



Sandhya Ghai

National Institute of Nursing Education, India

Mental health through healthy parenting

Mental Health is a state of emotional, psychological, and social well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively, and is able to make a contribution to her or his community. It affects how we think, feel, and act. It also helps determine how one handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental Health Promotion Aims to promote positive mental health by increasing psychological well-being, competence and resilience, and by creating supporting living conditions and environments. It also has the secondary outcome of decreasing the incidence of mental disorders. Mental Health and physical health go hand in hand, thus healthy lifestyle is the first step in mental health promotion. Erickson in his Psycho social theory of Child development talks about development of the child through different stages i.e. Infancy, toddler hood, preschool age, school age and adolescence, and thus different needs. Diana Baumrind a clinical and developmental psychologist suggested three

different parenting styles i.e. authoritarian, permissive and authoritative parenting. A descriptive study to assess the parenting style of parents having children between 3-10 years revealed that the predominant parenting style was authoritative 90.91% and rest 9.09% were using mixed type of parenting. A study to assess the parenting skills of parents having children with Psychiatric disorders revealed that half (50%) of the subjects have good parenting skills in different domains i.e. communication, enriched environment, nurturing, child management & supervision, parent and child activities. 2.5% of parents have negligent parenting and 47.5% of the subjects had average parenting skills. Healthy Parenting: Nurturing parenting or care giving during infancy and early life is essential for healthy physical, psychological, and social development. Teaching parents specific skills of parenting like acknowledging sensitivity to the needs of the infant, using praise or rewards for positive behavior, using appropriate and consistent negative consequences for undesired behavior, and spending positive time with children doing activities like playing or reading are effective strategies.

Biography

Sandhya Ghai is working as a Principal at National Institute of Nursing Education, Post Graduate Institute of Medical Education and Research Chandigarh, India. She graduated and postgraduated from same institute. She received doctorate degree from Panjab University, Chandigarh. She published more than 100 papers in national and international journals. She was awarded with Best Educationist Award and is Life member of many organizations. She inaugurated and chaired many sessions in conferences, workshops, etc.

sandhya.ghai@yahoo.com