

Course Name-Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name – Mental Health

Topic No. - Sec - C (7)

Paper No. - IInd

Lecture No. - 12

Lecture Name

Mental Health

F.A.Q.s

Q1. What do you understand by mental health?

Ans. Mental Health is mental well-being. It is the absence of mental ailment and harmonious functioning of mind. An individual who is physically sound, socially well adjusted, intellectually developed and emotionally mature and balanced is said to be mentally healthy individual.

Q2. Define Mental Health.

Ans. According to World Health Organization, “Mental health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

In words of Hadfield, “Mental health is the full and harmonious functioning of the whole personality.”

Q3. Enlist certain characteristics of mentally healthy individuals.

Ans. Mentally healthy individuals are

- a) Physically Healthy
- b) Emotionally mature
- c) Optimist
- d) In touch with reality
- e) Possesses Healthy philosophy of life
- f) Socially Well Adjusted
- g) Objective
- h) Tolerates Failures

Q.4 What are the different reactions of individuals to physical handicaps?

Ans. Different individuals react differently to physical handicaps. Some try to overcome these obstacles by using the mechanism of Substitute Compensation and Direct compensation and they become heroes. For example, visually impaired may

perform outstandingly in the field of music, arts, etc. (Substitute Compensation) or by overcoming the weakness by unusual efforts (Direct Compensation). While others may develop feelings of inferiority, helplessness and may become rebellious, aggressive.

Q5. Discuss the role of parents, teachers and coaches in preservation of mental health.

Ans. Parents, teacher and coaches play an important role in the preservation of mental health. Keeping in focus the factors causing poor mental health, parents, Teachers and coaches should first aim at preventing mental illness. If they are confronted with the individuals with poor mental health, they should try to cure by adopting appropriate measures. Once they succeed in curing the mental health, they should aim at preserving it.