



MENTAL HEALTH NURSING REGARDING TEACHER STUDENTS RELATIONSHIP IN 21ST CENTURY

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Abstract

This paper has tried to highlight on mental health, mental health nursing and teacher student's relationship in 21st century. firstly to know what is Mental health and why mental health. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community. And 21st century means a diverse society where diversity brings in new ideas and experiences, and people can learn from each other. Bringing in different ideas and perspectives leads to better problem-solving. Working in diverse teams opens dialogue and promotes creativity. The value of diversity is true for our culture. Social changes in 21st century have made little change in attitudes and behavior towards mental illness in low-income, fast life, globalization, broken family, broken relationships, need more, higher status, Poverty levels have increased, culture difference even among generations have been widened, and risk for common mental illness among lower socioeconomic groups has increased. In this time relationships are more important with family and Teacher Students. The relationship between student and teacher plays a large role in the trajectory of a child's academic success and social development. Establishing a positive relationship with their teacher helps a student feel more comfortable and safe in their classroom environment and also other problem when students need help and mental support. Mental health nursing is responsible for planning and providing support mental health issues. Mental health nurses support people with issues ranging from anxiety and depression to personality, loneliness, helplessness,

Keywords: Mental Health, Mental Health Nursing, Teacher Student Relationship, 21st Century.

Introduction

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Other hand mental health nursing is a mental support, mental care, mental support. The state of wholesomeness and wellbeing of the mind including the emotional balance necessary for successful personality adjustment and normal social functioning.

According WHO Mental health is "a state of wee-being in which in individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community. The three core components of this definition are- 1. Well-being, 2. Effective functioning of an individual and 3. Effective functioning for a community. Mental health also includes according WHO "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others". Many qualities define a positive relationship and positive ways on how to create powerful student teacher relationships. These can be seen to include good communication, a safe learning environment and mutual respect, a positive and patient attitude, student equality and timely praise.

Cause of Mental health problem in Student:

1. Environmental factors.
2. Biological factors.
3. Social factors.
4. Family factors.
5. Social isolation or loneliness.
6. Experiencing discrimination and stigma.
7. Bereavement (losing someone close to his/her)
8. Broken family.
9. Having a long-term physical health condition.
10. Family relationship problem.
11. Childhood abuse, trauma, or Neglate.



Symptoms of Mental health problem a Students:

1. Persistent sadness- two or more weeks
2. Withdrawing from or avoiding social interactions.
3. Hurting oneself or talking about hurting oneself.
4. Talking about death or suicide.
5. Outburst or extreme irritability.
6. Out-of-control behavior that can be harmful.
7. Anxiety disorders
8. Attention-deficit-/hyperactivity disorder.
9. Eating disorder.
10. Depression and other mood disorders.
11. Loss of weight.
12. Difficulty sleeping.
13. Difficulty concentrating.
14. Frequent headaches or stomachaches.
15. Change in academic performance.
16. Avoiding or missing school.

The definition of mental health in the national “Global mental health No Health without Mental Health” policy is that is a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.

In this title various case in school, college students in too much busy and tough schedule and improper life style. There are 2cases discuss under this title.

Case study-1

Name : X samanta
Sex : Female
Age : 22
Qualification : Appearing graduation with economics honors

“Last few months I suffer some problems due to my family issues. Last months in this lockdown I lost my father of an accident. This time is totally lockdown period, nobody with us, no relatives no neighborhood. My brothers are in abroad so it’s not possible them to come. That time I am too much upset some wrong intuition always in my mind. Thinking, nightmares all time in my mind. Even when I do some work and I am not working properly but still at that time lots of unreasonable stuff in my mind.

At that time everything I told my Mam. Mam said that call her, and to feel free, and also this situation when you felt it. Mam listened me one hours. Lots of think I share with my mam, my own problems, family problems. I was crying. Mam just listening me and Just 4 or 5 sentence Mam are told me like.

1. I am with you
2. Don’t be upset
3. You are mature enough
4. Everything all right
5. Control your emotions
6. You are like my child I am with you.

1month later I feel I am better; I feel better and when bad thought come in my mind just, I am thinking Mam with me why I am afraid.”

Many symptoms identify in this case study with observation & questioning in the class and other times of the students

1. Upset
2. Lack of interaction
3. Lack of communication
4. Lack of attention
5. Lake of motivation
6. No communication with friends and with others



7. No question answers
8. Hair fall
9. Crying
10. Headache
11. Insomnia
12. Obesity
13. Anorexia
14. I used to be lonely
15. Digestion problem

Case study-2

Name : X Mukherjee
Sex : Female
Age : 23
Qualification : Appearing graduation with English honors

“One of my students in class, I observe maximum time in my class she doesn't participate any lesson and question answer, not even any discussions. I day completed lesson and directly asked her. She got puzzled and nervous then said that sorry Mam I was not listening whole class. In the end of class talk with her about the problem. She started crying, hugged her deeply, she cried 30mins more.

Then she shares her problems. Like

1. Family problem
2. Family members not love her
3. They don't even care her
4. She loves her brothers heartily
5. If she pretends to be full nobody asks her to eat
6. She is upset
7. Insomnia
8. No friends
9. Withdrawal tendency

“Offered her some water and sat on bench to her front. Asked her about the family stuff. Student said about her step mother, father, brother relationship with her. Listening everything.

Then said something to her, like

1. What she likes
2. What she loves to do
3. Now she is adult doing English hours. After complete this course she should be better opportunity in her life, in future you also be a good teacher to teach and make a child proper grow up.
4. She likes reading books.
5. Many creative things she makes
6. She teaches children to her off time in her house.
7. No family is proper in our society as well as no relationship
8. Find out who love and support to her, who care for her
9. Think about yourself, your life, goal, aims
10. Ignore conflict and argue.

Conclusion

Mental health nursing and also called Mental health support is very important in today life in this century and our society. This time is very busy to manage to life, and also have man personal problems to cope up. Which is the battle with self, fought to feel the greatness the high. Face many turmoil situations physically and mentally during this. Also do something crude to others, that time need mental health nursing and smooth, friendship relationship with teachers. In the rambling life full of despair and the imposters hover around, only accomplish stress and headache and depression. So, in the various ways the mental health is very important for living beings.



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