

Mental Health & Mental Hygiene

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Introduction

- Mental health is a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a co- existence between the realities of the self and other people and the environment.

Definitions:

- “An adjustment of human beings to the world and to each other with maximum effectiveness and happiness.”

-Karl Menninger (1947)

- “Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.”

-WHO

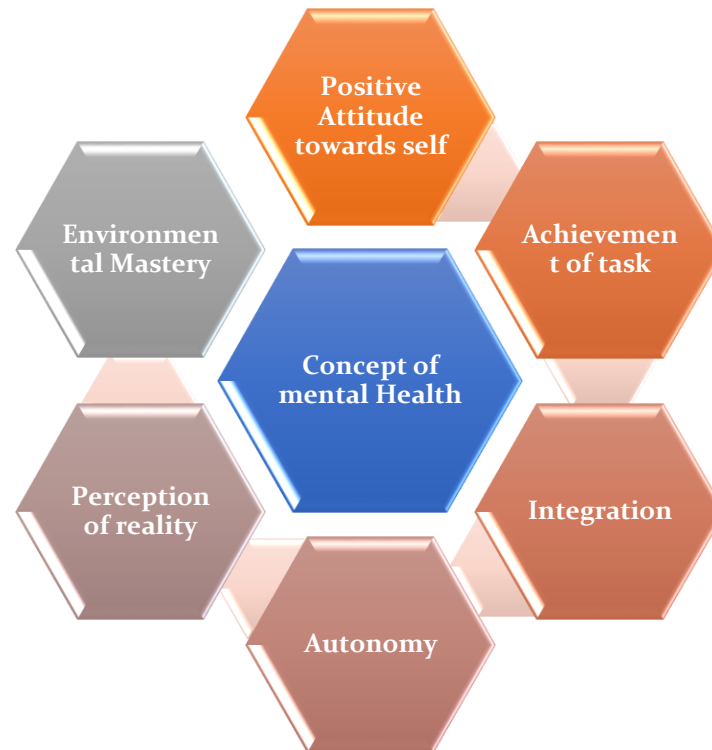
- a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.

-APA

- Thus, mental health would include not only the absence of diagnostic labels such as schizophrenia and obsessive-compulsive disorder but also the ability to cope with the stressors of daily living, freedom from anxieties and generally a positive outlook towards change in fortunes and to cope with those.

Concept of Mental Health by JAHODA(1958)

- He described six concepts of mental health in her book titled '*Current Concept of Positive Mental Health*'



Positive attitude towards self:

- It includes an objective view of self-including knowledge and acceptance of strengths and limitations.
- The individual feels a strong sense of personal identity and security within the environment.



Achievement of tasks

- It is the ability of the individual to successfully achieve the tasks associated with each level of development.



Integration:

- Integration includes the ability to adaptively respond to the environment and the development of a philosophy of life both of which help the individual maintain anxiety at a manageable level in response to stressful situations.



Autonomy:

- Autonomy refers to the individual's ability to perform in an independent self-directed manner, making choices and accepting responsibility for the outcomes.



Perception of Reality

- Perception of reality includes perception of the environment without distortion, as well as the capacity for empathy and social sensitivity—a respect and concern for the wants and needs of others.



"BAHUT JAGAH HAI, NAHIN JAGAH HAI"



Environmental Mastery

- Environmental mastery indicator suggests that the individual has achieved a satisfactory role within the group, society or environment. He is able to love and accept the love of others.



Mental Hygiene:

- Mental hygiene is the science which studies laws and means of curing and preventing mental diseases, personality disorders and other abnormalities for balancing adjustment and healthy development of personality.



Definition:

- Mental hygiene consists of measures to reduce the incidence of mental illness through prevention and early treatment and promote mental health.

-Singh and Tiwari (1971)



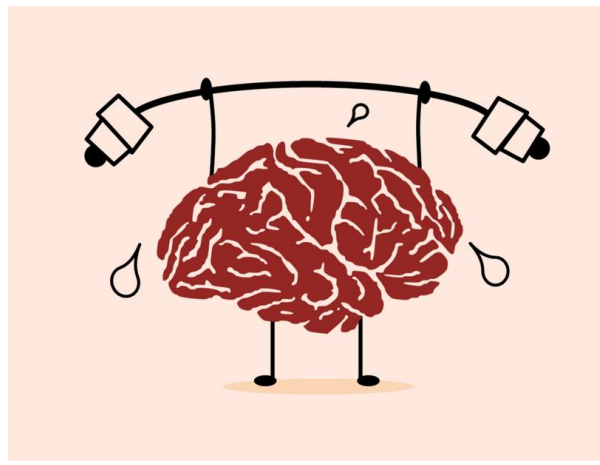
Concept of Mental Hygiene:

Prevention:

Measures to prevent mental illness are:

- Identifying the causes leading to maladjustment, whether personal or social and taking suitable precautions to eliminate the same.
- Suggesting ways and means for achieving emotional and social adjustment.
- Suggesting methods for resolving inner conflicts and frustration for getting rid of anxieties, tension and emotional disturbances.





Preservation:

One can enjoy good mental health if suitable care is taken for its preservation and promotion. The following activities preserve mental health:

- Developing an inner potential.
- Attaining emotional maturity and stability.
- Achieving personal and social security and adequacy.
- Promoting healthy human relationships and group interaction.



Curative Measures:

An individual can enjoy good mental health to the extent one is cured as early as possible of mental illnesses and diseases he is suffering from. The following are some curative measures:

- Adequately equip with the knowledge regarding types of mental illnesses and disorders.
- Suggest various therapies for treatment and curing mental illnesses and disorders.
- Suggest methods for rehabilitation and readjustment of mentally ill persons.

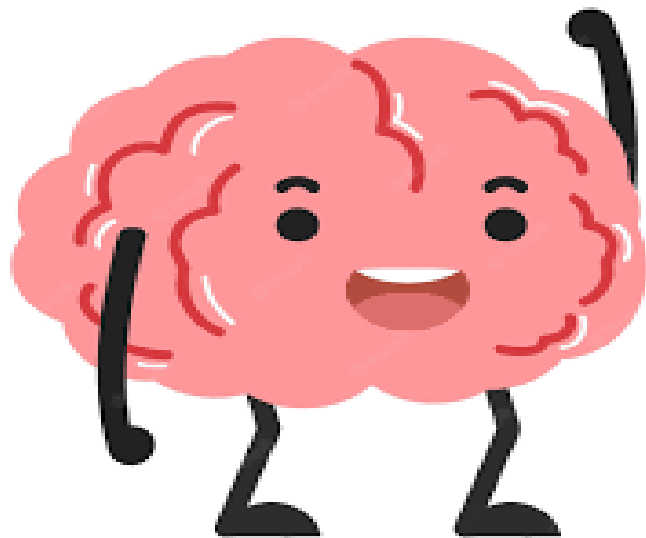
Balanced Development of Personality:

- Balanced development of personality holds the key for an individual's adjustment with one's own self and the environment. Lack of balanced development in all aspects of personality results in maladjustment and unhappiness. Thus, all round personality development is a prerequisite for an individual to be emotionally stable and well-balanced.



Leading Happy and Contented Life:

- The ability of an individual to lead a fuller and a happier life is directly proportional to the mental health enjoyed by him. Thus, an individual must always strive to get along with himself and his environment well and avoid unnecessary anxieties, conflicts and frustrations.



CHARACTERISTICS OF A MENTALLY HEALTHY PERSON

- He has an ability to make adjustments.
- He has a sense of personal worth, feels worth while and important.
- He solves his problems largely by his own effort and makes his own decisions.
- He has a sense of personal security and feels secure in a group, shows understanding of other people's problems and motives.
- He has a sense of responsibility.
- He can give and accept love.
- He lives in a world of reality rather than fantasy.

Cont...

- He shows emotional maturity in his behavior, and develops a capacity to tolerate frustration and disappointments in his daily life.
- He has developed a philosophy of life that gives meaning and purpose to his daily activities.
- He has a variety of interests and generally lives a well-balanced life of work, rest and recreation.

Warning Signs of Poor Mental Health

- Symptoms of mental disorders vary depending upon the type and severity of the condition. Some general symptoms that may suggest a mental disorder are given as follow-



In Younger Children

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worrying or anxiety
- Hyperactivity
- Persistent nightmares
- Persistent disobedience and/or aggressive behavior
- Frequent temper tantrums



In Older Childrens & Adolescents

- Abuse of drugs and/or alcohol
- Inability to cope with daily problems and activities
- Changes in sleeping and/or eating habits
- Excessive complaints relating to physical problems
- Defying authority, skipping school, stealing or damaging property
- Intense fear of gaining weight
- Long-lasting negative mood, often along with poor appetite and thoughts of death
- Frequent outbursts of anger



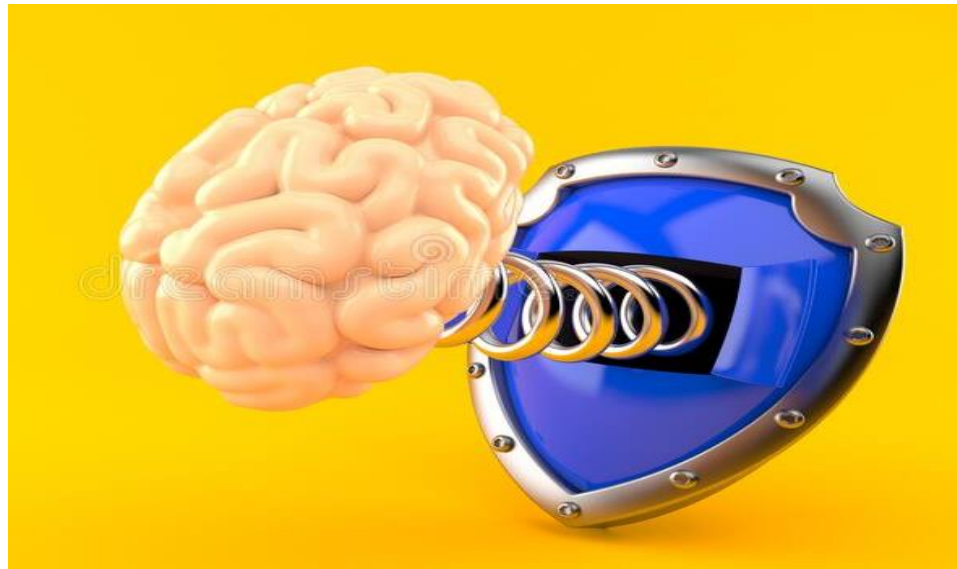
In Adults

- Confused thinking
- Long-lasting sadness or irritability
- Extreme highs and lows in mood
- Excessive fear, worrying or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations (seeing hearing things that are not really there)
- Increasing inability to cope with daily problems and activities
- Thoughts of suicide
- Denial of obvious problems
- Unexplained physical problems
- Abuse of drugs and/or alcohol



Promotive & Preventive Mental health Strategies

- In the 1960s, psychiatrist Gerald Caplan described levels of prevention specific to psychiatry.
- He described primary prevention as an effort directed towards reducing the incidence of mental disorders in a community.
- Secondary prevention refers to decreasing the duration of disorder while tertiary prevention refers to reducing the level of impairment.



1. Primary Prevention:

It seeks to prevent the occurrence of mental disorders by strengthening individual, family and group coping abilities.

Role of Nurse in Primary Prevention:

- Community mental health nurses are in a key position to identify individual, family and group needs, conflicts and stressors.
- They play a major role in identifying high risk groups and preventing the occurrence of mental illnesses among them.
- Here we will discuss some interventions.



a. Individual Centered Interventions

- Antenatal care to the mother and educating her regarding the adverse effects of irradiation, drugs and prematurity.
- Ensuring timely and efficient obstetrical assistance to guard against the ill effects of anoxia and injury to the newborn at birth.
- Dietary corrections to those infants suffering from metabolic disorders.
- Correction of endocrine disorders.
- Liberalization of laws regarding termination of unwanted pregnancy.
- Training programs for physically and mentally handicapped children like blind, deaf, mute and mentally subnormal, etc.
- Counseling the parents of physically and mentally handicapped children with particular reference to the nature of defects.
- Parents need to accept and support the child emotionally, and be satisfied with achievement of limited goals in various fields.

b. Child Oriented Interventions at School:

- Sensitizing parents and teachers on concepts of growth and development.
- Identifying problems related to scholastic performance and emotional disturbances among school children and providing timely intervention.
- School teachers can be taught to recognize the beginning symptoms of problems and refer it to appropriate agencies.

c. Family Centered Interventions to ensure harmonious Relationship:

- Consulting parents about appropriate disciplinary measures.
- Promoting open health communication in families.
- Rendering crisis counseling to parents of physically and mentally handicapped children.
- Ensuring harmonious relationship among members of the family and teaching healthy adaptive techniques at the time of stress producing events.

d. Interventions for families in Crisis

In developmental crisis situations such as the child passing through adolescence, birth of a new baby, retirement or menopause, death of a wage earner in the family, desertion by the spouse, etc. crisis intervention can be given at:

- Mental hygiene clinics
- Psychiatric first-aid centers
- Walk-in clinics

e. Mental Health Education

- Conduct mass health education programs on prevention of mental illnesses and promotion of mental health in the community using film shows, flashcards and appropriate audio-visual aids.
- Educate health workers on prevention of mental illness so that they can function effectively in all the areas of prevention.

f. Society Centred Prevention Measures

- Community Development
- Culturally deprived families need biological and psychosocial supplies to avoid incidents of psychopathy, alcoholism, drug addiction, crime and mental illness.

2. Secondary Prevention

- Secondary prevention targets people showing early symptoms of mental health disruption but regain premorbid level of functioning through aggressive treatment.



❖ Role of Nurse:

1. Ealy Diagnosis & Case Finding:

- This can be achieved by educating the public, community leaders, industrialists, *mahilamandals*, *balwadis*, etc., on how to recognize early symptoms of mental illness.
- Case finding can be done through screening and periodic examination of population at risk, monitoring of patients, etc.
- Community mental health nurses should detect early signs of increased anxiety levels, decreased ability to cope with stress, failure to perceive self, environment and/or reality accurately in clinics, schools, home, health care and workplace and provide direct services as appropriate.

2. Training of health personnel:

- Orientation courses should be provided to health workers to detect cases in the course of their routine work.

3. Screening programs:

- Simple questionnaires should be developed to identify the symptoms of mental illness and the same administered in the community for early identification of cases. These questionnaires can be translated into local languages for wide use in colleges, schools, of industries, etc.

4. Early reference:

- Public should be educated to refer such cases to hospitals as soon as the early symptoms of mental illness are recognized.

5. Prompt treatment:

- Early and effective treatment for patient and counseling services to care givers of mentally ill patients should be provided.

6. Consultation services:

- Nurses working in general hospitals may come across patients suffering from puerperal psychosis, anxiety states, peptic ulcer, ulcerative colitis, bronchial asthma, etc.
- These basic care providers need guidance and consultation to deal with such conditions in an effective manner.

7. Crisis intervention:

- If the crisis is not tackled in time it may lead to mental disorders or even suicide.
- Anticipating the crisis situation and guiding the individual can help him cope with the crisis situation in a better way.

3. Tertiary Prevention

- Tertiary prevention targets those with mental illness and helps to reduce the severity, discomfort and disability associated with it.
- In this form of prevention community mental health nurses play a vital role in monitoring the progress of discharged patients, especially with regard to their medication regimen and co-ordination of care.



Role of Nurse:

- Family members should be actively involved in the treatment program to ensure effective follow up.
- Occupational and recreational activities should be organized in the hospital to prevent idling (lazy activities).
- There should be constant communication between community health nurses and the mental health institution regarding follow- up of the discharged patient as ultimate aim of the hospital and community based programs is to resocialize and remotivate the patient for a functional role in the community.
- There are wide range of services that need to be provided to patients as a part of the tertiary prevention program. Nurses need to be familiar with the community agencies that render these services. Collaborative relationships between mental health care providers and community agencies are absolutely essential if rehabilitation is to succeed.

- An important intervention in the maintenance of patients at their own homes in the community is the training in community living (TCL), program designed by 'Stein and Test'.
- In this model, when a patient is referred to hospital for admission, the staff goes to the community and stays with the patient rather than the patient going to the hospital and being with the staff.
- This real world experience with the patient enables the nurse to accurately assess the skills that the person needs to develop and mutually agree on realistic goals.

- Another aspect of community life that is more difficult to assess accurately and deal with effectively is the stigma attached to mental illness.
- Many patients and their families try to avoid stigma by keeping the nature of the person's illness a secret.
- The need for secrecy places additional stress on the family system as there is always the fear of truth being revealed.
- Nurses in the community are in a key position to monitor community attitudes and help foster a realistic attitude towards the mentally ill.

Mental Health Services

- Devoted to the treatment of mental illness and improvement of mental health in general population.

Govt. mental
Health
Agencies

Voluntary
Organizations

Non-Govt
Organizations

Partial
Hospitalization

Quarter Way
Homes

Halfway
Homes

Self Help
Groups

Suicide
Prevention
Centres

Community
Group Homes

District
Rehabilitation
Centres

1. Govt. Mental Health Agencies:

- Lancet Psychiatry 2020 study states that in 2017 there were 197.3 million people with mental disorders in India, comprising 14.3% of the total population of the country.
- There are 47 mental hospitals in the country to cater mental health services to people with common mental disorders.



2. Voluntary organizations

- Voluntary organizations are a valuable community resource for mental health.
- They are more often sensitive to the local realities than centrally driven programs and strongly committed to innovation and change.
- They often play an extremely important role in the absence of a formal or well-functioning mental health system thus filling the gap between community needs and available community services and strategies.
- Voluntary organizations can also play an important role in developing suicide prevention and crisis support for individuals through formation of self-help groups, organizing community based housing facilities for short-term and long-term care of persons with chronic illnesses, setting up of day-care centers, sheltered employment facilities, life skills programs for school drop-out children and public mental health education.

3. Non Governmental Organization

- Non-governmental organizations (NGOs) are recognized by Governments as non-profit or welfare oriented organizations that play a key role as advocates, service providers, activists and researchers on a range of issues pertaining to human and social development.
- Mental health non-governmental organizations (MHNGOs) are located throughout India.
- While many are formed in urban areas they have begun to extend services in rural areas too.

4. Partial Hospitals

- Partial hospitalization is an innovative alternative to hospitalization.
- It is ideally suited to most of the psychiatric syndromes particularly chronic psychotic disorders, neurotic conditions, personality disorders, drug and alcohol dependence and mental retardation.
- Day-care centers, day hospitals and day treatment programs fall under partial hospitalization.
- It has the advantage of lesser separation from families, greater involvement in the treatment program and a lessening of patient's preoccupation with the illness which may otherwise be intensified by full hospitalization.

5. Quarter way Homes

- Quarter way home is a place usually located within the hospital campus itself with regular hospital services.
- While routine nursing staff or routine rounds may not be available, most of the activities at the home are taken care of by the patients themselves.

6. Halfway Homes

- A halfway home is a transitory residential center for mentally ill-patients who no longer need the full services of a hospital but are not yet ready for a completely independent living.
- It attempts to maintain a climate of health rather than that of illness and develop and strengthen individual capacities.
- Simultaneously, it enables the recognition of problems that require medical attention and permits the discovery of conditions in the community that are acting adversely on the individual.
- Thus, halfway homes have a major role in the rehabilitation of the mentally ill individual.

7. Self Help Group

- Self-help groups (SHGS) are informal associations of people with similar socio-economic background and a desire to cope with a specific problem or life crisis.
- These groups improve the emotional health and wellbeing of its members.
- Usually, organized with a particular task in mind such groups do not attempt to explore individual psychodynamics in great depth or change personality functioning significantly.

8. Suicide Prevention Centres

There are many suicide prevention centers in India in the voluntary sector doing good work and helping those in need. Some of them are

- Helping Hands and Medico-Pastoral Association (MPA) in Bengaluru
- Sneha in Chennai
- Sahara in Mumbai
- Sanjivini and Sumaitri in New Delhi\

❖ Other Mental Health Services

- Community group homes
- Large homes for long-term care Hostels
- Home care programs
- District rehabilitation centers

Ego Defense Mechanism & Their Implications

- When our desire are not fulfilled or our goals not met, they lead to frustration.
- These failures & frustrations hurt our ego leading to anxiety, stress & feeling of guilt.
- Under such circumstances individuals attempt to handle the negative emotions and maintain harmony with the environment by resorting to either direct and indirect methods.



Direct Methods: *Direct methods are employed by an individual at the conscious level.*

➤ ***Increasing Trials & improving efforts:***

When one comes across obstacles or finds it difficult to solve a problem he can improve his efforts and behavioural process & attempt with new zeal to cope with environment.

➤ ***Withdrawal and submissiveness:***

One may learn to cope with one's environment by simply accepting defeat and surrendering oneself to the powerful forces of environment and circumstances.



Adopting compromising means

For maintaining harmony between himself and the environment the individual may adopt the following compromising postures

- He may altogether change his direction of efforts by changing the original goals, i.e., an aspirant for becoming a doctor may direct his energies to become a Nurse. He may seek partial substitution of the goal by opting for selection to the Nursing instead of the doctors.

Indirect Methods

- Indirect methods are those by which a person tries to seek temporary adjustment to protect himself for the time being against a psychological danger.
- These are purely psychic or mental devices-ways of perceiving situations as he would want to see himself in and imagining that things would happen according to his wishes.
- The ego usually copes with anxiety through rational means. When anxiety is too painful the individual protects his ego and reduces the anxiety using defense coping mechanisms. Such mechanisms are also called mental mechanisms or ego defense mechanisms.



- Ego defense mechanisms are methods to protect self and cope with basic drives or emotionally painful thoughts, feelings or events.
- Though originally conceived by Sigmund Freud much of the development of defense mechanisms was done by his daughter Anna Freud.
- Also referred to as defense mechanisms these are considered as protective barriers to manage instinct and affect in stressful situations (Freud, 1946).
- The purpose of defense mechanisms is to reduce or eliminate anxiety, resolve mental conflict, protect one's self-esteem and maintain a sense of security.
- They can be helpful when used in very small doses and if overused become ineffective leading to breakdown of the personality.

Défense Mechanism

Examples

Repression: This defense mechanism may be present in someone who has no recollection of a traumatic event, even though they were conscious and aware during the event

Forgetting a loved one's birthday after a fight

Denial: refusal to admit an unacceptable idea or behavior

Dr. John informing to Mr. Wills that he is Diagnosed with Cancer & Mr. Wills not accepting that. Saying “ I don't even Smoke, then how can I get cancer? Its wrong.”

Someone denies that they have an alcohol or substance use disorder because they can still function and go to work each day.

After the unexpected death of a loved one, a person might refuse to accept the reality of the death and deny that anything has happened.

Displacement: Unconscious discharging of pent-up feelings to a less threatening object

A husband yells at his wife after a bad day at work

Reaction formation: Replacement of unacceptable feelings with their exact opposites

A man's self-esteem is threatened by the possibility that he is not masculine enough, so he overcompensates by acting aggressive and macho.

Defense Mechanism	Examples
<p><u>Sublimation:</u> Conscious or unconscious channeling of instinctual drives into acceptable activities</p>	<p>Aggressiveness is transformed to competitiveness in business or sports</p>
<p><u>Rationalization:</u> Justification of failures and offering socially approved reasons for socially unacceptable behavior</p>	<p>A student complains about the unfavorable hostel atmosphere for his failure in the examination</p>
<p><u>Compensation:</u> Conscious covering up for a weakness by over emphasizing or making up a desirable trait</p>	<p>A student who fails in his studies compensates for it by becoming the college champion in athletics</p>
<p><u>Projection:</u> Unconscious (or conscious) blaming of someone else for one's difficulties</p>	<p>A surgeon blames the theater nurse for his own mistake after an unsuccessful operation</p>

Défense Mechanism	Examples
<p><u>Intellectualization:</u> a person using reason and logic to avoid uncomfortable or anxiety-provoking emotions.</p>	<p>Person shows no emotional expression when discussing a serious car accident</p>
<p><u>Undoing:</u> Trying to make up for what you feel are inappropriate thoughts, feelings, or behaviors.</p>	<p>if you hurt someone's feelings, you might offer to do something nice for them to assuage your anxiety or guilt.</p>
<p><u>Regression:</u> Reverting to an older, less mature way of handling stresses and feelings</p>	<p>An adult throwing a temper tantrum when he does not get his own way</p>

Types of Defense Mechanisms

Adaptive Defense Mechanisms

Repression
Rationalization
Intellectualization
Compensation
Sublimation
substitution

Displacement
Denial
Suppression
Regression
Reaction Formation
Projection
Undoing

Maladaptive Defense Mechanisms

Implication of Defense Mechanisms:

- Defense mechanisms enable a person to resolve conflicts. They are essential to the maintenance of normal equilibrium.
- Difficulties occur only if the defense mechanisms are inadequate to deal with anxiety or inappropriate to the situation being used in.
- Many mental mechanisms are a means of compromising with forbidden desires, feeling of guilt, etc.
- Mental mechanisms when used moderately protect the ego, help face the conflicts and frustrations easily and are harmless.
- They also help to relieve tensions and make the person feel comfortable.

- Excessive and persistent use of these defense mechanisms is harmful.
- They do not solve the problems but only relieve the related anxiety. Too much dependence makes us incapable of facing problems. For example, if a student is unable to face the examination and withdraws from taking it, he may experience greater difficulty during the next attempt. Hence, it is better to face the problems than resorting to such mechanisms.
- Many a times more than one mechanism may operate in the process of adjusting to the situation.

Relevance to Nursing Practice:

- The nurse must recognize and understand maladaptive defense mechanisms used by the patients.
- While carefully pointing out these mechanisms and discouraging them she should work with the patients to encourage adaptive behavior.

Frustration

- Every action arises in response to a need and is directed towards a goal.
- The blocking of activity directed towards a goal results in frustration. It always produces unpleasant feelings like anger, despair, irritation, anxiety, etc. This produces mental tension.
- For example, over restrictive parents would be a source of frustration to an adolescent girl wanting to attend a party or lack of water would be a source of frustration to a man lost in the desert.



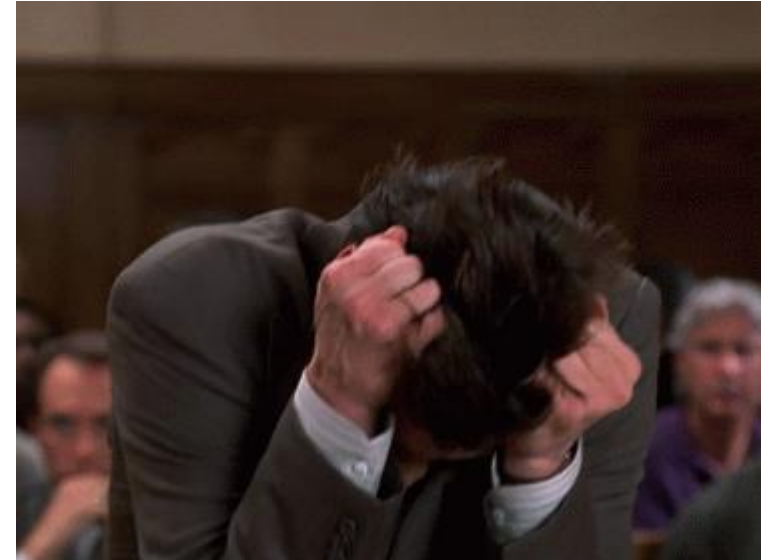
Definition:

- The word frustration has been derived from the Latin word 'Frustra' meaning 'obstruct'. Frustration refers to the blocking of behavior directed towards the goal. Frustration means emotional tension resulting from the blocking of a desire or need.

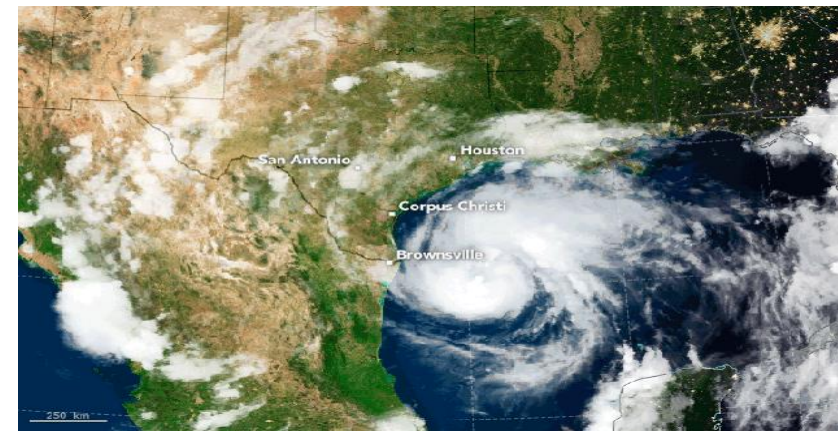
-Good, Carter V

Characteristics of Frustration:

- Frustration produces an unpleasant emotional state. The tension or stress created varies from simple annoyance (irritation) to heated anger adversely affecting the vital balance.
- Frustration is a stage or condition in which failure dominates the attempts.
- In this state one experiences a major obstacle in the satisfaction of basic needs or goals.
- The significance of the goal and strength of the blockade increases the degree of frustration.
- The cause of frustration lies both in the individual himself and his environment.



Causes/Sources of Frustration



A. External Factors:

- **Physical Factors:** Natural calamities, obstacles in environment to reach a goal, environmental situations or conditions beyond our control. For example, a contagious disease, death of a friend or a beloved relative.
- **Social factors:** Conflicts with other people, customs, traditions, restrictions, taboos, laws, codes, etc.
- **Economic factors:** Financial problems.



B. Internal Factors:

- Physical abnormalities or defects
- Conflict of motives within the individual
- Individual's morality and high ideals
- High levels of aspiration
- Lack of persistence and sincerity in efforts



Reaction to Frustration:

- Restlessness & Tension
- Aggression- Direct & Displaced
- Apathy
- Fantasy
- Stereotype

Conflicts:

- Conflict in life is one cause of stress. It is a painful state or condition of an individual during which the person experiences an intense emotional tension.
- Conflict occurs when one has to choose between equally desirable or equally undesirable goals. These desires are contradictory in nature and therefore cannot be satisfied simultaneously.
- Thus, becoming a victim of the two opposing desires, individual suffers from an inner conflict to either satisfy or not satisfy one or the other desire.



Definition:

- Conflict means a painful emotional state which results from a tension between opposed and contradictory wishes.

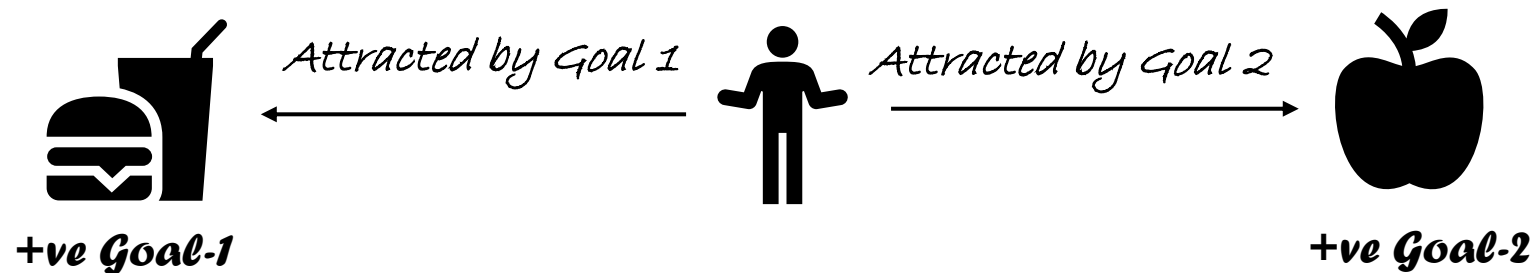
-Douglas and Holland



Types of Conflicts:

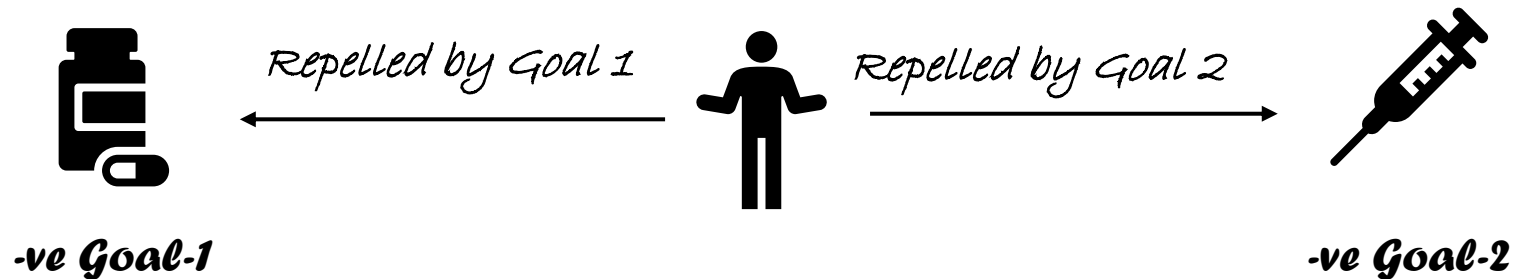
1. Approach-Approach Conflicts:

- Approach-Approach Conflict occurs when a person is forced with two attractive alternatives while only one of them can be selected.
- For example, two toys a child wanted to buy but parents asked him/her to choose one.
- Approach-approach conflicts are usually easy to resolve but become serious if the choice of one alternative means the loss of an extremely attractive alternative



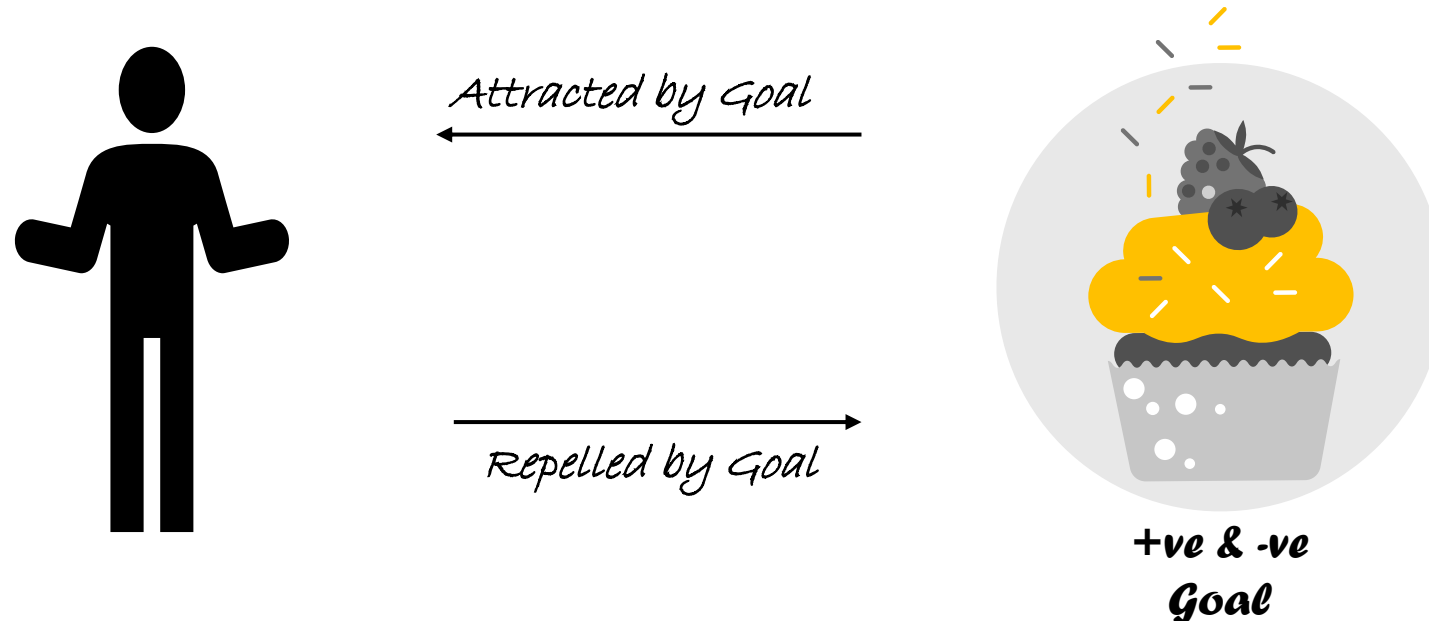
2. Avoidance- Avoidance Conflict:

- This arises when a person faces two undesirable situations and avoidance of one forces exposure to the other
- This type of conflicts are difficult to resolve and create intense emotions.
- Example, choosing between surgery or radiation treatments for cancer, or choosing between a lower salary at work or unemployment.



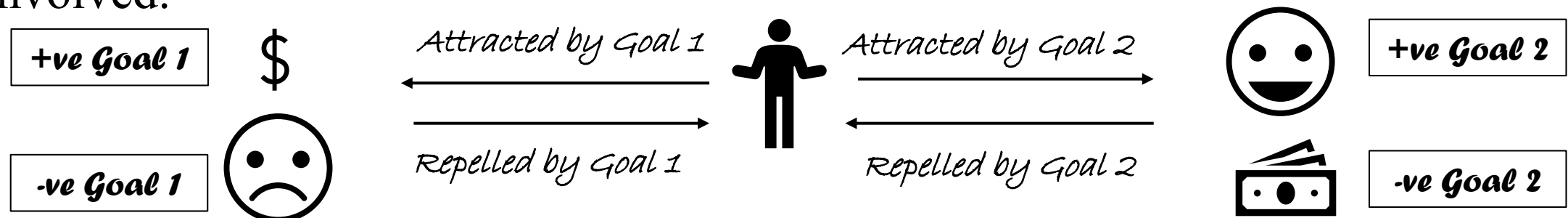
3. Approach- Avoidance Conflict:

- Arises when one event or activity has both attractive and unattractive features.
- Example, Ice-Cream is so delicious but it also causes obesity.



4. Multiple Approach Avoidance Conflict:

- Multiple approach-avoidance conflict exists when a choice must be made between two or more alternatives each of which has both positive and negative features.
- Such conflicts are the most difficult to resolve and to make the right decision. The individual must analyze the expected values of each action.
- For example, a person may have the alternative of accepting any of the two jobs of which one may be boring but with a very good pay while the other may be interesting but with a very poor pay.
- Either choice has a positive and a negative quality, so which one does he choose? The choice will depend on the his feelings about the pay or work involved.



Internal Conflicts:

- Conflicts may be between one person and another or between a person and his environment or may be within the person himself.
- The most dangerous and serious conflict is the one within a person. This is called internal conflict, the conflict between one's motives, desires, sentiments and attitudes.
- Freud describes it as a conflict between the three dynamic aspects of one's personality: id, ego and superego.
- Our internal conflicts may either be conscious or unconscious in nature. While one is aware of its causes or sources at the conscious level, he is unaware of the real motives causing the conflict at the unconscious level.
- The conflict at the unconscious level is responsible for many of our emotional disorders and mental illnesses.



Measures to Overcome Frustration & Conflicts:

- Frustration and conflict lead to stress and anxiety causing harm to the body. Some methods of relieving frustration are:
- Identify the source of frustration and make an attempt to change or control it. If not, learn to accept it.
- Decide upon important things carefully and double check everything before taking the final decision.
- Review the situation again.
- Change the goals or modify the desires.
- Substitute goals with those that are equally satisfying but different and obtainable.
- Seek advice from friends, relatives and experts.
- Encourage full expression of positive and negative feelings within an accepting atmosphere.
- Avoid indecision.
- Stick with decisions taken and forget other choices

Role of Nurse:

- To resolve conflict and frustration the nurse should first identify or recognize the key factors or situations that are associated with escalation of conflict in patients and their families. Some of the adaptive mechanisms that patients need to be taught for resolving conflict are as follows:



- Encourage the patient to accept reality, prioritize the goals, change or reset them if not achieve them.
- Help the patient to set achievable goals thus resolving the conflict situation.
- Teach the patient problem solving techniques and help him analyze the pros and cons of each alternative solution. This will enable him to choose the best possible solution for the problem.
- Having an open mind can help solve one's problems easily.

Strategies for resolving conflicts & frustration

- During conflict situation the nurse should remain calm and encourage the patient to express his or her concerns.
- Avoid arguing, criticizing, defending or judging.
- Focus on the patient's behavior rather than the patient's personality.
- Involve the patient, his family and healthcare team members in developing

Freud's Structure of the Human Psyche



Id:

Instincts



Ego:

Reality



Superego:

Morality

ID:

- The id is the only component of personality that is present from birth.
- This aspect of personality is entirely unconscious.
- The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs.
- If these needs are not satisfied immediately, the result is a state of anxiety or tension. For example, an increase in hunger or thirst should produce an immediate attempt to eat or drink.

EGO:

- According to Freud, [the ego](#) develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world.
- The ego functions in the [conscious](#), preconscious, and [unconscious](#) mind.
- The ego is the personality component responsible for dealing with reality.
- The ego operates based on the [reality principle](#), which strives to satisfy the id's desires in realistic and socially appropriate ways. The reality principle weighs the costs and benefits of an action before deciding to act upon impulses.

SUPEREGO:

- The last component of personality to develop is [the superego](#).
- According to Freud, the superego begins to emerge at around age five.
- The superego holds the internalized moral standards and ideals that we acquire from our parents and society (our sense of right and wrong).
- The superego provides guidelines for making judgments.