

CONTRIBUTION OF HOME AND SCHOOL ENVIRONMENT IN MENTAL HEALTH OF CHILDREN

**Rekha Vanzara,
H.B. Kapadiya College of Education, Ahmedabad**

Abstract

A person's environment is a vital part of his psychological adjustment. Man is a social animal. All men are born alike with respect to their biological needs. Differences are created by social environment in which these needs are fulfilled. An understanding of the environment requires at least a study of how this environment comes into being, the process by which the individual perceives, cognizes and creates it, and more critically the role played by the physical environment in all these processes. What happens to the child spends most of its time in the home and the school. Both the home and the school are concerned with the prevention of mental illness and the preservation of good mental health. Child spends most of its time in the home and the school. Both the home and the school are concerned with the prevention of mental illness and the preservation of good mental health. Moreover the mental health of each individual is rooted in the interaction between constitution characteristics and the environment forces. Heredity perhaps plays a minor part, it is rather the day-by-day experience of an individual, the kinds of environment in which he is brought up that are greatly responsible for the mental health status. Each experience provides learning that modifies the behavior potential that a person brings to succeeding interactions with environment. Both home and school environment are two social settings which decidedly play an important role in determining the mental health status.

INTRODUCTION

Mental health is not simply an absence of mental illness nor is it a state of complete happiness. Mental health is multidimensional and bound to reflect cultural values. Johoda (1958) formulated that any definition of mental health needs to include the following six characteristics.

1. How the individual perceives himself.
2. The achievement of self – realization by becoming what one has the potential to become.
3. Integration of personality, including a purpose and meaning in life, tolerance for stress, and ability to recover from set-backs.
4. A realistic perception of the world around him.
5. Self-autonomy, the ability to be a part of the society and still maintain individuality.
6. Ability to take life as it comes and master it.