

Mental health and Mental hygiene

Meaning

- branch of Hygiene which deals with the mental health of the individual.
- consists of measures to reduce the incidence of mental illness through prevention and early treatment and to promote mental health (American Psychiatric Association)

Definition

- **concerned with the realization and maintenance of the mind's health and efficiency (Klein)**
- **investigation of the laws of mental health and taking or advocacy of measures for its preservation (Drever)**

Conclusion

- **A science that attempts to develop and apply principles and techniques for the preservation and promotion of mental health as well as for the prevention and treatment of mental disorders, diseases, which ultimately leading to an adequate adjustment and balanced development of one's personality**

ROLE OF TEACHER

Good Physical Health



Proper emotional development



Proper social relationship and acceptance



Behaviour of the teacher

Sympathetic



Not to play dictatorship

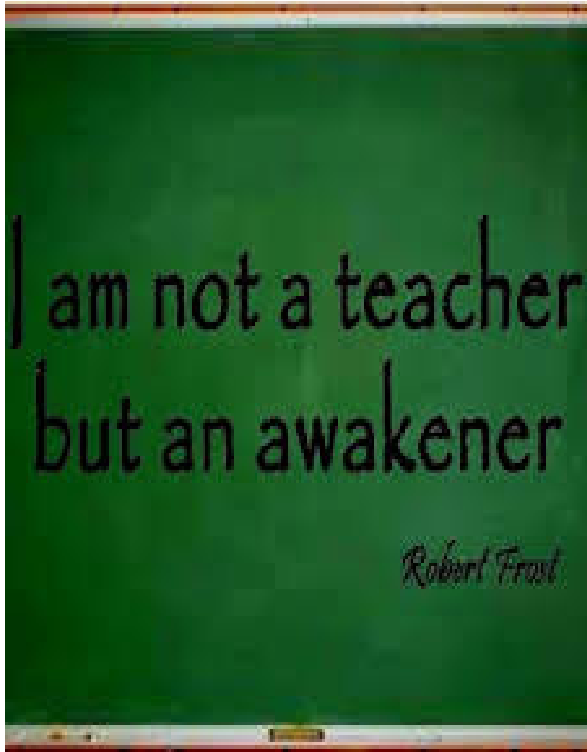


Consistency in behaviour of the teacher



"My objective is to have each student become more insightful, compassionate, introspective, and empathetic. In your case I will settle for quiet."

Proper level of aspiration



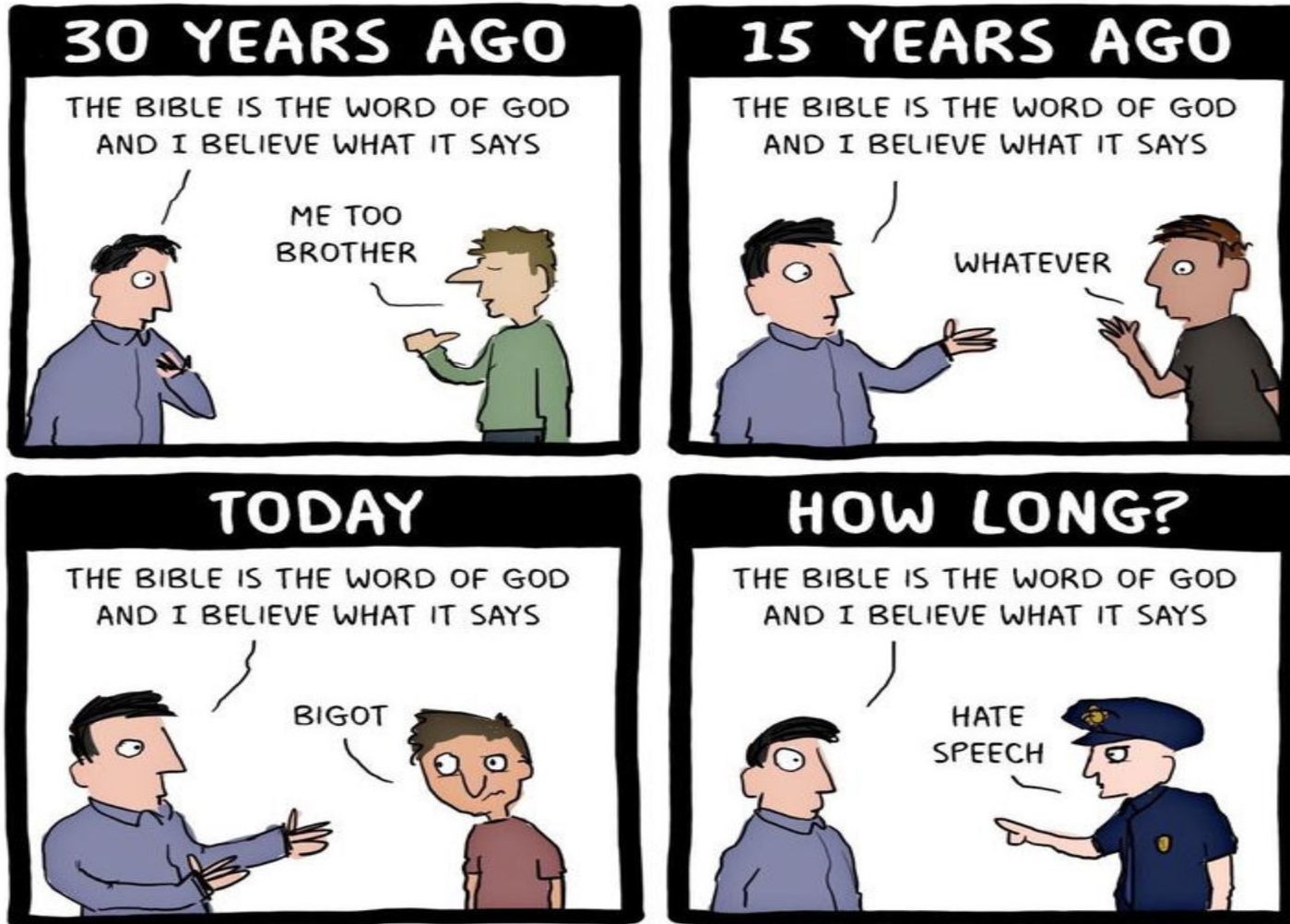
No emphasis on perfection



Checking unhealthy competitions



Religious and Moral Education



Need of proper guidance services



Effective teaching

Bad teaching



Effective



Others

- Appropriate homework
- Mental health of teacher
- Improvement and enrichment of the curriculum