

Towards A New Theory of Sustainable Positive Mental Health

Mohammed Roubi

Referring to the theoretical background of mental health theories, we find several common and famous theories in the field of psychology and mental health developed 50-100 years ago fall into six broad categories. They still influence us today. You might recognize them as: including: (Analytical/developmental (Freud, Jung, Erickson, Kohlberg, Behavioral (Watson, Skinner, Pavlov), Cognitive (Tolman, Piaget, Chomsky), Social (Bandura, Lewin, Festinger), Humanistic (Rogers and Maslow), Personality (Erickson's psychosocial development theory)) Where we point out that this theory explained the improvement or deterioration of mental health due in its entirety to three axes of personality (subconsciousness, mental life, behavior, self-insight) (Dasgupta, 2019).

However, the definition of the World Health Organization (WHO), mental health refers to is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (Aldersyde et al. 2015). Through this definition, we conclude that there is a strong focus on the mental ability to adapt to life and the need to solve problems. As well as managing mental health by following all that is positive for the individual and society.

Sustainable Mental Health:

Psychology has an essential part both in the implementation of sustainability and improvement of mental health. From the aspect of the problems of the two areas, common approaches and managements seem to be the most promising solutions; it is expressed by the concept of sustainable positive mental health. For the

improvement of both areas, increasing the subjective well-being is an important motivation (Fawzi, Erden. 2015). The first step in developing the sustainable mental health model relates to the recognition that mental wellbeing is an important outcome in mental healthcare, besides mental illness. "Mental health is simply too important to be ignored" wrote eminent scholar George Vaillant (2003). The dominant focus in psychological treatment has long been on mental disorders and symptoms of psychopathology. Mental health, however, is more than the absence of mental illness. The World Health Organization accentuates the positive dimension of mental health

Correspondence Address:

Dr. Mohammed Roubi

Associate Professor of Mental Health Psychology University of Bahrain.

Email : roubipsy@gmail.com


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defining it as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (World Health Organization, 2005, p.2). The three core components of this definition are (1) feeling well, (2) effective functioning of an individual, and (3) effective functioning for a community.

The impact of mental health deterioration on sustainable development:

The inability of the individual to expel the behavior that causes the deterioration of mental health is an economic burden on countries, families and individuals in several respects, including (Ngai al ,2010) : (A)The economic burden of mental disorders is great. Mental disorders significantly impair economic growth through their effects on labor supply, earnings, participation, and productivity.(B)Unmet mental health care needs are associated with increased risk of social problems (e.g., school dropout, alcohol and drug use, disability, unemployment, unsafe sexual behaviors, crime and poverty) that may influence economic growth.(C)In many developing nations, limited efforts have been made to address or change the social determinants of health, including actions that allow people to adopt and keep healthy lifestyles and those that create living conditions and environments that support health.(D)Mental health promotion is an integral part of health promotion theory and practice where persons with mental illness need affordable, available, accessible, and proper sustainable mental health services for them to continue education (children and youth) or remain in an economic sustaining livelihood (employment).(E)These associations play a major role in risk behaviors, such as unsafe sexual behavior, road trauma and physical inactivity resulting in lack of meaningful, or dismissal from, employment, and in turn becomes an associated cause for depression and alcohol and drug use among people with mental disorders and their families.

Theoretical Perception: The proposed feeling is based on a new theory called the three-ring theory (sustainable rationality for positive life, sustainable moral motives, and

emotional sustainability). We tested the model through simulation methodology on a case study, and the results revealed the following:

1. Results of the clinical cases:(Sustainable mental health in alcoholics)

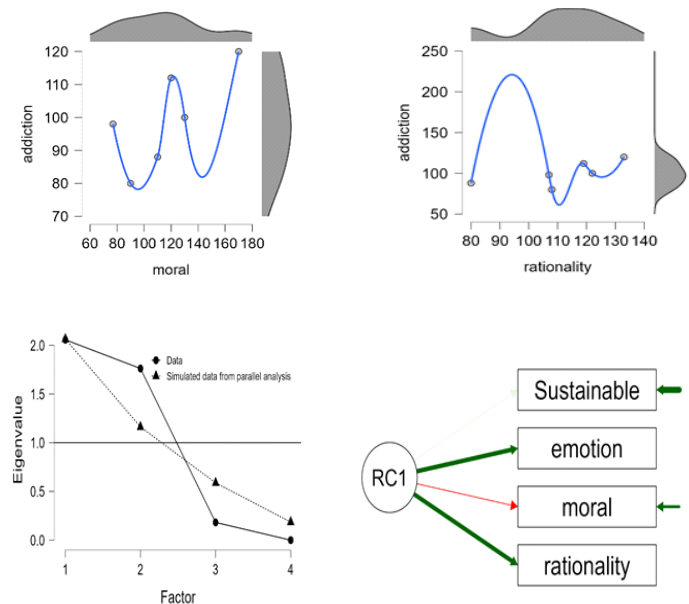


Figure 1 shows sustainable rationality for positive life, sustainable moral motives, and emotional sustainability levels among alcoholics.

cases:(Sustainable mental health in no alcoholics)

Figure 2 shows sustainable rationality for positive life, sustainable moral motives, and emotional sustainability levels among non-alcoholics.

Discussions

Through this model, we assume that the moral motivation for sustainability contributes to the rationalization of sustainable mental health in a significant way, and that is embodied in the individual's desire for a psychological life reconciled with himself, the world and others, and not harming himself and others in terms of social and economic terms. Therefore, we recommend that researchers continue to verify this assumption with other approaches.

Recommendations

We suggest that controversy and interest be raised in promoting sustainable mental health for abused women, children and adolescents, in order not to waste mental health, and to enhance sustainable motivation for morals, conscience and reason, so that training and treatment of them through learning to control mental health through economy in avoiding the soul from diseases and addictions that lead to economic burdens And financial and social because of the lack of rationalization of morals, motives and emotions.

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