Influence of Mental Health and Psychological Disorders on Society and Education

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Abstract

We aim to investigate concepts in previous research on the impact of psychological disorders and mental health on education and life in society and the world of education. We use Content Analysis to compile scientific articles from emerald, Science Direct, Sciendo and Korean science, as well as books written by Psychology and Mental Health experts. Mental health is an aspect of health that often appears in physical, psychological, and social well-being. In treating mental or psychological health disorders, there are clinical methods that are effective in treating and recovering those who suffer from emotional illnesses. Thus, mental disorders can be treated. In society, this psychological disorder can also reduce the quality of workers, those with mental health disorders tend to find it challenging to find work, and this has a very critical impact on the progress of an economy in the life of every individual who experiences it. The fields of psychology and mental health are essential in education. The world of education is vital in the growth and development of children and future successors of the nation who need to be appropriately educated according to their talents, interests, and psychological conditions.

Introduction

Psychological clinics effectively contribute to the development of multidisciplinary attitudes based on Psychosocial Information as well as recovering any individual experiencing emotional difficulties (Mankiewicz & Truter, 2014). Those who visit the clinic usually discuss the relationship and impact felt by sufferers of psychological disorders, impaired focus, time and readiness to use psychological services, and other factors that are also associated with disorders in sufferers (Beattie, Murphy, Burke, O'Connor, Jamieson, 2019). People with psychological disorders, especially clients with multiple disorders, those with modest psychiatric problems have a little optimism, are less resilient, and have lower levels of well-being. Patients with multiple diagnoses are a very vulnerable group to a larger problem and therefore have complex needs such as additional provisions that may need to be made in clinical care for clients with multiple diagnoses (Holland, 2016). Psychological education is still not fulfilled or inadequate. Psychology educators also have the potential to improve the living standards of persons with disabilities (Razza, Dayan, Tomasulo, Ballan, 2014).

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Teacher education programs do not provide adequate preparation for mental health treatment in schools for teachers or students and although available, there are still many teachers who lack knowledge about managing mental health in schools properly and correctly. It is time for teacher education to respond by providing clearly defined training, protocols and programming. Actively linking teacher theoretical learning with practical applications due to the emergence of mental health as central to overall adolescent well-being. This clearly demands a wider scope of teacher education, including placements outside the traditional formal classroom. Through this research, it is clear that teachers now need to become more experienced with mental health issues as well as strategies for helping those in need. the provision of compulsory classes, placement and integration with faculties will benefit teachers, particularly such as health services and social workers. We must move to prepare teachers for greater integration experiences beyond traditional practice. It appears that there are still gaps in understanding the impact of this collaborative effort, on teacher knowledge and readiness. To realize their potential goals and develop into citizens who are skilled, knowledgeable and practical in contributing to their society. With this, the importance of bridging the divide between knowledge and mental health practice is very important. This will later affect the capacity of students to study and live. Without a basic knowledge of mental health, educating students will be a difficult task. This effort shows a real effort in making serious steps in addressing student mental health concerns (Andrews, McCabe, Wideman-Johnston, 2014). In schools for students with mental health disorders, most of them do not dare to take classes because they have anxiety about teachers, teachers are considered less concerned about mental health problems for their students, teachers need to learn and are responsible for protecting children from exposure to people or public information related to the problem. mental health (Cooke, King, Greenwood, 2016).

Positive psychology can also be applied to a forensic program as well as administering preventive therapy and relapse (Turner, 2019). Positive psychology is needed by organizational leaders, positive psychology can have an impact on the trust of an organization's members towards their leaders because most organizations lack trust or are less satisfied with their own leaders, they do not realize that if they believe and think positively to their leaders, they will benefit. large enough for all team members and leaders (Wang & Thompson, 2015). Mental health is a positive aspect of health in terms of mental, physical and social well-being (Edwards, 1997). Adolescent mental health policies that consider risk and protective factors and use a a whole-school strategy, to raise awareness about mental health concerns can help reduce poor mental health. Because the school is responsible for managing or controlling the environment in which children learn, the school must create a mentally healthy atmosphere for kids to focus on developing and surviving in life's obstacles (Magson, Freeman, Rapee, Richardson, Oar, & Fardouly, 2021).

Students' academic achievement depends on their awareness of mental health issues. Each student's mental health will be a targeted aim in terms of happiness, self-confidence, and a positive and motivated self-concept. Incorporate a school-wide mental health approach to help define the school's identity by prioritizing compassion, respect, and understanding over the need to reach accelerated academic targets. This approach will increase the chance of building emotionally intelligent schools, and schools will play a critical role, especially in teaching them (children) about physical activity and social connection in the search of greater mental health.

Capacity building and staff performance to be able to identify symptoms of mental problems through school's quality development (Agnafors, Barmark, & Sydsjö, 2021).

The development of staff performance will assist schools in dealing with students who have the potential to have symptoms of mental health disorders. Competent staff will be able to recognize and also cope with the occurrence of mental health disorders in students in the schools for which they are responsible. In order to identify and address the needs of children, and also young people before they become more serious. Dutch workers, they generally had significantly higher rates of mental health problems, more participation in intrinsically motivated workplaces, and lower levels of shyness and motivation compared to Japanese workers. This is clearly the difference between the two workers. Mental health difficulties were connected to shyness in both samples. Among Japan, self-compassion was found to be a negative predictor of mental health problems, while job participation was found to be a positive predictor in Dutch employees. (Kotera & Laethem, 2020). It is important for us to arm individuals, groups and institutions (private companies and governments) with valid knowledge rooted in our own and other cultures and in integrity. Without this kind of valid knowledge, no implementation can be expected to succeed. There are many examples of development programs that lack a global perspective and fail (Berry, 2015; Rusmingsih, Widarni, Bawono, 2021).

The extraordinary rapid growth and development of the field of positive psychology and psychology focusing heavily on positive organizations, positive psychology can build a great hope for advancing our understanding and ability to improve the quality of life and/or work life of millions of children, youth and adults around the world. developed and developing societies around the world. Advances in this area also assurance helps in the creation of new innovations for growing organizations from all fields, shapes and sizes. Positive psychology covers almost all aspects and domains of human life and extends across the entire life span. In particular, theoretical and empirical work in positive psychology covers children, adolescents, adults, and even reaching late adulthood by studying positive aging. Donaldson and Ko (2010) documented that the perspectives and concepts of positive psychology are now evolving and could be further developed at an accelerated pace across a broad spectrum of professions and fields. For example, research, scholarship, and applications that draw on core concepts of positive psychology can now be found in education, public health, health care, social and human services, economics, political science, public policy, neuroscience, management, leadership, and organizational science. among others. Even Seligman and Csikszentmihalyi (2000) cannot imagine how far and wide the core ideas of positive psychology have crossed land and sea in a relatively short time. (Donaldson & Dollwet, 2013).

Differences in skin color also affect mental health. This happens because black women tend to be less confident and have lower incomes than white women. Black women tend to find work more easily than black women (Boisvert & Harrell, 2014). Prospects for post-intern work increased, some interns took on roles as assistant psychologists. The majority of supervisors remarked on interns' favorable impact on service results. Most of the interns were white British heterosexual women of young and healthy age.

Psychology graduates are nationally represented by a similar demographic profile and broadly. The demographic profile of psychology graduates in the United States is similar and largely

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represented. Although there are fewer people from Black and Ethnic Minority origins, their percentage is higher than the general population. Participants have a higher socioeconomic status than undergraduates in the United States. Internals and supervisors are enthusiastic about this program, and it is well-managed. Job prospects after internship are improving, with the majority of interns getting mental health positions such as assistant psychologists. Interns make a favorable contribution to service results, according to the majority of supervisors (Moulton-Perkins, Wressle, Grey, Sired, 2019). In psychology clinics, participants who experienced mental health usually recovered faster when doing social activities such as connecting with friends or family, informal social connections, and involvement in social activities were the strongest predictors of mental health compared to the use of traditional medicinal herbs. usually recommended by staff. health (McGaffin, Deane, Kelly, 2017). In Brazil, mental health consultant providers apply religious aspects that have proven to be effective in curing patients, this shows that religious aspects are very much present in psychological discussions in a clinic or psychiatrist in Brazil (Freitas & Santos, 2017). To offer children and adolescents with mental health services, a workforce capable of professional performance and knowledge to work with infants and adolescents with many disabilities, severe, and multiple disabilities would be necessary (Those who have learning difficulties with moderate to severe difficulty levels). Children and adolescents' mental health services exist and are widely offered over the world, but they have problems for a variety of reasons, including a dearth of certified workers who can work in all treatment locations and learning disabilities. (Jones, 2008). In adolescent mental health services, staff experience obstacles in improving their services, some of these obstacles are very high caseloads, tension in the workplace, and fragmentation of the client journey (Coates & Howe, 2016). Clients and staff in mental health services agree on the significance (based on rehabilitation psychological therapy) and grade this recovery as a performing service effectively in the current period (Rickwood, 2016).

Methodology

Data source and collection
We aimed to determine the effect on each person suffering from a psychological illness or having poor mental health. We use Content Analysis to filter scientific articles from well-known journals and books published by Psychology and Mental Health specialists. We carefully structure scientific publications, from selection to analysis, using a systematic approach to literature research. We use content analysis to evaluate our research publications. Our study uses qualitative techniques, and conclusions are based on the findings of past investigations.

Thematic analysis
We started our research by exploring psychological disorders, as well as what can happen to each individual suffering from a mental health disorder because every individual who experiences a psychological disorder is always associated with mental disorders at various points. As a result, we studied Psychology and Mental Health. We are often reminded of the critical nature of mental and psychological health and the detrimental effects it can have on students as the next generation and workers in society if we don't pay attention. In dealing with mental health, there

is always a psychological role involved in it. We found four important themes in our first study. The following are the themes:

1. Psychological disorders
2. Mental Health
3. Mental health in the society
4. Psychological disorders and mental health in education

Based on our examination of hundreds of research publications on emeralds, each sector has an adverse impact on every individual involved. Our theme analysis aims to establish relationships between the variables we identified and prospective factors that allow for understanding Psychological Disorders and Mental Health for today, tomorrow, and in the future. Abstract ideas are developed by investigating the relationships between subjects as well as the relationships between individual themes. The relationship between Psychology and Mental Health is explained. We conducted a content analysis using the analytical technique described by Bengtsson (2016), which includes the following procedures:

Figure 1. Content Analysis Stage Diagram

We begin at a prearranged location.

Stage 1: Decontextualization, which entails the identification of linked bits of information.

Stage 2. It is possible to examine the recontextualization, selection, and dissemination of "content" and "trash."

Stage 3: Classification categorizes and triangulates researchers.

Stage 4: Documentation, which includes member verification, interviewing, and answering audit questions.

The study's results are described in Table 1 and Figure 2.

Results
The analysis elucidates the link between the subjects, namely: Psychological Disorders; Mental Health; Mental Health in the Society; Psychological disorders and mental health in education.

Report interpretation
Table 1 summarizes the results of the content analysis based on the topics we have reviewed. We identified four main themes in our study through extensive triangulation and data enhancement, as shown in the table. Then, using the figure in Table 1, we try to establish the relationship between the connection flows between the themes.

Table 1. Content Analysis

Theme	Content Analysis
Psychological disorders	The impact that occurs on patients with psychological sufferers

Mental Health	Mental health is an essential aspect of health, and there is almost every point must be a priority and always be considered.
Mental health in the society	Mental health tends to be experienced by every individual in society
Psychological disorders and mental health in education	Psychological disorders and disturbed mental health have a negative impact on students and the school environment which must be considered and prioritized.

The content analysis results are summarized in Table 1 by topic. By doing some triangulation and refining the data, we discovered four key themes in our research, as indicated in the table. We next attempt to link the flow of connections between topics using the image in Table 1.
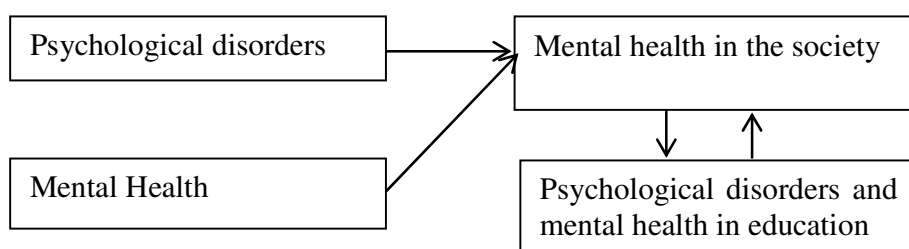

Figure 2. Content Analysis Diagram

Mental health disorders have often been encountered since ancient times, psychological disorders and mental health have a very close relationship and are always involved in cases of people with mental and psychological disorders. Psychological disorders and mental health can cause many things that can harm society. Psychological health and mental health disorders do not only affect adults but also children who are in the school environment, they tend to accept this diagnosis due to several factors, one of which is because teachers do not understand how to deal with students suffering from mental disorders or psychological disorders. in the school environment, when there are students experiencing mental disorders and mental health during school, then when they graduate and work, they will get greater pressure in living life, therefore mental health in schools for students and teachers is very important and must always be considered and prioritized because it has an impact on the quality of work or quality of life of each individual when he graduates and enters society.

Psychology
Psychological clinics are efficient in promoting the development of interdisciplinary attitudes based on Psychosocial Information and recovery for people with emotional disorders. Those who come to the clinic often talk about the relationship and effects of psychological illness, as well as the lack of attention, time, and readiness in seeking help to overcome psychological disorders, and other aspects related to the problem in sufferers. People with psychological problems, especially those with multiple disorders, have lower expectations, are less resilient, and have lower levels of well-being than those with relatively mild psychological disorders. Patients with multiple disorders are a particularly vulnerable group to greater problems, and as a result, they

have unique requirements, such as additional clinical provisions for clients with multiple diagnoses.

Mental Health

Mental health is a positive feature in terms of health, physical, mental and social well-being. In psychology clinics, people with mental disorders recover faster when doing social activities such as interacting with friends or family, establishing informal social relationships, and participating in social activities, compared to using traditional herbal medicine as recommended by staff in general. The feature of religion is very prominent in psychological conversations in a clinic or psychiatrist in Brazil, indicated by the fact that mental health consulting providers use a religious component that is proven to be successful and efficient in treating patients.

Mental Health in Society

Psychological clinics efficiently help develop a multidisciplinary attitude based on Psychosocial Information and can effectively heal anyone who is experiencing emotional problems. Compared to Japanese employees, Dutch workers have significantly higher rates of mental health problems, this is due to stronger workplace participation and motivation (intrinsic), and lower levels of shyness and motivation. Shyness is associated with mental health concerns. Self-compassion in Japan and job participation in Dutch employees proved to be unfavorable mental health disorders' predictions. Differences in skin color in women can also affect mental health. White women tend to have higher salaries and fewer eating disorder symptoms than black women with lower incomes. This is due to a lack of self-confidence in black women compared to white women. white women, black women, and black girls White women found jobs more easily than black women. In establishing children's and teenagers' mental health care, workers with professional competence and understanding in dealing with children and adolescents with complicated, severe, and numerous disorders (especially those with moderate or severe learning challenges) are urgently needed. As we all know, mental health services for children and teenagers exist and are widely available around the world, but they have a number of flaws, including a shortage of certified employees who can work in all service sites and staff who are unable to learn new things.New things about mental health services. Staff in youth mental health services face challenges in improving their services, including extremely high caseloads, the stress in the workplace, and fragmentation of the client journey. Clients and staff in mental health services agree on the need for recovery (based psychological therapy) and consider these recovery services effective in the contemporary era.

Psychological disorder and Mental Health in Education

Psychological education is currently unfulfilled or insufficient in many parts of the world. Psychology educators have a positive side in helping people with disabilities to improve their quality of life. Teacher education programs do not adequately prepare teachers or students to deal with mental health in schools, and even when they do, many of them lack an understanding of how to manage mental health in schools efficiently and accurately. Teachers are less concerned about mental health problems for their students in schools for students with mental health disorders, and teachers need to learn and take responsibility for protecting children from

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exposure to strangers or public information related to these problems. Teachers need to learn and have a responsibility to protect children from exposure to people or public information related to mental health problems. In the United Kingdom, a policy on teenage mental health has been announced, in which they will take a school approach to focusing on mental health concerns and evaluating the risks and protective factors that can help prevent mental health illnesses from spreading. Outside of the classroom, schools have little control over what happens to pupils. But they can create a psychologically healthy environment. To achieve academic success, leaders must understand that students must be psychologically healthy where students can grow psychologically healthy. Welfare and mental health should be prioritized by schools.

Students who have a healthy mentality are shown by their cheerful, enthusiastic, confident personality and have a good self-concept. In order to achieve optimum results, schools should target mental health facilities for youth or individual students. Schools have the power to change their identity by prioritizing the values of compassion, understanding, and respect over academic achievement. This strategy provides an opportunity to build an emotionally intelligent school. Schools also have a key role to play in instilling the importance of physical exercise and social relationships while promoting mental health. Improving the quality of school staff in recognizing symptoms of mental illness is also an important issue and needs to be considered by schools. Establishing a culture that enables children and teenagers to discuss their thoughts will help to eradicate mental health stigma. By normalizing mental health, improving school finances will contribute to efforts to create a positive school culture, of course, by prioritizing respect, openness, and empathy. This is a form of psychological investment in education. so that we are able to form emotionally qualified human resources.

Discussion

Psychological clinics are effective in supporting the development of interdisciplinary attitudes based on Psychosocial Information as well as recovery for those suffering from emotional illnesses. Those with psychological illnesses, particularly those with numerous disorders, have lower expectations, are less resilient, and have poorer levels of well-being than people with relatively minor psychological diseases.

Patients who suffer from multiple diseases are more prone to difficulty in focusing, and as a consequence, they need special needs aids, such as additional clinical provisions for clients with multiple diagnoses to be taken more seriously by medical personnel. Mental health is an aspect of health that often appears in physical, mental, and social well-being. People with complex, severe, and also multiple problems (especially those, with moderate or severe learning challenges) need more professional mental and psychological health practitioners. In many regions of the globe, psychology education is now unfulfilled or inadequate. As a result, psychology educators are required today for a variety of reasons, one of which is that they can assist persons with disabilities improve their quality of life. Teacher education programs do not effectively educate instructors or students to handle mental health issues in the classroom. Even when they do, many of them don't know how to effectively and appropriately manage mental health in schools. Teachers must learn about mental health issues and have a duty to safeguard children from being exposed to persons or public information about them. In the United Kingdom, a policy on adolescent mental health has been announced. They focus on mental health difficulties throughout the school and analyze the dangers and protective factors that can

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lead to or ameliorate poor mental health.At school, students should be able to maintain a mentally healthy lifestyle.

Schools have limited control over what happens outside the classroom, but they can promote a psychologically healthy environment in which students can grow and work comfortably. Effective school administrators recognize that academic achievement requires students to be psychologically healthy. Schools must understand that prioritizing students' physical and emotional health is the most important thing they can do. Mentally healthy students are students who are enthusiastic, happy and confident. They also have a positive self-concept as a human. Schools must provide targeted assistance to individual students as well as embrace a universal approach to mental health for all the students, in order to be well positioned to manage the mental health challenges facing youth.

Integrating mental health methods into the entire school has the ability to change the identity of the school by prioritizing compassion, respect, and empathy over academic achievement. Emotionally intelligent schools can be developed through comprehensive mental health programs. Schools should also play an important role, in making children understand the value of physical and also social interactions in maintaining mental health. This will be a provision for students to be able to have a stable emotional mindset, so that later they will be able to compete with optimum results. Sanagtla schools are responsible for their efforts to create a conducive and qualified learning environment for their students so that later they can achieve social and academic achievements. It is critical to strengthen the capacity of school staff to recognize symptoms of mental illness in students and instructors through effective professional development to diagnose and address the needs of children and youth before they worsen. Proper management of workers will be able to assist schools in dealing with student problems, school workers who are responsive will be able to recognize the symptoms shown by their students, then they and the school can immediately deal with the health problems of these students more quickly and efficiently.Schools can help reduce the stigma associated with mental illness by fostering a culture in which children and youth feel safe to express their emotions. Increasing the visibility of mental health in schools will help develop a healthy school culture and promote openness to students, empathy, and respect for others.

Conclusion

Mental health is an aspect of health that often appears in physical, psychological, and social well-being. In treating mental or psychological health disorders, there are clinical methods that are effective in treating and recovering those who suffer from emotional illnesses. Thus, mental disorders can be treated. In society, this psychological disorder can also reduce the quality of workers, those with mental health disorders tend to find it challenging to find work, and this has a very critical impact on the progress of an economy in the life of every individual who experiences it. The fields of psychology and mental health are essential in education. The world of education is vital in the growth and development of children and future successors of the nation who need to be appropriately educated according to their talents, interests, and psychological conditions. Many teachers and school staff do not know how to manage students' mental health effectively and appropriately in schools. Apart from teachers, students also have to learn and maintain a healthy mental lifestyle. Schools must understand that prioritizing students' physical and emotional health is the most important thing they can and should do and prioritize.

The school environment should also foster a culture in which children and youth feel safe to express their emotions.

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