

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

Summary

Mental Health is mental well-being. It is the absence of mental ailment and harmonious functioning of mind. Individual with balanced personality who have consistent behavior and comfortable with themselves, are said to be mentally healthy. Individual with good mental health lives in a world of reality and not in the world of fantasy. All the causes of poor mental health can be broadly categorized as: biological, psychosocial and Environmental.