



Mental Health and Learning and Social Development of Degree Students of Noida Uttar Pradesh

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Abstract

Learning is a lifelong process that enhances knowledge and skills, encompassing various aspects of the human psyche. Mental health is a crucial aspect of learning, affecting academic achievements. Mental health has been a concept throughout history, with ancient scriptures like the Atharva Veda, CharkSamhita, SusrutSamhita, and AstanghSangrah referencing mental disorders and treatment methods. The Mental Health Movement began in 1909, and the National Mental Health Act was passed in 1948. Mental health is essential for personal and societal development, requiring self-evaluation, adaptability, maturity, regular life, and satisfaction from one's main occupation. A mentally healthy person is characterized by good emotions and attitudes, able to handle new circumstances with minimal disruption.

Introduction

The acquisition of knowledge has a prominent role within the domain of education. Every component of our educational system is specifically intended to enhance the students' acquisition of information and skills. Learning environments are natural and pervasive in human living, wherein humans learn information and abilities, albeit frequently without conscious awareness. The acquisition of knowledge starts instantly upon an individual's birth. The behaviour of a person is shaped by a variety of direct and indirect experiences. Learning refers to the change in behavior that happens as a consequence of experience. Life is constantly defined by the process of accumulating information, as there is never a moment free of learning. Each action symbolises a process of collecting information, and every encounter acts as a way of learning. Knowledge may be measured to a certain degree, but learning does not have a measurable equivalent. The acquisition of knowledge is a continuous endeavour that surpasses the confines of formal education and the subject matter imparted inside educational institutions. It encompasses the process of acquiring a wide range of interests, habits, knowledge, talents, and other related factors. Consequently, upon achieving a certain degree of learning, there is a corresponding change in behaviour. This modification may be seen as the emergence of novel behavioural patterns or the augmentation of existing behavioural patterns. After achieving a thorough understanding, the most effective method for resolving a certain issue becomes long-lasting. The process of learning may be described as the assimilation of novel knowledge or the production of fresh behavioural patterns by an individual. Furthermore, it is essential to consider the alterations in the existing behavioural or cognitive patterns that exhibit a certain degree of durability with repeated practice. Hence, the acquisition of knowledge and skills results in the enhancement, modification, adaptation, or solidification of behaviour. However, there are instances when the acquisition of knowledge might result in the termination of a prior behaviour. Frequently referred to as unlearning, the concept really pertains to the acquisition of the capacity to unlearn.

Learning is the Change in Behaviour

One thing that is always linked with learning, regardless of its form or shape, is a change in the conduct of the learner. Because of this, learning is always directed or intended at bringing about changes in the individual's behaviour that is being learned. These alterations in the learner's behaviour, on the other hand, should always be modifications that are beneficial. In the event that the unfavourable changes are permitted to take place, they would negatively impact not just the well-being of the learner but also the well-being of society.

Learning is a Continuous and Life Long Process

While it is true that learning is not something that is passed down from generation to generation, it is possible that it might start as early as the conception of children. The environment that is present in the womb of the mother has the potential to act as a facilitator for the learning that is taking place. As an example, we have Abhimanyu from the Mahabharata. He was able to acquire the knowledge of how to join the Padmavyuha from his father, Arjuna, while he was still in the womb of his mother, Shubhadra. When it comes to the continuity of learning, there is sufficient evidence to suggest that one activity leads to another, and that the individual constantly engages themselves in order to acquire more and more knowledge. Thus, learning is a process that never comes to an end and continues from the womb to the grave.

Learning is Purposive and Goal Directed

Learning is not something that is passed down from generation to generation; yet, it is possible to start the process of learning from the very beginning of infancy. It is possible that the environment that is present in the womb of the mother act as a facilitator for the learning that is taking place. Abhimanyu, who was able to acquire the skill of entering the Padmavyuha from his father, Arjuna, while he was still in the womb of his mother, Shubhadra, is a good example. These events took place in the Mahabharata. As far as the continuity of learning is concerned, there is sufficient evidence to suggest that one action leads to another, and that the person constantly occupies himself in order to acquire more and more knowledge. In light of this, learning is a process that never ends and continues from the womb to the grave.

Learning helps in Bringing Desirable Changes in Behaviour

The process of bringing about changes in conduct is what we refer to as learning. It has the potential to assist in the introduction of changes that are considered to be desirable in the behaviour of the learner across all three domains, namely cognitive, conative, and emotional.

Learning helps in Proper Growth and Development

Learning helps in reaching the maximum in terms of the growth and development in various dimensions, namely physical, motor, mental (cognitive) spiritual, emotional, social, moral, aesthetic and linguistic.

Learning helps in a Balanced Development of Personality

Our educational efforts are directed to bring an all-round development in the personality of student. The process of learning results in bringing such an all-round development of the personality.

Learning helps in Proper Adjustment

Adjustment is the key to success in life. Learning helps an individual to seek adjustment with his self and environment.

Learning helps in the Attainment of the Teaching – Learning Objectives

The teaching learning objectives and specifications can be effectively reached through learning and consequently the children can be made to acquire essential knowledge, skills, applications, attitudes, interests etc.

Learning helps in the Realization of Goals of Life

Every man has his own philosophy and style of life and he strives to achieve the goals of his life. Learning process helps the individual to realize the goals of his life.

Learning is a very Comprehensive Process, Possessing Quite a Wide Scope

In the realm of education, the term "learning" is often used to refer to the process of acquiring particular information and skills, learning certain facts and concepts, developing reasoning and

thinking abilities, and so on. There are some learning activities that are specifically designed to take place inside the confines of a classroom or any other learning environment that has been prearranged. However, the scope of learning is not restricted to these activities alone. Almost every facet of the human psyche is accounted for by this procedure, which is very all-encompassing. The creation of habits, the development of interests and attitudes, a feeling of appreciation and critical observation, the acquisition of beliefs, the ultimate perfection of values, and the establishment of objectives and purposes are all included in its area of influence. There are many different theories or models of learning that have been developed, and all of these theories and models imply that both humans and animals demonstrate more than one manner of learning. When it comes to learning, there are many different approaches that may be taken, ranging from straightforward trial and error to gaining insight. A model of cumulative learning has been developed by Gagne (1970), who has also assembled a body of information about the many different kinds of learning. The consequences of learning, as Gagne explains, are cumulative in nature. To put it another way, people improve their knowledge to the degree that they acquire skills that build upon one another in a sequential manner. The learner's physical and mental health, especially at the period that he is studying, has a significant impact on the educational experience that he has. Even something as basic as a headache may have a significant impact on the development and outcomes of learning. When it comes to determining the result of learning, the mental health condition of the learner at the time of learning becomes a significant aspect to consider. It is unreasonable to anticipate that a student who is emotionally and psychologically troubled would demonstrate good achievements in their academic pursuits.

Conceptual Background of Mental Health

Mental health is a concept that has been around for as long as there have been people. An abundance of references to mental disorders and the treatment of those disorders can be found in our ancient scriptures. There are a number of diseases that affect the mind that are described in the Atharva Veda, the CharkSamhita, the SusrutSamhita, and the AstanghSangrah, along with specific treatment methods. In addition to that, they have provided the idea of mental health as well as approaches to both preserve and advance it. Sixteenth chapter of the Bhagavad Gita is where the nature of the mind that is like God and the mind that is like the devil is described. "Fearlessness, purity of mind, wise application of knowledge and concentration, charity, self-control, sacrifice, study of scriptures, austerity, and uprightness" are characteristics that are possessed by individuals who have a nature that is similar to that of God. Furthermore, the individuals who are similar to God are committed to the principles of "non-violence, truth, freedom from anger, renunciation, tranquilly, aversion to fault finding, compassion to living beings, freedom from covetousness, gentleness, modesty, and steadiness." The traits and characteristics of a well-adjusted, well-integrated, and mentally healthy person are, according to contemporary psychological terminology, the qualities that are denoted by the aforementioned qualities that are indicative of God-like nature. Within the context of this discussion, the Gita also places an emphasis on a number of additional qualities, including vigour, forgiveness, fortitude, purity, freedom from malice, and excessive pride. The teachings of Lord Buddha are contained in the little book "The Dharmapada". In Chapter Fourteen, the traits of the enlighten ones are described. Further, numerous elements of human nature and action have been described in such a way as one that helps a disciple of Buddhism to reach excellent mental health. around contemporary India, particularly around the beginning of the Twentieth century, spiritual leaders promoted a style of life free from greed, anger, fear and pride. on the teachings of Sri Rama Krishna Paramahansa and Swami Vivekananda emphasis has been put on service and sacrifice, the necessary elements of good mental health - like physical health, mental health is also an aspect of entire personality. Health is described as a condition of total physical, mental and social health and not only the absence of sickness or disability. A healthy mind in a sound body has been regarded as a societal ideal for many ages. The Indian sages and seers had paid particular attention to the unconscious, wherein lay the suppressed unfulfilled desires and compulsions of several kinds, which led the individual astray. By control over self the mind attained the maximum degree of emotional

harmony. Mental health is the balanced development of the individual personality with his fellowmen. Mental health is not exclusively a matter of relation between persons, it is also a matter of relation of the individual towards the community he lives in, towards the society of which the community is a part and towards the social institutions which for a large part guide his life, determine his way of living, working, leisure, the way he earns and spends his money, and the way he views happiness, stability and security.

Definition of Mental Health

If a person does not suffer from a mental condition, then they are said to be in good mental health. Mental health may also refer to a degree of cognitive or emotional well-being. When seen from the point of view of the field of Positive Psychology or Holism, mental health may be defined as the capacity of a person to take pleasure in life and to strike a balance between the activities of life and the efforts that are made to acquire psychological resilience. The World Health Organisation (WHO) defines mental health as a state of well-being in which a person is able to realise his or her own capabilities, deal with the typical pressures of life, work in a creative and useful manner, and be able to make a contribution to the society in which he or she lives. It is not possible to find a single definition of mental health that is both real and verified. The term "mental health" is conceptualised differently due to a number of factors, including cultural variations, subjective evaluations, and conflicting professional views. In their definitions of mental health, several psychologists have placed an emphasis on various elements of people's mental health. J.A. Hadfield (1950) said that "mental health is full and harmonious functioning of the whole personality." These words are attributed to Hadfield. As stated by H.W. Bernard (1961), mental health is not a fixed condition but rather a dynamic one that requires ongoing adjustment. As a result, mental health is a progressive objective. The capacity to deal with the present and, most likely, to adapt to the future in a satisfactory manner is what it means to have this talent. (b) Maintaining one's mental health requires adopting a perspective that encompasses all aspects of life. In the Preliminary Report that was published in 1930 by the White House Conference, it was stated that "Mental Health may be defined as the adjustment of individuals to themselves and to the world at large with a maximum of effectiveness, satisfaction, cheerfulness, and socially considerate behaviour and the ability of facing and accepting the realities of life." From the perspective of Carter V. Good (1959), mental health is defined as the wholesomeness of the mind, which is comparable to the wholesomeness of the body, which is inherent in physical health. In contemporary use, mental health has been expanded to include all elements of the adequate integration of personality.

The History of Mental Health Movement

Mentally sick people were thought to be possessed by demons for a significant amount of time. Patients were not allowed to interact with the rest of society and were confined to towering structures that resembled prisons. These buildings were located a great distance from the population centres. In 1909, the National Committee for Mental Hygiene was established, marking the beginning of the field of mental health movements. The primary objectives of the Committee were, among other things, the maintenance of mental health, the avoidance of psychiatric diseases, and the enhancement of treatment. Clifford W. Beers, who had been a patient in a psychiatric facility himself, embarked on a mission to bring mental health and mental disease to the notice of his fellow citizens once he was released from his institutional confinement. As time went on, the Committee continued to be an organisation that was mainly concerned with society rather than with the person who was suffering from mental illness. Dorothea Dix and many who followed her in the nineteenth century were the ones who sparked public attention in the United States over the predicament of those who suffered from mental illness. As a consequence of this, the governments constructed big mental institutions as a substitute for the practice of providing treatment in local poor homes. His indictment of the cure that was provided led to widespread public agitation for the adoption of reform measures and to the formation of the Mental Hygiene Movement. Clifford W. Beers wrote "A mind that found itself," which was a description of time spent in three different mental institutions. There was a substantial contribution made by the Mental Health Movement to the organisation of mental health care services

for the military throughout both of the world wars. During World War II, 75,000 individuals were denied military participation on the basis of mental conditions, and another 7,50,000 men were discharged from active duty for the same reasons. This experience left the American people with a profound sense of admiration and surprise. The fact that people started to have a better understanding of the nature and prevalence of psychiatric disorders, as stated by Ridenour, had a significant educational impact on the nation as a whole. The National Mental Health Act, which was passed in 1948, gave the federal government the authority to provide assistance to both private institutions and the states. Furthermore, the Act established the National Institute of Mental Health and incorporated it into the Public Health Service under its purview. Ever since its inception in 1947, the Mental Hygiene Movement, which later evolved into the Mental Health Movement, has consistently advocated for the notion that the responsibility of mental health lies with the government. The organisation advocated for the passage of laws that would allow for the involuntary commitment of mentally ill individuals and the establishment of specialised trial processes for mentally sick offenders. A new style of mental hospital treatment arose in Britain when locks and shackles were removed and compulsory confinement was ended. The Open Door Policy that was implemented in the 1950s prepared the door for lengthier hospital stays for community patients in the event of an emergency. This concept, which is referred to as "community care" in Britain, led to the establishment of this policy. Within the United States of America, it made it easier for "deinstitutionalization" to be seen as a public policy. A noteworthy shift occurred in the nature and distribution of mental disease services as a result of the strategy that began in the late 1950s and included the relocation of patients from mental institutions located inside the state. As a foundation for making recommendations for a National Mental Health Programme, the Joint Commission on Mental Illness and Mental Health was established in 1955 after Congress gave its approval for its creation. The commission's objective was to conduct an analysis of the nation's needs and resources. The field of psychiatry started to make strides in terms of scientific advancement throughout the 20th century. The works of Sigmund Freud led to the development of new ideas on the treatment of those who suffer from mental illness.

Aim of Mental Health

There is a personal as well as a societal goal associated with mental health. The personal goal is to be a psychologically healthy individual who, according to Stevenson, is able to pursue realistic and professional goals and who is able to make productive use of his skills and abilities. With a feeling of self-respect, self-reliance, and accomplishment, as well as the awareness that he is liked, loved, or desired, a person who is mentally healthy have these qualities. The ability to accept, respect, and love people is something he has learnt to do. He also has a feeling of belonging and of being valued. In addition to having a feeling of safety, he is relatively at peace with both himself and the place in which he lives. In addition to these characteristics, Blois (p. 564) added the ability to differentiate between feelings and facts, to think and act in a realistic and rational manner, to tolerate some tension, to postpone gratification when it is necessary, and to substitute more socially acceptable gratification for those that are less socially acceptable in order to achieve "self-realization in an accepted role." Sutherland made the statement, "The joint goal of all education and mental health, as the development of the intellectual and emotional potentialities of every individual in an intricate and complex culture". One of the characteristics of a healthy personality, according to Lindeman, is the ability to face reality and accept as inevitable a certain amount of conflict, frustration, and difficulty. He also mentioned the ability to work in groups without being dominated by them, as well as the ability to maintain integrity in both work and play. When seen from a social perspective, the purpose of mental health is to be able to allow a person to contribute "to the changing, and challenging society" by preparing them to be happy, productive, and helpful to their fellow human beings. However, the personal and societal goals are inextricably linked due to the fact that society cannot advance beyond the level of the people that it is formed of. The stability of the organisation is dependent on the personal security that its members have earned. Active adjustment to a changing environment, as opposed to passive acceptance of the environment or an incapacity to deal with

change, is something that Jahoda considers to be an essential personal objective. In the broadest sense, the Mental Health Programme has three goals, as described by Stevenson: (a) restoration of mental health, which is a goal focused on getting rid of mental illness - for those who have suffered some loss of mental health; (b) protection against hazards to mental health, making it possible to protect people from mental illness; and (c) elevation of mental health, which is accomplished by developing the potential that people have not yet realised. Since these three objectives are interconnected, the accomplishment of any one of them would be beneficial to the others, despite the fact that their orientations are different.

Characteristics of a Mentally Healthy Person

For as long as anybody can remember, defining mental sickness has been far simpler than defining mental wellness. Lately, a lot of people have come to the realisation that mental health encompasses more than just the absence of mental disease. There is no denying the fact that some of us are mentally healthier than others, despite the fact that a significant number of us do not suffer from a mental condition that can be diagnosed. "Positive psychology" is the term that has been established to refer to the study of the traits that constitute mental wellness. Burnham, who placed a strong emphasis on the significance of integrating the fullness of personality, said that "a mentally healthy person is one who possesses a wholesome balanced personality free from schemes and inconsistencies, emotional and nervous tensions, disorders, and conflicts." He does not seem to be a series of compartmentalised personalities, a series of Dr. Jekyll and Mr. Hyde's, honest on Sunday, dishonest on Monday, generous today, crabbed tomorrow, sensible and logical at times, confused and inconsistent. He does not comfort himself in this manner. According to Professor Hamely, a balanced personality is comparable to a balanced physical system in that it maintains its stability even when subjected to increased levels of stress and strain. A personality that is devoid of the potential for conflict cannot be said to be in a state of equilibrium. A balanced personality is not something that we look for in the cloister of one on a retreat, although it is often discovered there; rather, we look for it in the storms and storms that life brings. If we take a closer look at the two aspects of a mentally healthy personality that have been discussed above, we can confidently assert that a person who is mentally healthy is unwavering in his or her goals and is not easily shaken by the pressures and stresses of everyday life. Maintaining one's mental health is a state of psychological maturity, which is a function of personality that is reasonably consistent and long-lasting. The situation of having a maximal level of efficacy and pleasure in one's personal and social functioning is referred to as "fulfilment." The state of mental health is characterised by good emotions and attitudes towards oneself as well as towards other people. Having an understanding of the qualities of a person who is in good mental health would be beneficial in order to have a complete comprehension of the consequences that are associated with mental health. In point of fact, mental health is a condition much like an individual's physical health. And this disease may be identified by the characteristics that are distinctive of it. In a general sense, a person who is mentally healthy would have the traits that are in the following list.

Self-Evaluation

A person who is mentally sound and who does an accurate evaluation of themselves is aware of their limits. In spite of his shortcomings, he readily acknowledges them and works hard to eliminate them. It is important for him to keep a close watch on himself so that he may be aware of his own inclinations and be in a position to steer them in the right directions. It is via introspection that he is able to examine his issues, biases, and challenges, among other things, and bring them down to their bare minimum.

Adjustability

Adapting to new circumstances with the least amount of delay and disruption is one of the distinguishing features of a person who is mentally sound. In addition to adapting to every new circumstance that arises, he makes the most of the chances that are already available to him. Not only does this not imply that he is a rolling stone that does not collect any moss, but it also indicates that he has his own thoughts, conceptions, and views. Without dread, disturbance, worry, complaint,

or a wish to avoid them, he is a calm person who handle any fresh event with coolness and patience. He does not have any of these emotions. Because he is well aware of the fact that change is an inevitable aspect of life, he is always ready for change and is able to find appropriate ways to adapt to various situations. It is his deepest wish to be of service to society, and he is even willing to risk the ire of society by displaying a courageous attitude, if it is in the best interest of society to function in this manner. Even when confronted with the most difficult of challenges, he maintains his composure and remains unflappable. He is able to adapt circumstances to suit him rather than changing himself to fit the circumstances. He has powers of character and will. What is to be blamed and criticised is the desire to run away from the circumstances and to lament over them. Impatience with the circumstances is not something that should be condemned. Individuals that are weak tend to allow themselves to grow content with their situation, which ultimately leads to them being susceptible to mental disorders and illnesses. When one maintains a healthy mental attitude, they develop a certain degree of immunity to the external circumstances that threaten their equilibrium, tranquilly, and tranquilly.

Maturity

Individuals who are mentally healthy also exhibit a distinctive indicator of maturity in their intellectual and emotional development. A mature mind is one that is always working to expand its knowledge base, demonstrates responsive behaviour, articulates its ideas and emotions in a clear and concise manner, and is willing to empathise with the emotions and perspectives of others. In addition, sexual maturity is a very significant aspect of maturation. In topics pertaining to sexuality, the healthy person acts in a manner that is consistent with that of a mature, cultured, and reasonable adult.

Regular Life

In order to keep one's mental health in good hands, habits are essential components. The formation of appropriate routines in areas such as eating, dressing, and the typical activities of daily life leads to the development of these routines into ones that are methodical and controlled, which, in the long run, helps one save both time and energy. There are a lot of folks who are observed stressing over the most insignificant aspects of their daily routine. There are some people who have a really tough time deciding which outfit they should wear. Individuals who are in good health are able to carry out the majority of the typical activities of daily life with ease and a naturalistic demeanour, without any kind of inconvenience or fuss. The way they live their lives is an example of consistency, equilibrium, and calculated calculation.

Absence of Extremism

Aristotle believed that the ideal man lacks excess in any and every direction, and the principle that excess of anything is bad is a golden rule as far as mental health is concerned. Whatever the instinct if it is allowed to dominate an individual it will bring him harm and endanger his mental health. An unnecessarily courageous individual is often a prey to accident. Excessive ambition is another trait that never lets its possessor rest. Hence, in order to maintain mental health, one's life should be integrated, interest should be wide and the personality balanced, extremism is no well-wisher of mental health.

Satisfactory Social Adjustment

A healthy person is one who is able to maintain a good adjustment with social circumstances and is actively participating in some activity or another that is aimed to benefit society. This is the definition of a healthy person when seen from the standpoint of mental health. Having meaningful connections with other individuals is an essential part of the lives of all individuals. The degree to which these social interactions are balanced and also the degree to which they are simple will both have an effect on the individual's mental health, and the degree to which they are straightforward will also have an effect. As a result of this, it is essential for everyone to act responsibly and express their feelings in an acceptable manner.

Satisfaction from the Main Occupation

For mental health it is essential that everyone should find satisfaction from his chief occupation, his vocation. The individual who studies only to pass the examination and finds no pleasure in his work is neither a good student nor a healthy individual.

Conclusion

Learning is a crucial aspect of education, enhancing students' knowledge and skills. It is a continuous and lifelong process that starts from birth and continues throughout life. Learning encompasses various aspects of the human psyche, including habits, interests, attitudes, appreciation, critical observation, beliefs, values, and objectives. Theories and models explain how humans and animals demonstrate multiple learning methods, with a model of cumulative learning suggesting that people improve their knowledge by building upon one another sequentially. Mental health is a crucial aspect of learning, as it affects academic achievements. Mental health has been a concept throughout history, with ancient scriptures like the Atharva Veda, CharkSamhita, SusrutSamhita, and AstanghSangrah providing references to mental disorders and treatment methods. The Mental Health Movement began in 1909, and the National Committee for Mental Hygiene was established in 1909 to maintain mental health and prevent psychiatric diseases.

The Mental Hygiene Movement played a significant role in organizing mental health care services for the military during World War II. The National Mental Health Act, passed in 1948, gave the federal government the authority to provide assistance to private institutions and states, as well as establish the National Institute of Mental Health. The Joint Commission on Mental Illness and Mental Health was established in 1955 to analyze the nation's needs and resources for a National Mental Health Programme. Mental health is a crucial aspect of personal and societal development, requiring individuals to pursue realistic goals, use their skills effectively, and maintain a balanced personality. It involves self-evaluation, adaptability, maturity, regular life, absence of extremism, satisfactory social adjustment, and satisfaction from one's main occupation. A mentally healthy person is characterized by good emotions and attitudes towards themselves and others, and is able to handle new circumstances with minimal disruption. Maturity is essential for intellectual and emotional development, and sexual maturity is also crucial. Regular life involves forming appropriate routines and demonstrating consistency and calculated calculation. Aristotle believed that excessive ambition can endanger mental health, so maintaining a balanced personality, social adjustment, and satisfaction from one's main occupation are essential for mental health. By focusing on these aspects, individuals can develop a healthy mental attitude and resilience.

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