Chapter: Mental Health and Hygiene

Solved Textual Questions & Answers

A. 1-Mark (Very Short Answer)

1. Define Mental Health.

→ Mental health is a state of well-being in which an individual realizes their abilities, can cope with normal life stresses, work productively, and contribute to their community.

2. What is hygiene?

→ Hygiene refers to practices and conditions that help maintain health and prevent the spread of diseases.

3. Name one factor affecting mental health.

→ Heredity or environmental factors.

4. Mention one characteristic of a mentally healthy person.

→ Emotionally stable and well-adjusted in society.

5. What is the full form of WHO?

→ World Health Organization.

B. Short Answer (2-3 Marks)

1. State two characteristics of a mentally healthy person.

- → a) Emotionally balanced
- → b) Socially adaptable and cooperative

2. Mention two causes of poor mental health.

- → a) Unhealthy family environment
- → b) Unfulfilled basic needs or unresolved stress

3. What is the importance of mental hygiene in student life?

→ Mental hygiene helps students deal with stress, avoid anxiety, enhance academic performance, and develop sound personality.

4. Differentiate between mental health and mental hygiene.

→ Mental health is a state of mental well-being. Mental hygiene refers to practices to maintain and improve mental health.

5. State two methods of promoting mental hygiene.

- → a) Practicing relaxation and mindfulness
- → b) Positive self-talk and counseling support

C. Long Answer (4–6 Marks)

1. Explain the concept of Mental Health and its characteristics.

→ Mental health means emotional, psychological, and social well-being. It helps individuals handle stress, relate to others, and make choices.

Characteristics include emotional balance, social adaptability, realistic self-concept, and resilience.

2. Discuss the factors influencing mental health.

- → Factors include:
- a) Heredity (genetic disposition)
- b) Environment (home, school, society)
- c) Socio-economic conditions
- d) Physical health
- e) Personality traits

3. What is Mental Hygiene? State its objectives.

→ Mental hygiene refers to maintaining and promoting mental health through prevention, education, and intervention. Objectives:

- a) Prevent mental illness
- b) Ensure emotional development
- c) Help in personality integration
- d) Promote positive behavior

4. Explain the role of teachers in promoting mental health among students.

→ Teachers create a supportive environment, identify stress or behavioral issues early, provide guidance, encourage participation, and refer to counselors when needed.

5. Suggest measures to maintain good mental health.

- → a) Regular physical activity
- → b) Healthy diet and sleep
- → c) Stress management techniques
- \rightarrow d) Social support
- → e) Seeking help when needed

Additional Questions (20) with Answers

Short Answer Type (2–3 Marks)

1. Define mental hygiene in one sentence.

→ Mental hygiene is the science and practice of maintaining mental health and preventing mental disorders.

2. Why is self-awareness important for mental health?

→ It helps individuals recognize emotions, manage stress, and make better decisions.

3. What is adjustment?

→ Adjustment is the process of adapting to changes and dealing with challenges effectively.

4. Mention one role of family in mental health.

ightarrow A supportive family fosters emotional security and resilience.

5. What is the role of diet in mental well-being?

→ A balanced diet supports brain function and emotional regulation.

6. Mention one symptom of poor mental health.

→ Persistent sadness, anxiety, or withdrawal from activities.

7. Write one goal of school mental health programmes.

→ Promote emotional well-being and prevent behavioral problems.

8. How can friends support mental hygiene?

→ By listening, offering empathy, and encouraging positive behaviors.

9. Why is relaxation important?

→ It reduces stress, improves mood, and enhances mental clarity.

10. What is self-concept?

→ Self-concept is the perception one holds about oneself physically, emotionally, and socially.

Long Answer Type (4–6 Marks)

11. Differentiate between mental illness and poor mental health.

→ Mental illness refers to diagnosed conditions like depression or anxiety disorders, while poor mental health may be temporary or mild and not necessarily clinical.

12. Explain the need for mental health education in schools.

→ It reduces stigma, builds coping skills, helps in early identification of problems, and improves academic and social outcomes.

13. Describe the contribution of WHO in promoting mental health.

→ WHO sets global standards, supports mental health policies, and runs awareness and suicide prevention programmes.

14. Discuss how social media affects mental health.

→ Overuse can cause anxiety, low self-esteem, and sleep issues. However, positive use can foster support networks and learning.

15. List strategies to promote mental hygiene among adolescents.

- → a) Healthy lifestyle habits
- → b) Counseling services
- → c) Life skills training
- → d) Supportive school climate

16. Explain the relation between physical and mental health.

→ They are interdependent. Poor physical health can impact mental health and vice versa; e.g., chronic illness can lead to depression.

17. Discuss environmental factors that affect mental health.

- → a) Family atmosphere
- → b) Peer group
- → c) School environment
- → d) Community safety

18. How does positive thinking influence mental health?

→ It enhances optimism, reduces stress, and improves emotional resilience.

19. Mention any four causes of mental illness.

- \rightarrow a) Genetic predisposition
- \rightarrow b) Trauma or abuse

- → c) Substance use
- → d) Prolonged stress

20. What role does recreation play in mental health?

→ Recreation helps in relaxation, boosts mood, reduces stress, and enhances creativity and social bonding.