

Editorial.....



In olden days absence of illness was sufficient to consider an individual healthy. Today we no longer believe so, and a positive concept of health has been evolved which draws in the multidimensional aspects of being healthy such as behavioral, social, interpersonal and intrapersonal, besides being physically healthy. Yet, these aspects that together constitute mental health or holistic view of health do not get adequate attention from those responsible for ensuring health of the people. That both physical and social ills are largely related to disturbed mind, is generally not realised. Moreover, that genetic, organic and psychosocial factors determine mental health or mental illness too is mostly ignored. The effective strategy to ensure mental health would require efforts of developing a better understanding through collaborative research by social scientists, nurses and psychiatrists and thereafter planning holistic management of those affected with mental problems. Nurses are in a better position to give attention to the above mentioned factors and in fact they are already working in these areas as is evident from the research studies they are doing these days. This way they are contributing towards “preventive Psychiatry”, by incorporating alternative therapies adjunct with the routine psychiatric care.

This issue of IJNS focuses on mental health rather than mental illness. Most of the authors of research articles have explored the effect of alternative therapies in management of behavioral problems which if not tackled in time would result in full blown mental disorders. And they have found that therapies such as mindfulness meditation, play therapy, creativity, bibliotherapy, yoga and touch therapy had tremendous positive effect in lessening the mental burden and enhancing positivity in the individuals. Some studies that have explored, 'stress and coping mechanism of care givers of mentally challenged children' ' emotional intelligence and academic stress' and ' prevalence, patterns and factors influencing tobacco use among school students', provide insight in to these emotional and social problems.

Dr Lalita's concept article on “Psychiatric Nursing Practices in India: Past, Present & Future” beautifully crafted, provides a bird's eye view on history of psychiatric nursing in India and its future.

Beyond Nursing, in this issue talks about “MEDITATION”, re-emphasizing its role in enhancing physical, mental and spiritual wellbeing.

Happy Reading!

- Dr. Usha Ukande