



Impact of Mental Hygiene and Social Determinants on Mental Health

Jolly Niczewska *

Department of Forensic Mental Health Counseling, John Jay College of Criminal Justice, New York, USA

DESCRIPTION

The word "health" is frequently used to describe a person's level of physical, mental, social, and spiritual well-being. As a result, the wide idea of health includes mental health as one of its components. The ideal level of the person's emotional and behavioural adjustment is what it is concerned with. It is a state of preserving harmony or balance between an individual's needs, desires, aspirations, and attitudes with regard to the circumstances in the surrounding environment.

According to the World Health Organization, mental health is a condition of wellbeing in which a person is aware of his or her own capabilities, able to cope with everyday challenges, work successfully and be of service to their community.

The capacity of an individual to successfully deal with life's circumstances can be referred to as mental health. Emotional stability and an absence of anxiety are signs of good mental health.

Living a long and healthy life requires maintaining strong mental health. While having bad mental health can prohibit someone from leading a fulfilling life, having good mental health can improve one's life. Growing data suggests that prosocial habits including stress management and physical wellness are linked to emotional capacities. Their research also came to the conclusion that those who are unable to articulate their emotions are more likely to engage in antisocial actions. These actions are a clear indication of their mental state.

Mental hygiene is a term closely related to mental health. We use the term hygiene to refer to keeping one and one's living and working areas neat and clean in order to avert illness and disease. When we extend this concept to the domain of mind it

stands for the art of developing, maintaining and promoting needed behavioral, emotional and social skills to bear good, effective and efficient mental health. William Sweetzer was the first to noticeably define the term 'mental hygiene' which can be seen as the precursor to contemporary approaches to work on promoting positive mental health.

Numerous biological, psychological, social, and environmental elements that interact intricately all have an impact on mental health. Three major categories have been established to group the things that affect or decide mental health.

1. Structural level factors - Include social, economic and cultural factors that are supportive of positive mental health, such as safe living environments, employment and education.
2. Community Level Factors - Include a positive sense of belonging, activities to highlight and embrace diversity, social support and participation in society.
3. Individual Level Factors - It includes factors such as the ability to manage thoughts and cope with stressors

CONCLUSION

Mental or behavioural health refers to a person's level of psychological stability or the absence of a mental illness. From a positive psychology or holistic perspective, a person's capacity to enjoy life and strike a balance between daily activities and endeavours to develop psychological resilience may be considered to be in good mental health. Another definition of mental health is the ability to communicate one's feelings and to successfully adjust to a variety of pressures.

Correspondence to: Jolly Niczewska, Department of Forensic Mental Health Counseling, John Jay College of Criminal Justice, New York, USA, E-mail: jollyniczewska70@gmail.com

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