

In the present century, psychology and mental hygiene have clearly established that mental sickness is not the outcome of any divine wrath. Any person suffering from mental ailment of any kind is just like an ordinary person, but, unlike the ordinary person, he has lost his mental balance for some reason. Such an personal hygiene obtained momentum because of various factors, the 'The Committee for Mental Health' was established. Subsequently, mental hospitals for the treatment of mental patients came to be established all over the world.

Mental Hygiene

The definition of mental hygiene, the science of mental health, represents a collection of

many important ideas. These ideas help to keep human beings healthy in every way. At this point, some definitions of mental hygiene are being given to elucidate its nature.

1. **Crow and Crow**- "Mental hygiene is a science that deals with human welfare and pervades all fields of human relationships. Its three major purposes are (i) the prevention of mental disorders through an understanding of the relationship that exists between wholesome personality development and life experiences, (ii) the preservation of the mental health of the individual and of the group and (iii) the discovery and utilization of therapeutic measures to cure mental illness."

2. **A.J. Rosanoff**- "Mental hygiene endeavours to aid people toward off troubles as well as to furnish ways of handling troubles."

3. **S.K. Dani**- "Mental hygiene is the science of the principles of mental health, derived, mostly, from our understanding of the causation and pathology of mental illness."

4. **Kolesnik**- "Mental hygiene is a set of conditions which enables a person to live at peace with himself and others."

5. **L.F. Shaffer**- "Mental hygiene has implications for all persons. In the broadest sense, the aim of mental hygiene is to assist every individual in the attainment of fuller, happier, more harmonious and more effective existence."

The foregoing definitions clearly imply that mental hygiene is instrument with the help of which efforts are made to adapt or adjust the individual to his environment so as to facilitate the proper development of his mental and physical powers. Through it, effort is made to achieve mental health and to prevent the occurrence of mental diseases or disorders.

2. What is Mental Health ?

Generally speaking, mental health implies that the individual behaviour should be balanced and also that this balance should be maintained in every situation. From this viewpoint, any person possessing the following qualities should be considered to be mentally healthy-

(1) Person free from anxiety and conflict, (2) Fully adjusted. (3) Self-confident (4) Self-controlled (5) Emotionally stable. An individual who enjoys a meaningful and satisfactory life and also possesses the highest morality can be regarded as a mentally healthy individual. Such a person can adjust himself to any situation, since he possesses seemingly inexhaustible capacity to bear mental tension, despite, failure, frustration etc. In the opinion of **R.C. Kullhan**, "An adjustment is relatively good enough if it both reduces tension created by the conflict of frustration and makes constructive changes in the conditions causing the frustration."