



ROLE OF MENTAL HEALTH IN THE EMPOWERMENT OF WOMEN IN INDIA

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Mental Health and Woman empowerment share the same platform of their objectives. They are not only concerned with the enhancement of performance and wellbeing. A healthy women can play in the important role of the country. Health is milestone of women empowerment because it enables them to response to the challenges and change their life so that we can't neglect the importance of health in reference to women empowerment India poised to becoming superpower to recent upcoming years. women health in India has been a need of the hour as health is a foundation stone for the empowerment of women. Mental health also brings a reduction in inequalities and functioning as a means of improving their status within the family and develops the concept of participation .

KEYWORDS: Mental health, Milestone, Women Empowerment.

INTRODUCTION

Empowerment means gaining autonomy and control over one's life by realizing and making best use of one's capabilities and potentialities, and having the confidence to take action in one's life. It extends to self perception of the role of women in society, decision making, economic independence, desire to improve present living conditions and mental health towards group action and community behaviour.

Empowerment can be viewed as means a creating a social environment in which one can make decisions and make choices either individually for social transformation. The empowerment strengthens the innate ability by way of acquiring knowledge power and experience (Hashemi Schuler and Riley,1996). Empowerment is the process of enabling individual to think, take action and control work in an autonomous way. it is the process by which one can gain control over ones destiny and the circumstances of ones life's. There are always a number of elements in the society which are deprived of their basic rights. In fact, women are the most important factor of every society. even though everybody is aware of this fact, but nobody is ready to accept this fact. as a result, the importance which used to be given to women is declining in today's society. As a consequence of this growing tendency of underestimating women such as to make them occupy a secondary position in society and to deprive them of their basic rights, the need for empowering women was felt. Empowering women has becomes the focus of considerable discussion and attention all over the world.

IMPORTANCE OF WOMEN MENTAL HEALTH

Women empowerment is an active multi-dimensional process, which should enabled them to realize their full identity and power in all spheres of life. It consist of their greater access to knowledge and resources , greater ability to plan their lives, greater control over their circumstances and the power to free themselves from the shackles of custom, belief and practice (Pillai,1990).

" Women have to take the time to focus on our mental health-take time for self, for the spiritual, without feeling guilty or selfish," the icon told Elle in 2016, "The world will see you the way you see you, and treat you the way you treat yourself".

The ultimate goal of empowerment is to ensure that women should fully participate in the political and social decision making process at the local, regional and national levels with a view of achieving political empowerment and control over household resources (Soleman,1990). Thus empowerment is a multifaceted concepts that extends to the economic, social, cultural, political,, mental health and psychological aspects of women's life.

Healthy empowerment means modification of behaviour in every aspect such as mentality, outlook, mental health etc. Mentally strong and healthy women not only tend to promote education of their society but also can provide better guidance to our nation.

WOMEN EMPOWERMENT THROUGH HEALTHY ENVIRONMENT

In India, constitution provides equal rights and privileges for men and women and makes equal provisions to improve the status of women in society. Article 14 and 15 of the Indian constitution have guaranteed equality and justice as a fundamental right to all citizens irrespective of class, creed, religion and sex under article 39, men and women have an equal right to an adequate means of live hood and there will be equal pay for work for men and women both.

But women in India have been deprived of education employment equal pay mental health status with men robbed by dignity, pride and self worth. They feel themselves as prisoners doomed to obedience and conformity to find release and freedom only in death, yet women's contribution to national development is crucial and their emancipation is essential for the economic development and social progress of the Nation. Women must be recognised as a power in the development process and should be actively involved in it.

DEFINING POSITIVE AND NEGATIVE MENTAL HEALTH

Positive mental health refers to the positive emotions and good functioning in both social and individual environment. work being done by corey keyes has shown that individuals with high positive mental health are less likely to develop depression and chronic disease. When we are mentally healthy, we enjoy our life and environment and the people in it. we can be creative, learn, try new things, and take risks. we are better able to cope with difficult times in our personal and professional lives.

positive mental is defined as an optimal way psychological functioning and a general feeling of well-being. In contrast, **negative mental** health includes deleterious facets such as health problems, psychopathology and psychiatric disorders. (Deci and Ryan,2008).

Mental Health effects in empowerment

The empowerment of individuals is intended to help them adopt determination and autonomy, exert more influence on social and political decision making and gain increase self esteem. The relation between women's health and various closely variables such as well-being, life satisfaction, happiness and health has been explored in many studies, In fact when asked about most enjoyable aspects of being a women, motherhood and career are mentioned equally after. But the efforts of occupying greater number of roles produce role conflict generate either role coping demands, produce role strain and role overload is in a nutshell a potential source of stress.

The unhealthy women of today lives in the mental stress of coping with their dual responsibility. At the level of reality , the women of today is confronted with at least a few significant questions-firstly, to work towards work and carrier goals and assign time and effort to them. Secondly, to sort out and fulfil the expectations of her assigned roles as a women to devote time and effort it. and the thirdly ,to manage the problems arise out of meeting the obligation and requirement of these two separate spheres. these problems could be of a practical or emotional nature. Mental health and empowerment have contributed immensely in shaping women perceptions and expectations. They have facilitated changing norms and challenging values.

In general the study by the Herman the relation between empowerment and the mental health in women and we can say that when empowerment stages and factors are correctly implemented, women's mental health is also improves. especially in difficult situations and disasters, this relation between mental health and empowerment can lead to better participation in controlling the situations.

This study aimed to determine the experts opinions on factors related to empowerment of women one of the limitations of this study was the small number of experts and researchers in held's related to women's studies who were familiar with psychological aspects of empowerment. This study suggests that women should gain knowledge and actively pursue their demands through participation and cooperation instead of being passive recipients of help and take responsibility for implementation of personal and social programs. he society also should consider the potential benefits and effectiveness of women and creates the basis for their empowerment and health. The tools that are at her disposal are her personal competence and skill to enact the two roles . In the process a women may respond with great pressure upon her physical and mental health in trying to meet all obligations with dignity and perfections.

To conclude, There have been enough empirical evidences to show that mental health based women empowerment is found to be very effective with sustainable impact . (Seligman, Steen,Park ,2005). This type of empowerment significantly helps other women their strengths and reach their full potential.

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