

Article

An Interdisciplinary Perspective Of Mental Health Problems : A Review

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Abstract: Mental health is a multifaceted phenomenon that has garnered increasing attention in recent years. This paper provides an interdisciplinary perspective on mental health, drawing from fields such as psychology, sociology, and public health. Through a comprehensive literature review, we explore the complex nature of mental health, including its definition, measurement, and the factors that contribute to mental illness. We also examine the impact of social and cultural factors on mental health, as well as the role of stigma and discrimination in perpetuating mental health disparities. The paper concludes by highlighting the importance of a holistic approach to mental health that addresses the individual, social, and systemic factors that influence mental well-being. The paper begins by exploring the definition of mental health and the various frameworks used to conceptualize it. We then delve into the measurement of mental health, including the use of standardized assessments and self-report measures. We also explore the factors that contribute to mental illness, including genetic and environmental factors, as well as the interaction between the two.

Keywords: Interdisciplinary Perspective, Mental Health, Mental Health Problems

Citation: Alamsyah , Dani.(2023).
An Interdisciplinary Perspective Of
Mental Health Problems :A Review .
JLLANS Vol. 02 No. 01 April 2023, p6-
9.<https://doi.org/10.56855/jllans.v2i1.276>

Academic Editor

Received: 30/03/2022

Accepted: 01/04/2022

Published:04/04.2023



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1. Introduction

Every human being has the ups and downs of each life. Some are sweet and some are bitter. "Sweet" is very good for every human being. But not with "Bitter". God created every human being imperfect and different from other humans. Problems that arise make a person control all the emotions, hearts and minds that every human being has. If that's the case. If it is not controlled properly, it can cause a person's mental health to be disturbed and this is very influential for humans. Therefore, mental health is very important for humans. Mental health has become an increasingly important aspect of overall well-being in recent times, with 1 in 4 people affected by mental or neurological disorders at some point in their lives. Mental health issues can severely impact individuals, their families, and their communities, leading to difficulties in daily life and other challenges like social isolation and economic burdens (Smith et al., 2016).

Although there has been significant progress in mental health research, there are still many challenges that need to be addressed, such as improving access to mental health services, increasing awareness and understanding of mental health disorders, and providing better support for those affected by them. A holistic approach to mental health emphasizes the interconnectedness of the mind, body, and spirit, and recognizes the importance of addressing all aspects of an individual's life to promote overall well-being. It recognizes that mental health is influenced by a variety of factors, including biological, psychological, social, cultural, and spiritual factors, and that all of these elements must be taken into consideration when addressing mental health issues.

A holistic approach to mental health includes a range of interventions, such as medication, therapy, lifestyle changes, and alternative therapies, such as yoga, meditation, and acupuncture. It emphasizes the importance of collaboration between the individual, their family, and mental health professionals to develop a treatment plan that addresses their unique needs and goals (Baer, 2003).

This approach also focuses on the promotion of mental health and prevention of mental health issues, by encouraging individuals to engage in self-care practices, develop healthy relationships, and make positive lifestyle choices that support their overall well-being. Overall, a holistic approach to mental health recognizes that mental health is complex and multifaceted, and requires a comprehensive and integrated approach to promote healing, recovery, and overall wellness.

2. Materials and Methods

A literature review is a research method commonly used in academic and scholarly research. Its aim is to provide a comprehensive and critical analysis of existing literature, theories, and studies related to a specific research question or topic. The goal is to identify gaps, inconsistencies, and limitations in the literature, and to synthesize and analyze the key findings and insights from the reviewed studies. This helps researchers to gain a better understanding of the current state of knowledge and to identify significant research questions and areas for future research. The process involves selecting and analyzing relevant sources, summarizing key findings, and organizing the information in a logical and coherent manner. Overall, literature review is an important and rigorous approach to understanding existing knowledge and identifying opportunities for further research.

3. Results

Chelsea, M. (2021) Mental health is a form of health that relates to the emotional state, heart and way of thinking of every human being, whether good or bad. Emotions, hearts and minds can be controlled by the individual. However, the way that is done by each person in dealing with the problems they have is different from one another. Some responded positively and some were negative.

According to the WHO (World Health Organization), a state of well-being in which every individual can realize their own potential from their mental health. That is, every human being has his own way of dealing with pressure in life so that he becomes normal, more productive, useful and has a good impact on the people around him. But to live it all, must be with the mind calm and open so that they can handle pressure and problems well.

The meaning of being healthy does not mean just being spared from all diseases that come to humans. Healthy includes all mental, physical and social conditions that every human being has. Everyone's mental state is different. There are those who can respond to the problem well and have a calm heart, and there are also those who can respond to the problem with fear, disappointment, and anger. And that means his mental condition has a disorder (Chrousos, 2009; Kabat-Zinn, 2013).

Mental disorders generally occur when in adolescence. During adolescence, the development phase has begun to move into adulthood. Changes in emotions that are owned make teenagers try to control all the emotions that are in them properly but still cannot manage them properly in terms of maturity to control emotions so that they have emotional pressure and tension. At the time of adolescence, began to find out how to adjust to the environment around. Start having a pattern new thoughts and behaviors. If not managed properly, it will cause depression.

When every human being cannot control all his thoughts, hearts and emotions properly, some disturbances or diseases can arise from within him. This also affects not only oneself but also the environment around it. Following are some disorders or illnesses

from mental health that are often experienced by every human being according to Chelsea, M. (2021).

1. Depression: a thought and mood disorder that has a pressure so that a person has an excessive feeling of sadness and can occur for a week, a month or more.
2. Insomnia: difficulty sleeping caused by humans who are too anxious about something so that it makes them feel uncomfortable. Anxiety that is owned as a result of problems that are difficult to deal with or fears that have something that will happen.
3. Schizophrenia: a disease in which a sufferer experiences hallucinations, delusions and thoughts that are difficult to control properly. This disease makes a reality different from one's mind so that it will often cause emotions with small things.
4. Bipolar: a symptom of a mental disorder where there is a drastic change in the emotions it has. Examples are those who are experiencing pleasure, turning into sadness and from being confident with themselves, turning into pessimists.
5. Schizoaffective: is a combination of depression and schizophrenia. If this disease is severe, it will include experiencing a psychiatric disorder that is quite dangerous so that you must immediately be taken to the hospital for further treatment by a specialist or psychologist because it can endanger yourself and those around you (Khoury et al., 2013; Davidson & McEwen, 2012; Sarris et al., 2014).

Someone must be very down, hopeless, feeling that they are no longer useful in their life, if their mental health is not well maintained and surely they are looking for ways to fix it but don't know the way out. It is the people around you who must support someone who is affected by a disorder or mental illness such as parents, siblings and friends. Following are ways to treat someone who has a mental disorder or illness according to Chelsea, M. (2021).

- Consumption of drugs: Usually the drugs given are not heavy for the sufferer because they aim to calm or relieve the symptoms experienced and provide vitamins for the body to stay awake.
- Psychotherapy: A sufferer will be examined by a specialist doctor or psychologist who treats psychiatric problems. Then an expert doctor or psychologist will train the patient in how to respond and control all the problems that have well with therapy.
- Family therapy: inviting families of sufferers and sufferers to interact more deeply with each other, especially for those who do have problems in the family so that families and sufferers become closer again and repair broken relationships (Khoury et al., 2013; Davidson & McEwen, 2012; Sarris et al., 2014).

The holistic approach to mental health involves a range of components that work together to promote overall well-being. These components include:

- Mind-body practices: These practices, such as yoga, meditation, and mindfulness, aim to improve mental and physical health by promoting relaxation, stress reduction, and emotional regulation.
- Lifestyle changes: These changes involve making healthy choices such as exercise, healthy eating, and adequate sleep, to support mental health.
- Social support: Building positive relationships with family, friends, and community members can provide a strong support network and reduce the risk of mental health issues.
- Psychotherapy: This component involves talking to a mental health professional to identify and address mental health concerns (Shonin, Van Gordon, & Griffiths, 2014).

5. Conclusions

Mental health is a form of health that relates to the emotional state, heart and way of thinking of every human being, whether good or bad. Emotions, hearts and minds can be

controlled by the individual. However, the way that is done by each person in dealing with the problems they have is different from one another. Some responded positively and some were negative.

When every human being cannot control all his thoughts, hearts and emotions properly, some disturbances or diseases can arise from within him. This also affects not only oneself but also the environment around it. Several mental health disorders or illnesses that are often experienced in every human being, such as depression, insomnia, schizophrenia, bipolar, and schizoaffective. Ways to treat someone who has a mental disorder or illness, namely drug consumption, psychotherapy and family therapy.

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