Question 1. Discuss mental health as an ecological balance.

Ans: Mental health is a level of psychological well-being or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

Mental health can be seen as an unstable continuum, where an individual's mental health may have many different possible values. Mental wellness is generally viewed as a positive attribute, even if the person does not have any diagnosed mental health condition. This definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. Some discussions are formulated in terms of contentment or happiness. Many therapeutic systems and self-help books offer methods and philosophies espousing strategies and techniques vaunted as effective for further improving the mental wellness. Positive psychology is increasingly prominent in mental health. A holistic model of mental health generally includes concepts based upon anthropological, educational, psychological, religious and sociological perspectives, as well as theoretical perspectives from personality, social, clinical, health and developmental psychology. The tripartite model of mental well-being views mental well-being as encompassing three components of emotional well-being, social well-being, and psychological well-being. Emotional well-being is defined as having high levels of positive emotions, whereas social and psychological well-being are defined as the presence of psychological and social skills and abilities that contribute to optimal functioning in daily life. The model has received empirical support across cultures. The Mental Health Continuum-Short Form (MHC-SF) is the most widely used scale to measure the tripartite model of mental well-being.

Question 2. Analyse the difference between psychosis and neurosis.

Ans:

1. Difference Between Psychosis and Neurosis
   - Psychosis: The psychosis is a severe mental illness, characterized by a loss of contact with the reality and a deep disruption of the relationships with other people, causing social disadaptation.
   - Neurosis: The neurosis is a group of "borderline" functional neuro-psychical disorders that manifest themselves in specific clinical phenomena in the absence of psychical phenomena.
   - Psychos: Types of Psychosis and Neurosis
     - Psychosis: Types of psychoses are schizophrenia, bipolar affective disorder; delusions: paranoia, chronic hallucinatory psychosis, paraphrenia; epilepsy; senile or pre-senile dementia, etc.
     - Neurosis: The neuroses include neurasthenia, fearful neurosis, hysteria, neuroses of compulsive conditions /phobic disorders/, etc.
2. Personality Changes of Psychosis and Neurosis
   - Psychosis: The psychoses lead to the change of the personality.
   - Neurosis: The neuroses are purely functional diseases and do not affect the personality.
3. Contact with Reality in Psychosis vs. Neurosis
   - Psychosis: The contact with reality is totally lost or changed.
   - Neurosis: The contact with reality is partially intact, though its value can be changed.
4. Awareness of the Own Condition in Psychosis vs. Neurosis
   - Psychosis: The person with psychosis does not realize his/her disorder.
   - Neurosis: The person with neurosis is aware of his/her personal problems and difficulties.
5. Language and Communication in Psychosis and Neurosis
   - Psychosis: The thought and speech processes are disorganized, incoherent, and irrational.
   - Neurosis: The neurosis does not affect language, communication, and thought processes.
6. Hallucination and Delusion in Psychosis and Neurosis
   - Psychosis: Hallucination and delusion are marked symptoms.
   - Neurosis: In general no delusion and hallucination occur.
7. Organic Changes in of Psychosis and Neurosis
   - Psychosis: The psychoses are associated with certain pathomorphological and pathofunctional changes in the body, the disease changes the anatomical structure and functionalities of the neuro-cerebral substance.
   - Neurosis: The neurosis is a purely functional mental disorder without organic reason.
8. Etiology of of Psychosis and Neurosis
   - Psychosis: The factors that can cause psychosis are genetic, biochemical, and environmental.
   - Neurosis: The factors that can cause neurosis are biological, socio-psychic climate, psychological, pedagogical, and socio-economic.