Importance of Mental Health Management

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Abstract— All human being has a fundamental right of access to activity, which are important for the development of their personality. The freedom to develop physical, intellectual and moral power through activity must be guaranteed both within the educational system and in other aspects of social life.

Participation in activity on daily or regular basis can be helpful in promoting positive mental health. The Bangkok Character for Health promotion in a globalized world states that “The United Nations recognizes that the enjoyment of the highest attainable standard of health is one of the fundamental rights of every of human being without discrimination.”

Introduction

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WHO (2001) has proposed that mental health is state of well-being in which the individual realizes his or her own abilities, can cope up with the normal stresses of life, can work productively and fruitfully and is able to make a contribute to his or her community.

Health promotion is based on this critical human right and offers a positive and inclusive concept of health as a determinant of the quality of life and encompassing mental and spiritual well being. Health promotion is process of enabling people to increase control over their health and its determinants and thereby improve control their health. Neither mental nor physical health can exist alone. Mental health is an integral part of health, mental health is more than the absence of mental illness and mental health is intimately connected with physical health & behaviour.

In this positive sense, mental health is the foundation for well-being and effective functioning for an individual and for a community. WHO and other international organizations identify the improvement of mental health as a priority concern for people.

No Health without Mental Health

Mental health with physical activity cannot be ignored. Maintenance of good physical health and recovery from physical illness depends on the emotional status and willingness of an individual. As poor mental health leads to decrease in physical health in the same way physical illness also determine mental health.

Strong evidence establishes depression as a risk factor for many diseases. The nation that hypertension may arise through psychological stress, in turn related to factors in the environment, remains contentious, will leads to poor mental health. So, we can say that mental health fundamentally linked to physical health outcomes. Mental health status is a key consideration in changing the health status of a people. Health & behaviour are affected by factors at multiple levels, including psychological, social and biological.

What Research Says?

There are number of studies that indicated that participation in activity can prevent mental health problems such as anxiety and depression and those people who are physically active were likely to suffer from common mental health problems.

There are some evidence that likeable activity can promote some aspects of cognitive functioning such as memory, reasoning, problem solving and spatial awareness. This work has particularly emphasized the potential for likeable activity to contribute to educational attainment within young people and to maintain good cognitive functioning in people.

Advantages of Activity Participation for Development Mental Health

[1] Anxiety Reduction:

There have been six meta analyses examining the relationship between exercise and anxiety reduction. All six of these meta analyses found that across all studies examined, exercise was significantly related to a reduction in anxiety. These effects ranged from “Small” to “Moderate” in size and were consistent for trait, state and psycho-physiological measures of anxiety.

The exercise can produce an anxiety reduction similar in magnitude to other commonly employed anxiety treatment is noteworthy since exercise can be considered at least as good as other techniques, in addition it has many other physical benefits.

[2] Depression:

Depression is a prevalent problem in today’s society. That exercise is effective traditional therapy to encourage, especially considering the time and cost involved with treatments like psychotherapy. Exercise may be a positive adjunct for the treatment of depression since exercise provides additional health benefits (Ex. Increase in muscle tone and decreased incidence of heart disease and
obesity! that behavioural interventions do not. Thus, since exercise is cost effective, has positive health benefits and is effective all alleviating depression, it is a viable adjunct or alternative to many of the more traditional therapies. Future research also needs to examine the possibility of systematically lowering antidepressant medication dosages while concurrently supplementing treatment with exercise.

[3] Positive mood:

A mood is defined as a feeling, state or prolonged emotion that influences the whole of one’s psychic life. It can also relate to passion or feeling. Mood can and does affect perceived health, personal confidence, one’s perceptions of the world around us and our actions based on those perceptions. Moods may signify happiness, anger, tension, or anxiety.

Numerous studies have reported positive mood benefits from exercise. Mood enhancing effects have been evidenced in many different physical activities, involving yoga, swimming, skating, dancing, jogging, singing, sports, yoga and weight lifting (Berger & Owen 1988).

[4] Self-esteem:

Self esteem is considered as an important component of emotional health. It is the way individuals perceive himself and his self-value. Self-esteem is the way individuals think and feel about him and how well he does things.

Through knowledge, we can enhance our self-esteem by having a positive image of our attitudes and skills and abilities that we develop. We feel positive self-worth through the recognition that we receive from family and friends and the social relationships that develop as a result of our involvement in likeable activities. Yet, we may be vulnerable to low self-esteem in likeable activity if we perceive our knowledge or effort to be our selected activity. We might feel that our self-worth is judged on our loser and wins versus our abilities and intensions.

[5] Restful sleep:

Sleep is a complex physiological process. There is an alteration in the activity of the brain when we are at sleep. There are also changes in the levels of some hormones for ex, growth hormone is released during the deeper stage of sleep. Sleep is described as a highly restorative process.

Exercise and work has a profound impact on sleep. The more we exert our body in a day, the more sleep is required to recover. This is why endurance athletes generally need more sleep. Those who are active tend to fall asleep faster and sleep longer and deeper than those who are inactive.

Program for Mental Health

Generally physical education helps youth develop respect for the body, their own and others; contributes to the integrated development of mind and body...... positively enhances self-confidence and self-esteem; enhance social and cognitive development and academic achievement.

Youth who participate in likeable activity an organized recreational activity enjoy better mental health, are more alert and more resilient against the stresses of modern living. Exercise brings about both short-term and long-term psychological enhancement and mental well-being. Likable activity has been found to have a positive causal effect on self-esteem changes in adults. Aerobic activity can reduce anxiety, depression, tension and stress and it can increase vigor and promote clear thinking. From the clinical perspective, evidence suggests that exercise can beneficially affect hypertension, osteoporosis, adult onset diabetes and some psychiatric disorders.

Physical activity in the natural environment can be a promising aid for people, as unlikeable activity may be associated with symptoms of depression. Thus, there is a need to develop some likeable program and other program (sport) for every individual according to his interest, age and sex.

To receive the most benefit from exercise, adults should get a minimum of 21/2 hours a week of moderate intensity physical activity, such as brisk walking, water aerobics, dancing, ballroom dancing, gardening or 11/4 hours of a vigorous intensity activity, such as jogging or swimming laps.

Adults should include muscle strengthening activities at a moderate or high intensity level for all major muscle groups two or more day a week, including exercises for the chest, back, shoulders, upper legs, hips, abdomen and lower legs.

Adults with disabilities and those with chronic conditions also should follow the guideline if they are able. When unable to meet the guidelines, engage in likable activity according to their abilities; avoid inactivity.

Type of Physical Activity

At one level, there was again a belief that all kinds of activity have the potential to enhance mental well being and that much will depend on individual preference.

- Running, walking, circuit training show indications that they can be effective
- Weight and resistance is superior to endurance. Exercise in improving body image and self esteem.
- Rhythmic aerobic forms of activity [walking, gentle jogging, cycling, swimming, dancing appear to be most appropriate and effective in those who have previously been inactive.
- Group recreational sports and activities are also likely to bring social and mood benefits.
- Co-operative more democratic exercise setting produces particularly strong effects.
- Resistance exercise may have relatively immediate effect of body perception and can therefore promote self concept, efficacy and perception.
- Sport and vigorous activity can promote mental well being only for those who already prefer this type of activity.
Conclusion
More work is required, particularly that of a more sophisticated nature; for example more prospective cohort studies, attempts to achieve more rigour and consistency in measuring physical activity and mental health and designs that precisely manipulate variables which in turn provide insights into optimal types of activity for mental health promotion and prevention.

Sport is said to be a microcosm of society. Sports program should be first-line method for improving mental health among the youth. Access to sports programs can also be a primary method to improve the lives of people who may still be experiencing poor mental health.

Exercise benefits every part of the body, including the mind. Exercising causes the body to produce endorphins, chemical that can help a person to feel more peaceful and happy.

Exercise can help people sleep better. It can also help people who have mild depression and low self-esteem.

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