Mental Health Education

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Introduction:-

In the world of computer & technology communication became easy but the interpersonal relationship is affected. The non-verbal communication got importance & the earning family is busy in there daily routings parents are not having enough time to spent with children they lack in sharing so the mental health issue is the prime problem of imnmerging Indian society. So it is necessary to focus mental health education in schools.

It is said in India that the next generation of human stands on the shoulders of the previous generation. It means the knowledge gained by the previous generation is transmitted to the next generation. The next generation innovates and establishes new edges of knowledge and areas to be think.

* Emotional Quaint:-

Computer and internet established new theories & ways of knowledge sharing. The knowledge of past last minute was old than the next minute. And due to it the change in way of life & human mind is changes accordingly. The formal education plays a vital role in the systematic development of human life now a days. The educational system tries to develop the life style & status of human life. But still the change in the way of thinking is not strongly changed by it. The emotional quaint is very low of new generation.

Darwin proved that the modern man that is homo sepia are evolved from ape the traits of personality as animals is still in the homo sepia. The culture & the education has brought a change in the mind set. But many examples worldwide show that the cultural man also showed the rawness in expressions. The suppressed emotions come out where they can be matched with. The literary work ‘Heart of Darkness’ by Joseph Conrad and ‘The Lord of Flies’ by William Golding has focused this view that the darkness inside matches with the darkness outside as supportive, it comes out with the double Force and the ergs of the dominating animated feelings rules accordingly though the persons are civilized.

The same case we can see that with the civilized world and educated class i.e. middle & upper middle class. The classes are civilized, educated, cultured and rich too. They are having all luxury of life but as the needs given by the psychologist Maslow. He has given higher achy of
needs. He says at the base the need of security is very of prime importance. Though the classes have economical, social security they lack in security for love & affection.

* Modal Lifestyle & child up bringing:-

   The over protectiveness affects the emotional & all round development as an essential step. The self esteem and the time expected by the children are given is very less. The material facilities are numerable but the spiritual, Peaceful family life was lacking.

   The nuclear family & they excessive exposure to media & television hammers the thinking process in the specific direction. The new generation i.e. age group of 15-18 are interested in the adventure they want to utilize the energy in one & many ways. But they do not have the goads, role models. Their ideas of leading life is to enjoy and that should be depend on the easy way of gaining. This attitude lead them to the criminal way of thinking. The murders of senior citizens by their grand children & relatives in the metro Politian cities are the examples of this way of thinking. The television & the programs based on criminal activities are the sources by that they have starts thinking about the crime or they are attracted towards the criminal activities.

* Middle Class Family & Child Mental Health:-

   The survey of Pune city in Maharashtra publish in daily ‘Sakal’ has shown reality that middle & upper middle class teen agers are stilling small things like C.Ds., imitation jewelry, book and small things for the sack of adventure & enjoyment. That they want to test that can we do these things or not but the mentality of criminal origins here.

   The incidents of violence in school, society are the result of such defective influence of such programmers. The stress faced by the students are making them hyper tense. The excessive expectations and the ‘rat race’ gives frustration & those are coming out in wrong way as nuisance. The rave parties are the one of the important issue emerging in our country.

   Earlier days number of cases about criminal activities are carried out by some tribes specifically. The reasons behind those were poverty, ill literacy, migration and all. But this change of aims, goals of these activities are in attitude, and it is more dangerous than previous.

* Mental Health Education:-

   We have to think about the mindset & way of upbringings. Educational system should think about the man making process and education for peace as they have education for peace worldwide.
School system should focus the counseling programs frequently for the students mind training self counseling healthy life style value education will help to maintain mental health of students.

As the middle & upper middle class is large in number in the world. As world is village then we have to think about the spiritual, peaceful, virtual way of life. And by that the mindset of the next global citizens. Our responsibility as teacher, parents is to take due care of sensitive minds. As the motivated minds can change the world. So the vital force guided & use accordingly will definitely lead India & mankind towards the peaceful prospers life.

References