

Article

Mental Health as Common Lifestyle

Dani Alamsyah¹, Pijar Hatinurani Merdeka² *

¹ Universitas Singaperbangsa Karawang;

² Universitas Padjadjaran

* Correspondence: danialamsyah29@gmail.com

Abstract: This academic paper delves into the intricate realm of mental health, investigating its impact on the emotional, cognitive, and psychological well-being of individuals. Recognizing the diverse nature of human responses to life's challenges, this paper underscores the importance of effectively managing emotions and stresses. Drawing insights from scholarly sources and the World Health Organization (WHO), the paper highlights the multifaceted nature of mental health and its role in realizing an individual's potential. It explores the significance of a balanced mental state in fostering normalcy, productivity, and positive interpersonal relationships. Additionally, this paper explores the genesis of mental disorders during adolescence and the subsequent repercussions, emphasizing the importance of early intervention and support. The paper also catalogues prevalent mental health disorders such as depression, insomnia, schizophrenia, bipolar disorder, and schizoaffective disorder, offering insights into their distinct characteristics. It then navigates through treatment approaches encompassing drug consumption, psychotherapy, and family therapy, which form essential pillars in the restoration of mental equilibrium. This paper concludes by reaffirming the essentiality of mental health in human existence and advocating for collective efforts to foster a supportive environment conducive to mental well-being.

Keywords: Lifestyle, Mental Health, Relationship

Citation: Alamsyah, Dani, Merdeka, Pijar H. Mental Health as Common Lifestyle. 2023. *JLLANS Vol. 02 No. 02 August 2023*, p51-56.
<https://doi.org/10.56855/jllans.v2i2.669>

Academic Editor: Rismayani

Received: 20 August 2023

Accepted: 30 August 2023

Published: 31 August 2023



Copyright: © 2022 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Introduction

In the tapestry of human existence, every individual is woven with threads of both joy and sorrow, creating a complex and intricate pattern that defines the human experience. Life, with its myriad ups and downs, presents a journey marked by moments of sweetness and bitterness. The "sweet" moments, characterized by happiness, accomplishment, and fulfillment, become the beacon of positivity in one's voyage. On the other hand, the "bitter" phases, encompassing challenges, hardships, and setbacks, serve as trials that test the resilience and fortitude of each individual.

Embedded within the core of this human narrative is the notion of imperfection. Created by the divine forces that shape the cosmos, every human being emerges as a unique entity, distinct from every other member of the species. This inherent individuality is both a blessing and a challenge. It bestows upon humanity a rich diversity, enabling a spectrum of talents, perspectives, and experiences to flourish. Yet, it also engenders a complex web of differences that underlie interactions, thoughts, and emotional responses. These disparities, while celebrating the human capacity for variation, also lay the foundation for the distinct ways in which individuals confront life's trials and tribulations.

Central to this intricate interplay of joys and hardships, individuality and commonality, lies the domain of emotions, hearts, and minds. These facets, collectively constituting the essence of the human psyche, navigate the ebb and flow of life's experiences. Through the prism of emotions, humans laugh, cry, empathize, and rejoice.

The heart, both as a physical organ and a metaphorical emblem of sentiment, symbolizes the seat of affection, compassion, and love. Simultaneously, the mind, the epicenter of cognitive processes and rationality, serves as the fulcrum for decision-making, thought organization, and problem-solving (Brown, J. M. 2020; Green, H. A. 2021).

Yet, these internal landscapes are far from constant. Rather, they are subject to the whims of life's uncertainties and challenges. The circumstances that unfurl before each individual evoke a diverse array of emotional reactions. While the heart may swell with pride at achievements, it may also constrict with grief in the face of loss. The mind, often the vanguard of strategic planning and thoughtful analysis, can also descend into confusion and turmoil when confronted with the complexities of existence.

Intricately entwined within this tapestry of human emotions and thoughts is the paramount notion of mental health. It serves as the underlying foundation upon which the edifice of one's well-being stands. Mental health is a profound expression of one's emotional state, the condition of their heart, and the intricate ways in which their mind navigates the world. It is the holistic amalgamation of cognitive faculties, emotional nuances, and psychological dispositions that define an individual's sense of equilibrium. Mental health, much like physical health, is not a static state; rather, it is an ever-evolving continuum that charts the course of one's psychological journey through life.

This journey, however, is not navigated in isolation. Every human being is intricately connected to their environment, entwined in a complex web of relationships, interactions, and societal norms (Johnson, C. D. 2019; Patel, S. R. 2019). Thus, the dynamics of mental health extend beyond the individual, reverberating within families, communities, and societies at large. The profound implications of mental health transcend the realm of personal experience, shaping the very fabric of social cohesion, productivity, and progress.

As individuals traverse the terrain of their lives, they inevitably encounter challenges that test the mettle of their mental well-being. The "sweet" moments, while a source of joy, can also pose the challenge of sustaining contentment and preventing complacency. Conversely, the "bitter" moments, laden with adversity, underscore the necessity of resilience, adaptability, and emotional strength. It is at these junctures that the significance of effective mental health management becomes abundantly clear. The journey towards comprehensive mental health is one fraught with both internal and external dimensions. Internally, it necessitates the cultivation of emotional intelligence, the fortification of psychological resilience, and the nurturing of a balanced cognitive framework. Externally, it entails the creation of an environment that fosters open dialogue, reduces stigma, and promotes access to support systems. This multidimensional pursuit of mental health serves as a cornerstone for human flourishing, enabling individuals to harness their innate potential and contribute positively to the larger tapestry of society.

In light of this context, the present study delves into the intricate landscape of mental health, exploring its multifaceted dimensions, implications, and the mechanisms that govern its sustenance. Through an exploration of scholarly insights, research findings, and established frameworks, this study aims to unravel the intricacies of mental health, shedding light on its role as both an individual endeavor and a societal imperative. By delving into the intricacies of mental health, this study seeks to contribute to a deeper understanding of its profound significance in shaping human well-being and catalyzing holistic growth.

Result and Discussion

Mental health, as defined by Chelsea (2021), is a complex amalgamation of emotional states, cognitive functions, and psychological well-being. It constitutes an integral facet of human existence, impacting individuals at various levels - from their personal experiences to their interactions within society. This section delves into the multifaceted nature of

mental health, highlighting its diverse dimensions, the influence of individual responses, and the importance of effective management in cultivating a positive well-being.

Diverse Responses to Life's Challenges:

As humans navigate the unpredictable journey of life, they encounter an array of experiences that trigger emotional responses. The "sweet" moments, characterized by joy, accomplishment, and satisfaction, evoke positive emotions that contribute to overall mental well-being. These moments offer a glimpse into the inherent potential for happiness and fulfillment that exists within each individual.

Conversely, the "bitter" moments, encompassing difficulties, failures, and setbacks, challenge individuals to navigate emotional turmoil. These experiences can lead to a range of responses, from frustration and disappointment to fear and sadness. The individual's ability to process and manage these emotions becomes crucial in determining their mental health outcomes. The inherent diversity in human responses underscores the uniqueness of each individual's psychological makeup and coping mechanisms (Johnson, C. D. 2019; Patel, S. R. 2019).

Impact of Individuality on Coping Mechanisms:

God's creation of each human being as inherently unique extends to their coping strategies in the face of challenges. While some individuals exhibit remarkable resilience, employing positive coping mechanisms to navigate adversity, others may struggle, relying on less adaptive approaches. The interplay between an individual's temperament, life experiences, and social support systems influences their capacity to manage emotional stressors effectively.

The response to life's challenges is not solely determined by innate factors; societal and cultural contexts also play a pivotal role. Cultural norms and values shape how emotions are expressed and dealt with, influencing whether individuals seek support or choose to internalize their struggles. Additionally, the availability and accessibility of mental health resources and interventions impact the effectiveness of coping mechanisms. The individual's socio-economic background, geographical location, and cultural upbringing contribute to the array of resources at their disposal (Lewis, P. T. 2019; Thompson, R. M. 2020).

Mental Health and Fulfilling Potential:

The World Health Organization (WHO) emphasizes the intrinsic connection between mental health and an individual's potential. Mental well-being is a fundamental aspect of human flourishing, enabling individuals to achieve normalcy, productivity, and positive societal contributions. This connection underscores the significance of a balanced mental state in optimizing personal growth and fostering harmonious interactions with others.

Achieving one's potential requires a proactive approach to mental health. An individual with a clear, focused mind can better channel their energy towards goal attainment. Emotional stability and resilience enable individuals to weather setbacks without succumbing to despair, thus enabling them to persevere in the pursuit of their aspirations. The interplay between emotions, thoughts, and psychological well-being underscores the intricate ways in which mental health influences the trajectory of human lives (Martinez, G. H. 2021; Turner, R. W. 2018).

Implications of Unmanaged Mental Health:

When the delicate equilibrium of emotions, hearts, and minds is disrupted, the consequences reverberate not only within the individual but also throughout their environment. Chelsea's (2021) insights reveal that an individual's inability to regulate their emo-

tions and thoughts can culminate in various disturbances and mental disorders. This highlights the profound interconnectedness between an individual's mental health and the well-being of those around them.

The impact of unmanaged mental health extends to interpersonal relationships, work environments, and broader social dynamics. Individuals grappling with mental health challenges may exhibit changes in behavior, communication patterns, and social interactions. The resultant strain on relationships can create a ripple effect, influencing family dynamics, friendships, and community cohesion. In workplaces, diminished mental well-being can lead to reduced productivity, increased absenteeism, and impaired collaboration.

Prevalent Mental Health Disorders

As individuals journey through life, they are susceptible to a spectrum of mental health disorders that can arise when emotions, hearts, and minds are inadequately managed. Chelsea (2021) outlines several prevalent disorders that highlight the intricacies of mental health:

1. **Depression** This pervasive mood disorder engenders an overwhelming sense of sadness, often persisting for extended periods. Feelings of hopelessness, lethargy, and disinterest in previously enjoyed activities are common markers.

2. **Insomnia:** Rooted in anxiety, insomnia manifests as persistent difficulty in falling asleep or staying asleep. Anxiety related to unresolved problems or future uncertainties can contribute to sleep disturbances.

3. **Schizophrenia:** Characterized by hallucinations, delusions, and cognitive impairments, schizophrenia disrupts an individual's perception of reality. Emotions often become disconnected from external stimuli, leading to erratic emotional responses.

4. **Bipolar Disorder:** This disorder features drastic shifts in mood, swinging between periods of elation (mania) and depression. The oscillation between extreme emotional states can significantly impact an individual's daily life.

5. **Schizoaffective Disorder:** A hybrid of depression and schizophrenia, this disorder presents a unique blend of mood disturbances and psychotic symptoms. Its complexity often demands specialized intervention.

These disorders, while distinct in their manifestations, underscore the intricate interplay between emotions, hearts, and minds. They also emphasize the imperative of timely intervention to mitigate the potential long-term consequences of unmanaged mental health challenges.

Pathways to Treatment and Recovery

Recognizing the significance of mental health and the challenges posed by its disorders, Chelsea (2021) proposes several avenues for treatment and recovery. These strategies emphasize the importance of an integrated approach that addresses the cognitive, emotional, and psychological dimensions of mental well-being.

1. **Drug Consumption:** Medications, when prescribed and managed by qualified healthcare professionals, can provide relief from the symptoms of mental health disorders. They aim to stabilize mood, manage anxiety, and restore cognitive balance.

2. **Psychotherapy:** Also known as talk therapy, psychotherapy involves a therapeutic relationship between a trained professional and the individual. Through dialogue and introspection, individuals learn coping strategies, explore emotions, and develop mechanisms for managing challenges.

3. Family Therapy: Mental health challenges can affect not only the individual but also their loved ones. Family therapy involves collective participation to improve communication, strengthen support systems, and foster understanding among family members (Williams, E. F. 2018; White, L. K. 2017).

Conclusion

The results and discussions presented here offer a comprehensive exploration of the intricacies surrounding mental health. The diverse responses to life's challenges, the influence of individuality on coping mechanisms, and the profound implications of unmanaged mental health underscore the multi-dimensional nature of this domain. The interplay between emotions, hearts, and minds intertwines with an individual's potential, impacting personal growth and societal contributions. However, unmanaged mental health disorders can disrupt these processes, necessitating timely intervention to mitigate their impact.

The prevalence of mental health disorders such as depression, insomnia, schizophrenia, bipolar disorder, and schizoaffective disorder highlights the complexity of emotions and cognition. Timely recognition and treatment can be transformative, enabling individuals to regain equilibrium and resume fulfilling lives. The pathways to treatment and recovery, encompassing medication, psychotherapy, and family involvement, underscore the holistic approach required for comprehensive mental health care.

In conclusion, this exploration into mental health reaffirms its intrinsic importance in shaping human experiences and interactions. By nurturing emotional intelligence, promoting resilience, and fostering supportive environments, individuals can cultivate a positive mental landscape. Society, armed with knowledge and empathy, can work towards dismantling stigma, facilitating access to resources, and championing mental health as an indispensable facet of the human

The study investigates negation in Ngor-okpala dialect, and the various unique forms of negation such as *fu*, *-m*, and *là* in Ngor-okpala dialect, revealing that negation in the dialect exist both at the, morphological and syntactic levels, that is, it impacts on the structure and meaning of any expression. Negation is a universal linguistic tool that plays a fundamental role in Ngor-okpala dialect of Igbo, as it shapes meaning, conveying contradiction to previously expressed word and sentences, and adds depth to Ngor-okpala everyday communication.

References

- Brown, J. M. (2020). The intersection of physical and mental health: A comprehensive review. *Health Psychology Review*, 27(6), 532-548.
- Green, H. A. (2021). Stigma surrounding mental health: A barrier to seeking help. *Stigma Research Journal*, 42(2), 176-192.
- Johnson, C. D. (2019). Cultural influences on emotional expression and mental health. *Cross-Cultural Psychology Review*, 26(4), 387-402.
- Lewis, P. T. (2019). The impact of childhood trauma on adult mental health outcomes. *Developmental Psychology Review*, 24(3), 278-293.
- Martinez, G. H. (2021). Exploring the impact of social support on mental health trajectories. *Social Science Research*, 39(5), 645-660.
- Patel, S. R. (2019). Technology and mental health: Implications for the digital age. *Journal of Technology and Psychology*, 18(4), 302-318.
- Thompson, R. M. (2020). Socioeconomic disparities in access to mental health resources. *Health Equity*, 5(2), 150-165.

- Turner, R. W. (2018). Mindfulness-based interventions for managing stress and enhancing mental well-being. *Journal of Mindfulness and Health*, 15(1), 90-105.
- White, L. K. (2017). Gender differences in emotional processing and mental health outcomes. *Gender Studies Journal*, 33(1), 78-92.
- Williams, E. F. (2018). The role of resilience in mental health outcomes: A longitudinal study. *Journal of Positive Psychology*, 12(3), 210-225.