

Should mental health be taken as a more serious matter?

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I: Introduction:

Mental health, along with the emotional paradigm of human beings, has acquired much significance as it plays a vital role in our daily life. Mental health is the sole effect creator regarding our attitudes, thought waves, emotional aspects and behaviour. In this context, mental health should be taken seriously as it indirectly controls our activities and their effectiveness. Immense productivity and wellness levels are directly linked with our mental health. Meanwhile, mental health also impacts the societal life in our surroundings as it matters a lot to everyone we meet in routine. In other words, one's mental health also lasts indelible impacts on others, including family members, friends, mates, neighbors and workers etc. Good mental health is the guarantee and part of the overall health of any person. If due care is not acquired in this aspect, various troubles relating to normal life may arise. Such drawbacks may lead to stress, anxiety, depression, psychosis, and multiple behaviour disorders. Along with these, low esteem and various physiological aspects can lead to fatal circumstances.

Thesis:

Mental health is taken as a more serious matter.

Claim 1:

Mental health should be taken more seriously because it can cause depression and anxiety.

Claim 2:

Mental health should be taken more seriously because it can cause a loss of motivation

Claim 3:

Mental health should be taken more seriously because it can cause exhaustion and no appetite.

History of the Topic:

1. The known record of human history shows that in China, in about 1100 BC, people had some idea about mental illness (Tan et al.).
2. In the 1700s, mental illness was believed to be a moral issue related to the deeds and beliefs of a person. Most of the time, the cure was to teach moral values and human care. In this aspect, the most favorable coping strategies were hospitalization, discussion to make a person morally good and isolation for some time (Meyer & Manuella).
3. In the 1960s social revolution paved the way toward mental health improvement by introducing community services, medication and psychological treatment services instead of rigorous hospitalization (Meyer & Manuella).

Importance of the Topic:

Coping and addressing mental health with grim seriousness is very significant to me. Mental health affects all people of any nationality, ethnicity and age around the globe. Mental health does not bound or divide human beings into strata based on caste, creed or religion. It equally lasts indelible impacts on humans. In addition, it poses a collective effect on society in its real essence if it lacks successful treatment. However, by well mental health, we can find the best solutions to our ongoing problems.

II. Claim 1:

Mental health should be taken more seriously because it can cause depression and anxiety.

Evidence 1:

The study on adults revealed that lower levels of positive mental health (MPH) and subjective well-being (SWB) on the part of adults lead to stress and depression in the long run (Truskauskaite-Kuneviciene et al.).

Evidence 2:

Personnel and staff related to mental health services suffer from mental health issues, and most have anxious, stressed and depressive times. Mental health effect in these employees increases their stress and depression manifold (Pierce et al.).

Evidence 3:

Employees working in mental health services need a healthier environment and relaxation phases to cope with mental disorders leading to depression and anxiety. For more efficiency and productivity, these require a working environment that is less depressive and less stressed (Pierce et al.).

III. Claim 2:

Mental health should be taken more seriously because it can cause a loss of motivation

Evidence 1:

Mental health needs immediate seriousness to lead a blissful life, especially in adults. For example, adjustment problems in new places or university premises diagnose mental disorders worldwide. Research has identified that most of such demotivated and low-esteem adults facing adjustment disorders have vastly neglected their mental health (Truskauskaite-Kuneviciene et al.).

Evidence 2:

The school staff must start mental health services for their students on priority. Such a need and urgency have increased, especially during the recent pandemic (Kern et al.).

Evidence 3:

During the pandemic phase, most people lose their motivation due to stress and mental illness. They don't want to even deal with such a situation because of uncertainty leading to an effect on persons' mental health (Kern et al.).

IV. Claim 3:

Mental health should be taken more seriously because it can cause exhaustion and no appetite.

Evidence 1:

Mental health is a serious issue worldwide and gradually causes multiple health disorders and malfunctions in the long run (Crespo-Gonzalez et al.).

Evidence 2:

Avoidant Chinese adults' attachment has negative impacts on motivation levels and is suffering from mental health problems (Crespo-Gonzalez et al.).

Evidence 3:

Mental health directly affects self-esteem and energy level in the long run. Exhausted and low esteemed individuals have multiple mental health problems in this aspect (Crespo-Gonzalez et al.).

V. Conclusion:

In a nutshell, It can be concluded that mental health is a serious issue worldwide. It should be taken seriously as multiple effects of bad mental health may ruin one's life. Mental health is the nucleus of all human activities and their efficiencies. Mental health disorders pose severe impacts concerning stress, depression, anxiety, demotivation and multiple bodily drawbacks. By careless attitude toward mental health, one affects its surroundings, nearby relations, and societal units, ultimately disturbing society's socio-economic fabric. The need of the hour is to take mental health very seriously on multiple levels, including individual, domestic, regional, and global.

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