

RELATIONSHIPS AND MENTAL HEALTH

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ABSTRACT

Dictionary defines a relationship as a way of connection between two or more people, the way they communicate and behave towards each other with various contexts or situations of life. The psychological well being of a person is termed as mental health, the functioning of emotional and behaviour in a manner that brings mental peace and stability along with physical nourishment. People, relationships and mental well being are important aspects of life. People who are mentally stable have a healthy relationship with themselves, the environment they live in and the people they interact with. The human brain has a development rate that is very fast and it starts with development in the foetus and the environment and attitude towards life outside the womb has a direct relation and effect inside. According to studies, a child's brain develops 80% when he/she reaches 8 years old and the age 2-4 is quite crucial. This early age is where the brain develops many skills like social skills, behavioural skills and the ability to learn and think what's right and wrong, the way to communicate with people and deal with situations in life, moral codes are instilled in kids at early age. And then there are those who suffer from anxiety and depression and inferiority complex with things happening around them which is a major factor in their personality development and leads to mental illness. This life, environment and the relationship with various people and things in life has a direct effect mental health of a human being.

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