an integral part of overall health.

It is a state of emotional and psychological well being in which an individual is able to use his or her cognitive and emotional capabilities. Functioning in society and meet the ordinary demands of everyday life.

Mental health refers to "A person's overall emotional and psychological conditions."

Mental health is for more than the obscene of mental illness and has to do with many aspects of our lives inducing.

1. How we feel about ourselves.
2. How we feel about others.
3. How we are able to meet the demands of life.

According to Medicare (2005) guidance, "only a qualified occupational therapist has the knowledge, training and experience required to evaluate and as necessary, reevaluate a patient's level of

function, determine whether an occupational therapy program could reasonably be expected to improve, restore, or compensate for lost function, and where appropriate, recommend too the physician a plan of treatment."

Occupational therapists work with the mental health population throughout the life span and across many treatment settings where mental health services and psychiatric rehabilitation are provided (AOTA, 2009). Just as with other clients, the OT facilitates maximum independence in activities of daily living (dressing, grooming, etc.) and instrumental activities of daily living (medication management, grocery shopping, etc.). According to the American Occupational Therapy Association, OT improves functional capacity and quality of life for people with mental illness in the areas of employment, education, community living, and home and personal care through the use of real life activities in therapy treatments (AOTA, 2005).

War (1987) notes that the term mental health is difficult to specify and that no universally accepted definition is available.

His emphasis on mental health and not whether individual would be identified as ill or not in medical senses. He views mental

health as a on a continuum ranging from very good mental health, through conditions considered moderately healthy; to those widely taken to be indicative of moderate and severe illness he also rejects a "passive contentment" view of mental health, recognizing that healthy people often experience strain or anxiety.

Maintaining mental health involves:

a) Attention to life style:

If we are doing too much or too little in our lives mental health can suffer, we need a good balance between our study and leisure pursuits.

b) Social contact:

Having contact with others whose company we enjoy. Whether at school work at home or as a member of a club, helps to develop social interaction.

c) Reviewing our lives from time to time:

This involves considering what our aims and goals in life are and whether we are taking steps to achieve them problems can arise when we feel that life is not satisfying and fulfilling.

d) Awareness of how mind body interacts:

Just as our state of mental health can affect our physical health, the reverse is also true if diet, sleep and exercise are neglected and inadequate, not only our bodies with suffer but also our minds.

e) Having people in our lives we trust:

It is important to have someone to go with our problem and worries such as friends, teachers, family members.

f) Awareness of what can go wrong:

Just be conscious of what can go wrong realize what tiredness and irritability if ignored, might lead to more serious stress related problems.

Boehm (1955) conceived mental health as "a condition and level of social functioning which is socially acceptable and personally satisfying". Minnesinger (1945) contended that "mental health as the adjustment of human beings to the world and to each other with the maximum of effectiveness and happiness". English (1958) conveyed more of the concept of denoting mental health as "a relatively enduring state wherein the person is well adjusted, has a rest for living, and is

attaining self actualization of self realization. It is a positive state and mere absence of mental disorder.

Thus, mental health is the balanced development of the individual personality and emotional attitudes that enables him to live harmoniously with his fellow men. Mental health is not exclusively a matter of the relation between persons; it is also a matter of the relation of the individual towards the community he lives in towards the society of which the community is a part, and towards the social institutions which for a large part guides his life, determines his way of living, working and the way he earns and spends his money, the way he sees happiness, stability and security.

A WHO expert committee on mental health reviewed the various definitions of mental health and observed "mental health is influenced by both biological and social factors. It is not a static condition but subject to variations and fluctuations of degree; is the committee's conception implies the capacity in an individual to form harmonious relations with others, and to participate in or contribute to change in his social and physical environment. It also implies his ability to achieve a harmonious and balanced satisfaction of his own potentially conflicting instinctive drives in that it reaches an integrated synthesis rather than

denial of satisfaction to certain instinctive tendencies as a means of avoiding the thwarting of others.

Mental health refers to the adjustment of human beings to each other and to the world with maximum effectiveness and happiness. The two factors that would affect the mental health are positive attitude and interpersonal relations. Positive attitude towards the life is an individual's factor for an effective mental health. Persons with positive attitude are most successful and adaptive in various walks of life.

Mental health implies freedom from internal conflict, no consistent tendency to condemn or pity one self, a good capacity to adjust to situation and people, sensitivity to the emotional needs of others, capacity to deal with other individuals with consideration and courtesy and good control over one's own emotions without constantly giving into strong feelings of fear, jealously anger and guilt.

Characteristics of a mentally health person:

A mentally healthy person has three main characteristics:

1) He feels comfortable about himself i.e., he feels reasonably secure and adequate. He neither underestimates nor overestimates his own ability. He accepts his shortcomings life has self respect.

2) The mentally healthy person feels right towards others. This means that he is able to be interested in others and to love them. He has friendship that are satisfying and lasting. He is able to like and trust others. He takes responsibility of his fellow men.

3) The mentally healthy person is able to meet the demands of life. He does something about the problems as they arise. He is able to think for himself and to take his own decisions. He sets reasonable goals for himself. He shoulders his daily responsibilities. He is not bothered over by his own emotions of fear, anger, love or guilt.

Characteristics of a mental healthy individuals:

1) A well adjusted person has some awareness of his motives, desires, ambition and feeling. He knows himself and accepts his strength and weakness gracefully. He chooses a task to moderate difficulty to achieve.

2) He has a high degree of self esteem and confidence. Unlike a maladjustment person, he feels adequate and equal to others in facing the challenges and reasonability of daily life.

3) As he is mentally healthy, he will express his emotions in a desirable and controlled manner.

4) He has the capacity to socially adjust with others and get along with them in different situations.

5) His intellectual powers as well developed. He thinks independently and takes appropriate decisions as and when required.

6) He lives in a world of reality and not in a world of fantasy. He does not run away from harsh reality of life.

7) He has the courage for facing failures in his. He learns from his mistake and improves in his functioning.

8) He conforms to the norms of his group and has a sense of belongingness to his group.

9) He sorts cut his problems appropriately and so does not suffer from anxiety frustration or conflicts.

10) He is always punctual for his duties and does not suffer from forget fullness.

11) He is self confident and optimistic.

12) He has an adequate sex adjustment and does not suffer from sex abnormalities.

13) He is well adjusted and happy his profession.

14) He leads a balanced life of work rest and recreation.

Assessing mental health:

The term mental health encompasses a great deal about a single person, including how we feel, how we behave, and how well we function. This single aspect of our person cannot be measured or easily reported but it is possible to obtain a global picture by collecting subjective and objective information in order to delve into a persons true mental health and well being. When identifying mental health wellness and planning interventions, here are a few things to keep in mind when completing a thorough mental health assessment in the nursing profession:

- Is the patient sleeping adequate hours on a regular sleeping cycle?
- Does the patient have a lack of interest in communication with other individuals?
- Is the patient eating and maintaining an adequate nutritional status?
- Is the ability to perform activities of daily living present (bathing, dressing, toileting oneself)?
- Can the patient contribute to society and maintain employment?
- Is the ability to reason present?
- Is safety a recurring issue?

- Does the patient frequently make decisions without regards to their own safety or the safety of others?

- Does the patient exhibit a difficulty with memory or recognizance?

Physical and Biological Interventions:

Psychiatric medication:

Psychiatric medication is a commonly used intervention and many psychiatric mental health nurses are involved in the administration of medicines, both in oral (e.g., tablet or liquid) form or by intramuscular injection. Nurses will monitor for side effects and response to these medical treatments by using assessments. Nurses will also offer information on medication so that, where possible, the person in care can make an informed choice, using the best evidence available.

Electroconvulsive therapy:

Psychiatric mental health nurses are also involved in the administration of the treatment of electroconvulsive therapy and assist with the preparation and recovery from the treatment, which involves an anesthesia. This treatment is only used in a tiny proportion of cases and only after all other possible treatments have been exhausted. Approximately 85% of clients receiving ECT have major depression as

the indication for use, with the remainder having another mental disease such as schizoaffective disorder, mania or schizophrenia.

Physical care:

Along with other nurses, psychiatric mental health nurses will intervene in areas of physical need to ensure that people have acceptable levels of personal hygiene, nutrition, sleep etc., as well as tending to any concomitant physical ailments.

Psychosocial interventions:

Psychosocial interventions are increasingly delivered by nurses in mental health settings and include psychotherapy interventions such as cognitive behavioral therapy, family therapy and less commonly other interventions such as milieu therapy or psychodynamic approaches. These interventions can be applied to broad range of problems including psychosis, depression and anxiety. Nurses will work with people over a period of time and use psychological methods to teach the person psychological techniques that they can then use to aid recovery and help manage any future crisis in their mental health. In practice, these interventions will be used often, in conjunction with psychiatric medications. Psychosocial interventions are based on evidence based practice and therefore the techniques tend to follow set

guidelines based upon what has been demonstrated to be effective by nursing research. There has been some criticism that evidence based practice is focused primarily on quantitative research and should reflect also a more qualitative research approach that seeks to understand the meaning of people's experience.

Spiritual interventions:

The basis of this approach is to look at mental illness or distress from the perspective of a spiritual crisis. Spiritual interventions focus on developing a sense of meaning, purpose and hope for the person in their current life experience. Spiritual interventions involve listening to the person's story and facilitating the person to connect to God, a greater power or greater whole, perhaps by using meditation or prayer. This may be a religious or non-religious experience depending on the individual's own spiritually. Spiritual interventions, along with psychosocial interventions, emphasize the importance of engagement, however, spiritual interventions focus more on caring and 'being with' the person during their time of crisis, rather than intervening and trying and 'fix' the problem. Spiritual interventions tend to be based on qualitative reach and share some similarities with the humanistic approach to psychotherapy.

Organization of mental healthcare:

Psychiatric mental health nurses work in a variety of hospital and community settings:

- People generally require an admission to hospital, voluntarily or involuntarily if they are experiencing a crisis that means they are dangerous to themselves or others in some immediate way. However, people may gain admission for a concentrated period of therapy or for respite. Despite changes in mental health policy in many countries that have closed psychiatric hospitals, many nurses continue work in hospitals though patient length of stay has decreased significantly.

- Community nurses in mental health work with people in their own homes (case management) and will often emphasize work on mental health promotion. Psychiatric mental health nurses also work in rehabilitation settings where people are recovering from a crisis episode and the where the aim is social inclusion and a return to living independently in society.

- Psychiatric mental health nurses also work in forensic psychiatry with people who have mental health problems and have committed crimes. Forensic mental health nurses work in adult prisons, young offenders' institutions, medium secure hospitals and high secure hospitals. In addition forensic mental health

nurses work with people in the community who have been released from prison or hospital and require on going mental health service support.

- People in the older age group who are more prone to dementia tend to be cared for in separate places than younger adults and there are also specialist services for the care of adolescents with mental health problems. Occasionally there have been efforts to integrate psychiatric units across the age spectrum.

Mental health is a more complex concept than physical health. It is much more difficult to measure. Though we can usually recognize the extreme cases of mental ill health easily. It is difficult to categorize individuals who are normal in other ways but may have a problem in understanding another person view point or being sensitive to the emotional needs of others. Such problems if they were sufficiently serious and persistent would definitely be indicative of poor mental health.

Declaration of Alma Ata on September 12, 1978, identified primary health care as a rational and practical means for developing and industrialized nations to achieve health for all by the year 2000. It was hoped that "attainment of this level of health by people will

permit them to live a biologically healthy, socially enriching and economically productive life, irrespective of any national boundaries, racial prejudices economic deprivation and political commitments". To achieve the goal of the 'Alma Ata Declaration", the mental health services were to be integrated with health and social services so as to ensure the community is well being. This declaration did not specifically answer and respond to the question related to mental health and human rights, but it was instrumental in laying down the foundation of subsequent developments in that direction.

The importance of mental health has been known to range from the care of the ill to the promotion of mental health. The field of mental health includes three sets of objective's one of these has to do with mentally ill persons. For them the objective is the restoration of health. A second has to do with those people who are mentally healthy but who may become ill if they are not protected from conditions that are conducive to mental illness, which however, not the same of every individual. The objective for those persons is prevention. The third objective has to do with the upgrading of mental health of normal persons. Quite a part from any question of disease or infirmity. This is positive mental health. It consists in the protection and development at all levels, of human society of secure, affectionate and satisfying human

relationships and in the reduction of hostile tensions in persons and groups (Govindaswamy, 1970).

Therefore, mental health covers an elusive and defuse field and thus encompasses a multiplicity of meaning. As Schultz (1977) remarks the concept of mental health is difficulty, challenging and complex. Mental health has attracted comprehensive operation in research and theoretical exposition.

The World Federation for Mental Health, a non-governmental organization, was founded in 1948 conceived mental health in social terms. It linked the mental health of individuals to the well being of communities and nations. Brody (1987) translates the "ability to live with one's fellows" as the capacity to empathize, to relate and to collaborate with one another. According to the United Nations Universal Declaration of Human Rights the opportunity to be healthy, both mentally and physically, was conceived as a human right in itself. It recognized the interdependence of the "human family" and the legitimacy of the common longings and needs of people everywhere.