

The Significance of Mental Health from a Sociological Perspective

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Mental Health & Why It's Important

- × Mental Health is Emotional, Psychological, and Social well-being.
- × Biological factors, relationships with others and what we experience first-hand all contribute to mental health.
- × Early warning signs often go unnoticed or are dismissed.

Some Findings and Mental Health Stats

- × Nearly 1 in 5 people are living with mental health illnesses.
- × Depression is the most common mental illness, but others include PTSD, Anxiety Disorder, and Schizophrenia.
- × 1 in 25 adults every year are diagnosed with a serious mental illness.
- × 18% of adults in the U.S experience an anxiety disorder.
- × Suicide is the the 2nd leading cause of death of people aged 10-34.
- × 90% of them displayed symptoms of mental illnesses.

Warning Signs of Mental Health on the Decline

- × Withdrawing from family and social circles for weeks at a time.
- × Threatening to harm one's self and making a plan to commit suicide
- × Lack of appetite or binge eating
- × Mood swings and radical shift in behavior
- × Overwhelming sense of fear, low self esteem
- × Consistently using drugs or alcohol

Solutions to prevent decline

- × Exercising
- × Traveling
- × Learning a new skill
- × Meditation
- × Yoga
- × Seeking help with a therapist, or psychiatrist

Conclusion

Everyone's mental health is important to their success and function in society.

If left unchecked, things will gradually get worse and cause others a great deal of pain.

That pain is transferred because energy never dies.



1. What is your topic? Define mental health.


Mental Health is our emotional, psychological, and social well-being. It is the all encompassing definition for how we make decisions, handle external stresses of life, relate and communicate with other people in our society. We are constantly in flux when it comes to our state of mind, from the time we are born until we pass away. The foundation for good mental health begins with the family unit, which is the first instance of socialization. As we know, other agents of socialization contribute to how we feel about ourselves and our function in society and what we can contribute to the culture we were raised to continue creating for further generations.

2. Why am I interested in mental health?

Although this idea of mental health is not new, a larger number of people worldwide are suffering in this area of their lives. My motivation for choosing this research topic was gaining insight on how to improve my own mental health, which admittedly can be my biggest downfall at times. By empowering myself and sharing my findings with you, class, I can perform better academically, and give my peers a little something to relate to because we are all in the same place, all striving to reach our own career goals and create a more sustainable world. This can be achieved through solidifying ourselves as mentally tough individuals.

3. Current findings

According to the National Institute of Mental Health, one in 5 adults in the United States are living with a mental illness, whether moderate or severe. That's 44 million people as of 2016 and almost 20% of the United States. They are divided into two categories: AMI and SMI. Any mental illness causes mild or moderate impairment, while a serious mental illness is a mental, behavioral, or emotional disorder that causes impairment that limits a person from experiencing life the same way a person would without a disability. 1 in 25 adults (9.8 mil) every year are diagnosed with a SMI that will handicap them. 18.1% of adults in the U.S experience an anxiety disorder (Post Traumatic Stress, OCD, Phobias etc.)



Suicide is the 2nd leading cause of death of people aged 10-34. 90% of them displayed symptoms of mental illnesses. 20% of the youth ages 13-18 today is living with a mental health condition. Spending time with others, finding a hobby, volunteering for a nonprofit organization, exercising, eating healthy, traveling, learning a new skill, working somewhere that gives you purpose and meaning can promote good mental health. Sleeping at a reasonable time and setting goals to accomplish will allow you to stay fresh, alert, and prepared. Meditation, yoga, athletics, art and a raw alkaline vegan diet are some things that are proven to help raise your spirits.

4. Research topic

What contributes to good or bad mental health? What are some outlets to release stress to prevent someone's state of mind from being plagued by mental illness? Are there ways to prevent it from getting worse, or to help it get better or even completely revert back to its previous state?

5. Subjects of the interview

To assist with my research, I interviewed three friends, all women who I met in different places and stages in my life with different ethnic backgrounds. I got some insight from Krystal, 22, a Puerto-Rican American friend from middle school. Nia, 24, an African-American young lady who I met in another class, and Rosamaria a 19 year old Cuban-American who lives in Greensboro, North Carolina. I asked them what are some things they do or resources they utilize in their homes and communities as an outlet for expressing their frustration or discontentedness.

✘ 6. Interview Responses

✘ Rosamaria - “I go to sleep but it usually perpetuates my depression so what helps me a lot when I’m feeling low is speaking openly and honestly with someone I really admire and value.”

✘ Nia - “I take a long walk, sit in the park, write down things I’m grateful for, manifest peace into my life and think of all the people who truly love me. It’s okay to break down and cry for hours, releasing it helps to get out of that mindset even if it’s only temporarily. Be around love.”

✘ Krystal - “I express myself through oil pasteling, sitting with my feelings and dissecting them, dancing in my room, singing, screaming and working out helps a lot too.”

7. Similarities in Testimonials

Rosamaria and Nia both had similarities in their testimonials. They both consider the love and admiration of others and the reciprocation of those feelings to be what keeps them elevated and feeling like they have a sense of belonging.



8. Comparing current findings to interview responses

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THANK YOU!

**Stay healthy, Stay positive, Stay Motivated...
For as long as you can. But most importantly,
stay prepared!**