INTRODUCTION

In developing countries rapid development of urbanization and industrialization have led to a shift from agriculturally based society to an industrially dense one. Effect of crowding in urban areas is becoming a serious threat to the public tranquility and is directly related to population explosion. Malthus (1969) warned about the danger of over-population for natural resources and food supply.

Psychologists have also expressed their deep concern on the dangers of over-population and crowding (Ehrlich and Ehrlich, 1970). In our country, the unchecked population growth has led to highly dense conditions in urban areas. The growth of population brings serious consequences for the individual, the social system and the environment.

In last two decades biologists, ecologists, psychologists and sociologists have conducted a large number studies to examine the effect of over-crowding
on physical malfunction, family, disorganization, alcoholism, psychological withdrawal, neuroticism etc.

Crowding is a syndrome of stress associated with high-density settings. It is subjective, psychological state, usually negative in tone based on appraisal of the impact of density. To say, one is crowded means that he is made uncomfortable or is disturbed by the number of people present in the available space nearby.

Density and crowding are different in their connotations, and their relationship has been subjected to serious debate. Freedman (1975) argues that crowding and density are equivalent and there is no need to propose an intervening subjective state.

This is similar to the views guiding most animal and sociological epidemiological research on the topic. However, data obtained in human field and laboratory studies are inconsistent. Stakals (1978) has established the necessity of viewing density and crowding as different phenomena. Density is a physical variable, a ratio of group size and available space. As either or both of these terms change, density changes, and as density increases, the likelihood that people will feel crowded also increases. Crowding then, is an experiential state based on appraisal of density and
other factors that may make the effects of density more or less negative. Density is a necessary but not a sufficient condition for experiencing crowding.

The logic underlying such a motion is simple. First, people do not feel crowded unless there are other people around and the space somewhat limited. Thus, density is necessary for the judgment of crowding to be made, however, people do not always feel crowded when density increases. High density at a sporting event, concert, or political rally is necessary to generate desired levels of excitement. In such cases, although density is high, most people do not feel crowded. However, the same density can become aversive and is experienced as crowding under other circumstances such as trying to get to one's car and leave the parking lot after the event is over.

Crowding thus is a psychological variable that reflects the ways in which people expect or believe density to affect them. Research has indicated that several other variables can affect this judgment. Men appear to be more negatively affected by small room and become aggressive and negative about the experience whereas women, placed in exactly the same situation do not feel crowded and also do not become
aggressive or feel negatively. Something inherent in the socialization of men and women seem to predispose men to experience more stress than women under limited space. Interestingly, men and women do not differ in their response to high density characterized by large numbers of people in limited space.

Cultural heritage also influences judgments of crowding. What is crowding in one culture may not be experienced as such in another. The nature of the situation is also important. If high density facilitates the goals of a situation, it is unlikely that crowding will be experienced. If density is high enough to disrupt or interfere with these purposes, crowding is more likely to be felt or experienced. Thus, high density at a party is less likely to be experienced as crowding than that in a grocery.

Researches with animals have suggested that high density can lead to serious consequences. For example, Calhoun (1962) observed reproductive failure, social withdrawal, and other forms of organic and social pathology in high, density rodent colonies. These effects generalize to human population as well, but researches indicate that the effect is milder for people than that on animals. Because of the complexity of the
processes by which people experience their environment, and the greater adaptive capabilities that people possess, these effects are somewhat different in human population.

Crowding has consistently been linked to negative emotional tone. People feel worse when crowded than when not. This appears to be true whether crowding is experienced or only expected; people who anticipate crowding also report more negative affect. Furthermore, research indicates that crowding results in physiological arousal. Several measures of sympathetic arousal, including heart-rate, blood-pressure and spinal troubles are evident.

The complexity of these effects was demonstrated in a study of crowded commuter trains in Sweden. Singer, Lundberg and Frankenhaeuser (1978) found that crowd associated negative feeling and physiological arousal. However, this was cross-cut by the finding that people who boarded-in when it was empty felt better and were less aroused than people who boarded when the train was held. Because early boarders could choose their seats and manage some control over the situation and thus they experienced less distress when the train became crowded.
Some evidence of density-related health effects has also been reported. Most of this evidence reflects changes in the way people feel. Thus, crowding is associated with more health complaints, visits to a clinic or dispensary, and so on. Other researches indicate raised blood pressure in crowded settings. One study reported a rather high correlation between density and health-rate in a prison population (Cpoulus, Mecain and Cox, 1978).

Crowding also affects a number of social behavior people tend to like other people less under crowded circumstances than under non-crowded circumstances. In addition, people sometimes avoid others when they themselves are crowded. Baum and Valins (1977) reported a series of studies in college dormitories indicating that withdrawal was a primary response to crowding. Other studies have shown that people are less likely to initiate interactions with other people when crowded.

If crowding causes people to avoid one another, it should also reduce their mutual willingness to help. Indeed, research shows that people do offer help to others less often when crowded that when not. In addition, crowding has been associated with aggression.
However, the measures of aggression used may be better explained as measures of emotional tone and interpersonal attraction. These measures include play in a bargaining game and judgments in a situation. Few studies have demonstrated overt aggression because of crowding.

Crowding also appears to affect task performance. Complex task performance is affected by crowding causing poorer performance. This may be related to the arousal and is also associated with crowding since arousal often causes decrement in complex task performance. Motivational problems may also influence performance. In several studies it is found that prolonged crowding in one's home is associated with learned-helplessness or helplessness decreases in apparent motivation. As a result, people may not try as hard to solve a problem or complete a task as when experiencing crowding.

There are a number of ways to explain how these effects are caused, and several models have evolved around these explanations. One is the overload model, which borrows from computer system concepts in describing how over-stimulation can cause crowding. When the number of people in a setting becomes so
large that people become overloaded with social inputs, they feel crowded. This model focuses on the frequency of social interaction and on withdrawal as a primary capping response. Another model, concerned with control, is a modification of the overload concept. It argues that social interaction during crowding is not only frequent but often unwanted and unpredictable as well. When people can no longer regulate social experience and determine when, where, and with whom they will interact, crowding is inevitable to be experienced.

Another model is based on behavioral constructor, the degree to which one is free to behave as one wishes. Crowding occurs when density is sufficiently high that people get in one another, way a limit what even can do, other models focus on resource availability and potential for involvement in the setting.

Given the present state of knowledge, it is best to view as crowding may be caused by any of these mechanisms. As a general rule crowding may be thought of as a state brought about when density is high enough to deprive people of what they desire. If the denied goal is privacy of control over social experience. Crowding will be experienced in one way. If the denied
goal is behavioral freedom or greater personal space. Crowding will be experienced in another and different way.

**Adolescent Development**

Adolescence span the second decade of the life, a phase described as beginning in biology and ending in society (Petersen, 1988). Adolescence may be defined as the life-span period in which most of a person's biological, cognitive, psychological and social characteristics change in an interrelated manner from what is considered childlike to that adult-like. When most of one's characteristics are in this state of change one is an adolescent.

Adolescence requires adjustments to changes in the self, family, and peer group, and often to institutional changes as well. Not all young people undergo these transitions in the same way, with the same speed or with comparable outcomes. Individual differences are thus a key part of adolescent development, and are caused by differences in the timing of connections among biological, psychological and societal factors - with no one of these influences (e.g., biology) acting either alone or as the "prime mover" of change (Petersen, 1988; Lerner and
Galambos, 1988). In other words a major source of diversity in developmental trajectories are the systematic relations that adolescents have with key people and institutions in their social context; that is, their family, peer group, school, work place, neighborhood, community, society, culture and niche in history (Lerner, 1995). These person-context relations result in multiple pathways through adolescence (Offer, 1969).

In short, individual differences and intra-individual changes in development typify this period of life. Both dimensions of diversity must be considered in relation to the general changes of adolescence. The following examples of such general changes illustrate the nature and importance of diversity in adolescence.

Multiple levels of Context are Influential During Adolescence

Adolescence is a period of extremely rapid transitions in physical characteristics. Indeed, except for infancy, no other period of life cycle invokes such rapid changes. While hormonal changes are part of the development of early adolescence (Petersen, 1988). They are not primarily responsible for the psychological or social development during this period. Instead, the
quality and timing or normal or other biological changes influence, and or influenced by, psychological, social, cultural and factors (Lerner and Gelambos, 1998; Stattin and Magnusson, 1990).

Good examples of the integrated, multilevel changes in adolescence arise in the area of cognitive development during this period (Grober and Petersen, 1991). Global and pervasive effects of puberty on cognitive development do not seem to exist. When biological effects are found they interact with contextual and experiential factors (e.g., the transition to junior high school) to influence academic achievement (Simmons and Blyth, 1987). Perspective on adolescence that claim behavioral disruptions or disturbances are a universal part of this period of life (e.g., Hall, 1904) might lead to the assumption that there are general cognitive disruptions inherent in adolescence. However, evidence does not support this assumption. Rather, cognitive abilities are enhanced in early adolescence as individuals become faster and more efficient at processing information at least in setting in which they feel comfortable in performing cognitive tasks (Ceci and Bronfenbrenner, 1985). In turn, pubertal timing is not predicative of gender differences on such tasks as spatial cognition. Girls'
earlier maturation does not result in general sex differences in cognition (Grober and Petersen, 1991).

Thus, relations among biology, problem behaviors associated with personality, and the social context of youth illustrate the multiple levels of human life that are integrated throughout adolescent development. For example, the biological changes of early pubertal maturation have been linked to delinquency in adolescent girls, but only among girls who attend mixed-sex schools (Caspi, Lynam, Maffitt and Silva, 1993) or among those who socialize with older friends instead of same-age friends (Stattin and Magnusson, 1990). Early maturation among girls in single-sex schools or in sex-age peer groups was not linked with higher delinquency.

Changing Relations Between Adolescents and Their Context Produce Development in Adolescence

The period of adolescence is one of continual change and transition between individuals and their contexts. These varying relations constitute the basic process of development in adolescence and under bliss both positive and negative outcomes that occur (Lerner and Galambos, 1998). When biological, psychological, cognitive and social change of adolescence occurs
simultaneously (e.g., when menarche occurs at the same time as a school transition). The risk of problems occurring in a youth's development is greater (Simmons and Blyth, 1987).

However, most developmental trajectories across adolescence involve positive adjustment on the part of the adolescent. For instance, for most youth there is a continuation of warm and accepting relations with parents (Grotevant, 1998). Accordingly, when major conflicts occur in a family, parents should be concerned. The most optimal adjustment occurs among youth who are encouraged by their parents to engage in age-appropriate autonomy while maintaining strong ties to their family (Galampos and Ehrenbeng, 1997).

Adjustment

Man tries to understand and control the physical world according to him. Sometimes he changes the environment to fulfill his needs and objectives, sometimes he has to modify his needs and objectives according to the environment. This process of maintaining balance between his needs and environments is known as adjustment. According to Gotes (1950), "Adjustment is a continual process by which a person varies his behaviour to produce a more
harmonious relationship between him self and environment." Thus, adjustment shows the extent to which an individual's personality functions efficiently in a world of other people. According to Boring (1966) adjustment is a process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction of needs.

Environmental conditions and personality of the individual are important for the adjustment. The person has to adjust in different primary and secondary setting. The primary environments such as home and school where the child spends a lot of time. His basic needs are satisfied there. In a crowded home, where the person do not get privacy and personal space. The interaction and interference with other family member is high. In such a situation, it is difficult for him to adjust.

On the other hand, adjustment also depends on person. Baldassare (1981) has suggested that social and personal adjustments reduced the adverse effects of crowding. The person tries to apprehend the environment. He tries to understand the dynamics operating in that environment. So his cognitive appraisal of the environment plays an important role in his adjustment. His cognitive control may help him for
the better adjustment. He can also maintain coilibrium between himself and the environment.

Chohen (1978) suggests that people have only a limited attentional capacity to allocate the environment. When this capacity becomes strained then the individual receives additional stimuli, which he finds difficult to handle. This situation may lead to confusion at cognitive level, fatigue at physical level, and escape and withdrawal at the behavioural level. In a crowded home people, do not have personal control over the events. They have to depend on others for their demands. This unfulfilment of demands is stressful and the person finds it difficult to adjust. He may show withdrawal and escape mechanism when there is a personal threat to one's security.

There are certain positive and negative dimensions we can determine whether the person is well adjusted or maladjusted. These are given below -

1. Reality orientation
2. Capacity for sound judgment
3. Insight and Objectivity
4. Ego-strength
5. Emotional maturity/ Emotional immaturity
6. Social Maturity/ Social Immaturity
7. Inferiority
8. Neurotic Tendency
9. Self-esteem

Reality Orientation

There are two aspects of reality orientation. These are external and internal reality orientation. External reality orientation indicates how the individual thinks and his belief about the physical and social world in which he lives. This kind of orientation shows that the person is capable of making interpretations which are in accord with the external motives. Another kind of reality testing is correct appraisal of internal reality. One is important an aspect of reality as the external conditions are. Man must be able to respond appropriately and accurately to the physical world. Therefore, much of what he perceives must be for all practical purposes perceived accurately within the limits of his perceptual system. When one begins to get into the difference between expert judgment and untrained opinion into issues where the facts or the proper inferences are not
off clear, reality testing is difficult to evaluate. Furthermore, reality testing means actually testing, reality, that is rather than automatically arriving at the correct conclusion through logic or authority, the individual examines his ideas by transactions with the real world. A crucial aspect is the 'testing' of reality, the process where by on continually tries out and modifies what he thinks accordingly.

**Capacity for Sound Judgment**

Capacity of the individual to control his actions, to inhibit the expression of an impulse or an urge which may be harmful or lead to disapproval because it is in conflict with the norms or standards of the society in which he lives. the capacity for sound judgment develops to different degrees in different individuals and therefore varies from person to person even in adulthood.

The mature person's behaviour is less impulsive and more governed by rational processes. Moreover, the adjustment process is markedly influenced by this quality and can be predicted through personality assessment.
Insight and objectivity

Insight is analysis carefully the causal aspects of situations. People can recognize the roots of their conflicts. It helps in finding the cause of the problem facing by the people. People can observe the cause of conflict by analyzing themselves; objectivity separates ideas from feelings to achieve a rational evaluation of judgment when necessary.

People are capable of rational problem solving. They can face a problem and weight alternatives according to their probable consequences, and take action quipped by the results of deliberation. Some behaviors appear to be activated by unconscious motives. People may do better adjustment through insight and objectivity because they get the solution of their problems by evaluating the circumstances and conflict. They may feel satisfaction because they feel that they are able to solve their problems themselves.

Ego-Strength

It is a common observation that individuals differ in the efficiency of performing functions attributed to ego. According to Freud ego is a part of the structure of personality, which is primarily concerned with reality
testing. Freud (1946) defined the ego as the part of personality, which has been modified by the direct influence of the external world through the medium of perception consciousness. In a sense, it is an extension of the surface differentiation. Moreover, the ego seeps to bring the influence of the external world to bear upon the id and its tendencies, and endeavors to substitute the reality principle for the pleasure principle which rings unrestrainedly in the id. The ego represents reason and common sense, in contrast to the id, which contains passions.

The concept of ego strength is an important factor in determining the capacity of an individual to perceive a challenging situation realistically and execute the response effectively. It is defined as the total psychic energy of the disposal of the individual enabling him to enjoy his strivings to master the environment.

**Emotional Maturity/Immaturity**

Psychologists generally believe that emotions are natural, necessary and desirable aspects of healthy psychological life. At the same time emotions are usually blamed for most of our ills. Thus, emotions are both positive and negative components of psychological
life. It is possible to speak of rational affects or emotions, which are realistic, or in tune with the circumstances. This is an extension of an idea of reality testing. In healthy personality, feeling are appropriate to the situation.

Inappropriate emotions involve the same reaction as above but without appropriate justification in the circumstances. A second distinguishing feature of emotional maturity is that it does not get out of hand. It is controlled rather than over-powering. In the well-adjusted person, there is effective regulation of emotional life. It is never argued by mental health specialists that the cold, unemotional person is healthy while the person who experiences emotion is not, over control of emotions is just as much pathological sign as under control. The over controlled person is evidently fragile. He is rigidly avoiding experiences that seem dangerous, or which might floods him with stimulation that he cannot handle. Neither over-control nor under-control reflects optimal adjustment.

Social Maturity/Immaturity

Social maturity usually refers to the more micro cosmic matters of the limited inter-personal contacts of
In defining social maturity, usually three things emphasized. First, the healthy personality is capable of social intimacy of forming friendship, and participating in society. Second the healthy personality is socially competent the able to make use of friendship and social contacts to better actualize his own needs. Third his relationship with others is not exploitative manipulate or artificial but is characterized by mutuality and genuine respect and affection.

The three main unhealthy possibilities are the extremes of either: (1) isolation from others or (2) the compulsive seeping of extensive and indiscriminate social activity which never materialized into meaningful relationship, and (3) over dependence on some other intimately related person, thus being much as his merely or a burden to him.

**Inferiority**

Adler (1957) believed that man is born into the world, feeling incomplete and unfulfilled with a deep sense of inferiority. As he grows however, his perspective system makes him aware of his inferior role.
in society. As he moves through his first, second, third, and fourth years he is continuously reminded that most of the creatures around him can do better than him. Feeling inferior, he wishes to emulate the strengths and capacities of others. In a few abnormal cases, the child remains at an inferior level, is unable to try anything new, or reverts to an inferior role.

Adler emphasized on active, creative, conscious, self that play a central role in the individual's attempts to organize his experiences and achieves fulfillment as a human being. Therefore, each individual is unique in his development of a "style of life" reflecting his own basic purposes values, and capping pattern, inferiority feeling drive him towards self improvement but when such feeling are intense they may lead to an "inferiority complex" with exaggerated strivings towards power and self improvements.

Neurotic Tendencies

The common core of neuroses is a molad Aptiva life style typified by anxiety and avoidance, basic to this neurotic life style is faulty evaluation of reality and the tendency to avoid problems rather than to cope with them.
Neurotic tendency is a circular process in which an individual (1) has basic feeling of inadequacy and inferiority, which leads to the evaluation of everyday problems as threatening and to the resultant arousal of anxiety; (2) tends to avoid stress situation through various defensive manoeuvring rather than attempting to cope with them directly; (3) manifests a lack of insight into his self-defeating behavior together with rigidity, in the sense of feeling to perceive or act upon alternative courses of action; (4) manifests egocentricity and therefore has trouble establishing and maintaining satisfying interpersonal relations; and (5) has feeling of dissatisfaction and unhappiness with his way of life (Coleman, 1976).

The neurotic person has a tendency to perceive himself as inadequate and consequently sees many situations as threatening which would not be so perceived by most persons. Anxiety is a major characteristic of the neuroses. The neurotic develops inadequate defenses for reducing his anxieties. These defenses may raise terrifying possibility of break down of the completely defensive structure. The neurotic's entire ideation and behavior is channeled into an avoidance pattern that to some extent enables him to escape from his feeling of inadequacy and anxiety.
Perceived threats leads to a narrowing of perception and other defensive maneuvers including a restriction of information that is threatening to the self and incongruence between reality and the neurotic's self concept, tierce. The neurotic is a disadvantage in understanding his own behavior as well as others. Threat and the narrowing of perception also lead to a focus on the self. He is primarily concerned with his own problems. Since he typically focus life with such a heavy burden of helplessness and insecurity. He feels that he is fighting for his life.

Because of his inadequacy anxiety and self-defeating life style, the neurotic is prone to be generally dissatisfied and unhappy.

**Self-esteem**

Self-esteem is the sense of self-identity. This is heavily influenced by significant others and by the individual's status and role in the group. Despite changes in physical appearance, in status and in social roles people tend to maintain continuity in their basic feelings of self identity and continuity becomes disorganized the experience is usually acutely painful.
Self-esteem is multi-dimensional and reflects the overall feeling of self-worth, referred to global and general self-worth is as how the person knows himself. Thus, general feeling of self-worth is derived from an integration of feeling is specific self-esteem and includes self-worth as it relates to behavior, physical appearance, intelligence, social and emotional self.

Persons with high self-esteem respect and consider themselves worthy. They do not feel that they are ultimate in perfections but on the contrary recognize their limitations and expect to grow and improve how self-esteem implies self-rejection, self-dissatisfaction and self-contempt.

Mental Health

Mental health is the main concept of this study. It has been defined in various ways. Some of its definitions are defined in the annual report (1950) of the World Federation of Mental Health as "not merely the absence of mental disorder, but as a state in which the individual lives, harmoniously with himself and others adopting to and participating in an ever changing social setting and with a sense that he is achieving self realization, through satisfaction of his basic needs."
In an extended description of individual mental health, Soddy (1950) suggested that the healthy mind can meet with ease all normal environmental situations and that the healthy minded person has the capacity to live harmoniously in a changing environment.

"A healthy person's response to life is without strain. His ambitions are with the scope of practical realization - he has a shrewd appreciation of his own strength and weakness. He is resilient in failure and level headed in success. He is capable of friendship and of aggressiveness when necessary. His pattern of behavior is consistency. so that he is true to himself, his beliefs and personal values are a source of strength to him (Soddy, 1950).

Attempts to define mental health have laid greater emphasis on more positive factors. Current approaches show concern with the internal balance of the individual, the quality of the relationships with the individual and others and the attitudes of groups to these relationships. Mental ill health is associated with error and with wrongdoing. If good is regarded as, adaptation then to some extent not to be good is to be in error.
Mental health has also been described as the ability to handle every day demands and situations without excessive stress and stain. A mentally healthy individual can work regularly, think clearly, manage his emotions and be in good terms with others and himself. Those who fall behind or fail in the adjustment process face mental health problems. They are considered to be emotionally immature, maladjusted or mentally ill. They may be unable to adapt to the world of work and be continually blocked by indecision, inability to concentrate or over-dependency.

"All mental health measures must be based on the fact that the growing person has a series of fundamental emotional needs whose satisfaction depends upon social adjustment. Health is, therefore, not only the absence of mental disorder, it is something positive; a joyful attitude to life and a cheerful acceptance of the responsibilities that life puts upon individuals.

Mental health is as equally important as physical health in life for comfort, peace and satisfaction. Through mental health science an individual can save from the mental diseases and can maintain the mental health. By proper mental health a person will get better satisfaction, fulfillment and comfort. It helps in self-
development of one's personality as a result of which a person can strive to solve the problems (to help him) in life. Everybody earns for mental health and mental harmony. If we talk about enthusiasm of life, we should have joyful mind, soft feelings, pleasant atmosphere in work place and surroundings of living, maturity and good health – all these are essential for mental health. The difference between a balanced man and a mentally unsound person is that – a mentally unfit person always implements a non-cooperation policy in every work and his view of thinking which does not have no reality or any concrete reason. A general person tries to face and solve the problems in a very organized and specific or deliberate way.

Mental unfitness is due to increase in modernisation of township, professionalism and the environmental problems of modern life. In available statistics, 1% of every population is suffering mental diseases. About 10% of people are more or less suffering from these diseases at all stage of their life. Reality is that we all are suffering from diseases knowingly or unknowingly. There is lot of mental pressure and suppression is felt in our day to day life. Reality is that in modern world we all are living in doubt and guesses or skepticism stage.
In the process of socialisation of people, i.e., social relation there is a deep influence of his physical condition, maturity in social relationship, habits, moral values, spiritual beliefs and his relationship with his colleagues and his community. A man gets happiness and mental satisfaction from the people around him. For this people he will conduct himself well and from these people he gets annoyed. In spite of this there is a possibility for the (notorious) anti-propaganda too. One man who is ready to accept the laws and orders of the society will succeed in building a good stand in his society. In case one disobeys this rules or laws and orders he will be treated as an uncultured man. If one person tries to remove his hindrance from his way and if he fails in it, he cannot reach his aim as it would cause to increase his mental tension. Finally he reaches to a stage of mental depression and sadism. This mode of character will imbalance and spoil him and his full planning will be disturbed. Due to unfitness and failure in cooperation he expressed a lot of extra ordinary relations and direction. Inferiority complex, avoid ness, carelessness, day dreaming, anti-social activities, suppression, 'Visthapan', physical and mental weakness like different psychological symbols like unnecessary fear, mental strain, evil spirit activities and madness, all
these are important among them. A mentally imbalanced person spoils his wills and he himself lead a very desperating life and he lives in a state of deep depression which result in achieving a temporary solution but in long run he had a great loss in maintaining his mental health. For a healthy relation one should have a special talent to face the social problems, fulfillment of his desires, misunderstanding and mood of anxiety and keep the mind in the meditation of a concerned faith, all these are very difficult to maintain. A person who runs away from he reality and who lives in dreams, world of castle in the air, is always a coward and an unable person. We must face the problems whatever it is - failure or defects we should understand that all these are natural stages in human life and we should understand that al these are natural stages in human life and we should tolerate them or face them very courageously. Beyond the failures, we should recover and release the mind from the suicidal thinking and make full optimism in future. For the future we should work hard, keeping in view of the past failures and keep the wish for success we should work hard. To keep the mind healthy one should maintain his physical health too. Don't think about our excellence and profit; give importance to laborers/people under us.
Don't avoid them and not at all avoid their demands and wishes, consider them with generosity and let them feel to work in a joyful mood that this work is their necessity and responsibility and they should feel that this work is suitable enough for the development of life., work hard for the progress and doing that work with humanity and courtesy is a merit/excellence of a particular person.

Natural Progress

Health has an important role in natural progress. Because of that the famous saying that, 'Health is Wealth' or 'A healthy mind dwells in a healthy body'. A healthy man is always free from all kind of diseases and is always energetic. Like physical health, mental health is also very important. Some people are struggling in the form of physical weakness and some of mental weakness. Even though a man is physically healthy, he would be mentally sick. In 1948 with the help of Edolf Mayor and William Jenes, Clifford Beyon established an International Committee of Mental Hygiene in United States of America. There are four intentions of this Committee:

1. To stop the mental diseases.
2. Give awareness among the people about causes, consequences and preventions of mental problems.

3. To improve the mental health of the people.

4. To start telecasting the shows about public health. Later it is known as Mental Hygiene and Mental Health.

Mental Health is defined in many ways by the scholars. Some of the definitions are as follows:

- According to H. B. ENGLISH: A mentally fit man has a basic social relation and he will be more enthusiastic and content with his own set up.

- W. W. BOHEM says, Mental Health is a direction to life which is accepted by the community in the form of joyful personality.

- H. R. BHATIA says that, Mental Health of a person shows how he is related with in terms of his demands and chance of life.

- In the word of HADFIELD (1952) Full and developing creativity of a person is known as Mental Health.
In the opinion of LAUDEL (1952) The ability of a man to express his opinions without lacking it environmental reality is known as Mental Health. Mental Health indicates real meaning and ability of adjustment and adaptation with the environment.

Griens Birg has defined the concept of Mental Health in the following manner:

I and my colleagues have derived certain norms and ability of livelihood, family life, lack of challenges with love, administration and proper utilization of opportunities of life style.

Following are the characteristics and qualities of mentally healthy person:

1. Generally a mentally healthy person needs to lead a happy life; in case of sadness he realizes the cause too.

2. Generally his relations with others are friendly and sweet whereas intimacy with few.

3. Mentally healthy person is confident and enthusiastic, never pessimistic and always optimistic.
4. He always solves the problems by proper reasoning never hide himself from the problems, always ready to face them a usual.

5. His inner consciences never permits him to act wrong where a in his behaviour and action there will be a sign of welfare.

6. Mentally healthy person never express anger baselessly.

7. On the basis of skill and ability he creates future planning and never worries for his or her health, he perceives reality and accepts it according to his own ability and capacity

A person possessing all the above qualities are mentally healthy and can work confidently with his colleagues. Following are the specialties of mentally healthy person:

1. **Emotional Maturity**

   General behaviour of a mentally healthy person is not emotional whereas he experiences the emotion and behaves in a broadmindedly and establishes the same in all circumstances. There are few other norms of the behaviour of mentally matured persons.
1. Such type of a person always takes reasonable action in different phases of life.

2. He is fully aware of the consequences and knows his responsibility and acceptability.

3. He is neither afraid nor escapes from any of the consequences of life, whereas he always wisely and hopefully tries to overcome on them. He uses his power of discernment.

4. He never expresses his anger or joy in neither of the situation where as tries to maintain harmony in emotional setting.

5. Such type of man always accept sorrow and joy together as an usual phenomena and tries to find out the cause of sorrow eliminate it. In case of sorrow he never loses his confidence, considering that miseries are a part of life and accept it as reflex action.

2. *Self Confidence and Optimistic*

Such type of personalities are carrying firm faith and cooperation in their physical and mental power and ability. Due to this they are always optimistic as well as
imaginative towards life. They are also pleasing and healthy.

3. **Self Recognition / Self acceptance**

Such personalities are oftenly seen, in monitoring and evaluation of one's capacity, ability, weaknesses and reality of his own life and its periphery.

4. **Behavioural Acceptance of Life**

Such persons are never believing in day dreaming, who is always active for fulfillment of needs and planning of objectives of life, whose fulfillment is natural and behavioural phenomena.

5. **Self realisation and exemplary life for a creative purpose**

A man is mentally fit, if his real spirit does not drown in a high idealism but just filled healthy and good spirit so that in his dealing with others he will experience peace, satisfaction and comfort for a worthy life. Beyond this he will be capable of his aims and he will be always striving to achieve his aims.
6. **Harmonized and Organised Personality**

This kind of persons doesn't have different moods of his personality. In his internal, external and all other activities, he will not have any tensions. He can lead his life in full rhythm.

7. **Socialized Extrovert**

A mentally healthy man will not be selfish and retrospective. He is always cooperative, joyful and loves friendship. Really he will have a good social status in the community with respect, happiness, wisdom, helpfulness and naturally he will always call for appreciation and acceptance.

8. **Selfless and Simplicity of Character**

These people are not superstitious or luxuries. What he says or does will always come from his heart's depth. These people always prefer to keep distance from cheating and dishonesty in their dealings.

9. **Free from Mental Conflicts**

For a sound and smooth life, optimism, cooperation, self-confidence and hopefulness become imperative. If one strive for healthy progress in life one cannot exist in his mental tensions and have himself
plunged in deep sorrows and it doesn't reflect in his face too.

10. Philosophy of Healthy life

A mentally healthy man always enshrines a sound philosophy of life. In different stages of life he acts with integrity and he is acceptable and social. It is a fact that in a healthy and broad vision of life his personal achievements and vast knowledge is put to the benefits of the whole community and the general progress of the community becomes his vision and mission.

11. High Confidence Level

A mentally healthy man has a high mental capacity to accept the tension / problems in his life and he will react in very constructive spirit and open heart. In fearful situations also he will not lose his courage and confidence because it is clearly known that in the hardships of life one can achieve success only by self-confidence in the absence of which failures becomes inevitable. For a man of self confidence failure is a ladder to success.
Studies Related to Mental Health

Some of the early studies suggested that household crowding does have important effect on health. Champart de Lawwe (1961) study of parts household, indicated that too little floor space per person is likely to create family discord. Among other things he reported that household crowding in associated with 'tensions' between mother and children, unfortunately, his results are presented in such a fashion that it is virtually impossible to isolate the effects of crowding, although from his analysis it would appear that the effects were strong.

In their classic study Welher et.al. (1962) reviewed selected studies conducted in Europe and America between 1919 and the mid 1950's. They clearly showed that housing condition was related to a number of indicators of marked positive association between housing, and health. Poor housing correlated with poor health, better housing correlated with poor health, better housing with better health.

Marsalla et.al. (1970), conducted a study on a small sample of male Filipino residing in the community to investigate the effect of density on mental health. They factor analyzed a vest array of
mental health measures and found that some factors were related to over crowded living condition and some factors were related to socio-economic status. Thus the results did not lead to a clear conclusion that over crowding in the home was a major determinate of mental health.

Mitchell (1971) published the results of a large survey on over crowding in Hong Kong. Mitchell found that high levels of crowding were strongly related to complaints about lack of space and lack of privacy. The level of general happiness and amount of worrying were also strangely related to crowding, but under control for income these relationships were only maintained among the poor. The index of emotional wellness and hostility were also related to floor of residence. He found no strong relationship between density and pathology. Factor and Waldron (1973) using aggregate data found crowding to be related to poor health.

Hassan (1977) examined 121 families residing in a 12 story building in Singapore comparing one-room flats. They were generally similar in terms of socio-economic status crowding was measured by the number of square feet available to each person in the household. Hassan (1977) found that over crowding, was related to
worrying and a measure of stress. The effects were more conspicuous on emotional health of the subjects when the housing units was shared by persons who were not members of the family or when the housing unit was located on the higher floor.

Booth and Cowell (1976) studied the sample of children from low and high household density conditions. The health measures included presence of disease, body weight and high and physiological indicators of stress. The results showed certain adverse effects of crowded household on physical development. The also found that parental health and socio-economic status were better predictors of children's health than household crowding. In the same study Booth (1976) examined adult samples and found objective household crowding was positively related to the stress for both males and females.

Booth and Cowell (1976) attempted to study the effect of crowding on adult's health. Information was obtained because of an interview and physical examination. They looked at physiological indicators of stress related illness, communicable diseases, physical trauma and reports of illness. On all five of these indexes household crowding tended to be associated
with poor physical health. He also found that crowded household condition produce mild decrements in health only under certain conditions relationship were stronger for objective than for subjective household crowding. Neighborhood crowding had no effect on the health. Health was generally unrelated to either measure of neighborhood crowding.

Anand (1983) studied the sample of students to investigate the effects of high density on the quality of life health, feelings and personal space. Feeling of well-being was measured in terms of mental and physical health. He found adverse effects of high density on the quality of life, perceived control, health, feeling and personal space. Females showed poorer health, in general, then males.

A field survey was conducted by Nager (1985). He noted that respondents residing in high density reported greater feeling of crowding, perceived the interpersonal climate as less supportive and exhibited more adjustment problem.

In New York, Kahn and Perlin (1967) collected data on persons who applied to the comprehensive mental health programme at New York Hospital. They found very strong relationship between the number of
persons per room and the rates of psychiatric treatment. The result showed that crowding was significantly related to a prolonged duration at symptoms and to a delay in seeking admission to mental centre.

**Parents' Stress**

Every second parent in Mumbai is quite bothered about her/his child's studies, examinations, his or her friends, career choice, emotional development. There is an increased emphasis by parents on self-discipline, character building, academic performance, and vocational preparations of the adolescents in Mumbai. As a result, they are quite tense.

Parents in Mumbai are highly concerned on the development of children in areas such as (1) Values, (2) Television and its impact on children, (3) Emotional health care of children, (4) Homework, (5) Examinations, (6) Personality development, (7) Choosing a career.

**Current Scenario/Interventions**

What is happening on school mental health in the city of Mumbai?
1. Out of 1800 schools, maximum 100 schools in Mumbai have appointed counselors.

2. Active MH professionals; nearly five hundred mental health professionals including psychiatrists, and social workers actually work the schools.

3. Role of media; there would not be a day when print media do not cover children related stories. The mental health professionals are sensitive to the issues of children such as exams studies, emotional health and regularly provide matter to the media.

4. NGOS - there are various associations such as Counselors Association of India (CAI), Bombay Psychiatric Society (BPS), Bombay Psychological Association (BPA), Maharashtra Dyslexia Association (MDA), Institute for Psychological Health (IPH), The Indian Council for Mental Health (ICMH), DAV Centre for Creative Education (DAVCCE), PTA United Forum, Young Buzz and CGCS like Prafillta, Aviskar, Muskaan, Disha etc. that are actively engaged in promoting child guidance and counseling services in Mumbai Schools.
5. Social awareness programmes are regularly being organized by MH professionals at public places such as railway stations.

6. Teacher, Parents are being oriented on emotional and behavioral problems of children.

7. Schools are careful about exam anxiety, results anxiety, dyslexia and appointing counselor etc.

8. Mental Health situation is better in the state due to awareness created by mental health activities and the role Media has played in propagating mental health issues of children.

What Needs Attention

1. Teachers need to be educated for caring mental health of children.

2. More hotlines, help lines are needed.

3. State Government needs to put efforts on mental Health education. It should conduct mental health surveys and make mental health education compulsory in schools.

4. What is required is the calculative vision on part of the mental health professionals. They need to create
a collective vision on what the concerns of the people of Mumbai are and direct their efforts towards better understanding of those issues/concerns for making a healthier society.

**Identified Needs of Counselors**

Every counselor feels there are some areas in which she/he would like to have further exposure, orientation, and training. Nearly 93 counselors practicing in different areas of counseling were contacted in the city of Mumbai during a research study (Kaila, 2002). They were asked to indicate their needs of counseling in order to identify the areas for their further training. In addition the counselors were also asked to describe the new trends on counseling in which they required training.

These areas/problems/issues are reflected as follows:

1. Clinical (Anxiety, Depression, Epilepsy, Conduct disorder, Personality disorders, Autism, ADHD, Drug Addiction, Phobias, Mental retardation, OCD, Sexual abuse, AID issues);
2. Family and social (Parental counseling, single parent counseling, sibling rivalry marital discord, divorce);

3. School children (Peer relations, Vocational guidance and counseling, Academic stress, Educational backwardness, Study habits, Memory, Concentration, Interest, Personal problems of students, Dyslexia);

4. Others (self-reflection, conflicts with superiors and colleagues, Personality workshops, Feng-Shui, Acupressure, Reiki, Counseling with the elderly)

Social Counselors Suggest (Kaila, 2002)

For rendering better counseling services in schools, the counselors provided the following suggestions:

1. Proper space and facilities like psychological testing materials should be provided.

2. Special learning centers should be made so those children get every type of help especially in educational and vocational guidance.

3. Awareness programmes should be organized for teachers, parents, and other staff members regarding the issues in school counseling.
4. Regular meeting should be arranged between counselors, teacher and parents and a networking should be established with other school counselors.

5. School counselor should be appointed on a full time basis, not part time basis.

6. Integration of guidance and counseling in the school curriculum. The school diary should have counselors page.

7. Counseling department should be made autonomous. Freedom should be given to manage their work on their own.

8. More awareness meetings should be organized to make people aware of the concept of counseling. The Stigma attached with the counselor and counseling, should be eradicated.

**Challenges**

Mumbai schools are heterogeneous in terms of management and standards of teaching learning, student teacher ratio, and the interaction between children, teachers and parents. The scenario of city schools put a challenge for offering child guidance and counseling services in term of.
1. Access to school management for counseling.

2. Attitude towards counseling as a "service".

3. Is it another financial burden or support for children and the school system?

4. Developmental model of counseling services is being followed instead of clinical approach.

5. The present system is very participative and promotive. The sharing of experiences between counselors and the sharing of experiences of counselors with teachers, parents have started.

6. During this process, certain myths are to be cleared regarding the role of counselor as bellow.

**For Children**

1. Counselor in not a soft people between teacher and principal.

2. S/he is not a tutor.

3. S/he is a friend with experience to support, encourage and sound board, guide, and philosopher for children.
**For Teachers and Principals**

1. Counselor is not a substitute/additional teacher/or management representative.

2. Counselor is facilitator for the mental health of school for all its stakeholders' children, teachers and management.

**For Parents**

1. Counselor is a bridge between them their child, home and school environment.

   Thus, the whole perspective is developmental, not "problem based" but promotion of mental health in school environment in this fast changing environment in a mega city of Mumbai.

**What has moved the school mental health in Mumbai?**

**Process Highlights**

Around 1998, a group of mental health professionals initiated interactions with school principals, students, teachers, and counselors. In the year 1999, they identified areas of training required for counselors, which mainly focused the following:
1. Innovations on part of individual counselors are necessary, therefore concentrate on self framing.

2. Social action: counselor's relating and negotiating skills are essential in schools and with community.

3. Cultural sensitivity and competence in counseling practice has to be emphasized.

In the year 2000, the school counselor's training programme was bunched which is now in its 3rd year. What has motivated the counselors is the empowerment, trust, and respect which was relocated in them through the experiential exposures for 25 weeks during this training. Once they joined they never went back, the group bonding and they formed the ever-cherished "Counsellor's training programme, which was evolved out of interactions with schools. Beside other activities, the CAT organized two annual conferences each attended by 300 plus counsellors in Mumbai. Besides the regular sensitization programmes for the stakeholders i.e. students, teachers, parents, counsellors, principals, what has really transpired the schools are:

1. The connectivity of mental health (MT-T) professionals with schools, media (Print and Electronic)
and Parent Teacher Associations (PTA), with a vision and mission to remain concerned on the school mental health in specific and social mental health in general.

2. Inclusion of/networking with mental health partners. MT-T professional associations. NGOs, GCGCS in the mental health movements.

3. Constant free and frank sharing and exchange of ideas on child and adolescent mental health issues on a regular basis through meetings, telephone, e-mail among the mental health partners.

Thus, the mental health movement in Mumbai has emerged to be a socially active and proactive approach of connectivity. Association and Interaction that is what cat stand for.

Thus the salient features of school mental health in Mumbai are,

1. Socially active and proactive approach.

2. Constant interactions with the stakeholders over 5 years.

3. Publication and distribution of reading material/monographs on child and adolescent mental health for teachers, parents, counsellors and principals.
4. Cooperation of media on child and adolescent mental health issues especially during periods of admissions, exams, and results when the stress amongst the parents and students is high.

1. Development of school counsellor's training programme leading to the promotion of CAT.

2. Inclusion of mental health partners, professional association, NGOs, CGCs and

3. Regular free and frank sharing among the MH professionals.

Mental health is as causally important as physical health in life for comfort, peace and satisfaction, through mental health science an individual can save from the mental diseases and can maintain the mental health. By proper mental health, a person will get better satisfaction, fulfillment and comfort. It helps in the self-development of one's personality because of which a person can strive to salve the problems (to help him) in life. Every body earns for mental health and mental harmony. It we talk about enthusiasm of life. We should have joyful mind, soft feeling pleasant atmosphere in work place and surroundings of living, maturity and good health all these are essential for mental health.
The difference between a balanced man and a mentally unsound person is that a mentally unfit person always implements a non-cooperation policy in every work and his view of thinking, which does not have no reality or any concrete reason. A General person tries to face and salve the problems in a very organized and specific or deliberate way.

Mental unfitness is due to increase in modernisation of township, professionalism and the environmental problems of modern life. In available statistics, 1% of every population is suffering mental diseases. About 10% of people are more or loss suffering from this diseases at all stage of his life. Reality is that we all are suffering from this diseases knowingly or unknowingly. There is not of mental pressure and suppression is felt in our day-to-day life. Reality is that in modern world we are all living in doubt and guesses or skepticism stage.

In the process of socialisation of people, i.e. social relation there is a deep influence of his physical condition, maturity in social relationship, habits, moral values, spiritual beliefs and his relationship with his colleagues and his community. A man gets happiness and metal satisfaction from the people around him. For
this people he will conduct himself well and from these people he gets annoyed. Inspite of this there is a possibility for the anti-propaganda too. One man who is ready to accept the laws and orders of the society will succeed in building a good stand in his society. In case one disobeys this rules or laws and orders, he will be treated as an uncultured man. If one person tries to remove his hindrance from his way and if he fails in it, he con not reach his aim as it would cause to increase his mental tension. Finally, he reaches to a stage of mental depression and sadism. This made of character will imbalance and spoil him and his full planning will be disturbed. Due to unfitness and failure in co-operation. Inferiority complex, avidness, carelessness, day dreaming, antisocial activities, suppression, 'visthapan', physical and mental weaknesses like different psychological symbols like unnecessary far, mental strain evil spirit activities and madness - all these are important among them. A mentally imbalanced person spoils his wills and he himself lead a very desperating life and he lives in a state of deep depression which resulted in arriving at a temporary solution but in long run he had a great loss in maintaining his mental health. For a healthy relation one should have a special talent to face the social
problems, fulfillment of his desires, misunderstanding and mood of anxiety and keep the mind in the meditation of a concerned faith—all these are very difficult to maintain. A person who runs away from the reality and who lives in dreams, world of castle in the air, is always a coward and an unable person. We must face the problems whatever it is failures or defects we should understand that all these are natural stage in human life and we should tolerate them or face them very courageously. Beyond the failures, we should recover and release the mind from the suicidal thinking and make full optimism in future. For the future we should work hard, keeping in view of the post failures and keep the wish for success we should work hard. To keep the mind in healthy one should maintain his physical health too. Don't think about our excellence and profit, give importance to laborers/people under us. Do not avoid them and not at all avoid their demands and wishes, consider them with generosity and let them feel to work in a joyful mood that this work is their necessity and responsibility and they should feel that this work is suitable enough for the development of life, work hard for the progress and doing that work with humility and courtesy is a merit/excellence of a particular person.
Natural Progress

Health has an important role in natural progress. Because of that, the famous saying that 'Health is wealth' or 'A healthy mind dwells in a healthy body'. A healthy man is always free from all kind of diseases and is always energetic. Like physical health mental health is also very important some of mental weaknesses. Even though a man is physically healthy, he would be mentally sick. In 1948 with the help of Edopt Mayor and William Jenes, Clifford Beyon established a international committee of mental Hygiene in United States of America. There are four intentions of this committee,

1. To stop the mental diseases.

2. Give awareness among the people about cause consequences and preventions of mental problems.

3. To improve the mental health of the people.

4. To start telecasting the shows about public health. Later it is known as mental Hygiene and Mental health.

The following specialists/scholars of mental health define the mental health as follows.
According to English, a mentally fit man has a basic social relation and he will be more enthusiastic and content with his own setup.

Bohem says, Mental health is a direction to life which is accepted by the community in the form of joyful personality.

Bhatia says that, Mental health of a person shows how he is related with in terms of his demands and chances of life.

In the word of Headfield (1952) Full and developing creativity of a person is known as mental health.

In the opinion of Laudel (1952) The ability of a man to express his opinions without lacking its environmental reality is known as mental health. Mental health indicates real meaning and ability of adjustment and adaptation with the environment.

Certain norms and ability of livelihood. Family life, lack of challenge with love, administration and proper utilisation of opportunities of life style have been derived by Birg accordingly following are the characteristics and qualities of mentally health person.
1. Generally a mentally healthy person needs to lead a happy life, in case of sadness he realises the cause too.

2. Generally one's relations with others are friendly and sweet whereas intimacy with few.

3. Mentally healthy person is confident and enthusiastic, never pessimistic and always optimistic.

4. One always solves the problems by proper reasoning never hide oneself from the problems always ready to face them as usual.

5. One's inner conscience never prevails one to act wrong where as in his behaviour and action there will be a sign as welfare.

6. Mentally healthy person never express anger baselessly.

7. On the basis of skill and ability he creates future planning and never worries for his or her health, he perceives reality and accept it according to his own ability and capacity.

A person possessing all the above qualities are mentally healthy and can work confidentially with his
Emotional Maturity —

General behaviour of a mentally healthy person is not emotional whereas he experiences the emotion and behaves in a broadmindedly and establishes the same in all circumstances. There are few other norms of the behaviour of mentally matured persons.

1. Such type of person is always takes reasonable action in different phases of life.

2. He is fully aware of the consequences and knows his responsibility and acceptability.

3. He is neither afraid nor escapes from any of the consequences of life, whereas he always wisely and hopefully tries to overcome on them. He uses his power of discernment.

4. He never expresses his anger or joy in either of the situation where as tries to maintain harmony in emotional setting.

5. Such type of main always accepts sorrow and joy together as an usual phenomena and tries to find out the cause of sorrow eliminate it.
In case of sorrow he never loses his confidence, considering that miseries are a part of life and accept it as reflex action.

**Self-confidence and optimistic —**

Such type of personalities are carrying firm faith and co-ordination in their physical and mental power and ability. Due to this, they are always optimistic as well as imaginative towards life. They are also pleasing and healthy.

**Self-Recognition—**

Self-acceptance: such personalities are oftenly seen, in monitoring and evaluation of one's capacity, ability weaknesses and reality of the own life and its periphery.

**Behavioural Acceptance of Life —**

Such persons do never believe in day dreaming who is always active for fulfillment of needs and planning of objectives of life. Whose fulfillment is a natural and behavioural phenomenon?
Self realisation and exemplary life for a creative purpose –

A man is mentally fill, if his real spirit does not drown in a high idealism but just filled with healthy and good spirits so that in his dealings with others he will experience peace, satisfaction and comfort for a worthy life. Beyond this he will be capable of his aim and he will be always striving to achieve his aims.

Harmonized and Organised Personality –

This kind of persons does not have different moods of his personality. In his internal external and all other activities, he will not have any tensions. He can lead his life in full rhythm

Socialized Extrovert –

A mentally healthy man will not be selfish and retrospective. He is always co-operative, joyful and loves friendship. Really, he will have a good social status in the community with respect; happiness, wisdom, helpfulness and naturally he will always call for appredation and acceptance.
Selfless and Simplicity of Character –

These people are not superstitious of luxurious. What he says or does will always come from his heart's depth. These people always prefer to keep distance from cheating and dishonesty in their dealings.

Free from mental conflicts - For a sound and smooth life, optimism, co-operation. Self-confidence and hopefulness becomes imperative. If one strives for healthy progress in life one cannot exist in his mental tensions and have him plunged in deep sorrows and it does not reflects in his face too.