

An Overview of Relationship between Self-esteem and Mental Health

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ABSTRACT

Birth and presence of a child with mental retardation in each family can be considered an adverse and challenging event and likely that stress, frustration, feelings of sadness and disappointment will be followed. Self-esteem is usually defined as a person's evaluation of his valuable, and is one of the important factors in the growth and prosperity of human. Parents who have children with mental problems are faced with problems such as: social, economic and emotional problems, which often have a limiting, and pervasive malware in nature. In such a situation, although all family members and function, damaged, but problems related to child care is associated with the parents, especially the mother. So mothers are at greater risk of developing mental health problems. The parents with children of mentally retarded, have lower levels of general health and higher level of anxiety, feelings shame and embarrassment and also have lower levels of psychological well-being compared with parents of normal children. Moreover, according to some psychologists, human dignity is the most important tool to achieve happiness. Great stress is on the parents and family members with the presence of a retarded child in the family and can endanger their mental health.

KEYWORDS: Self-esteem, mental health, parent, family, emotional

INTRODUCTION

Family is one of the best natural groups to satisfy human needs. The duty of family is the care and upbringings of their children, establish healthy relationships with members, and help to children independence. Birth and presence of a child with mental retardation in each family can be considered an adverse and challenging event and likely that stress, frustration, feelings of sadness and disappointment will be followed. Several evidences suggest that parents who have children with mental problems are faced with problems such as: social, economic and emotional problems, which often have a limiting, and pervasive malware in nature. In such a situation, although all family members and function, damaged, but problems related to child care is associated with the parents, especially the mother. So mothers are at greater risk of developing mental health problems. Studies have shown that parents with children of mentally retarded, have lower levels of general health and higher level of anxiety, feelings shame and embarrassment and also have lower levels of psychological well-being compared with parents of normal children (Mikaeili, 2009). There is no compromise in the treatment of human disorders and are known and plentiful each class and trade imbalances exist in any group or collective entities. Any person may suffer psychological distress is not enough by itself because health care is not limited to explaining the causes of behavior disorders, but its main purpose is to prevent problems from occurring. There is the preventable factor that is complementary to a normal healthy life and minor behavior disorders in order to prevent severe mental illness. Mental health is one of the fundamental principles of health, self-respect and self-love person (Shamlou, 1989). Over the past century, many psychologists agree that human dignity is required. There are extensive psychological literatures on self-esteem and to date, many studies on self-esteem and its association with several other variables have been more research to confirm this important. High self-esteem and positive factors affecting mental health, low self-esteem and psychological distress is a risk factor. Self-esteem is defined as: the feeling of being valued, a sense of emotional thoughts, emotions and experiences in life arises. All individuals, regardless of age, gender, cultural background, and what to have an in life, self-esteem needs. People who feel good about themselves, they typically feel good and live well. They can trust, and who they will face problems (Alipour, 1996). Young children can be taught to a group of mental retardation - Mental refers that an IQ of 50 to 75 who are in the age range of 6-12. In order to study the mentally retarded who are trained experts in the diagnosis, assessment of education in special schools are studying. Also, parents of mentally retarded children are among the groups examined in this study. In the present study, normal children, mentally retarded children are being told that the problem is not either blind or deaf and does not disorders of psychological problem not learning. Exceptional children and parents to interact not only with each other but also with other members of namely the family system may affect other children. Exceptional child often irreversible damage to the body of the family; vulnerability of families, sometimes to the extent of against the injury is that mental health is severely affected families (Narimani et al., 2007). Health is a

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multidimensional concept, in addition to being the sick and disabled, the feeling of happiness and well-being agenda. Most psychiatrists, psychologists and mental health researchers ignore the positive aspects of health. Some attempts have been made in the transition from traditional patterns of health, although the background necessary to consider health as a state of well-being (not merely the absence of disease) has provided, but is not enough. The new models are also being mainly focused on the negative features and they often have to deal with the problems of measurement tools for physical health (mobility, pain, fatigue and sleep disturbances), psychological problems (depression, anxiety) and social problems (social and role disability, marital problems). In the past decade Keyes et al. (2002) offered 6 model of psychological well-being or positive mental health. Their acceptance (having a positive attitude, self); positive relations with others (warm and friendly relations and the ability to empathize with others); autonomy (sense of independence and the ability to stand against the social pressures); purposeful life (having a purpose in life and making sense of it); personal growth (constant growth feels) and mastery of the environment (ability to manage the environment).

Relationships between family and children

Family is a social system, which are formed legal relationship between husband and wife. It is the duty of parents to educate and care their children, also healthy relationships family members together and help to children Independence. Moreover, according to some psychologists, human dignity is the most important tool to achieve happiness. Lack of self-esteem or feelings of resistance in contact with others appears as embarrassment, ashamed, exaggerated egotism, need to flaunt, and intense desire for others to praise and affirmation (Farhadi, 2005). According to some psychologists, are feeling the joy and lack of self-esteem individuals are reduced, other words, a mutual causal relationship exists between happiness and self-esteem. Health care to all individuals of the most fundamental issues in each country, the three aspects of physical, mental and social well being into consideration, if the notice is not enough mental health, prevalence of mental and behavioral problems will rise complications as negligence on the dimensions of individual and social, family, political, economic and cultural and irreparable effects will be realized. It is clear that mental illness is not specific to a particular group or region and all the classes are included in the and no human is immune from the psychological and social pressures; in general, a mental illness would harm the economy and family And individual well-being and happiness of the family is away And with damage to manpower, profound impact on the economy and society adverse leaves. Why mental health; in most countries public health is at the head of the national program. Great stress is on the parents and family members with the presence of a retarded child in the family and can endanger their mental health. It is very important that parents of children with special needs in dealing with children to become familiar with their feelings. Need to compromise with your child that they feel good about themselves. Life, marriage, work will require parents of these children feel somewhat satisfied, Due to the fact that a child may have a disability sad sadness they felt, however, they do not need a whole life learning to be an aura of sadness (Mofidi, 1997). Skinner suggests that mental health and a healthy person, the same behavior is consistent with the rules and regulations. And when such a person is faced with the problem through behavior modification techniques to improve and normal behavior and the others are used to alternate uses when it comes to socially accepted norm, besides, healthy man should be free considers itself an illusion, and knows that her behavior is a function agency, and each behavior is determined by the extent of the environmental factors. So a healthy person who is able to use any more of the scientific principles and the results will be more beneficial and subjective concepts such as desire, purpose, goal orientation, etc. aside. Parental behavior and personality is influenced by events that happen to live in the years, thus, to understand the mental processes of perception, thought patterns, motives, emotions, and ways of dealing with conflict, we must where did that come from these processes and how they change over time. All responses by parents of disabled children are not the same. But in general, we can assume that majority of these children's parents in front of the child's disability. So adverse reactions are self updated. The type and extent of these reactions with respect to aspects of their personality, time of reaction and ... is different. All parents need to have some kind of help to the fully qualified personnel have problems and it only with the knowledge and accurate information and evidence of common problems of parents with children and investigate the psychological parents are not routes. With regard to the psychological state of parents have a fundamental impact directly and indirectly on the development of children's behavior and their social ties. Would be very important to know that, what are the characteristics of parents who have children who have differences with each other?

Self-esteem

Self-esteem is usually defined as a person's evaluation of his valuable. People who have high self-esteem are own receptive and valuable. Social psychologists, know self-esteem as positive and negative evaluate of themselves. So that self-esteem is assumed to be relatively stable, and self-magnanimity or self-esteem as one of the major characteristics of each individual's personality (Shaterlu 2007). Self-esteem is one of the important factors in the growth and prosperity of human, which in recent decades has been considered by many psychologists. Self-esteem is a feeling of being valued. This sense of the thoughts, feelings, emotions and

experiences in life arises. Think that someone smart or stupid, we feel that individual hated or loved, we are accepted or not sure? Or do we love ourselves? All humans are in need of dignity and self-esteem. At first, the self-respect that others have for us to do, when parents and their children, show unconditional positive regard, took it apart and have the attitude that the people have accepted that the internal competencies, they help in the growth of self-esteem. But when parents show children positive attention condition, in fact, when it took embraces the desirable way to behave, children are valued conditions and just when you think that the parents wanted to behave, they deserve. Family is an important factor in the development of self-esteem. Early years in creating a just and lasting self-esteem, the person is very important. Parents who have high self-esteem in their children's education is very impressive. School climate also has an important role in the development of self-esteem in students. The issue of self-esteem and self-esteem issues, the most important factors in the development of children's favorite characters. Decency or self esteem one of the essential qualities that constitute a person's character and certainly affects on other aspects of the human person, and inadequate or lack of it, they will not grow in other aspects of character or inconsistency and may even cause a variety of mental illnesses such as depression, shyness, fear, etc. Generally self-esteem is vital for human survival and mental health (Biabangard, 1993).

Mental health

Mental health, including: the ability to live with joy, productivity and without trouble. Mental health is an abstract concept and comparative assessment of human relationships with the community and its values. Mental health is manner consistent the human with the world. Man that is effective, happy and satisfied and steady-state behavior observed mood staffs and maintain a happy attitude. To provide a theory about mental health, mental health is not enough to drive success within the mental health should take into account. Mental health is the capacity for personal growth. Mental health means harmony between values, interests and attitudes of people in action and thus a realistic plan for achieving the goal of life is living concepts. Mental health refers to physical health but also psychological perspective and individual communication and environment. Mental health is central part of health, because all interactions are related to mental health. The World Health Organization (WHO) defines mental health experts does it: Thinking health is the ability of harmonious relationships with others, changed environment and solve personal and social conflicts and personal desires in logical, fair and appropriate. Mental health is a field within psychiatry and its purpose is to develop mental health by the prevention of mental illness, controlling factors in the incidence of mental illness, early detection of mental illness, prevention of mental illnesses back and create a healthy environment for proper human relations. Therefore mental health is the science of well-being, welfare and reasonable compromise with the circumstances of life (Mofidi, 1997).

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