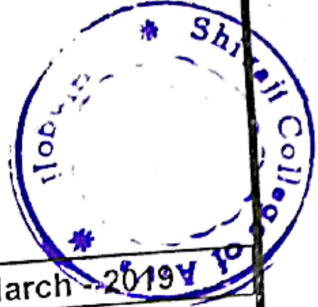


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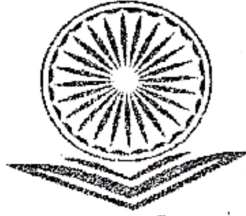
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## 17. Strong Mental Health Hierarchy (Dec-2018)

**Dr. Sherkar Subhash Tulshiram**

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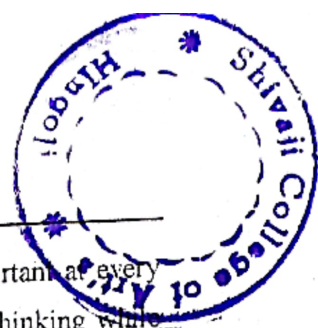
### **Introduction**

The main purpose of this hierarchy is that every person in the world should be able to make mental health possible by knowing that he is neglecting mental illness rather than physical illness. In addition, a person should not live under stress and live happily. In this era of globalization, man is running away from man and maximum people are suffering from mental and physical problems and born on the basis of the need theory of Abraham Maslo a capable mental health hierarchy. "This hierarchy is based on the assumption that the person acting on the bases that thoughts come to mind and work with positive thinking was good, because of good work, others behave better with you. Better behaviors, less stress gets more satisfaction and result in a healthy mental health"

This Hierarchy proposed by Dr. Sherkar S.T. Everyone understands that human beings in the world are suffering from mental health, but they are not aware of human health, it is matter of great misery. Everyone thinks that money will be happy it is possible to get health but it is not possible in human life. "Money Got, Health went and life became meaningless". In fact we are ignoring the fact that health is the real wealth, but we are ignoring it. Money, unreal expectations, stress, controversy, contradiction, ego, inflation, addiction, lack of relationship, lack of interaction, lack of work, bad foods, hatred, jealousy and loves to be rich in a short time, negative things like mental health threatened and life diminished. Even though human being knows that life is fleeting like a water bubble, human being is not ready to change their life style. Love & compassionate. Such thing is being deleted within the mental health; in fact they must be done in the name of standard, in the name of the virtual reality and showy life we are beginning to live. The concept of health is primarily physical, emotional, behavioral and socially interconnected, also physical health and mental health are interdependent. Just like what to eat and not to eat after going to the hotel, its depend on your mind. So mind is part of mental health, that there is no need to say that mental health is important. Mental health includes our emotional, psychological and social well-being. It effects how we think, feel and act. It also helps determine

  
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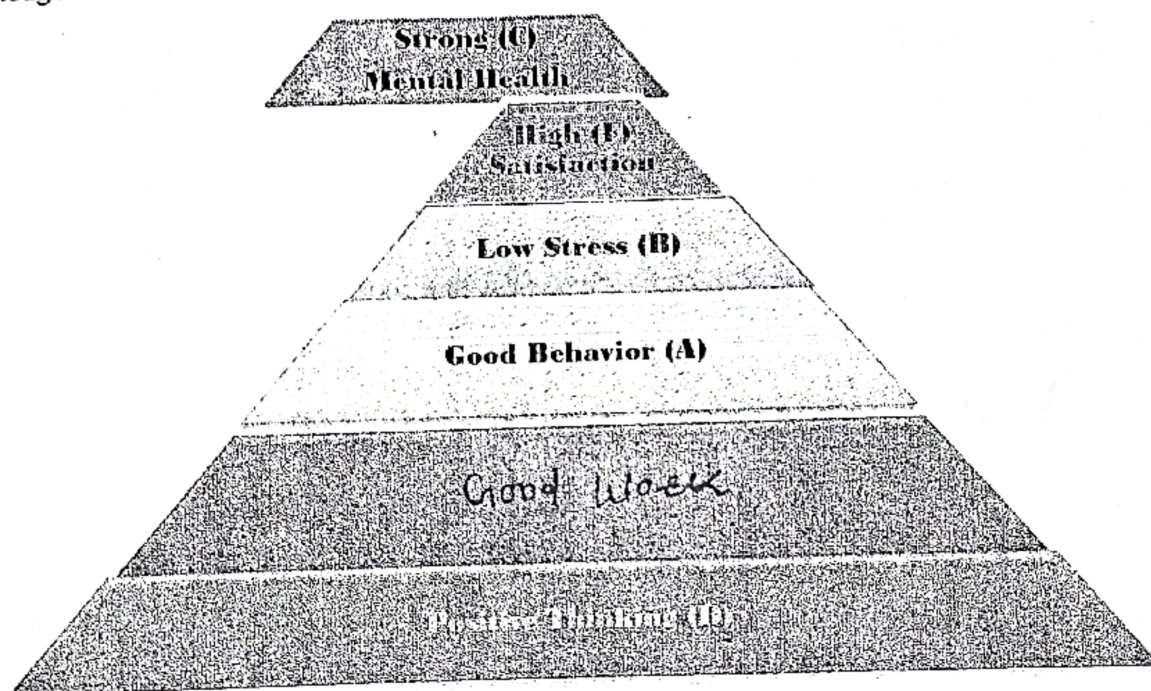




how we handle stress, relate to others, and make choices. Mental health is important at every stage of life from born to death. "If every person in the world is using positive thinking while living his daily life, then he can defiantly do good work in every field and those who do good work will behave well with others. Good work can lead to less stress and more satisfaction. In addition, positive thinking, good work, good behavior, combined with less stress and more satisfaction, any person in the world can mentally capable.

Dr. Sherkar Strong Mental Health Hierarchy

"This Hierarchy is based on the Assumption that the person acting on the bases those thoughts come to mind". (Dec-2018)



"If every person in the world is using positive thinking while living his daily life, then he can defiantly do good work in every field and those who do good work will behave well with others. Good work can lead to less stress and more satisfaction. In addition, positive thinking, good work, good behavior, combined with less stress and more satisfaction, any person in the world cans mentally Capable."

1) **Positive thinking:-** If positive thinking starts positive then everything became beautiful. Positive thought is the process of enabling mental health will be processed in this positive thought process, the expected result of the logic include the confident and happy ending

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etc .Positive thinking leads to many benefits, such as confidence, increases, important Decision making and Management, helps happiness and longevity can increase the number of friends and relationship build up.

2) **Good Work :-** When the physical and mental work of any field is good, then surely the thinking behind them should be positive, if the thoughts are negative, then there will be no better work, then whatever the area, such as home, employment, industry, social sector and political sector etc. just the body needs nutritious food to stay healthy, it is better to have good physical activity as positive thinking plays an important role in order to enable mental health, therefore, good thinking has to be done to do better.

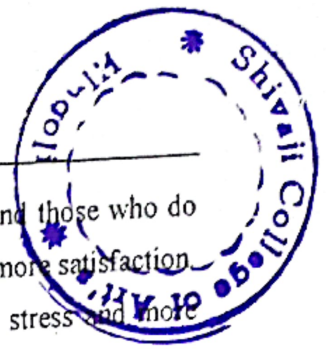
3) **Good Behavior:-** Behavior means that there will be a response to the specific purpose of life, in which our behavior is done according to S-O-R formula, a person who does good cannot behave properly. The person who works well is like the others. Good thoughts and good deeds, the person behaves well and does not behave badly. Therefore, everyone should be aware of his thoughts and responsibility, so that others will not have a mental struggle because the behavior of mental conflict is inherently hidden.

4) **Low stress:-** Stress depends on how you interpret the phenomenon. If the behavior is good, the chances of stress are less when the negative thoughts increase and ability to adjust the balance of the person and the ability to adjust, increase the intensity of stress so that it is better treat others so that your mental balance adaptability will be enabled and alternative the stress level will not increase.

5) **High Satisfaction:-** Although the solution is good, the remaining components are not responsive to some amount If solutions as they have not done the right. If we do not behave in a better way than others, we are more likely to increase the stress so that we can do good work better. Better talk timely confidence in factors like honesty increases. stress reduces and gets much more satisfaction, depending on how well we atomically interpret an event and how much it compares to the quality of the solution depends on the level of solution, if you accept the moral responsibility without comparing it to others, it is definitely more satisfying.

6) **Strong Mental Health:-** Enabling mental health is not a simple thing. Mental health is created in few moments, it is not at all, it is result of internal and external factors on mental health. Enabled mental health is the result of the process of many factors. hence the first step in enabling mental health is positive thinking. If every person in the world is using positive thinking





while living his daily life, then he can defiantly do good work in every field and those who do good work will behave well with others. Good work can lead to less stress and more satisfaction. In addition, positive thinking, good work, good behavior, combined with less stress and more satisfaction, any person in the world can mentally capable.

### The scientific base of Hierarchy

In this era of globalization, man is running away from man and maximum people are suffering from mental and physical problems and born on the basis of the need theory of Abraham Maslo a capable mental health hierarchy. The survey research methodology has been used to give scientific support to this capable mental health hierarchy. Survey research is one of the most important areas of measurement in applied social research. The broad area of survey research encompasses any measurement procedures that asking question of respondents.

Surveys were conducting using the world's latest "Whats App" to provide scientific support mental health hierarchy. Total sample was 40. Psychology Assistant professor (20) and Doctors (20) on "Whats App" different groups in Maharashtra, have been asked a question based on the Strong mental health hierarchy. "This Hierarchy is based on the Assumption that the person acting on the bases those thoughts come to mind and work with positive thinking was good, because of good work, others behave better with you. Better behaviors, less stress gets more satisfaction and result in a healthy mental health" The following elements should be sorted first, which is given in disrupted form.

- A) Good Behavior
- B) Low stress
- C) Strong Mental Health
- D) Positive thinking
- E) Good work
- F) High satisfaction.

Answer .....

in this hierarchy world's latest "Whats App" tools used for the data collection and Frequency Distribution for the capable mental health hierarchy used the statistical techniques.

Frequency Distribution Table

Element of Hierarchy	Assistant Professor (Psychology)	Doctors ( Medical Field)
Positive Thinking	17	13

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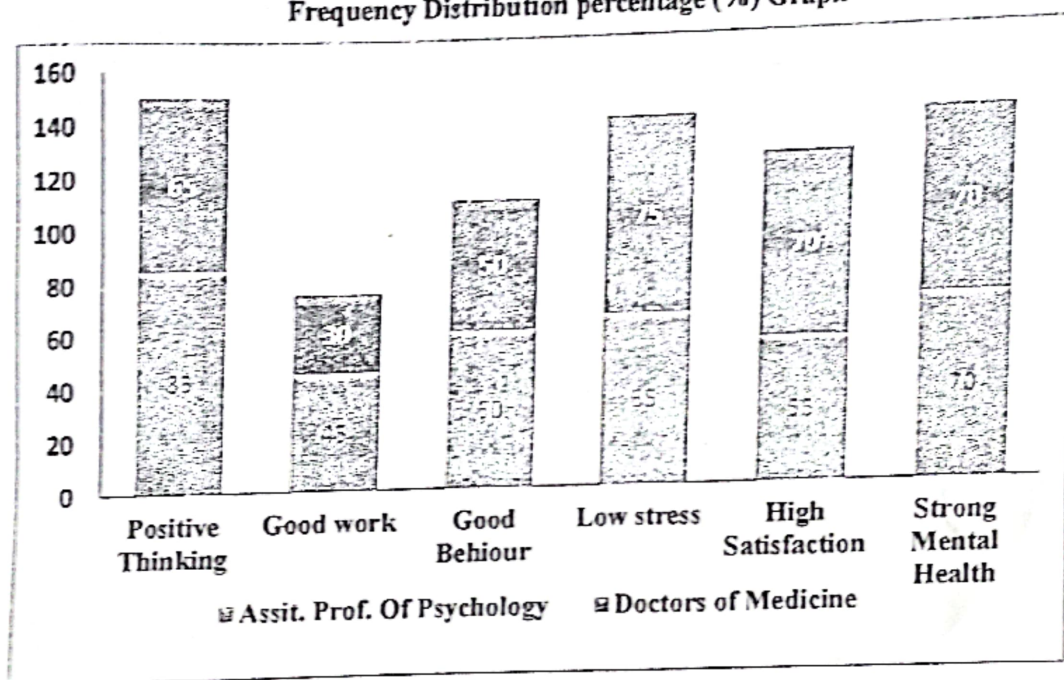
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Good Work	09	06
Good Behavior	12	10
Low Stress	13	15
High Satisfaction	11	14
Strong Mental Health	14	12

The frequency distribution shown above six components and selected Assistant professor and doctors as shown in the table as well as the number of frequency of the components.

**Frequency Distribution percentage (%) Graph**



The Frequency Distribution percentage (%) Graph shown above is in the percentage of opinion given by Assistant professor and Doctors in the respect of six factors. Lastly I prove the credibility of a capable mental health hierarchy based on the logic. I recommend to all people follow the hierarchy and became a mentally strong.

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