

Mental Health: Global challenges of 21 century

The specificity of modern Ukrainian society attitudes for the problem of Mental Health Care



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The presentation focuses on:

- ✓ Why the quality of mental health is highly important for efficient development of any society
- ✓ How we can indicate/distinguish the quality of mental health in daily social activity
 - ✓ What the modern Ukrainians' main "gaps" in reflecting and looking after own mental health are

The specificity of modern Ukrainian society attitudes for the problem of Mental Health Care

The Mental Health Care issue appears to be an important factor of social development, productive work and social stability in any country all over the world

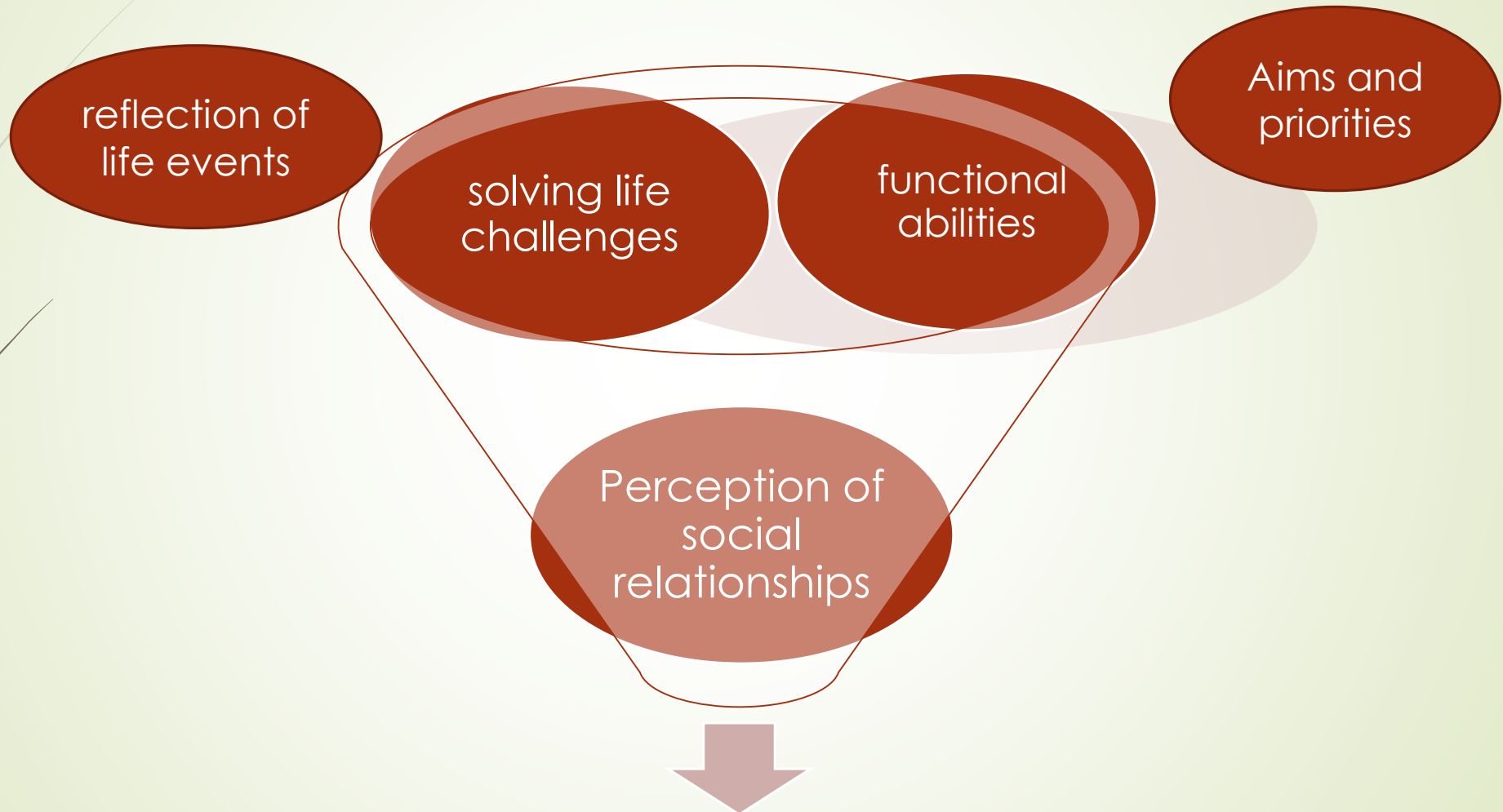


The specificity of modern Ukrainian society attitudes for the problem of Mental Health Care

The psychodiagnostic markers for studying the attitudes of modern Ukrainian society to the issues of mental health

- 1. The culture of interpersonal communication**
- 2. The culture of physical activity**
- 3. The culture of eating and drinking**
- 4. The culture of listening to own body**
- 5. The culture of social representation**
- 6. The culture of mental and physical relaxing**
- 7. The culture of self-perception**
- 8. The culture of interpersonal relationships**

The culture of interpersonal communication

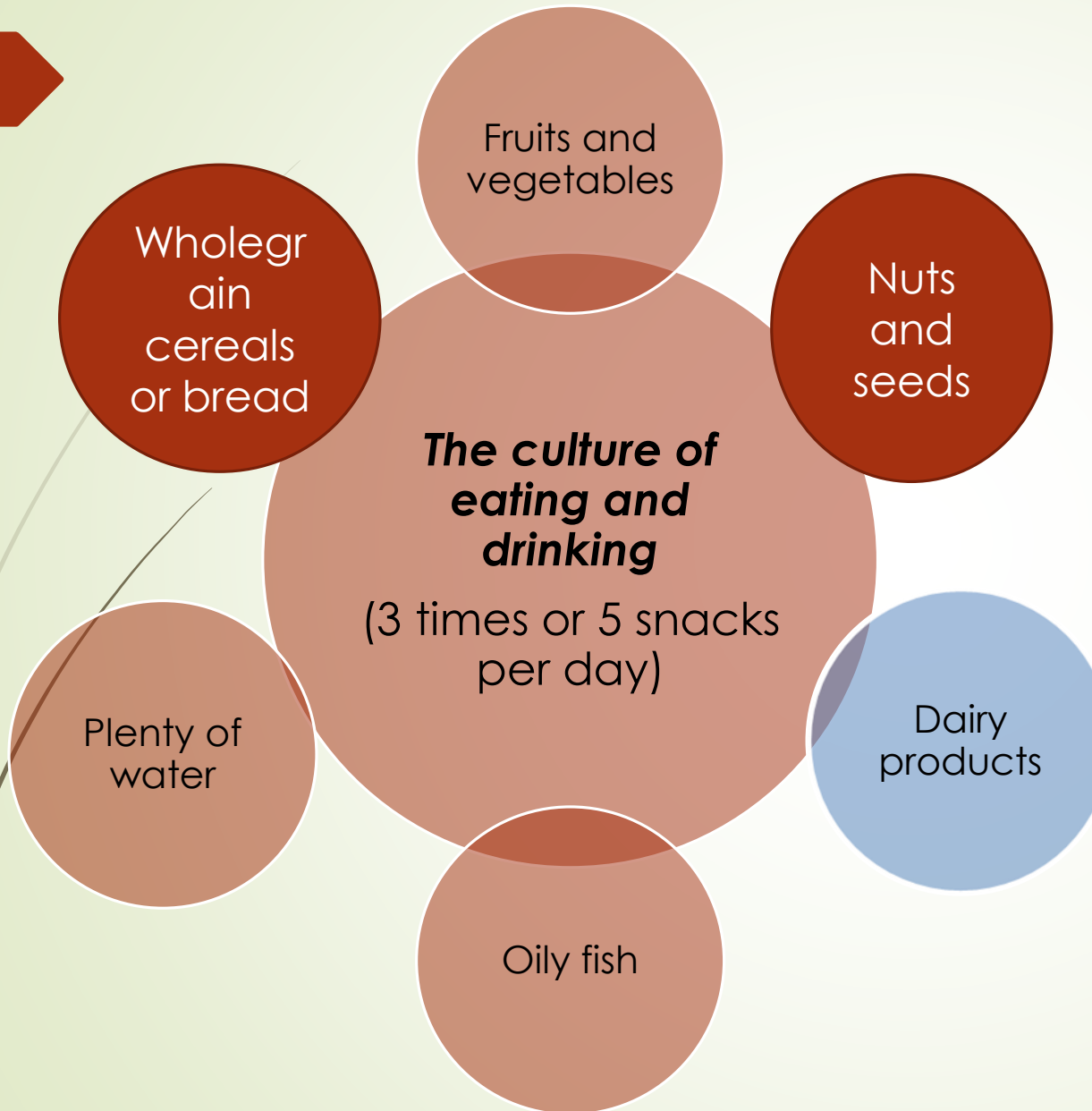


Talking about own feelings

The culture of physical activity



The culture of eating and drinking



Drink sensibly

man

- Light alcohol
- 3-4 units per day

woman

- Light alcohol
- 2-3 units per day





The culture of listening to own body



touch



cuddle

Body
feelings,
touches...



The culture of social representation



Ask for help

counseling

Social institutions...



Do something you are good at

hobbies

Social approval

The culture of mental and physical relaxing

1. Relaxation
2. Changing activity
3. Yoga
4. Stretching exercises
5. Meditation
6. Breathing exercises



The culture of selfperception

- Accept who are you
- Real-life



The culture of interpersonal relationships

- Care for others
- Individual spirituality



The crucial targets of the research

- General understanding of mental health
- Weekly “schedule” of looking after own mental health



Common comprehension

What is “mental health”?

- ▶ 78% of the individuals under study weren't able to verbalize and concretize their own understanding of definition “Mental Health”.
- ▶ 16% of the individuals under study have defined MH as “emotional health”, “social wellbeing”, “social, personal and psychic harmony”.



Common comprehension Feeling of wellbeing

The hierarchy of wellbeing in different spheres of life

| No | Life sphere | M | St D |
|----|------------------|------|------|
| 1 | esthetic sphere | 8,07 | 1,91 |
| 2 | ethic sphere | 7,69 | 2,09 |
| 3 | social sphere | 7,48 | 2,03 |
| 4 | intelligence | 7,46 | 1,66 |
| 5 | material sphere | 5,53 | 2,30 |
| 6 | religious sphere | 5,33 | 3,31 |
| 7 | political sphere | 3,87 | 2,30 |

How Ukrainians look after own mental health

The culture of interpersonal communication

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|-----------------------------------|---|
| talking about own feelings | 172,2 |

77% of the individuals under study are disappointed in emotional feedback of their partners in interpersonal communication

How Ukrainians look after their own mental health

The culture of physical activity

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|-------------------|---|
| walking | 646 |
| household chores | 404,625 |
| morning exercises | 88,625 |
| fitness | 111,25 |
| jogging | 80,75 |
| play | 216,125 |
| Competitive | 198,25 |

| <u>Type of activity</u> | <u>Average percentage of divided time per week</u> | |
|-------------------------|--|-------------------------------------|
| | <u>Enjoyable activity</u> | <u>Mechanical, routine activity</u> |
| walking | 8% | 92% |
| household chores | 5% | 95% |
| morning exercises | 88% | 12% |
| fitness | 90% | 10% |
| jogging | 75% | 25% |
| competitive | 93% | 7% |

How Ukrainians look after own mental health

The culture of physical activity

68% of individuals haven't got any special system in their exercises, fitness or jogging



How Ukrainians look after own mental health

The culture of eating and drinking

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|-----------------|---|
| eating | 444,5 |
| drinking | 128,125 |

| <u>Type of activity</u> | <u>Average percentage of divided time per week</u> | |
|-------------------------|--|-------------------------------------|
| | <u>Enjoyable activity</u> | <u>Mechanical, routine activity</u> |
| eating | 34% | 66% |

83% of individuals haven't got any special system of eating (content of meal, times per day. Often combine eating and other activities)

How Ukrainians look after own mental health

The culture of listening to own body

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|------------------|---|
| keeping in touch | 107,4 |

| <u>Type of activity</u> | <u>Average percentage of divided time per week</u> | |
|-------------------------|--|-------------------------------------|
| | <u>Enjoyable activity</u> | <u>Mechanical, routine activity</u> |
| keeping in touch | 85% | 15% |

How Ukrainians look after own mental health

The culture of social representation

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|---|---|
| Hobbies | 257,35 |
| Social approval for their activities (they are good at) | 117,55 |

How Ukrainians look after own mental health

The culture of mental and physical relaxing

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|-----------------|---|
| relaxing | 159,625 |

93% of individuals haven't got any regular system of relaxing activities (Yoga, Stretching exercises, Meditation, Breathing exercises)

How Ukrainians look after own mental health

The culture of interpersonal relationships

| <u>Activity</u> | <u>Average time in minutes per week</u> |
|-------------------------------|---|
| Taking care for others | 482,44 |

87% of individuals aren't satisfied of feedback for their taking care activities