

MENTAL HEALTH, PSYCHOLOGICAL WELL BEING AND COPING STRATEGIES

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ABSTRACT

A state of mental well-being that permits people to successfully learn and work, reach their full potential, overcome obstacles in life, and give back to their community is referred to as mental health. Our ability to make decisions, connect with others, and affect society as a collective and as individuals is supported by this vital component of health and wellness. Mental well-being is a fundamental human right. Furthermore, it is essential to societal, communal, and individual growth. The absence of mental illnesses is only one aspect of mental wellbeing. With potentially very diverse social and therapeutic outcomes, as well as varying degrees of difficulty and distress, it is a complicated spectrum that is experienced differently by each individual. Mental illnesses, psychosocial impairments, and other mental states linked to severe distress, functional impairment, or the risk of self-harm are also considered mental health challenges. Although this isn't always the case, people with mental health disorders are more likely to have lower levels of mental well-being.

Keywords: mental well-being, psychological health and coping mechanisms.

INTRODUCTION

The concept of wellbeing is wide-ranging and intricate, including numerous facets of an individual's life including their health, happiness, and contentment. It also represents the general quality of life for a person. It represents a condition of total mental, emotional, physical, and social well. Achieving well-being is essential to leading a satisfying life for people, communities, and society at large.

The World Health Organization (WHO) defines "wellbeing" as a "positive condition of health" that extends beyond the absence of disease and is a crucial component of living a healthy life. It helps people perform at their best in all of their mental, physical, emotional, and social endeavors. To qualify as "well-being," something must support individuals in reaching their greatest potential, which includes encouraging innovative and productive employment, cultivating wholesome interpersonal connections, and making meaningful contributions to their communities.

Psychological well-being is "the combination of feeling good and functioning effectively," according to Huppert. Therefore, by definition, those who are psychologically well report feeling content with life, happy, capable, and supported. One of the primary criteria for positive mental health, according to Diener, is experiencing high levels of subjective well-being. Furthermore, positive life conditions like academic success and fulfilling relationships have been demonstrated to predict and partially cause well-being in addition to being an effect of them.

Psychological health is often synonymous with mental and emotional well-being.

Nonetheless, mental and emotional health is component of psychological well-being. It is an indication of the person's fortitude, optimism, capacity to build sincere connections, and aptitude for performing mental jobs. It takes into account several factors that affect a person's mental health. It has been established that a person's mental health, which is vital to their overall health, is closely related to their resilience and quality of life. Psychological well-being is more than just the absence of mental health disorders; it is a state of prosperity and thriving. It may be influenced by a variety of factors, such as genetics, surroundings, life experiences, and individual choices. Self-awareness, personal growth, and the development of healthy coping strategies to handle stress and life's challenges are often necessary for achieving and maintaining psychological well-being.

DETERMINANTS OF MENTAL HEALTH

In our lifetimes, a multitude of structural, cultural, and personal factors can combine to either improve or worsen our mental health and alter where we fall on the mental health continuum. Personal psychological and biological characteristics, such as emotional intelligence, substance abuse, and genetics, may increase an individual's susceptibility to mental health issues.

People are more likely to suffer from mental health issues when they live in unfavorable social, economic, geopolitical, and environmental conditions, such as poverty, inequality, violence, and environmental degradation.

Every period of life involves hazards, but the most detrimental ones occur throughout developmental stages, especially in early childhood. For instance, it is commonly known that physical punishment and strict parenting negatively impact children's health, and bullying is a major risk factor for mental health issues.

Similarly, protective factors help us become more resilient and happen throughout our lives. In addition to positive social relationships, good education, respectable jobs, safe neighborhoods, and community cohesion, these also encompass our unique social and emotional competencies and qualities.

At many scales, society has both protective factors and hazards related to mental health. Communities, families, and individuals are at greater danger due to local threats. Disease outbreaks, economic downturns, humanitarian crises, forced migration, and the escalating climate disaster are examples of global dangers that increase risk for all populations.

Each risk and preventative factor by itself has a very low predictive power. Many people develop a mental health disorder even when they have no known risk factor, and most people do not develop a mental health issue even when exposed to a risk factor. However, the interaction of mental health variables can either increase or damage mental health.

PREVENTION AND ENCOURAGEMENT OF MENTAL WELLNESS

In order to create settings that promote mental health, lower risks, and increase resilience, prevention and promotion strategies focus on understanding the individual, societal, and structural elements that affect mental health. It is possible to develop interventions for specific groups, individuals, or entire communities.

Programs for prevention and promotion should involve the education, labor, justice, transportation, environment, housing, and welfare sectors since addressing the determinants of mental health occasionally calls for action outside the purview of the health sector. By integrating prevention and promotion initiatives into health services and by starting, assisting, and, if necessary, promoting

multi-sectoral coordination and collaboration, the health sector can make a substantial contribution.

One of the global objectives of the Sustainable Development Goals is the prevention of suicide. Considerable progress can be achieved through early intervention, constrained access to money, moral media coverage, and encouraging teens' social. One of the cheapest and most efficient ways to lower suicide rates is to outlaw extremely dangerous pesticides.

Promoting the mental health of children and adolescents can be achieved through implementing laws and regulations that support and protect mental health, creating school-based programs, improving community and online settings, and encouraging caregivers to provide nurturing care.

School-based social and emotional development initiatives are among the best marketing tactics for nations of all financial levels.

There is increasing interest in promoting and safeguarding mental health at work, and treatments for employees, organizational strategies, manager training, and laws and regulations can all help.

COPING

Coping methods, according to Weiten et al., are responses or attempts made to control, lessen, or tolerate the demands brought on by stress. Coping is defined by Lazarus et al. as behavioral and cognitive attempts to deal with certain pressures, either internal or external, that a person perceives as being too demanding or beyond their capacity. The degree to which a stressor influences a person's physical, psychological, and behavioral results is partially explained by their coping mechanisms and techniques.

Coping is a psychological strategy for handling a range of stressful events, both internal and external. It has multiple definitions.

- The ideas and actions deployed to deal with stressful conditions, both physical and mental.
- Stress management techniques, whether conscious or unconscious
- Knowing how to lessen stressful situations or occurrences, such as purposefully avoiding more stressors.

The voluntary mobilization of actions is known as coping strategies, while defensive mechanisms are the unconscious or subconscious reactions to stress. Coping mechanisms can cause bodily and emotional reactions and aid in managing stressful conditions. Coping skills are really helpful in helping people function successfully in spite of difficulties, but they don't always eliminate stress or problems like mental illness. Individuals can take control of their thoughts, feelings, and behaviors by using their own coping mechanisms. As a result, individuals learn that they are mentally well and even begin to thrive.

The following is a general classification of coping:

Reactive coping:

They perform better in stable settings because they are more regimented, inflexible, and less sensitive to pressures.

Proactive coping:

Perform better in an environment that is more changeable.

DIFFERENT COPING STYLE AND COPING RESPONSE

Comparable to coping reaction, which is more event-specific, coping style is a more consistent behavioral characteristic. Different people have different coping mechanisms when they are under stress, and occasionally a person will change their coping mechanism in reaction to stress.

Coping style

When faced with challenging situations, some people may be driven to find a quick solution, while others may want to avoid the situation entirely. Although there isn't a one optimum approach to handle stress, it's important to know a variety of coping mechanisms.

- **Active Coping**

It is directly addressing the source of stress. Active coping, whether you choose to be problem-focused or emotionally-focused, aims to address the stressor and attempt to lessen its impact on you.

- **Avoidant Coping**

It entails avoiding the stressful circumstance or completely dismissing our feelings about the stressor.

Techniques for Coping

The methods by which we apply our coping abilities can be referred to as approaches or tactics. To cope, we usually use behavioral and cognitive strategies.

- Cognitive coping strategies entail the use of thought processes.
- Behavioral coping strategies are based on taking action.

The majority of the coping literature identifies two main coping mechanisms: emotion-focused and problem-focused coping strategies. In contrast, Algorani and Gupta (2021), combine the first two coping styles with meaning-focused and social coping, also referred to as support-seeking coping strategies, to provide four major coping categories. Meyerson et al. mention a fifth coping strategy, which they call avoidance-focused (2022).

TYPES OF COPING MECHANISMS

There are two types of coping mechanisms: adaptive and maladaptive. The foundation of maladaptive coping is avoiding internal or external stimuli. Adaptive coping mechanisms, on the other hand, are tailored to the stressor and are intended to lessen emotional distress. Importantly, depending on the result, avoidant, social, emotional, problematic, and significant styles can be either maladaptive and ineffectual or adaptive and successful.

In certain situations, a variety of coping strategies work well. Although some study suggests that a problem-focused strategy can be the most beneficial, while other studies repeatedly demonstrate that certain coping methods have detrimental impacts. Coping mechanisms associated with worse mental health outcomes and higher levels of psychopathology symptoms are referred to as maladaptive coping. These include emotional control, avoidance, and disengagement.

The physiology of various coping mechanisms is impacted by dopaminergic and serotonergic inputs, as well as the nucleus accumbens and medial prefrontal cortex.

Coping strategies are also significantly influenced by neuropeptides like vasopressin and oxytocin. Nevertheless, it seemed unlikely that neuroendocrinology, which comprised corticosteroids,

An individual's coping style was directly influenced by their plasma catecholamine levels and the hypothalamic-pituitary-adrenocortical axis' activity.

CONCLUSION

In addition to protecting and promoting the mental health of all people, it is imperative that national measures to improve mental health also address the needs of those who suffer from mental health issues. To achieve this, community-based mental health care should be made available, because it helps to prevent human rights violations, is more acceptable and accessible than institutional treatment, and improves the recovery outcomes for people with mental illnesses. It is recommended that community-based mental health treatments be provided via a network of linked services. Among these services are:

- Primary care-integrated mental health services, usually at general hospitals, including task-sharing with primary care doctors who are not specialists;
- Services related to community mental health, including peer support, community mental health teams and centers, psychosocial rehabilitation, and assisted living; and
- Services that provide mental health care in social service and non-health settings, like child protection, schools, and prisons

Due to the enormous care gap for common mental health issues like anxiety and depression, nations must also come up with creative strategies to expand and diversify care for these illnesses. Examples of these include digital self-help and non-specialist mental counseling.

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