MENTAL HEALTH

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LEARNING OUTCOMES

• Student can:
  – Define what is mental health
  – Understand the causes of mental health
    ♣ Biological factors
    ♣ Psychological factors
    ♣ Environmental factors
MENTAL HEALTH

• Mental health describes either a level of cognitive or emotional well-being or an absence of a mental disorder.

• According to WHO, mental health is a state of well-being in which:
  ♣ The individual realizes his or her own abilities,
  ♣ Can cope with the normal stresses of life,
  ♣ Can work productively and fruitfully,
  ♣ Able to make a contribution to his or her community
CAUSES OF MENTAL HEALTH

- Biological factors
- Psychological factors
- Environmental factors
WHAT BIOLOGICAL FACTORS ARE INVOLVED IN MENTAL ILLNESS?

• An abnormal balance of special chemicals in the brain called neurotransmitters.

• Neurotransmitters help nerve cells in the brain communicate with each other.

• If these chemicals are out of balance or are not working properly:
  – messages may not make it through the brain correctly, leading to symptoms of mental illness.
OTHER BIOLOGICAL FACTOR

Genetic

- Poor nutrition
- Substance abuse
- Prenatal damage

Infection

- Brain defects
EXPLANATION

• **Genetics (heredity):** Many mental illnesses run in families, suggesting that people who have a family member with a mental illness are more likely to develop a mental illness.

• **Infections:** Certain infections have been linked to brain damage and the development of mental illness or the worsening of its symptoms.

  - a condition known as pediatric autoimmune neuropsychiatric disorder (PANDA) associated with the *Streptococcus* bacteria has been linked to the development of obsessive-compulsive disorder and other mental illnesses in children.
EXPLANATION

• **Brain defects or injury:**
  ♣ Defects in or injury to certain areas of the brain have also been linked to some mental illnesses.

• **Prenatal damage:**
  ♣ Some evidence suggests that a disruption of early fetal brain development or trauma that occurs at the time of birth -- for example, loss of oxygen to the brain -- may be a factor in the development of certain conditions, such as autism.

• **Substance abuse:**
  ♣ Long-term substance abuse, in particular, has been linked to anxiety, depression.

• **Other factors:**
  ♣ Poor nutrition and exposure to toxins, such as lead, may play a role in the development of mental illnesses.
WHAT PSYCHOLOGICAL FACTORS CONTRIBUTE TO MENTAL ILLNESS?

Severe psychological trauma suffered as a child, such as emotional, physical, or sexual abuse

Neglect

An important early loss, such as the loss of a parent

Poor ability to relate to others
WHAT ENVIRONMENTAL FACTORS CONTRIBUTE TO MENTAL ILLNESS?

- Living in poverty
- A dysfunctional family life
- Death or divorce
- Feelings of inadequacy, low self-esteem, anxiety, anger, or loneliness
- Substance abuse by the person or the person's parents
- Changing jobs or schools
- Social or cultural expectations (For example, a society that associates beauty with thinness can be a factor in the development of eating disorders.)
THANK YOU