

## MENTAL HEALTH PROBLEMS AND ALCOHOL USE AMONG PROFESSIONALS

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### Abstract

**Objectives:** The present article emphasized on the importance and factor which relate the mental health problems and alcohol use in context of workplace. Mental health is very important aspect of person's life. Mental Health refers to a state of wellbeing in which person realizes his/her own abilities, can manage normal stresses of life, work productively and effectively, and able to make contribution to his/her community [1]. If the person is not able to realize his/her abilities to deal with demand of the workplace, not able to manage normal stress of workplace life then he/she may have develop some kind of mental health problems. When it comes to the workplace there are many factors which influenced the person's mental health. Several Factors like, shift work, monotony at work, negative emotions, unclear roles, and day to day problems, due to these factors people develop some of the mental health problems such as negative affect, depression, and psychological distress. Some specific task may carry a higher personal risk for the employee, which influenced the mental health further lead to the cause for mental disorders, and then it may lead to harmful use of alcohol or psychoactive drugs. Risk is more in those situations where there is a lack of social support and team cohesion at the workplace [2]. The present article also highlighted the need to organize mental health workshop for alcoholics at the workplace so that the positive mental health can be enhanced. *ASEAN Journal of Psychiatry, Vol. 22 (1): January – February 2021: XX XX.*

**Keywords:** Mental Health Problems, Professionals

### Introduction

Mental health problems are very important when it comes to Professionals behavior at workplace. The majority of mental health problems are observed between the ages of 15-24 [3]. There are many factor associated with the Mental health problems such as, substance use, employment, poorer academic, and other social outcomes [4]. In another study, among professional the occupational stress play an important role in mental health who are working in teaching, nursing and clerical jobs. The sources of stress are various for working professionals such as, heavy workload, lack of co-operation from colleagues or

neighbors and the unfavorable community attitude [5]. Mental health is very significant for person, families and communities, and it is more than simply the absence of a mental disorder. Mental health is defined by the World Health Organization as 'a state of well-being in which the person realizes his or her own abilities, can manage normal stresses of life, work productively and effectively, and is able to make a contribution to his or her community'. A mental disorder is any illness that affects people's emotions, thoughts or behaviour, which is out of keeping with their cultural beliefs and personality, and is producing





(EAP) which are very important for reducing the

alcohol use at workplace.

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Received: 29 October 2021

Accepted: 28 November 2021