

Who is Responsible for My Mental Health?

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Abstract: In the modern society, people are troubled in mental health. According to World Health Organization, more than three hundred and fifty million humans around the World got Depression in 2019. One cannot help but ask: who is responsible for our mental health? This essay will explain the term of mental health and respond to this essay's question. The argument is that both environment and individual factors may impact our mental health and the essay proposes two new equations in order to explain factors of mental health and can be used to Clinical trial and analysis situation.

1. Introduction

In 1946, the World Health Organization (WHO) defined health as: "Health is not only a body without disabilities, but also a complete physical, mental state and social adaptability. Specifically, health includes the normal physical development of the body, organs, etc., Also includes the normal development of cognition, emotion, will and personality characteristics, and social adaptation. Physical health and mental health are unified to form complete health. 9" In 1970, in order to adapt to the progress of the times, the World Health Organization It is defined as: "Health not only refers to the absence of disease or a normal body, but also a complete state of physical, psychological and social adaptation. In 1989, the World Health Organization again defined health as: health includes physical health, mental health, and good social adaptation And moral health. It can be seen that a healthy person must be physically and mentally balanced, emotional and rational. To measure a person's health should be judged from four aspects: physical, psychological, social adaptation and moral quality. In 1946, the third international The Mental Health Assembly defines mental health as: "Developing an individual's state of mind into the best state within a range that does not contradict the mental health of others physically, intellectually, and emotionally. The World Mental Health Federation believes that mental health should be: the body, intelligence, and emotion are very harmonious; adapt to the environment, and be modest to each other in interpersonal relationships; have a sense of happiness; in work and career, can give full play to their abilities and live efficiently The four definitions of mental health can be summarized as: "Individuals are able to adapt to the current and developing environment, have perfect personality characteristics, are in a positive state of cognition, emotional response, and volitional action, and maintain normal regulatory abilities..

2. Terminology:

In the mid-19th century, William Sweetser first proposed the term mental hygiene, which becomes mental health after one century. Dorethea Dix developed mental hygiene by exposing mental disorders and the sub-standard conditions into which people were put. It was known as "mental hygiene movement". Emil Kraepelin in 1886 firstly classified some mental disorders. Clifford Beers founded "Mental Health America-National Committee for Mental Hygiene". Then mental health has been introduced. Nowadays, WHO states mental health as "a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life".

3. Reciprocal Determinism:

Interdeterminism is a key term developed by Bandura. He is well-known for his psychological work in the field of social cognitive theory. It is a model proposed by Bandura. It contains some viewpoints of behaviorism, but emphasizes The environment is not the only factor that affects behavior, but is affected by their own beliefs, thoughts, ideas, and environment. In addition, they also influence the way the environment operates through their behaviors and attitudes; between their inner self, actions, and the external world There is a back and forth communication.

Reciprocal determinism assumes that with appropriate help, there is the possibility of change within the individual, but the individual will always be affected by external factors. Discussions on reciprocal determinism usually use a visual aid, drawn in the form of a triangle. At the top of the triangle is the word “behavior”, and the two corners of the triangle are described as personal factors and environmental factors. The arrow moves back and forth between each word, indicating that none of the three factors is affected by another factor alone, but the influence is two-way. This visual depiction reaffirms the basic concept that human beings are shaped by the environment and shape the environment. Determinism emphasizes that the environment is not the only factor that affects a person's behavior. If there are no examples, it is difficult to understand reciprocal determinism. These are easy to find. A man may enter the consulting industry because he cannot find a job, has a poor financial situation, and feels he is a failure. One of his arguments may be that he hates work, but people considering reciprocal determinism may wonder why this is the case. If this person is not qualified for a job due to bad work habits and his dislike of work, then he is very It may have affected the employer and prevented him from continuing to be an employee. If he has a bad working attitude, it is likely that no manager or boss can make this easier, and the situation will gradually deteriorate until the person is fired. Because external or external stimuli can affect behavior, every job will get worse, and the person's attitude will continue to be bad, which will affect the manager's dislike of him. Behavior, environment (such as socioeconomic status) and the person will be affected. Fortunately, humans can study themselves and get help through career counseling or psychotherapy to determine how to change their thoughts and feelings about work. Since he can change personal factors, he can also change his environment. This is a deliberate and repeated process, which means that if this person encounters a bad manager in the next job, it is likely to be easy again. Trapped in negatively influenced behavior, reciprocal determinism believes that with appropriate help, there is indeed the possibility of change in people's hearts, but people are always affected by external factors. Behavior is a complex issue, and if you want to change it, you need a variety of attacks. However, it is possible. There are well-designed procedures that illustrate the importance of people in changing the environment, and the reality that the environment changes people.

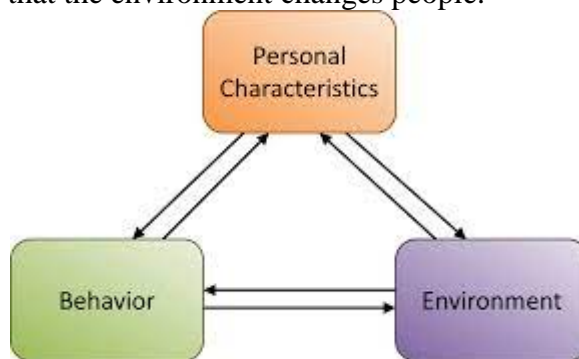


Fig.1 The Relationship between the Three Different Fields

People can figure out the relationship between these three different areas and it can explain numerous things in our daily life. Therefore, it can be assumed that the model can be used in mental health. For example, if a person gets depression, it can be explained that his personality may be negative and others thus don't want to make friends with him and it makes him go out less than before and think of the things even more negative, which finally causes the depression.

However, it has its restriction. If people apply it to mental health, then they will find that they cannot say which factor plays a main role in the situation. It doesn't tell people which factor is

dominant or which is not. Does the person get depression because of his behavior, environment and personality? The answer is yes, but it makes nonsense at all. People still don't know which aspect they should focus on. For example, if a person gets lung problems and becomes negative, should the psychologist remind him to change his house conditioning because the environment factor shows in this model? Of course not.

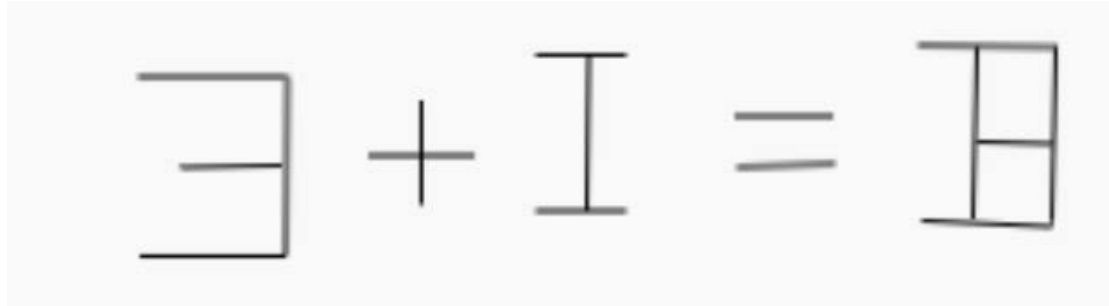


Fig.2 Model 1

4. Environment Dominant:

Based on the attribution theory, crediting the situation and the person's disposition helps us explain the reason of being psychological sicked (Graham and Folkes, 2014) Therefore, conducting environment and individual is necessary for mental health.

Before starting talking about the picture, a child, who has been taken by wolf should be introduced as an example. It is used to prove the critical period. After people find the child, who has grown up in the forest for twelve years since he was very young, they found that the child could not understand and speak language, which was a mental health problem. They taught him a lot about that, but the child did learn nothing at all. Why this happened? The researcher might say that it was because the child missed the critic period, which he was able to learn language during this. Many people think this as an environment example which changes people's thinking.

However, individual also plays a role in this example. People ignored his personality when solving his mental health problems. If the child did want to do something in order to go back to human culture, why no result appeared? Maybe since he might not know anything about human culture and believed that he was a wolf, his mother was a wolf and he belonged to wolf. However, because of the realistic reasons, the researchers could not talk to him and learned what he was thinking about. Ethnography method cannot practical in this case. Although the personality is been formed because of the environment, people cannot deny that the individual thinking plays a role in the example.

Therefore, the environment dominant equation is introduced. Environment is dominant in the equation, while the individual also plays a role and cannot be ignored. If a person's environment or individual factors change negatively, it can affect mental health. Besides, if a person's environment or individual factors change positively, it can benefit mental health. For instance, in the wolf child example, environment was the main reason that made the child cannot say any language till his death. Because he did not live in the human society, he missed the critic period of speaking language and therefore could not say anything. Moreover, the child might refuse to learn human language and want to go back to the forest to find his "real mother", wolf. Individual played a role in the example, even though it was an example of environment changing. This can be explained by the environment dominant equation.

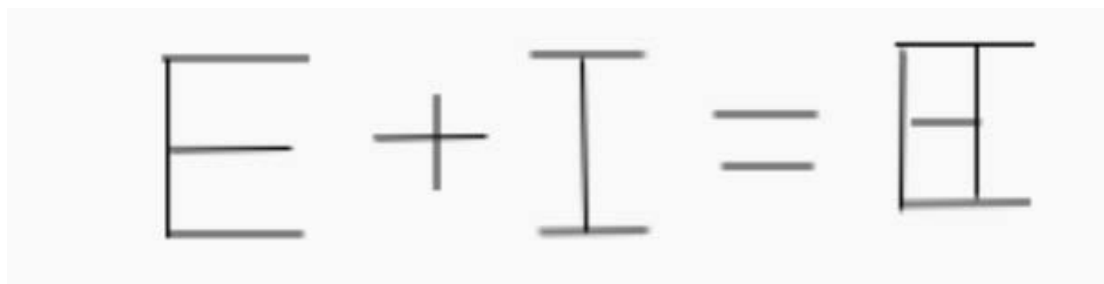


Fig.2 Model 2

5. Individual Dominant Equation:

Before starting explaining the picture, Talking about religion's effect on mental health is necessary. Religion is the combination of beliefs, behaviors and environment and it determines personal mental health (Behere, Das, Yadav & Behere, 2013). For instance, most of psychologists may agree that religion is a way to introspect a person himself and start to change. A person listens not only to the visual God, but also the real heart. He is telling himself that he should do something while not do other things. He makes rules for himself and keeps his mental health. Therefore, it is personal at all.

Nevertheless, it is not true. People ignore that the religion itself is in fact an environment factor. Religion is produced by the society and contains a lot of things which are environment factor to people. Before people notice the environment, which is religion in this situation, how can they start to change according to religion without seeing it? Environment does play an important role in the situation, even though the personal reason is more dominant.

Therefore, individual factor is dominant, yet environment factor also plays a necessary role in the instance and cannot be divided from each other. If individual and environment factor changes, the result must be changed even though it is in the individual dominant situation. There is an example about myself. When I was in my middle school, I started to observe other students and record a lot about them in the school. Most of the students came from the same area, had the same culture and similar family. Moreover, students got almost the same score when they were entering the school. However, they showed plenty of differences after they went to the same boarding school. It was mostly due to their personality differences. While the slight differences of making friends, family, society and other environment factors took part in the result.

6. Environment and Individual Are Responsible for Our Mental Health:

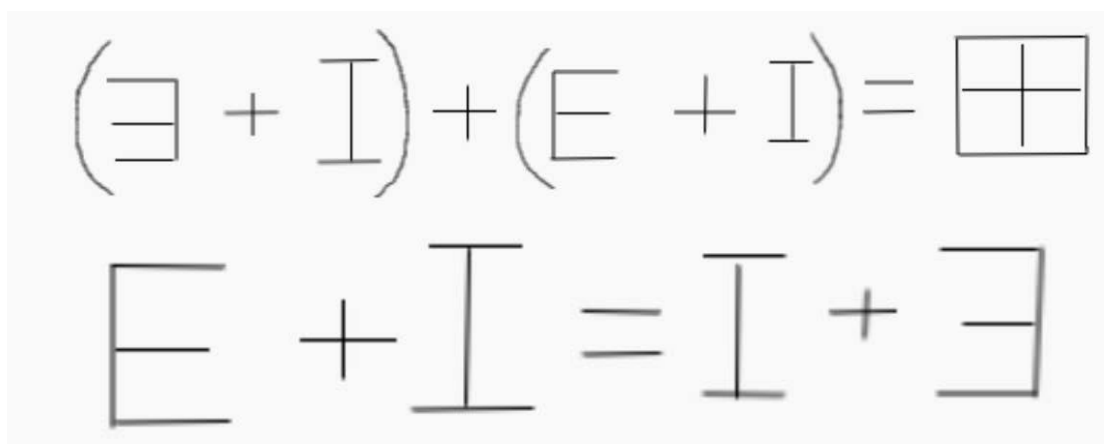


Fig.3 Model 3

Two equations can exchange with each other. Environment can be individual from a different perspective, and the individual can be sometimes an environment. Environment dominant equation

may vary to individual dominant equation because of different perspective. For example, a father has mania and always hits his daughter. From the father's perspective, it is individual dominant with small part of environment influences. Because he feels bad and wants to release to others, and he finds his daughter and therefore hurts her. His daughter is involved in her father's environment, which has been influenced by her father's personality and somehow strengthened his father's behavior. From the daughter's perspective, her father is an environment factor and plays a significant role in the situation. Yet she does not do anything but accepts her father's behavior because she just does not want to fight back her father. Environment plays an important role, but individual also takes part in that. In other words, environment and individual factors both play an important role in mental health, while these two factors are unsure and can be exchanged. So do the equations.

The equations can also solve problems from a different way. After people know the results, they can go back and find the reasons of these results. If a man gets depression but psychologist does not know its reason. Then, the psychologist can compare another person who has the same personality with him, but another one does not have depression and thus the psychologist can find their differences. Of course, most of their differences are environment factors, which can be classified as an environment dominant situation, while the personality may help the environment factor for forming depression. Also, the psychologist can find another person who shares almost the same environment with the man and find their differences. This is an individual dominant situation but the environment plays a role in getting depression. Because environment factor is more hardly to be tested, finding a person with similar trait may be easier for solving the problems.

In the real life, sometimes people use the environment dominant equation to solve the mental problem, such as traveling and moving house. Sometimes people use the personal dominant equation to solve the mental problem, such as telling themselves something happy every day. However, what happens if people put these two equations together? They can vary themselves much more significantly and it can be used in clinical psychology.

7. Conclusion

Environment and individual should be responsible for our mental health. However, they can be combined together and formed environment dominant equation and individual dominant equation. These two equations are in fact equal to each other. They can exchange. Moreover, if a person wants more significant change, he can put these two equations together. Besides, after people know the result, they can use the equations to go back and find the portion of the reasons.

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