

Mental Health and Learning

Mental Health

Mental health and learning are closely related. Emotional maladjustment leads to intellectual inefficiency. Healthy individuals appraise themselves realistically, accept their shortcomings and respect their talents and virtues. They also set for themselves attainable goals.

Mental health also implies a feeling of being wanted and of belonging to groups, of trusting and being trusted, of loving and being loved in family, peer and teacher-pupil relationships. Emotionally healthy children display efficient problem-solving activities while emotionally maladjusted children often exhibit symptoms of impaired efficiency in learning and problem-solving situations.

Emotional disturbances can develop from frustration and conflict experienced in school, from unhealthy parent-child relationships, or from other unfortunate personal or social experiences.

Characteristics of Good Mental Health

1. **Efficient productivity** – Individuals with good mental health tend to be more productive
2. **Satisfaction of basic motives** – As individuals, learners have basic motives they want to satisfy. When satisfactions are there, these are characteristics of good mental health
3. **Self-concept of competence and integrity** – Individuals having good mental health perceive themselves as competent in certain spheres
4. **Flexibility and mobilisation of resources under stress** – individuals having good mental health tend to be flexible for example when faced with difficult situations, they try to solve problems even under stress. They do not break down.
5. **Commitment with others to social goals.**