

# Impact on Mental Health

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## ABSTRACT

The study was conducted to the impact on mental health. The data were collected from 60 respondents. Information regarding mental health was collected through structured interview schedule from the respondents. 86.66 percent of the respondents were reported that the balanced and nutritious diet essential for mental health. 100 percent of the respondents were reported that mother's diet affects child's mental health and 100 percent of the respondents were reported that connection between a healthy body and a healthy mind. 100 percent of the respondents were reported that environment has an impact on mental health. 100 percent of the respondents were reported that stress and inadequate sleep negatively affects mental health.

**Keywords:** Mental Health, Diet, Environment, Stress.

## INTRODUCTION

Mental health is a critical aspect of overall well-being, impacting how we think, feel and behave and it's an integral part of our ability to cope with life's challenges. Mental health is a state of mental well-being that enables people to cope with the stresses to life, realize their abilities, learn well and work well and contribute to their community (WHO, 2022). India is grappling with a high prevalence of mental health disorders such as anxiety, depression, bipolar and schizophrenia. The burden of mental health issues on individual's, families and society is immense, leading to reduced quality of life, impaired functioning and significant economic and social consequences (Meghrajani V.R. et al., 2023). Mental health can affects a person's day to day life, relationship and physical health. External factors in people's lives and relationship can also contribute to their mental well being. Looking afters one's mental health can help a person maintain their ability to enjoy life. This involves balancing their activities, responsibilities and efforts to achieve psychological resilience (Bethany Juby, 2024).

## METHODS AND MATERIALS

The present study was conducted to the impact on mental health. The data were collected from 60 respondents. Information regarding mental health was collected through structured interview schedules from the respondents.

Table: Impact on Mental Health.

S. No.	Question	N - 60	Percentage
1.	Diet is essential for mental health.		
	(a) Normal	8	13.33
	(b) Balanced and Nutritious	52	86.66
	(c) Imbalance	0	0
2.	All food groups should be included in the diet		

	(a) 5	60	100
	(b) 3	0	0
	(c) 7	0	0
3.	The food group essential for mental health.		
	(a) Cereals, pulses and milk & milk products	0	0
	(b) Fruits and vegetables	0	0
	(c) All of the above	60	100
4.	What are the essential nutrients for mental health?		
	(a) Protein and Iron	0	0
	(b) Vitamin D and omega -3 fatty acid	0	0
	(c) All of the above	60	100
5.	Mother's diet affects child's mental health.		
	(a) Yes	60	100
	(b) No	0	0
6.	There is a connection between a healthy body and a healthy mind.		
	(a) Yes	60	100
	(b) No	0	0
7.	Environment has an impact on mental health.		
	(a) Yes	60	100
	(b) No	0	0
8.	Stress affects mental health.		
	(a) No	0	0
	(b) Yes	60	100
9.	Healthy family relationship positively impact on mental health.		
	(a) Yes	60	100
	(b) No	0	0
10.	Inadequate sleep negatively affects mental health.		
	(a) Yes	60	100
	(b) No	0	0
11.	Meditation and exercise have a positive effect on mental health.		

	(a) Yes	60	100
	(b) No	0	0
12.	Mental health is more important today because of the visibility of the media.		
	(a) Yes	56	93.33
	(b) No	04	6.66
13.	Parenting behaviour affects child's mental health.		
	(a) No	0	0
	(b) Yes	60	100
14.	Joint family has positive effect on the mental health of the child.		
	(a) Yes	58	96.66
	(b) No	02	3.33

## RESULT AND DISCUSSION

As in table 1 shows 86.66% of the respondents were said that the diet must be balanced and nutritious for mental health and 13.33% of the respondents were said that the normal diet is essential for mental health. All the respondents were reported that five food groups should be included in the diet for good mental health. The respondents were (100%) reported that the food groups cereals, pulses, milk and milk products, fruits and vegetable all are essential for mental health. 100% of the respondents were said that protein, iron, vitamin – D and Omega – 3 fatty acid all are the essential nutrients for mental health. For good mental health including fruits and vegetables, oily fish, berries, yoghurt, whole grain, leafy green, walnuts, beans and whole grain in daily diet essentially.

100% of the respondents were reported that mother's diet affects child's mental health and 100% of the respondents were reported that connection between a healthy body and a healthy mind. A good healthy body have a good healthy mind and poor body have poor mental health.

100% of the respondents were reported that environment has an impact on mental health and stress also affects mental health. 100% of the respondents were reported that healthy family relationship positively impact on mental health and inadequate sleep negatively affects mental health. 100% of the respondents were reported that meditation and exercise have a positive effect on mental health.

93.33% of the respondents were said that mental health is more important today because of the visibility of the media. 100% of the respondents were reported that parenting behaviour affects mental health. 96.66% of the respondents were said that joint family has positive effect on mental health of the child and 3.33% of the respondents were reported that joint family has no positive effect on the mental health of the child.

WHO (2003) reported that a state of well-being whereby individuals recognize their abilities, are able to cope with the normal stresses of life, work productively and fruitfully and make a contribution to their communities. Mental health is about enhancing competencies of individuals and communities and enabling them to achieve their self-determined goals. Mental health problems affect society as a whole. It is a major challenge to global development. It's risk is higher among the poor, homeless, the unemployed, person with low education, victims of violence, migrants and refugees, indigenous populations, children and adolescents, abused women and the neglected elderly.

WHO (2004) reported that mental health is defined as a state of well-being in which people understand their abilities, solve everyday life problems, work well and make a significant contribution to the lives of their communities.

MC Daid & Knapp (2008) reported that mental health problems substantially affect the overall functioning of communities and the nation. Decreased productivity in the workplace and within households, is a significance economic consequence. Mental health issues often lead to absenteeism, reduced work efficiency and long term disability, negatively impacting workforce productivity and economic growth.

Srivastava et al. (2016) reported that beyond the economic aspect mental health problems in India also have far - reaching social implication. Stigma and discrimination surrounding mental health disorders persist in many communities, hindering individuals from seeking help and support.

Reddy (2017) reported that 58.4% students were found to have current mental health problems and 7.9% of the students reported ideas of harming themselves. 78.4% students had sought help for their problems.

Mohammed et al. (2020) reported that human beings are social creatures that require the companionship of others to make progress in life. Thus, being socially connected with other people can relieve stress, anxiety and sadness, but lack of social connection can pose serious risks to mental health.

<https://www.psychiatry.org> (2023) reported that depression is a common mental health disorder characterized by persistent sadness, hopelessness and a loss of interest or pleasure in activities. At the population level 3.5% of deaths were attributable to anxiety or depression. It can negatively impact on individual's mood, thoughts, behaviour and physical well-being. Symptoms of depression may include fatigue, changes in appetite, sleep disturbances, difficulty in concentration and thoughts of self-harm or suicide. Depression can significantly impair a person's daily functioning, interpersonal relationship and overall quality of life.

Diplock et al. (2024) explore the impact of short-term structured mindfulness programs in alleviating anxiety and depression in young adults.

Malik (2024) reported that challenges traditional perceptions of postnatal mental health by shedding light on the overlooked struggles faced by fathers with post partum depression.

## CONCLUSION

100% of the respondents were reported that protein, iron, vitamin D and omega-3 fatty acid all are the essential nutrients for mental health. 100% of the respondents were reported that healthy family relationships positively impact on mental health. 93.33% of the respondents were reported that mental health is more important today because of the visibility of the media increase irritation, headache and mental stress.

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