



Cambridge
International

Professional Research Thesis

Titled

**The impact of mental health on the individual and
society.**

Researcher

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2023



SUMMARY

Psychology, in general, studies behavior in its normal and deviant forms.

It serves mental health through scientific studies aimed at prevention and treatment. Psychology can be seen as a "health science" as it provides services in the field of health, particularly mental health and therapy.

Branches like clinical psychology, therapeutic psychology, and analytical psychology, with their respective topics and areas, exemplify the relationship between psychology and health.

There has been increasing interest in individuals' mental health and personal integration across various levels, possibly due to scientific advancements and the complexities of societal life. This heightened interest also reflects individuals' efforts to sustain life and productivity.

Attempts to understand human nature are still in their early stages due to numerous factors that complicate this understanding.

Mental health is crucial for individuals as it promotes harmony and integration across their mental and emotional facets. It also helps them invest their energies effectively to achieve life goals, fostering a sense of identity and existence. Therefore, mental health is fundamental for individuals to fulfill their roles in life. Without it, individuals cannot perform their roles effectively .

The importance of mental health is also evident in its impact on physical health. Exposure to psychological crises and pressures can lead to various psychosomatic diseases such as hypertension and diabetes. Thus, mental health plays a significant role in overall well-being, influencing both psychological and physical dimensions of health.

The study Problem.

Mental health is a complex and intertwined process, influenced by a multitude of factors including genetic traits and various environmental conditions and situations individuals face. Mental health significantly affects all aspects of human life, especially the educational and academic side, due to the psychological pressures students experience. Therefore, the issue of study lies in "The impact of mental health on individuals and society."

The importance of studying.

The theoretical importance of the study lies in examining a topic crucial and necessary in human life: the impact of mental health on individuals and society. The practical significance lies in equipping specialists with various methods and techniques to enhance mental health and better manage life and psychological pressures.

Objectives of the study:

- Understanding the nature of mental health.*
- Understanding the theories explaining mental health and how to use them to improve mental well-being and cope with pressures.*
- Understanding the impact of psychological stress on human general health.*

Study hypotheses and questions.

-Psychological stress impacts the quality of life of individuals.

-Mental health affects the general health of individuals and society.

Study Questions.

-Does psychological stress affect the quality of life of individuals?

- Does mental health affect the general health of individuals and society?

Study Approach.

The descriptive-analytical method was used to understand "The impact of mental health on individuals and society."

The limits of the study

Spatial boundaries: Arab Republic of Egypt.

Temporal boundaries: 2000-2023.

Study plan.

The study plan will be organized as follows: several chapters, sections, requirements, and a conclusion, as follows:

Chapter One: Theoretical Framework and Scientific Concepts

Section One: Introduction to Mental Health

Firstly: The nature of mental health

Secondly: Historical evolution of the concept of mental health

Thirdly: Introduction to theories of mental health

Section Two: Classifications and Causes of Mental Disorders

Firstly: Classification of psychological and mental disorders

Secondly: Symptoms of mental disorders

Chapter Two: The Impact of Mental Health on the General Health of
Individuals and Society

Section One: Psychological Stress

Firstly: Nature of psychological stress and influencing factors

Secondly: Types of psychological stress

Thirdly: Sources and effects of psychological stress

Fourthly: Theories addressing the concept of psychological stress

Section Two: The Role of Understanding Psychological Health Factors in

Dealing with Stress

Firstly: Stages of psychological stress

Secondly: Types of responses to psychological stress

Thirdly: Causes of psychological stress

Fourthly: Objectives of psychological health science

Conclusion.

All that distinguishes humans in their innovations and achievements lies in the way they organize their thoughts. Humanity's remarkable achievements stem from positive ideas; without them, civilization would have collapsed long ago. Life presents challenges, and the human psyche is filled with emotions and their opposites. Among these, the most impactful on every individual is positive energy versus negative energy.

Cosmic energy is a tool of human development sciences; it governs human capabilities. The higher the positive energy, the greater one's capacity for action and productivity. Conversely, negative energy brings about psychological and neurological disorders. Thus, the field of psychology exists to offer simple solutions and cultivate positive energy, enabling individuals to enjoy a healthy life. This benefits the individual, as elevated energy comes from positive thinking, righteous living, healthy nutrition, and love.

Conversely, energy is depleted by lack of sleep, negative thoughts, satanic whispers, corrupt morals, and negative habits—energy that deceives with false futures and unattainable dreams, leading to disillusionment. The impact of both energies reflects on others, whether positive or negative. Those seeking personal improvement and success must embrace positive energy and shun negativity in all aspects of life.

Results:

- Psychological stress affects the quality of life of individuals.
- Mental health affects the general health of individuals and society.

Recommendations:

★ *The necessity of holding seminars and conferences to raise awareness about the importance of mental health for individuals and society.*

★ *The importance of focusing on mental health awareness for children to help them develop together and build strong, resilient psyches.*

★ *The necessity of emphasizing the religious and spiritual aspect, which plays a key role in psychological stability.*

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