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FACTORS INFLUENCING PSYCHOLOGICAL HEALTH FOR WOMEN

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Factors Influencing Psychological Health for Women

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Abstract – Psychological happiness makes up an essential part of a person's ability to lead a fulfilling life, together with the ability to form and maintain relations, to study, work and to make day-to-day decisions about educational, service, housing or other choices. This paper mainly focuses on factors influencing psychological health for women.

Keywords: Psychological, Women, Health, Society

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INTRODUCTION

The accomplishment and conservation of physical condition reaches to the very core to human continuation. In a broadest sense physical and psychological is an overarching apprehension for all human being, group and civilization. Health is illustrated and explains in a variety of discourses that are socially comprised. The perception of health is varying across time and place. Health is seen as a organic pointer of well-being Health not only provides liberty from all illnesses but also ensures that all physical mental and social happiness permeate in that state. Health is a source of on a daily basis life and a necessary part of happiness, not the entity of living. It is an optimistic concept highlight social and personal possessions and physical ability. Improved physical health and confrontation of disease have long- term belongings on happiness.

REVIEW OF LITERATURE:

A number of women may be further susceptible to mental health problems due to a combination of biological, genetic, physiological or social factors (Fisher et al 2002; Boyce 2003). Psychosocial factors that have been identified as influencing mental health during pregnancy include the following.

- **Psychological health disorder** — these increase the likelihood of depression developing and bipolar disorder recurring during pregnancy (NICE 2007).
- **Physical, sexual or psychological abuse** — infancy sexual, physical abuse is related with despair, nervousness and low self-worth in the postnatal period (Buist 1998). Women

exposed to abuse during pregnancy are also more likely to develop depression in the postnatal period (Bacchus et al 2003; Mezey et al 2005).

- **Use of alcohol and/or Drug** — there are clear associations flanked by mental physical condition issues and drug and alcohol abuse. There is commonly an association between physical and affecting drug and alcohol misuse (Oei et al 2009).

FACTORS INFLUENCING PSYCHOLOGICAL HEALTH:

The factors having their impact on psychological health are mentioned below:

- **External factors:**

Psychosocial health is based on how we recognize our life's experience. While some experience is under our control, others are not. External influence is those factors in our life that we are not able to control, such as who raised us and the physical atmosphere in which we live.

- **Influences of the family:**

Families are an important power on our psychosocial development. Children raised in vigorous, development happy families are more likely to become stable, productive adults. Children raised in families in which violent behavior, sexual, physical, negative behaviors, disbelieve, anger, dietary deficiency, drug abuse, parental discord or

characteristics of dysfunctional families are present may have a harder time adapting to life.

CONCLUSION:

Social hold up has a significant insinuation on the happiness and health of the people. There is rising substantiation that Social bear is absolutely related to Psychological happiness. Throughout the last two decades the main standard in the Social support literature inspect, communal support as an exogenous variable ornamental happiness and health irrespective of stress level or defensive people from the pathogenic effects of demanding events. Role of women in many societies depicts them to greater stresses which mutually with other factors together with family violence and cruelty, leads to higher rates of depression and anxiety.

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