

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

Glossary

- **Ailment:** An illness, typically a minor one
- **Infirmity:** Physical or mental weakness
- **Obsession:** An idea or thought that continually preoccupies or intrudes on a person's mind
- **Frustrations:** The feeling of being upset or annoyed as a result of being unable to change

or achieve something.

- **Intellect:** The faculty of reasoning and understanding objectively, especially with regard to abstract matters
- **Proposition:** A statement or assertion that expresses a judgement or opinion
- **Prejudices:** Preconceived opinion that is not based on reason or actual experience.
- **Sibling:** Each of two or more children or offspring having one or both parents in common; a brother or sister
- **Direct Compensation:** It is the process when an individual removes his specific weakness and frustration in the same field by unusual effort.
- **Substitute Compensation:** When an individual finds himself weak in one area and sees no scope for improvement in that area, he attempts to become outstanding in another area.
- **Susceptibility:** Likely or liable to be influenced or harmed by a particular thing
- **Autocratic:** Taking no account of other people's wishes or opinions
- **Eccentric:** A person of unconventional and slightly strange views or behavior
- **Turmoil:** A state of great disturbance, confusion, or uncertainty.
- **Uncongenial:** Not pleasant to be
- **Sublimation:** Sublimation is a mature type of defense mechanism where socially unacceptable impulses or idealizations are unconsciously transformed into socially acceptable actions or behavior, possibly resulting in a long-term conversion of the initial impulse.

