



MSW COURSE MATERIALS

HUMAN GROWTH AND DEVELOPMENT

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UNIT IV

MENTAL HEALTH

Meaning and characteristic features. Alcoholism: Definition, Factors, Types and AA groups. Drug addiction: definition, Types and causes. Suicide: Factors influencing suicide. Role of social workers in Promotion of mental health and community mental health.

Meaning

- Mental health is a state of balance between the individual and the surrounding world. A mentally healthy person would be free from internal conflicts.

Characteristic features

- Get along with others
- Accept criticism
- Strong sense of self esteem
- Self control
- Faces problems constructively
- Good home
- Job satisfaction

Alcoholism

Definition

- Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits. It is also commonly referred to as alcohol use disorder.
- Three categories: mild, moderate and severe. Each category has various symptoms and can cause harmful side effects. If left untreated, any type of alcohol abuse can spiral out of control.

Factors influencing

- early introduction to alcohol
- exposure to adult binge drinking or alcoholism
- access to alcohol from parents and others
- friends who drink heavily
- access to cheap alcohol
- alcohol marketing
- truancy
- poor educational achievement and school relationships
- money to spend
- conflict or bullying
- Long periods of unsupervised time.

AA groups

- Alcoholics Anonymous Group is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for joining AA group.

Substance abuse

- Substance abuse, also known as drug abuse, is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance related disorder.

Types

- Drug addiction
- Drug abuse

Causes of drug addiction

- Psychological causes
- Social causes
- Physiological causes
- Miscellaneous causes

Classification

- Alcohol
- Sedatives or depressants
- Stimulants
- Narcotics
- Hallucinogens
- Nicotine

Problems related to drug addiction

- Personal misery
- Loss of age
- Loss of health

Measures to tackle the problem

- Identification
- Referral service
- Treatment
- Public awareness education
- Active development of family and community
- Stringent legislation

Suicide

- Suicide is the act of intentionally causing one's own death. Risk factors include mental disorders such as depression, bipolar disorder, schizophrenia, personality disorders, and substance abuse.
- Sui means – of oneself
- Cide means – killing of

Suicide awareness and prevention

- Principle of acceptance as a person with his all limitations.

Factors influencing suicide

Sociological factors

- Egoistic suicide
- Altruistic suicide
- Anomic suicide

Psychological factors

- Wish to be
- Wish to kill
- Wish to be killed
- Attitude and imitation

Biological factors

- Genetic predisposition
- Central serotonin levels
- Physical and psychiatric disorders

Role of social workers in Promotion of mental health and community mental health

- Mental health is the capacity of the individual, the group and the environment to interact with one another in ways that promote subjective well-being, the optimal development and use of mental abilities (cognitive, affective and relational), the achievement of individual and collective goals consistent with justice and the attainment and preservation of conditions of fundamental equality.
- psychological and social harmony and integration;
- quality of life and general well-being;
- self-actualization and growth;
- effective personal adaptation;
- the mutual influences of the individual, the group and the environment

Specific roles

1. Prevention

2. Treatment

3. Rehabilitation

- Direct Services to individuals, couples, families and groups in the form of counseling, crisis intervention, therapy, advocacy, coordination of resources, etc.
- Case Management - coordinating inter-disciplinary services to a specified client, group or population.
- Community Development - working with communities to facilitate the identification of mental health issues and development of mental health resources from a community needs perspective.

Conti.

- Supervision and Consultation- clinical supervision/consultation, maintaining quality and management audits and reviews of other social workers involved in mental health services.
- Program Management/Administration - overseeing a mental health program and/or service delivery system; organizational development
- Teaching - University and college level; workshops, conferences and professional in-services
- Program, Policy and Resource Development - analysis, planning, establishing standards
- Research and Evaluation
- Social Action

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