

Mental Health: Threats and Therapies

Paper Submission: 03/08/2021, Date of Acceptance: 12/08/2021, Date of Publication: 24/08/2021

Abstract

Mental health include the all perspective of a personality. It is the combination of all aspects and functions of a body and mind create a productive person. Mental health, when disturbed or unbalanced, create mental issues, generally known as mental disorder. These are mainly of Anxiety disorder, Mood disorder and Schizophrenic disorders. These disorder reduces the productivity of a healthy human being. To overcome these disorders it is very necessary to address them in a proper manner. If we can't aware about them they harm the persons too much. Mental health generally affected by three main reasons these are may be biological, may be psychological or may be social. These reasons affect the mental health at any stage of life. To explain the functioning of mind Sigmund Freud gave the concept of consciousness, sub-conscious mind and unconscious mind and also explain how Id, Ego and Super ego connected with them and affect the personality of a well being. To maintain the well being of mental health, there are so many therapies like mixed model of therapy, individual therapy, group therapy and Recreation therapies are used. Along with this yoga, the most effective manner which is used to reduce mental illness. It is scientifically proved that by taking healthy diet, managing stress, taking active participation, talking with others, writing our feelings, maintaining social connection and doing other best things suitable to us, we can reduce or cover up this mental illness. If we cover up all mental illness than we can do our best in our life.

Key words: Mental Health, Indian Model of Mental Health, Threats of Mental Health, Therapies of Mental Health Schizophrenia.

Introduction

Mental state is a balanced state of well being in which a person realize or aware about his/her potential can work productively, can adjust in the surroundings, and give contribution to the society.

Mental health is related to cognitive, behavioural, psychomotor and emotional aspects. Mental health is the balance towards the up and downs of our thoughts. It generally affect our thinking process, our personality, our temperament, our perception, our health and our actions toward stimulus. It is very crucial to maintain good mental health. Good mental health enhance one's life while poor mental health can disturbed some one from living of normal life.

Some psychological find out the indication of disturbing or poor mental health are – feeling sad, confused thinking, excessive fear, withdrawal from friends, inability to cope with daily problem, significant changes in eating, excessive anger, alcohol or drug abuse, over sleeping etc.

Aim of The Study

This article will Enable us to understand the Nature and processing of mental Health as well as the challenges of Mental Health which are considered as threats of mental Health. This Article finds out the Ways and coping strategies to maintain Mental Health.

Meaning of Mental Health

Mental health is that the level of psychological well being or associate degree absence of mental illness. it's the state of somebody who is performing at a satisfactory level of emotional and behavioral adjustment. per positive scientific discipline – “Mental health embrace an individual's ability to relish life and to form a balance between life activities and efforts to attain psychological resilience.”

Mental health refers to cognitive, behavioural and emotional well being. It is all about how people think, feel and behave. People sometimes use the term 'mental health' to mean the absence of a mental disorder.

The Most Common Type of Mental Illness

Anxiety Disorders: It's a normal emotion but anxiety disorders are different. It is the group of mental illness. It is a emotional feeling of fear.

1. Panic disorder :In this disorder,we feel terror that strike at random, usually strong or irregular heart beat leads to heart attack commonly known as panic attack.



Surendra Pal Singh

Assistant Professor,
Department of Teacher
Education,
D.S. College, Aligarh Uttar
Pradesh, India

2. Social anxiety disorder : It is a social phobia, when you feel overwhelming worry in everyday social situation.
3. Specific phobias : Intense fear of a situation or specific object such as heing or flying.

Mood Disorder

Mood disorder is a category of illness that describe a serious change in mood. Mood disorders are a group of clinical conditions which are characterized by – sense of loss of control over one's mood and subjective sense of distress, impaired, interpersonal, social and occupational functioning. It is classified as–Depressive (unipolar), Bipolar and Etiologic.

Schizophrenic Disorders

Schizophrenia is a serious mental disorder in which people interpret reality abnormally. It is challenging brain disorder that often makes it difficult to distinguish between what is real, an unreal, to think clearly, manage emotions, relate to others and function normally. It affects the approach of person behaves, suppose and see the world. most typical kind is schizophrenia – In this, folks see or hear things that don't exist, speak in strange or confusing ways, believes that alternative try to damage them, or want they're being perpetually watching. this will cause relationship issues and disrupt traditional daily activities.

Why are we often reluctant or unable to address our mental health needs?

In some societies, mental and emotional problems are seen as less legitimate than physical issues. they're seen as a signal of weakness, some folks erroneously see psychological state issues as one thing we must always skills to "Snap out of".Men, especially, would often rather bottle up their feelings than seek help. In present time, we want simple answers to every complex problem. We are connected to social media rather than reality or real world, we take a pill to boost up our mind. If people want to take help for their mental and emotional problems, then they think that only medicine & therapy are the solution. But the truth is that, there are steps for improving the mental and emotional aspects for being well. If we can try, yes we can start from today!

Causes of Mental Illness

There are three major causes of mental illness : Biological, Psychological and Social.

Biological Causes: Some of biological causes are physical health, genetic vulnerability, disability and drugs.

Physical health

Physical health is related to the condition of our body. If the physical health has any issue than it can cause mental illness. Physical health and mental health are strongly and directly connected to each other, if we feel any problem in our body than our mind automatically get tired and want to take rest. Taking care of your physical health is scientifically shown to improve mental health of a well being and vice-versa.

Disability

Disability is any condition of a person's body or mind that make it more difficult to do any work normally and interact with the world around them. Some common examples of disabilities are – vision impairment, deaf or hard of hearing, mental health condition, intellectual disability, acquired brain injury, Autism spectrum disorder etc.

Genetic Vulnerability

Genetic vulnerability refers to the inherited characteristics passed on from parents to children. It is well established that the risk of mental illness runs in families. Family, twin and adoption studies have shown that, for Schizophrenia, autism, wild depressive illness, major depression, attention deficit upset disorder, anxiety disorder and alternative mental illness, the transmission risk is thanks to heredity

Drug effect

Chronic use of some medicine can cause each short and future changes within the brain, which may lead to psychological state problems as well as paranoia, depression, anxiety, aggression, hallucination and alternative problems. many of us who are hooked in to drug also are diagnosed with other mental disorders in compared with other general people.

Psychological Causes

Some of the psychological causes are Intelligence, Temperament, Lack of Self-esteem, Coping skills and Mental trauma.

IQ

Low IQ is associated with the mental illness, lower IQ of child is associated with Schizophrenia spectrum disorder, Adult depression and adult anxiety. Lower IQ of child also associated with persistence of depression. There are so many mental health issues with lower cognitive ability.

Temperament

It covers so much more than just your mood. It analyzes all of the little bits and pieces that when added together create you and your mental health. Most popular models of temperament being based heavily on emotional traits show very poor ability to discriminate between mental disorder.

Self esteem

Self-esteem is a person's overall sense of self-worth or personal value. It is a your point of view about yourself. Self-esteem is fundamentally linked to mental health. Analyses showed that high self-esteem at baseline predicted fewer symptoms of both anxiety, depression and attention problems. Lower self-esteem is cause of emotional problems, attention problem and other mental health issues.

Coping skills

Coping strategies are generally used to reduce the mental illness. But coping include two ways. Positive coping strategies such as positive thinking and help seeking strategies were associated with less anxiety, depression, and social dysfunction. On the other hand, gain passive and negative ways of coping such as avoidance are significantly associated with poor mental health.

Social skills

Poor social skills usually cause stress and loneliness, which may negatively have an effect on physical similarly as mental health. Those that struggle in social things is also a good risk of mental illness. Poor social skills like poor communication mainly affect the whole personality of an individual. Those people who don't have good social skills are generally occupied by depression, anxiety and severe mental disorders.

Mental Trauma

Trauma is a state of great shock or sadness. Trauma can affect how you feel about yourself and how you related to others. Trauma have a higher risk of developing a mental health condition, such as depression, anxiety or post-traumatic stress disorder, aggression etc.

Social Causes

Social cause also create mental illness. Some of the social cause are as follows:

Peers

Peer group is both a social and primary group. If the members of peer group influence the person's beliefs and behavior and also pressurized their demands this cause the teens to suffer from low self esteem, anxiety and depression. Thoughts of peers group mainly affect the mental health of the person or child.

Family circumstances

Different families have different problems. Family circumstances are the main cause of mental illness. Family income, family members, single parent, health issues of family members, basic needs are the most common factor which affect the mental health. If the family income is low than it cause the poor health and depression. Single parenthood clear risk factor of mental health, leading greater psychological distress and depression.

School

Classroom issues, burden of studies, exam pressure and unwanted expenditure are the some common factors which affect the mental health of a student and also teachers and parents. Various issues of school and colleges generate the problems of sadness, depression, anxiety and severe mental health issues.

Family Relationship

Family members and family is the one of the most important part of one's life. if the relations of family members are not good and small queries and talks converted into big issues than it leads the state of mental pressure create the depression and severe problems. Sometimes leads to suicide.

Risk Factors of Mental Illness

There are so many risk factors of mental illness. Some of these are as follows: Childhood factor, family background, friend circle, life events and social circle etc.

In childhood, if the person have difficult temperament, low or negative self-esteem, negative thinking than the risk of mental illness become high. If the family background of a person have different problems, parents are not loving each other, parental

breakup, abusing and depressed mood of parents leads to the children to mental illness. If a friend circle of a child is not good, poor relationship with peer or teachers, failure at school or workplace also increases the risk of mental disease. Different life events like death of a important family member, emotional trauma and natural disaster, unwanted health issues also increases the risk of mental illness. Last but not least social circle, socio-economic status, support system, environment, freedom are also some factors which govern the risk factor of mental illness.

Threats of Mental Health in India Society

India is currently home to a population of approximately 1.33 billion people. According to WHO 2015, one in five Indian suffer from depression in their lifetime. According to TLLLF National Survey Report 2018, 27% indicating support for people perceived as having mental illness, 47% indicating higher judgment against people perceived as having mental illness, 26% indicating fear of people perceived as having mental illness.

A survey was conducted in 2017 over 19.7 crore people of India. According to this, 4.5 crore people had depressive, 5 crore anxiety issue, from which 33.8% depressive disorder, 19.0% anxiety disorders, 10.8% idiopathic developmental intellectual disability and 9.8% schizophrenia.

WHO predicts that by 2020, roughly 20% of Indian will suffer from mental illness.

How Mind Function for well being

This is a very important part of human life. Everyone wants to know about the functioning of mind but it is not easy to say anything exactly and randomly about the most complex part our body. Still psychologist and biologist already explain about the functioning of this complex mind on the basis of their whole life experiments.

Psycho-Analysis of Mind

The theory of Freud, emphasized the revealing of unconscious conflicts. The core idea at the centre of psychoanalysis is the belief that all people possess unconscious thoughts, feelings, desires and memories. Freud believed that our childhood events have a great influence on our adult lives. Shaping our personality e.g. Anxiety originating from traumatic experiences in a person's past is hidden from consciousness, and may cause problems during adulthood. He describes the features of the mind's structure and function. Freud used the analogy of an iceberg to describe the three levels of the mind. On the surface, consciousness is present, which consist of those thoughts that are the focus of our attention now. The subconscious present between the conscious and unconscious layer, those things are present in it, we would be aware of it we wanted or tried. The third and most significant region is the unconscious. Here lie the processes that are the real cause of most behavior. The mind acts as a repository, a 'cauldron' of primitive desires and impulse unbroken cornered and meditated by the preconscious area. analyst found that some events and wishes were typically too horrifying or painful for patients to acknowledge he believe this infostaf away

within the unconscious mind. this will happen through the method of repression. According to Freud theory, unconscious mind governs behavior to a greater degree than people suspect.

Functioning of Mind

Freud said that mind comprising the entities Id, Ego, and Super Ego. These three parts are very important in mental functioning. According to Freud, Id operated at an unconscious level by pleasure principle. It comprises two biological instincts Eros and Thanatos. Eros is positive energy and thanatos is negative energy. The second part Ego develops from Id during infancy. The Ego's goal is to satisfy the demands of Id in a safe or socially acceptable way. The super Ego develops during early childhood and responsible for ensuring moral standards are followed. It operates on the morality principle and motivate us to behave in a socially acceptable manner.

Mixed Model of Mental Activities

Met cognition

Awareness and understanding of one's own thought, emotion and behavioural process. To monitor our – Thoughts, Emotion and Behaviour :

“Metacognition lies at the root of all learning.”

“By developing students' meta-cognitive skills, You put them on the road to lifelong learning.”

- Laura Robb

Wisdom

It is the ability of person to take decision on the basis of knowledge. To regulate our thought, emotion and behaviour.

“Self Regulation is the school of wisdom.”

“Knowing others is Intelligence

Known yourself is true wisdom.”

- Luo Tzu

Mental Illness Treatment

Treatment means all the different ways in which someone with a mental illness can get help to minimize the effects of the illness and promote recovery. It can involve individual therapy / counseling, group therapy, medication, recreational T., complementary therapy.

Individual Psychotherapy/Counseling

:Counseling is a collaborative effort between the counselor and client. Professional counselors help clients identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and positive coping skills; strengthen self-esteem; promote behaviour change and optimal mental health. Counseling is given to individually. It is a step by step process that requires time. In simple manner counseling is :

Counseling is that strANGER

who will remove your ANGER

And keep you away from dANGER...

Group Therapy

Group therapy helps individuals develop communication skills and socialization skills and allows clients to learn how to express their issues and accept criticism from others. Group therapy allows individuals to develop self-awareness by listening to others with similar issues. In this individuals of similar struggles interacting in a safe, confidential setting,

each group member can share personal experiences, feeling and issues and receive feedback and support from the rest of the group. Group therapy is used to treat a wide range of disorders including – communication and social skill deficits, anxiety, depression, emotional trauma, low self esteem etc.

Medication

Mental illness comes from chemical imbalances in person's brain. A medication works on these imbalances to reduce your symptoms, or sometimes, to relieve them completely. Medication can play a role in treating several mental disorders and conditions.

Mood stabilizers are used primarily to treat bipolar disorder, mood swings associated with other mental disorders, and in some cases, to augment the effect of other medications used to treat depression.

“We might die from medication

but we sure killed all the pain...”

- Conor Oberst

Medical Supervision

Medical supervision is an embedded resource for practice quality in community mental health organization. Supervision has been found to extend supplier competency and reduce stress. In addition, superintendence has been related to service user outcomes as well as faded depressive symptoms. publicallymental state settings, supervision has been understood to cover3 primary functions of administration, support and education.

Recreation Therapies

Recreational therapy, conjointly called therapeutic recreation, may be a systematic method that utilizes recreation and different activity primarily based interventions to handle the assessed desires of individual with sickness or disabling conditions, as a mean to psychological and physical health, recovery and well-being.

The purpose of recreation medical aid method is to boost or maintain physical, cognitive, social, emotional and religious functioning so as to facilitate full participation in life. By mistreatment sort of techniques together with arts and crafts, animals, sports, games, dance and movement, drama, music and community outings.“Do you work to live, or live to work?

Without recreation,

You have no way to recharge.”

Recreation = Health

“Living to play. Playing to LIVE! Recreation therapy, wanna play?”

- Christy Johnson

“Therapeutic Recreation : ‘The Poss – Abilities are Endless.”

- Tricia Guthrie

Complementary Therapies

Complementary therapies offer a different approach to conventional or mainstream medicine. They include therapies such as yoga, meditation, acupuncture and homeopathy. They are thought to increase wellbeing, aid relaxation and promote good mental health. You can use complementary therapies for different mental health.

Thoughts, feelings, emotions and perceptions after immunity thus, complementary therapies targeted at these areas should affect health and elicit changes in pathological conditions.

- Watkins (1994-95)

Mixed Model of Therapies to Improve Mental Health

These are of mainly three types – cognitive therapies, behavioral therapies and psychological therapies. These three therapies are working by mixing in one another effectively.

Cognitive Therapies

Cognitive therapy focuses on present thinking, behaviour and communication rather than on past experiences and is oriented toward problem solving. It applied on broad range of problems including depression, anxiety, panic, fears, eating disorder etc. It become more effective when it merge with behavioural aspect generally known as cognitive behavioural therapy. This is empirically supported psychotherapy as a set of coping skills. It's main aim to improve mental health. It helps in cognition disorders, emotional regulation and developing personal coping strategies.

Behavioural Therapies

This form of therapy seeks to identify and help change potentially self-destructive or unhealthy behaviours. It functions on the idea that all behaviours are learned and that unhealthy behaviours can be changed. It helps in depression, anxiety, panic disorders and anger issues. When behavioural therapies combine with cognitive therapy than it works more effectively. It give additional support after mixing with cognitive therapy. It modify the behaviour as well as mood to manage things. It reduces the sudden feel of panic when work together.

Psychoanalytic Therapies

Psychoanalytic therapy is one of the most well known treatment modalities. The goal of psychoanalytic therapy is to help patients better understand the unconscious forces that can play a role in current behaviours, thoughts and emotions. This therapy based upon the work of Sigmund Freud. The unconscious mind reservoir of desires, thoughts and memories that are below the surface of consciousness. Psychoanalytic therapy also makes use of other techniques including free association, exploration of transference, observing defenses as well as dream interpretation. Psychoanalytic therapy may also help to learn techniques for coping when future problems arise.

Indian approach for Mental Health

Yoga is the most primitive approach which deal in a very effective manner to the mental health issues. Yoga is a philosophy which first developed in India, in which physical exercise and meditation are believed to help people to become calmer and united in spirit with God. Yoga is a type of exercise in which you move your body in order to various position to become more fit or flexible, to improve your breathing and to relax your mind.

"Yoga is practice of quieting the mind..."

- Patanjali

Various forms of yoga which help in the curing of mental health issues and effect the human health in a positive manner are – Gyan yoga, Bhakti yoga, Karma yoga, Dhyana yoga and Sahaj yoga etc.

Gyan Yoga

Gyan means knowledge, Gyan yoga is the path where reality is discovered through insight, practice and knowledge.

"What I know, I know.

What I do not know. I do not know.

This is gnana."

It helps to increase knowledge and wisdom because it focuses on self-awareness and self-realization and helps to increase self-esteem.

Bhakti Yoga

Bhakti yoga, also called Bhakti marga. It is spiritual path which focused on loving devotion towards a personal God. Bhakti yoga as one of three spiritual paths for salvation.

"If you use your emotions and try to reach the ultimate. We call this bhakti yoga. That means the path of devotion."

Karma Yoga

Karma yoga is all about doing your duty, without thinking yourself. The main purpose of Karma yoga is to control and eventually let go of your ego.

"The secret of KARMA YOGA which is to perform actions without any Futuristic Desires is taught by Lord Krishna in the Bhagvad Gita."

- Swami Vivekananda

Dhyana Yoga

Dhyana comes from sanskrit word dhyai means "to think of". Dhyana involves concentration and meditation on a point of focus with the intention of knowing truth about it.

"The goal of meditation is not to control your thoughts,

Its to stop letting them control you."

"Buddha was asked, "What have you gained from meditation?" He replied, "Nothing! However.

Buddha said, let me tell you what I lost : Anger, Anxiety, Depression, Insecurity, Fear of old age and death."

Sahaj Yoga

Sahaj yoga or "Spontaneous union with one's self". It bring self-realization to the masses through meditation. The method transforms human awareness through techniques that promote a more moral, united, integrated and balanced self. Sahaj yoga influence brain chemical activities that regulate attention, mood and emotions in positive ways. Sahaj yoga improves emotional flexibility and coping skills and overall psychological stability.

"Let it be know all over the world that sahaj yoga is the only way to save the world in Kallyuga."

- Shri Mataji

"Shaaj yoga is like a tree which requires love as the water..."

- Nirmala Shrivastava

Help Guide for Mental Health

There are so many help guide for the removal of mental illness and for nourishing the mental health. Some major help guides are – Social connection, Staying Active, Managing Stress, Brain healthy diet, Quality sleep, and Meaning & purpose.

Social Connection

Human could be a social animal. we tend to crave feeling supported, valued and connected. robust social connections will create a significant risk of psychological state offer you a robust mental support to face any drawback

Staying Active

Active participation in any physical or another activity can increase our self-esteem and can reduce stress and anxiety. Regular exercise can have a profound positive impact on depression and improve memory and regulate the activity of cells.

Managing Stress

Effective stress management helps you breaking the holding stress in life. So that we can be healthier, happier and more productive. Ongoing, chronic stress cause serious health problems so management of stress, coping with stress; avoid alter, accept and adapt are very helpful in the present scenario from get rid of mental illness.

Brain Healthy Diet

Foods with beneficial bacteria, omega-3-fatty acid, S-adenosylmethionine (SAM-e), Vitamin B, Vitamin D, Ginkgo biBoba etc. are very helpful to boost mental health and wellness and reduce the level of anxiety.

Quality Sleep

Quality sleep works as safeguard of our mental health. Good and healthy sleep is very necessary to cope with mental illness. Chronic, insufficient sleep may increase the risk for developing mental, physical and emotional issues. Sleep affects the psychological, biological and chemical state of our mind. It not only reduces the mental health issues but also increase the time of our life.

Meaning and Purpose

Having a good meaning and purpose in life, definite set of aim in life may motivate reframing stressful situation and we deal all the situations more effectively and more productively. If we have a purpose of life than it enhance the ability to recover from negative events and failure of some objectives which are framing for achieving the main goal and boost up our confidence level.

Ten Things**Students can do boost their Mental Health**

Ten most important things or techniques which are very helpful for the students to reduce their mental illness and boost-up their mental health are as follows:

Mind and Body

Taking care of mind and body is very important because it is universal law of evolution that only fittest can survive. For the maintenance of Mind and body take balanced diet, keep hydrated and get into a regular sleep pattern.

“The sound body is the product of sound mind.”-
George Bernard Shaw

Exercise

Exercise is just body activity that enhance or maintain physical fitness and overall health. Take a regular exercise or a sport activity which you like the most. It is a big tool for improving mental health and maintain the perfect alignment of our cells. Regulate the chemical balance of whole body.

“Exercise not only changes your body.

It changes your mind, your attitude and your mood.”

Organization

Organization refers to the arrangement or management of things. Good management is the art of making problems and things in a intrusting and good manner so the work is going on its path easily. Management of things reduces pressure and stress of mind and body.

“Management is efficiency in climbing the ladder of success.”

- Stephen Covey

Self Care

Self care is the activity that we do deliberately in order to take care of our mental, emotional and physical health. When you take care of yourself, you feel stressless, confident, more energetic and better able to meet the need of others. For this, you can take relax, smile, bath, go for a walk, do the activity which you like most, listen music etc.

“Self care is how you take your power back.”

- Lalah Devia

Talk to someone

Simply talking to someone sympathetic can reduce your stress level and improve your mind or mood. Don't be afraid to talk to someone about your feelings. Just a talk to your friend, family, teacher and other you like most heal the all pain of your body as well as mind.

“Talking is always positive that's why I talk too much...”

- Louis C.K.

Breathing

Deep breathing is one of the best way to lower stress in body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. After that brain send message to your body to become energetic. Belly breathing is the best technique stimulate the vagus nerve, which runs from the head down the neck, through the chest, and to the colon. This activates your relaxation response, reducing your heart rate and blood pressure and lowering stress level.

“Breathing is the essence of Life.

Breathe deeply, Live fully...”

- Gabriella Goddard

Write down

Writing is a creative way to improve mental health. Having upto 20 quiet minutes everyday for mindful writing will help ease your anxiety, calm down your thoughts and emotions. This can be a really

simple way to understand what is going on within your mind and body.

“Writing is a wonderful pathway to self-awareness.”

Challenge

Challenges are the beauty of life, try to accept them and complete it with full of your strength. If you want to get successful you must accept all challenges that come your way.

“The moment you stop accepting challenges is the moment you stop moving forward... Challenge encountered there is opportunity for growth...”

Check in

It is a awesome process which increase your awareness and strength to do your work. Regularly check in with yourself monitor your emotions and mood. Check yourself daily, remove all the negative thoughts, be aware always about you gut feelings, this may lead you the highest point of success.

“Real growth is automatically started when you start check yourself and correct yourself.”

Problem Solve

The best method to increase mental health, is to deal with the problem. Learn new and more effective methods of solving problem. Once you started to handle or deal with the problem, you get a power and you believe that you can do everything. Every problem has a solution, just face them with honesty and find out the solution with full dedication.

“Problems become fun when problem solving becomes your hobby.”

- Himanshu Rawat

Conclusion

Mental health issues can affect our day to day schedule. This mean it affect the whole personality, whole life : physical, social, economical, spiritual, moral and mental. So it is very important to take seriously the children mental health issue, so that it can be cover up on time by using so many therapies or coping strategies. At last always remember :

“Not everyone has a mental illness but everyone has a mental health. It's your responsibility to take care of your mental health.”

- Andrea Nguyen.

References

1. Cicearelli, S.K., White, J.N., Mishra, G. (2019) 'Psychology', 5th Edition, Pearson Education India Pvt. Ltd., New Delhi.
2. Baron, R.A., Mishra, G. (2016). 'Psychology' 5th Edition, Pearson Education India Pvt. Ltd., New Delhi.
3. Woolfolk, A. (2014). 'Educational Psychology', Indian Edition Published by Darling Kindersley (India) Pvt. Ltd., Noida, Sector-62.
4. Radhakrishnan, S. (2017). 'Indian Philosophy' – I, Hindi Translation, Rajpal and Sons, New Delhi.
5. Cernelissen, R.M.M., Mishra, G., Verma Sunita (2014). 'Foundation and Application of Indian Psychology', Darling Kindersley (India) Pvt. Ltd.
6. Mishra, G. (2011). 'Oxford Handbook of Psychology' (Ed.) Oxford University Press, New Delhi.
7. Aurobindo (1914, 2019). 'The Life Divine' Shri Aurobindo Ashram Trust, Publication Department, Pondicherry.
8. Morgan, T.M., King, R.A., Wisz, J.R., Schopler, J. (2000). 'An Introduction to Psychology', Tata McGraw Hill Publishing Twelfth reprint, New Delhi.
9. Jaichand, Goyanka (Samvat 2074). 'Shrimad Bhagvad Gita', Tatv Vimchini Teeka, Hindi, Gita Press, Gorakhpur, U.P.
10. Rao, K.R., Paranjape, A.C., Dalal, A.K. (2008). 'The Hand Book of Indian Psychology', Cambridge University Press, India.
11. <https://www.ncbi.nlm.nih.gov/pmc/articles/pmc6247012>
12. <https://www.weforum.org/agenda/2018/04/5-chart-that-reveal-how-india-sees-mental-health/>
13. <https://www.financialexpress.com/lifestyle/health/world-mentalhealth-day-2019-survey-indicated-Indians-want-a-shift-in-perception-of-mental-illness/1731946/lite/>
14. <https://www.verywellmind.com/what-is-psychoanalysis-2795246>
15. <https://www.simplypsychology.org/sigmund-freud.html>
16. <https://www.online.regiscollege.edu/blog/define-behaviour-therapy/>
17. <https://www.fitbodyhq.com/yoga/7true-traditionaltype-yoga>