

Impact Factor – 6.261

ISSN – 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S
RESEARCH JOURNEY

International E-Research Journal

PEER REFREED & INDEXED JOURNAL
April-2019 Special Issue – 182 (C)

Contemporary Innovation in Commerce & Physical Education

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SWATIDHAN PUBLICATIONS



Mental Health

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Abstract:

Mental health is an individual and personal matter. It involves a living human organism or, more precisely, the condition of an individual human mind. A social environment or culture may be conducive either to sickness or health, but the quality produced is characteristic only of a person, therefore, it is improper to speak of a sick society or a sick community. In speaking of a person's mental health, it is advisable to distinguish between attributes and actions. The individual may be classified as more or less healthy in a long term view of his behavior or, in other words, according to his enduring attributes. Or his action may be regarded as less healthy that is, appropriate from the viewpoint of single, immediate short term situation. Standards of Mentally healthy, or normal, behavior vary with the time, place, culture, and expectations of the social group. In short, different peoples have different standards. Mental health is one of many human values; it should not be regarded as the ultimate good in itself.

Nature and Symptoms of Mental Health:-

As we think about our physical health we must think about our mental health also, because in a strong mind is necessary. The surrounding environmental in which we lives effects our physical and mental health. In the mental health both physical health and the sound mind is expected. Due to the sound mental health the personality development is proper. If person is mentally disturbed of weak his development is also diverse.

Sometimes due to certain serious diseases the mental health is disturb for the success in life we have to adjust with our surrounding this adjustment is nothing but mental health. For the remedies of physical defects and diseases the medicines and doctors are available but for mental health such facilities are not available.

Defination of Mental Health

1. Hodfile: He defines mental health as mental health is full and harmonious functioning of the whole personality.
2. Ladell: According to ladell mental health means, the ability to make adequate adjustment to the environment on the plan of reality.
3. Kappu Swami: mental health means the ability to balance feeling , desires , ambition and ideas in ones daily life i. e. to face the reality of life.
4. If management and headmaster are not helpful.
5. If a teacher is suffering from different mental conflict.
6. Misbehavior and in discipline of student.

Following are the certain things which will you improve teacher's mental health:

1. A teacher should have a regular and fixed salary.
2. A teacher should have respective treatment and the headmaster.
3. A teacher should be socially accepted.
4. There should be democracy in the administration.



5. There will be proper relationship with student and parents.
6. Different teacher welfare program will arrange in the schools.

Role of mental health in education:-

Nowadays there is a modern trend of education mental health is having great important in education. If there is proper intellectual development at that time we will have control over behavior. Behind the children's behavior emotion are having grateful. We cannot have the same curriculum or a teaching method for all the student.in the ancient method of teaching a student are having negligible role and he is only the leaner but nowadays situation is completely changing, student having complete important active role in teaching process. Hence there is an important role of health in education.

1. Curriculum and Mental health :

While developing any curriculum the development of children, the problems and need of children their attitudes and interest is consider. Curriculum should be based on student social life. Curriculum must be flexible and changing with a changing situation. There must be a Co-relation between different school subjects different stander. This kind of curriculum help in the development of mental hygiene.

2. Teaching methods and mental health :

A teaching method should be helpful for student mental health. A teaching method should give mental satisfaction of a student because failure in the mental satisfaction creates different problems.

Following are the certain characteristics of a teaching method which helps mental health of student.

1. The method should be investing and makes the student self-dependent.
2. A method should motive the students which great curiosity and interest among the student.
3. Different school program should be arranged which helps the complete developing of the student.
4. In the teaching method the principle of transfer of learning should be considered.
5. He must solve student personal problem.
6. There must be flexibility and his own opinion and view.
7. He must be physical health.
8. He must be participate games, dramas and different culture program.

Professional characteristics of a teacher having sound mental health:

As the individual characteristics certain professional characteristics of a teacher having a sound mental health are

1. Teacher should have mostly over subjected.
2. Teacher should be skillful in the teaching and must have effective teaching qualities.
3. Teacher should be skillful in different teaching skill. He must have knowledge of different techniques method of teaching.
4. Teacher must be able to exchange his experiences with his colleges.
5. Teacher must understand it student and accept them.
6. Teacher must know the social responsibility.
7. Teacher must have self-respect cooperative nature and respect about his own profession.



Reason behind teacher poor mental health:

Following are the certain reasons behind poor mental health of teacher.

01. If a teacher is not eligible, he doesn't have the knowledge of different teaching skill and effective teaching.
02. If a teacher have weak economic condition arranged in school.
03. Students should have flexibility in the adjustment.
04. Teacher should give realistic knowledge of different things.

The aims of life should be within one capability these are the same remedies to maintain. Sound mental health it is the duty of teacher to protect the mental health of their students because they are not aware of their own mental health.

Following are the characteristics of teachers having sound mental health:-

01. The teacher should have should have close relationship with students and school.
02. Teacher must have friendly relation with the students.
03. He must have sympathy, justice, love, forgiveness about the students.
04. His behavior must be cautiously.
05. He should accept his own mistakes.
06. There must be coordination between his thinking and behavior.
07. He must be motivating the students.

Conclusion :-

Mental health of a student's depends on teachers mental health completely students spends most of the with their teachers and school. Different value and principle age the teacher are directly transferred to the students so it is important sound mental health of a teacher. While studying the teacher's mental health we must study his individual characters and professional attitudes. Teacher must be able to develop sound mental health and students also.

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