



Mental Health

MENTAL HEALTH & PSYCHOLOGICAL WELL BEING: FORMULATING A MEASUREMENT SCALE

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ABSTRACT In the present digitalized global environment concern over mental health is on the rise. Realistically it is quite pertinent and necessary to explore the effectiveness of mental healthiness in the research landscape. The study is based on formulation of a research instrument in the nomenclature 'Assessment of DI-PU-MO-HA-WE' scale to arrive at responses towards estimating the findings of the study. The focus of the paper aims to visualize the five domains and items within. Methodology of the study includes expert evaluation, statistical item analysis and confirms the scale's reliability. Findings underscore role of sound mental balance, behavioural attributes, motivation and public good and wellbeing. The novelty of the study upholds the formulation of the comprehensive scale for HR executives, leaders, health professionals, policymakers to build responsive platform for revitalizing effective mental health outcomes.

KEYWORDS : Mental, Health, Wellbeing, Scale**INTRODUCTION**

In recent years there has been a growing interest and concerns that affects healthy living. Significantly, mental health symbolises national wealth and over the past decade, there has been an overwhelming initiative to understand the very essence of mental health realistically. A 21st century approach to mental health focuses on people's perception towards healthy life and ability to recognize the earliest symptoms of ill-health. The cause and concern of poor mental health is embedded within the crisis-ridden system that need reorientation and renewal. On the threshold of new millennium as the community and government progressively move forward to build new vision of mental health that ultimately paves a meaningful future for millions of people suffering severely under mental disorder. Multiple challenges are on the pathway to restore declining mental health and a promising collaborative approach will certainly destabilize the mental constraints transforming human understanding of realizing in life satisfaction and happiness.

Need of the Study

Though many studies discuss about serious mental health consequences including stress, disorder, depression, general anxiety, the root cause of mental agony is aligned with complex social uncertainties and evidences are still emerging. At this juncture, fruitful understanding of mental health and wellbeing creates avenues for psychological wellness and resilience and is of utmost necessity. The present study attempts to assess the wider necessity to address mental behavioural and cognitive imbalances that influences human mind and living. Nevertheless, in the light of the fact that mental health is an integral and essential component of human livelihood, the need for further exploration of mental wellbeing has assumed a staggering importance towards optimistic healthier life and living.

Literature Review**Uncovering Roots of Mental Health in Digitalized Era: An Outlook**

In the end of the first quarter of the 21st century, the focus on mental health is being promoted more than ever. There is a significant increase in mental health disorders like anxiety, depression, hyperactivity (ADHD) and behavioural issues among the adolescence and teenagers due to various factors. In this era of overstimulation, easy dopamine, and reducing attention span, the fundamental instrument of mental peace, patience, meditation, gratification has become necessity of the younger generations. Unhealthy lifestyle and diet and lack of physical exercise also contribute to degradation of mental health. The saying goes like "A healthy mind resides in a healthy body", is hold true in this sense.

Collaborating Health and Mind in Public Utility: An Insight

The domain of public mental health encompasses socio economic arena broadening self-promotion and proactive initiatives in reducing mental health inequalities. The trends of mental health are not just limited in the notion of "absence of illness" but projects poor lifestyle patterns developed in the context of political and economic changes. In the pathway of recognizing the foundation of mental health, the concerns of poverty and social inequalities is one of the crucial predictors in determining public health policies in recent times.

Understanding the relevance of good practice on mental health promotion encouragement of life long mental health and wellbeing programs has emerged as public health rejuvenation programmes. Evidence suggests that diverse psychotherapeutic educational and lifestyle community-based programmes empower effective public mental health activities. The manifold characteristics in collaborating public mental health initiatives towards bringing the positive magnitude of life and living is portrayed in figure 1.



Figure 1: Dimensions of Preventive Measures & Mental Health (Authors Creation) Despite the increasing burden of illness caused by mental disorders, the full effect of mental health is not often acknowledged in the public health sphere.

Examining Happiness Index and Mental Health: An Evaluation

Although in the growing interest on the mental health population worldwide there exists the paradox impacting mental health quotient ranging from suicidal attempts, psychiatric disorders, psychiatric morbidity and related mental disorders. To examine the association between markers of population wellbeing and population mental health, the crux of happiness factors acts as a decisive element in nurturing mental imbalances of growing population. It can be acclaimed that conceptualizing happiness is connected with social desirability and impacting mental health thus propagating the strongest beneficial effects of happiness largely contributing to mental health amidst cross cultural comparisons and relationships.

Collaborating Motivation and Mental Health: An Analysis

The core of human intelligence encompasses the body, mind, and soul. Most significantly, the relationship between mental health and achievement motivation underscores different levels of social desirability and mediating roles of motivation. Majority of the studies projects that adverse aspects of mental health, i.e., depression, striving for perfectionism, frustration, stress, are predominantly visible in adolescents in present times.

Mediating Mental Health and Well Being: Possibilities and Prospects

The growing crisis of worsening mental health is experienced through ongoing distress and poor socio-economic environment at various stages of life. Nevertheless, to combat and minimise mental health constraints a satisfiable work life balance impacting well-being motivation and qualitative life pattern may upgrade mental health attributes with promising outcome. The notion of good mental health is connoted as "The life of the mind" encouraging the need to maintain mental equilibrium and well-being are essential and vital. Accordingly, handling stress anxiety depression disorders worries behavioural disturbances depressed mood, lots of pressure, projects significant stressors impacting personal and organisational balance as depicted in figure 4.

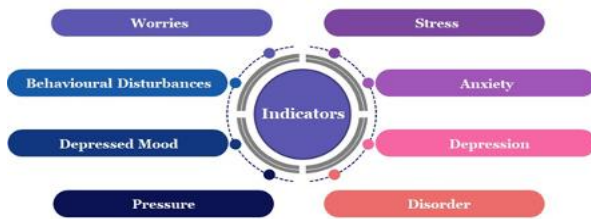


Figure 4: Indicators of Poor Mental Health (Authors Creation)

The future of psychological mental health is gradually advancing towards digital mental health intervention which collaborates with AI guided therapy and life-crafting exposures. Exploring the feasibility and effectiveness of digital technology is the key concern for potential well-being is to focus on mental issues, reduce stigma and enhance recovery without compromising well-being in the coming days.

Research Gap

Although some studies and initiatives connecting mental imbalances has been dealt with in Indian scenario but still quite major arenas remain unexplored for uplifting work-life balance situation. Thus, the present study attempts to develop a comprehensive measurement scale that can dynamically assess the mental health attributes and wellbeing of the population. The emergence and essentiality of disabling mental deficiency demands proactive strategies and support system without compromising human well-being and disease burden worldwide.

Objectives of the Study

The study is quite pertinent in the present-day digitalized environment that will ensure mental holistic rejuvenation and effectiveness for larger section of the population. The specific objective of the present paper can be understood as:

1. To identify the key domains and items that reflects mental wellbeing.
2. To develop a structured measurement scale titled 'Assessment of Di – Pu – Mo – Ha – We Scale' incorporating the identified domains and items.

METHODOLOGY

The study is qualitative and based on secondary literature review. A designed scale has been formulated taking into considerations viz., Mental Health in Digitalized Environment, Mental Health and Public Utility, Mental Health and Happiness Index, Mental Health and Motivation, and Mental Health and Wellbeing. Domains were conceptualized from detailed literature analysis combining opinion of the experts from diverse areas. The design of the measurement scale involves identification of items using literature analysis as the prime basis. The structured scale will be considered as a research tool with the nomenclature “Assessment of DI – PU – MO – HA – WE Scale” towards collection of primary data and feedback for future scope of the research.

Research Design

Step – I

Defining the domains on the basis of literature review & expert opinion

Step- II

Defining the Sub domains & defining the items connecting to the Sub domains

Step- III

Experts' opinion and Item Language Construction

The scale has been then circulated among 10 experts/judges in the diverse areas comprising Academicians, Government officials, Banking Executive, Health Official, Training Professional, Chartered Accountants, NGO-Proprietor, Municipal Executives in Kolkata and across the state of West Bengal.

Step- IV

Assessing the applicability of the items

Step V

Scale layout after incorporating Experts/Judges opinion and the Edwards 14 Classical Rules

Step-VI

Reliability & Testing

The Reliability Test is being conducted for all the items under five domains.

Findings & Results

Findings I

The five major domains identified as

Domain – A.	Understanding Mental Health in Digitalized Environment.
Domain – B.	Upholding Relevance of Mental Health in Public Utility.
Domain – C.	Advocating Happiness Index and Mental Health
Domain – D.	Recognizing Motivation for Mental Health
Domain – E.	Mediating Mental Health for Well Being.

The scale may be considered to have the five broad domains.

Findings II

Each of the above domains can be independently considered to arrive at a handful of sub domains and items for the scale

Domain	Item Description	Total Items
A. Understanding Mental Health in Digitalized Environment.	A.1. Communicating A.2. Behavioural problems. A.3. Unhealthy lifestyle. A.4. Social pressure A.5. Empathy-Kindness-Gratitude.	5
B. Upholding Relevance of Mental Health in Public Utility.	B.1. Socio-Economic Inequalities B.2. Youth-focused policies B.3. Cross-sectoral collaboration B.4. Preventive interventions B.5. Rights-based inclusion.	5
C. Advocating Happiness Index and Mental Health	C.1. Digital interconnectedness C.2. Poor social relationships C.3. Gratification & Achievement C.4. Awareness & Sensitivity C.5. Cross-cultural differences	5
D. Recognizing Motivation for Mental Health	D.1. Self-determined motivation D.2. Positive attitude D.3. Lack of mental ability D.4. Optimism and perceived control D.5 Work motivation and patience	5
E. Mediating Mental Health for Well Being.	E.1. Economic crisis and unemployment E.2. Work-life imbalance E.3. Supportive workplace policies E.4. Psychological distress E.5. Accessibility and Recovery	5

In all cases the value Cronbach's Alpha appeared to be greater than 0.70, thus showing all the constructs in the scale as reliable.

ANALYSIS AND DISCUSSION

The finding suggests the fundamental role of mental health in shaping of sustainable structure of living and well-being. The findings describe five inter-related domains, viz., Digitalized Environment (Di), Public Utility (Pu), Happiness Index (Ha), Motivation (Mo), and Well-being (We), each representing a critical side of the mental health spectrum. The proposed “Assessment of Di–Pu–Mo–Ha–We Scale” thus emerges as a conceptual and methodological contribution to the discourse on mental health measurement. The study offers a comprehensive framework that can help developing future empirical investigations and policy formulations by identifying and organizing specific items across these five domains.

Implications & Concluding Remarks

The study aims to focus that mental health is the most valuable determinant of sustainable living, putting profound influence on an individual's functionality, their social connectivity, and mutual progress as a society. The findings suggest that the definition of sustainability should be altered to include not only the ecological and economic stability. The 'Di–Pu–Mo–Ha–We' framework provides an adaptable structure for assessing and enhancing mental wellbeing across multiple domains. The paper ultimately advocates a holistic shift from a loosely-knit perspective of mental illness to a more structured framework of mental wellness. The study thereby reinforces the assertion that sustainable living is, at its core, a reflection of sustainable minds.

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