

MENTAL HEALTH OF WOMEN

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- **Meaning Of mental health:**

There is a great deal of misunderstanding and confusion concerning the relation between mental health. It might be better if the latter term were abandoned altogether, but that would create other difficulties because of the firm hold that the term 'mental hygiene' has on our thinking. Certainly, mental health is a necessary condition of good adjustment and by the same rules, when a person is mentally healthy there is little likelihood of serious maladjustment.

Here we have an instance of the link between mental health. Bitterness, envy, jealousy, anxiety and so on, are mental symptoms of deep seated conflicts and frustrations in much the same way that aching muscles, tiredness, headache, and nasal discharge are signs of an infection. In the one case, there is mental health and in the other physical health. Mental health then means freedom from disabling and disturbing symptoms that interfere with peace of mind, emotional tranquility or mental efficiency.

- **Specific criteria of mental health:**

1. Adequate contact with reality.
2. Healthy attitudes.
3. Control of thought and imagination.

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4. Mental efficiency.
5. Integration of thought and conduct.
6. Integration of motives and resolution of conflicts.
7. Feelings of security and belonging.
8. Adequate concept of self.
9. Adequate ego identification.
10. A healthy emotional life.
11. Mental tranquility or peace of mind.

- **Mental health foundation:**

Mental health problems affect women and men equally ;but some are more common among woman , abuse is often a factor in woman's mental health problem. Treatment's need to be sensitive to and reflect gender difference's.

The same numbers of woman and men experience. Mental health problems overall, but some problems are more common in women than men and vice versa.

Various social factors but women at greater risk of poor mental health than men however women's. Readiness to talk about their feelings and their mental health.

- **Women as guardians of family health:**

However busy they are it is important that women look after their mental health. Traditionally women have tended to take on the responsibility of looking after the health of members of their family as well as themselves. For instance women often shop for their family and influence what they eat or advise their family when they feel unwell. This role makes it particularly important that women understand how the choices we all make in everyday life can affect our mental health.

- **Woman's Mental health:**

There are no significant differences between the numbers of men and women who experience a mental health problem overall but some problems are more common in women than in men.

Women are more likely to have been treated for a mental health problem than men. This reflects women's greater willingness to acknowledge that they are

troubled and get support. It may also reflect doctors' expectation of the kinds of health problem that women and men are likely to encounter.

About 25% of people who die by suicide are women. Again women's greater emotional literacy and readiness to talk to others about their feelings and seek help may protect them from suicidal feelings. Being a mother also makes women less likely to take their own life.

The social factors particularly affecting women's mental health include:

More women than men are the main caregivers for their children and they may care for other dependent relatives too. Intensive caring can affect emotional health, physical health, social activities and finances.

Women often juggle multiple roles they may be mothers, and caregivers as well as doing paid work and running a household.

Poverty, working mainly in the home on housework and concerns about personal safety can make women particularly isolated.

Physical and sexual abuse of girls and women can have a long term impact on their mental health, especially if no support has been received around past abuses.

Mental health problems affecting more women than men. Some women find it hard to talk about difficult feelings and internalize them which can lead to problems such as depression and eating disorders. They may express their emotional pain through self-harm, whereas men are more likely to 'act out' repressed feelings, and to use violence against others.

• **References:-**

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