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The Effect of Human Nature and Behavior on Mental Health

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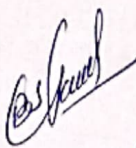


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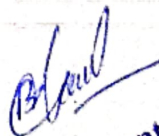
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The Effect of Human Nature and Behavior on Mental Health

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Abstract

'Mental health and physical health are of the same coin has two sides, but he gives attention to physical health and forget mental health.' (1)

Definition: crow and crow - 'Mental Hygiene may be defined as the Preservation of Mental Health, Prevention of mental illness and cure of Mental illness.' (2)

A person is satisfied with the success he has achieved and he is satisfied with what he has done. He accepts life's challenges with a smile. He finds happiness even in the smallest things. He doesn't have a clue in his mind at all. He can smile, but not others. It is health or health that reveals such a personality. (3)

Whose psychological health can be easily overcome the hardest of any other person. But whose mental health is not good, to worry about the person in many ways, though it is a work, it is failure to mental pressure. Mental health depends on the man's nature. The temperature is not the stress, but the second mind is going to be notathered. If the human body is fit, the top will be, the capital is fair and the high place, the rich industry, the industry will do business, if the political leader is in its master, it is in mind that he is satisfied with mental satisfaction. But those who have the absence of the above, is he disconnected with the mind. He eats his own mind so it makes its mental health. As a result, their mental health deteriorates.

Keywords: Mental Health, Prevention Preservation, Mental Disability.

Introduction:

Everyone born is different from different. In the Marathi, a person's behavior is different according to the behavior of its behavior, change the behavior of the behavior of the man and change its behavior, its behavior changes to its physical and mental health, and the effect of its physical and mental health is affected by its physical and mental health, they have many factors that are very affected by the fact that they have made a lot of factors of the economy social and mental affected by many people of the economy social mental and physical damage to the person, and if the straight force the result of his personality, and the mind does not take the straightforward result, and the mind does not take a straightforward work, and the people who did not know mobiles were not able to use mobile phones that mobile phones for every job that every mobile person is a person's esthetic. We don't even know when we were enslaved to school, college, offices, trade, classes, and entertainment'. (4)

Good health is not just a disease-free body, but physical, social, emotional and mental health is all interdependent. Mental health and well-being is not just a disease-free body. Health and wellness is defined by the WHO: - 'Mental health is a state of mind in which a person recognizes his or her abilities, adapts to all the common stresses of life, works at full productivity, achieves perfection, and contributes to his or her community will come.' (5)

Finally it can say that he is a good person to be physically healthy to mental health for the person who does their work award. Because the sound mind in sound body is a person who can think of positive health good, he explains herself, it explains to another, thinks of other feelings and we are not going to be a good-tempered health of you.



Objectives:

- 1) To study human nature and behavior.
- 2) To study the elements required for mental health.

Hypotheses:

- 1) To study the factors that affect mental health
- 2) To study the factors necessary for the mental health of the players.

Research Methodology:

Studies are based on the secondary sources of information. Newspapers have been collected from trusted sources such as websites, websites, articles, referrals.

Analysis of the Subject:

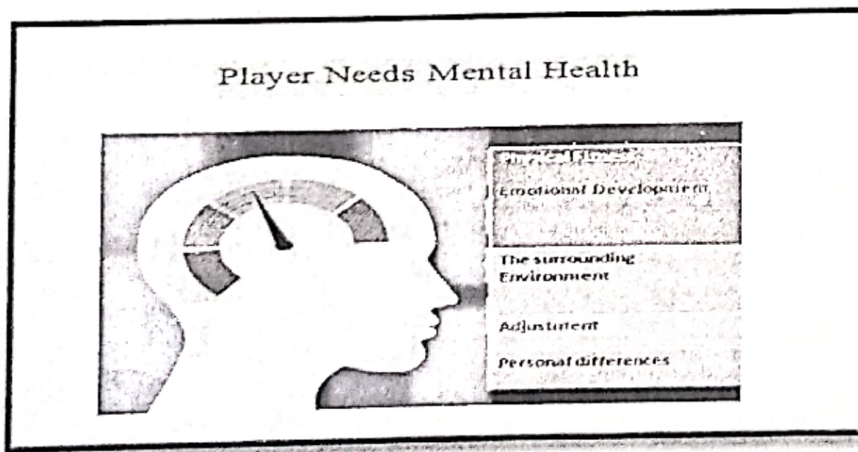
Every person wants to share the experiences in the needs of the world. The experience that is used for different purposes, so that behavior is good. bad influence on human mental health of humans. Human behavior depends on the needs and needs of this personal and social form.

A) Individual Needs -

- 1) **Sensory:** - Being of solution of sense of humans and that the work is done or work is done.
- 2) **Action:** - The behavior is called the need to complete and work which is done to complete the need.
- 3) **Success:** -Every man thinks that you have the success in the work that we do, but it is how much it requires money to achieve, and it is how much the benefit or pleasure of it is, and he is achieved by the behavior.
- 4) **Goal:** - The goal of the man should be bigger and the goal is bigger to have to work that it is to be bigger. Need a large hard work to reach the goal.

Social Format:

Man is a social animal. He cannot stay without society but they have to work for society while they are living. His behavior should not be harmed in the society. For some community, for the village, for the village, the state, some goods for the nation. Helping the crisis, help to solve problems. helping the crisis of the crisis to the other, the proposal, to finance, help financing. When doing this, it was wrong when you are wrong or others do not have the work you do. If not even good, it is not mentally strain, mental health can argue. To overcome difficulties, helping others, maintaining mental health balance, mental social health can work well. Because "person health and social health depend on the opposites. Social health and strengths can be achieved if every element of society is happy, healthy, healthy and efficient. The nation development is based on such person and society. This can play the same player and player." (6) Ash says that the player's mental health is good because play improves mental health. But the game plays the fluctuation of time, the garment is harm. So the player lives in the tango that has lost and lost. For this, the player needs mental health / health. This will explain to you below the issue.



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1) **Physical Fitness:** - Player's game, display depends on its physical fitness. Mental health is good if the player's physical health is good. It scares its skills. For this, the players exercise, practice, to take a check from time to time to the doctor, to take the right feed.

2) **Emotional Development:** - The player's emotional development is needed. Because someone who can play testers while running anti-team games for the balance of the game, the commands are the opulence of the player and the inappropriate type or necklace. There should be control over the emotion, there should be emotional development. Otherwise, it is influenced by mental health.

3) **The surrounding Environment:** - When playing the players, you're developing your skills. The surroundings, the atmosphere of the team should be a disappearing, clean, mind, should be appreciated, its emotions should be appreciated. Players in such a environment can keep our mental health well.

4) **Adjustment:** - The game is organized with other teams, they are competing. Therefore, the player should be mixed in the other team, the society should be made. Every player thinks in the public, the place of the community should be, be honorable. If he had not, anger, hate hail come into his mind and can bite its mental health through it. For this, he has to be training to be socialized, and the training of adjustments.


5) **Personal differences:** - Every player is different from one another. Its physical, mental, intellectual is a different. The player should be placed in the team, in the team, in the training. Otherwise, small-large, low-high, best-junior differences are ready. So bothering the bigger. 'Victim was the car, the type of ropes, like the ranging comes in front of the ranging. This can cause player's mental health to be mental healthier to mental health.

Conclusion:

Everyone should recognize his nature, but others should recognize. We must do the same thing as your self-love. We should realize that the other mind will be shocked because of your nature, because of the behavior. Your behavior should behave that group, team, friend, senior respect to the sense. Your behavior will not cause any financial damage, social damage will not happen. And so everyone should take care of your mental health. You must study the feelings of the feelings, work, behavior, nature. At least conflicts, money, persons, hate, haziness should not be done. Less thought and much work, while keeping exercising, then mental health will remain balanced. Your duty health is good in our duty, your qualification, adjustment attitude, regular exercise, pranayam, cooperation attitude, but your mental health is good.

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