Managing Psychological Problems is essential in Leading to Enhancement of one's overall Living Conditions

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Abstract

The experiencing of psychological problems is an integral part of the lives of the individuals. These are experienced in the personal and professional lives of the individuals. The effects of these problems on the health and overall personality traits of the individuals are experienced in a major or minor form. The individuals aim to carry out all types of job duties and responsibilities successfully. Hence, for this purpose, the individuals need to be well-versed in terms of methods and strategies and manage various types of psychological problems in a well-organized manner. The individuals need to form positive viewpoints in terms of their work and the individuals, whom they are working and dealing with. The management of psychological problems will render an important contribution in promoting well-being and goodwill. The management of various types of psychological problems in some cases is complicated, whereas, in other cases, these are manageable. The individuals may manage them on their own as well as through taking help and support from family and community members. Hence, when various types of psychological problems will be managed in a well-organized manner, the individuals will render an important contribution in enhancing their overall living conditions. Therefore, it is understood on a comprehensive basis that managing psychological problems is essential in leading to enhancement of one's overall living conditions. The main concepts that need to be taken into account in this research paper are, causes of psychological problems, measures to be implemented in managing psychological problems and psychological problems are obstacles within the course of enhancing career prospects.

Keywords: Job Duties, Living Conditions, Management, Measures, Personal, Professional, Psychological Problems, Responsibilities

The individuals, belonging to all communities, categories and occupations experience various types of psychological problems. These are, anger, stress, anxiety, frustration and depression. These problems are experienced by the individuals in personal and professional lives in a major or minor form. Hence, the individuals need to be informative in terms of measures to curb them and prevent them from assuming a major form. The individuals need to implement the measures to manage psychological problems throughout their lives (Cherry, 2022). The individuals need to be well-versed in terms of their job duties and responsibilities in personal and professional lives. These need to be put into operation in a well-organized manner. When job duties and responsibilities are implemented well, the individuals are able to incur the feelings of pleasure and contentment. In this manner, they are able to alleviate the psychological problems of anger, stress, anxiety, frustration and depression. As a consequence, the individuals are able to acquire appreciation and reverence from the family members and educators and employers within educational institutions and various types of employment settings. Therefore, possession of information in terms of job duties and responsibilities is essential in managing psychological problems.

The individuals cannot stay in seclusion and loneliness. Loneliness is a chronic and distressful state, which gives rise to various types of psychological problems. Hence, it is of utmost significance for the individuals to implement measures to alleviate loneliness and form an effective social circle. The social circle of the individuals comprise of relatives, friends, neighbours, classmates and colleagues. When the individuals have an effective social circle, they are not only able to curb loneliness, but are able to manage psychological problems in an effective manner (Mental Disorders, 2014). The individuals need to form positive viewpoints in terms of all individuals and not possess any negative feelings regarding anybody. One should not possess the feelings of antagonism and antipathy against anybody. The individuals are required to put into operation communication processes in an effective manner and treat others with respect and courtesy.

When the individuals put into practice communication processes in an effective manner and form a social circle, they are able to manage psychological problems. Furthermore, the individuals form the viewpoint that they will be able to bring about improvements in their overall quality of lives.

The individuals need to promote good health, physically and psychologically. When they will be healthy, they will be able to promote a normal mind-set and manage various types of psychological problems in an efficacious manner. The individuals, belonging to all age groups experience various types of health problems and illnesses. When these have unfavourable effects on their health and well-being, individuals are overwhelmed by psychological problems. Hence, it is indispensable for the individuals to be informative in terms of ways to promote good health from the physical and psychological perspectives. The individuals need to inculcate the traits of morality, ethics, diligence and conscientiousness. These traits would enable the individuals to do well in their job duties, generate desired outcomes and lead to up-gradation of one's overall standards of living. Furthermore, the individuals will reinforce the traits of generosity and kind-heartedness. As a consequence, the individuals will render an important contribution in managing psychological problems. Throughout the lives of the individuals, they need to abide by the norms and values and promote well-being of others. This is the key to cope with various types of psychological problems in an effective manner.

Causes of Psychological Problems

The occurrence of psychological problems is apparent. Throughout the lives of the individuals, they experience various types of psychological problems. There are number of causes of these problems. Individuals are required to augment their knowledge and understanding in terms of causes of psychological problems. On the other hand, it is necessary for the individuals to be informative in terms of ways to curb these problems (Mental Disorders, 2019). The solutions can be provided to the problems on one's own or through obtaining help and assistance from others. These include family members, individuals within educational institutions and employment settings, medical practitioners, health care specialists, professional counsellors and so forth. When causes of psychological problems are identified and strategies are implemented to solve them, individuals will render an important contribution in promoting enhancement of their overall living conditions. Causes of psychological problems are stated as follows:

Household Responsibilities and Relationships

Management of household responsibilities and relationships within natal and marital homes do give rise to psychological problems. The management of various types of household responsibilities in some cases is complicated and develop psychological problems. On the other hand, the formation of cordial and amiable terms and relationships with family members can also be stressful. When family members are not supportive and do not acknowledge one's efforts, the individuals feel overwhelmed by various types of psychological problems. In some cases, it is even complicated to deal with demanding individuals. When there are occurrence of disputes, it is disappointing. Therefore, it is well-understood that household responsibilities and relationships are causes of psychological problems.

Problems in Educational Programs

Pursuance of educational programs is not manageable. There are occurrence of various types of problems and difficulties. These take place regarding teaching-learning methods, teaching-learning materials, instructional strategies, evaluation methods, infrastructure, amenities, facilities, competitions, academic activities and the overall environmental conditions. When students experience problems in acquiring an efficient understanding of the academic subjects and lesson plans, they feel overwhelmed by various types of psychological problems. These problems are experienced in a major form, when the individuals experience setbacks within the course of achievement of educational goals. Therefore, in educational institutions of all levels, problems in educational programs give rise to psychological problems.

Dilemmas within Employment Settings

In employment settings, within the course of putting into operation various job duties, the individuals experience psychological problems. These problems are experienced by the individuals within the course of implementation of job duties, achievement of professional goals and in leading to up-gradation of overall structure of the organizations. The psychological problems are experienced in terms of job duties, responsibilities, methods, procedures, strategies, approaches, resources, infrastructure, amenities, facilities, and the overall environmental conditions. These problems are experienced in a major form, when the individuals experience setbacks within the course of achievement of professional goals and creating an amiable working environment. Therefore, dilemmas within employment settings are major causes of psychological problems.

Health Problems and Illnesses

The individuals, belonging to all age groups experience various types of health problems and illnesses. These may be experienced in a major or minor form. When these have unfavourable effects on their health and well-being, individuals are overwhelmed by various types of psychological problems. When they give rise to impediments within the course of implementation of job duties and carrying out other tasks, which are necessary in promoting well-being, psychological problems are experienced. In some cases, individuals do not feel pleasurable in getting engaged in tasks and activities that were once enjoyed. Therefore, health problems and illnesses is a cause of psychological problems, which is recognized by individuals, belonging to all communities.

Seclusion

From the stage of early childhood throughout the lives of the individuals, they need to understand that residing in seclusion can impose unfavourable effects on a comprehensive basis. It is difficult for the individuals to reside in seclusion. Seclusion is a distressful state, which gives rise to various types of psychological problems. Hence, it is of utmost significance for the individuals to implement measures to alleviate loneliness and establish contacts with other individuals within and outside the homes. The individuals are required to put into operation communication processes in an effective manner with the individuals within personal and professional lives. Therefore, it is well-understood, psychological problems take place due to residing in seclusion.

Poverty

The individuals experience psychological problems when they are overwhelmed by the conditions of poverty. When the individuals experience scarcity of financial resources, they experience problems in fulfilling their needs and requirements and sustaining their living conditions in a satisfactory manner. As a consequence, they are overwhelmed by psychological problems. Hence, the conditions of poverty are regarded as barriers within the course of implementation of various types of job duties and activities, fulfilling all needs and requirements and leading to enhancement of one's overall standards of living. Therefore, it is acknowledged on a comprehensive basis that poverty gives rise to various types of psychological problems.

Illiteracy

When the individuals are overwhelmed by problem of illiteracy, they experience problems in promoting enhancement of their living conditions in a satisfactory manner. The individuals remain unaware of various factors that are necessary in promoting well-being and goodwill of themselves and their families. As a consequence, individuals normally get overwhelmed by various types of psychological problems. Hence, illiteracy is regarded as one of the major obstacles, which not only gives rise to psychological problems, but barriers take place within the course of leading to progression of the communities and nation as a whole. Therefore, illiteracy is regarded as one of the critical causes of psychological problems.

Unemployment

The individuals, belonging to all communities, categories and occupations have aims and objectives to achieve. Acquisition of employment opportunities is regarded as the primary goal of the individuals. Employment opportunities are the key that enable the individuals to generate income, utilize educational qualifications, competencies and abilities, form an effective social circle and lead to up-gradation of one's overall quality of lives. Unemployment gives rise to psychological problems. The reason being, individuals experience problems in fulfilling their needs and requirements and sustaining their living conditions in an adequate manner. As a consequence, individuals get overwhelmed by various types of psychological problems. Therefore, unemployment is a cause of psychological problems, which has been experienced by the individuals, irrespective of educational qualifications, skills and abilities.

Work Pressure

Within the course of implementation of household responsibilities, pursuance of educational programs and putting into operation job duties within employment settings, the individuals do experience work pressure. This is particularly when they are overwhelmed by various types of job duties and responsibilities. These may be more time consuming or can be completed in less amount of time. One of the major causes of work pressure is when job duties remain incomplete. The individuals experience stress and anxiety. Hence, work pressure is regarded as one of the major causes of psychological problems. As a consequence, the individuals develop concern and experience various types of psychological problems.

Crime and Violence

The individuals, belonging to all communities experience various types of criminal and violent acts. These are verbal abuse, physical abuse, neglect, mistreatment, discriminatory treatment, domestic violence, sexual harassment, emotional abuse, rape, incest, and dowry harassment. The individuals experience psychological problems when they undergo these criminal and violent acts. When these have unfavourable effects on the health and well-being of the individuals, they are overwhelmed by psychological problems. When the psychological problems are experienced in a major form, these give rise to impediments within the course of implementation of job duties, promoting well-being and goodwill and bringing about improvements in one's overall quality of lives (Mental Illness, 2022). Therefore, crime and violence is cause of psychological problems.

Measures to be implemented in Managing Psychological Problems

Throughout the lives of the individuals, they need to be informative in terms of measures, which may contribute significantly in managing psychological problems satisfactorily. One of the important factors that needs to be taken into account is, the individuals need to reinforce positivity in these measures. When one is putting into operation various tasks and activities, the individuals should not only aim to promote well-being and goodwill of oneself, but also the family and community members. The implementation of these measures will prove to be advantageous to the individuals on a comprehensive basis. As a consequence, individuals will contribute significantly in promoting good health, physically and psychologically. The individuals are required to follow the standards and abide by principles and values in their personal and professional lives (Types of Mental Health Problems, 2022). When the individuals are aware, they will have to put into operation these measures in a well-ordered and disciplined manner. Measures to be implemented in managing psychological problems are stated as follows:

Acquiring Education

The individuals, belonging to all communities and backgrounds have recognized the meaning and significance of education. They are getting enrolled in educational institutions and training centres to acquire good-quality education. The acquisition of education will facilitate in augmenting knowledge, skills and abilities, forming an effective social circle and leading to enrichment of one's overall standards of living. When the individuals are overwhelmed by problem of illiteracy, they experience problems in promoting enhancement of their living conditions in a satisfactory manner.

The individuals remain unaware of various factors that are necessary in promoting well-being and goodwill of themselves and their families. As a consequence, individuals normally get overwhelmed by various types of psychological problems. Hence, in order to prevent them from giving rise to impediments, individuals acknowledge significance of education. Furthermore, they wholeheartedly dedicate themselves towards achievement of educational goals. This is regarded as essential for the individuals to emerge into moral human beings and productive citizens of the country. Therefore, acquiring education is regarded as one of the indispensable measures to be implemented in managing psychological problems.

Getting engaged in Employment Opportunities

The individuals experience psychological problems when they are overwhelmed by the conditions of poverty. When the individuals experience scarcity of financial resources, they experience problems in fulfilling their needs and requirements and sustaining their living conditions in a satisfactory manner. As a consequence, they are overwhelmed by psychological problems. Hence, in order to provide solutions to them, individuals aspire to get engaged in employment opportunities. This is regarded as the primary goal of the individuals, irrespective of their communities, categories and backgrounds. The employment opportunities enable the individuals to generate income, utilize educational qualifications, competencies and abilities and establish contacts with the members. The members are employers, supervisors, colleagues and other individuals, whom one is working and dealing with. In this manner, the individuals will alleviate backwardness. Furthermore, they will enhance their career prospects and bring about improvements in their overall quality of lives. Hence, they will be able to manage the psychological problems of anger, stress, anxiety, frustration and depression in a satisfactory manner. Therefore, getting engaged in employment opportunities is one of the significant measures to be implemented in managing psychological problems.

Being Well-versed regarding Job Duties and Responsibilities

The individuals need to be well-versed in terms of their job duties and responsibilities in personal and professional lives. These are complicated as well as manageable. When these are complicated, it is apparently understood, individuals will experience various types of psychological problems. When the individuals are well-aware of all types of job duties and responsibilities, the psychological problems will be managed well. The job duties and responsibilities need to be put into operation in a well-organized manner. When job duties and responsibilities are implemented well, the individuals are able to incur the feelings of pleasure and contentment. In this manner, they are able to alleviate the psychological problems of anger, stress, anxiety, frustration and depression. As a consequence, the individuals are able to acquire appreciation and reverence from the family members, educators within educational institutions and employers within various types of employment settings. Hence, possession of information in terms of all types of job duties and responsibilities is necessary in managing psychological problems. Therefore, being well-versed regarding job duties and responsibilities is an eminent measure to be implemented in managing psychological problems.

Being informative in terms of Methods and Strategies

In order to put into practice various types of job duties and responsibilities in an appropriate manner, the individuals need to be informative in terms of methods and strategies. These are the key to implement all types of job duties and responsibilities in a satisfactory manner; generate the desired outcomes and lead to up-gradation of the overall structure of the organizations. Furthermore, they will be able to meet the expectations of supervisors and employers. Lack of information in terms of methods and strategies would give rise to impediments within the course of implementation of tasks and activities. As a consequence, individuals will be overwhelmed by psychological problems. To eliminate the unfavourable effects of psychological problems, the individuals are required to augment their knowledge and understanding in terms of methods and strategies. The utilization of modern, scientific and innovative methods would facilitate the implementation of job duties in an efficient manner. Hence, individuals will incur the feelings of pleasure and contentment. Therefore, being informative in terms of methods and strategies is a renowned measure to be implemented in managing psychological problems.

Alleviating Loneliness

From the stage of early childhood throughout the lives of the individuals, they need to alleviate loneliness. It is difficult for the individuals to stay in seclusion and loneliness. Loneliness is a chronic and distressful state, which gives rise to various types of psychological problems. Hence, it is of utmost significance for the individuals to implement measures to alleviate loneliness and establish contacts within and outside the homes. The individuals are required to put into operation communication processes in an effective manner and treat others with respect and courtesy. When the individuals are making use of polite language and depict the traits of helpfulness and co-operation, they will be able to render an important contribution in alleviating loneliness. The reason being, individuals take pleasure in communicating and forming cordial terms and relationships with individuals within and outside the homes. As a consequence, individuals will alleviate loneliness and psychological problems that are experienced due to it will be managed satisfactorily. Therefore, alleviating loneliness is a prominent measure to be implemented in managing psychological problems.

Forming an Effective Social Circle

Forming an effective social circle is the key to not only manage psychological problems but also lead to enrichment of one's overall standards of living. The social circle of the individuals comprise of relatives, friends, neighbours, classmates and colleagues. When the individuals have an effective social circle, they are not only able to feel pleasurable, but are able to manage psychological problems in an effective manner. The individuals need to form positive viewpoints in terms of all individuals. Though there are differences on the basis of number of factors, i.e. caste, creed, religion, ethnicity, age, cultures, educational qualifications, occupations, personality traits and socio-economic backgrounds. Furthermore, they should not possess any negative feelings regarding anybody. The individuals are required to put into operation communication processes in an effective manner and treat each other with respect and courtesy. When the individuals put into practice communication processes in an effective manner and form a social circle, they are able to manage various types of psychological problems, particularly taking place due to isolation. Therefore, forming an effective social circle isa favourable measure to be implemented in managing psychological problems.

Promoting good Health and Well-being

Throughout the lives ofthe individuals, they need to recognize that 'health is wealth'. It needs to be paid attention towards on regular basis. Good health needs to be promoted, physically and psychologically. When individuals will be healthy, they will be able to promote a normal mind-set and manage various types of psychological problems in an efficacious manner. In other words, maintaining good health is the key to manage psychological problems. The individuals, belonging to all age groups experience various types of health problems and illnesses. When these have unfavourable effects on their health and well-being, individuals are overwhelmed by psychological problems. When they give rise to impediments within the course of implementation of job duties, psychological problems are experienced. In some cases, they do not feel pleasurable in getting engaged in tasks and activities that were enjoyed at a particular point of time. Hence, it is indispensable for the individuals to be informative in terms of ways to promote good health from the physical and psychological perspectives. Therefore, promoting good health and well-beingisa meaningful measure to be implemented in managing psychological problems.

Inculcating the Traits of Morality and Ethics

The individuals are required to recognize the meaning and significance of the traits of morality and ethics throughout their lives. These traits would enable the individuals to do well in their job duties, generate desired outcomes and lead to up-gradation of one's overall standards of living. Furthermore, the individuals will differentiate between appropriate and inappropriate and strengthen the traits of liberality and benevolence. When the individuals are moral and ethical in their conduct, they will be able to contribute in a significant manner in promoting well-being and goodwill. Furthermore, they will put into operation all job duties successfully. As a consequence, the individuals will render an important contribution in managing psychological problems. Throughout the lives of the individuals, they need to abide by the norms and values. They need to make use of their educational qualifications, skills and abilities to promote well-being of others.

These traits are regarded as fundamental to cope with various types of psychological problems in an effective manner. Therefore, inculcating the traits of morality and ethicsisa noteworthy measure to be implemented in managing psychological problems.

Implementing the Traits of Diligence, Resourcefulness and Conscientiousness

Implementing the traits of diligence, resourcefulness and conscientiousness have proven to be beneficial to the individuals to a major extent. These traits are put into operation, when individuals are well-equipped in terms of their job duties and strategies. Furthermore, they will be able to cope with various types of problems in a well-organized manner. As a consequence of implementing these traits, individuals will be able to do well in their job duties and functions; utilize modern, scientific and innovative methods; generate desired outcomes and meet the expectations of educators, supervisors and employers. When the individuals experience barriers within the course of implementation of job duties and generation of desired outcomes, they are overwhelmed by psychological problems. Hence, through implementing the traits of diligence, resourcefulness and conscientiousness, individuals will render an important contribution in managing psychological problems. Furthermore, these traits are regarded as fundamental to carry out all tasks and functions successfully and lead to up-gradation of one's overall quality of lives. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is an advantageous measure to be implemented in managing psychological problems.

Implementing Time Management Skills

In the personal and professional lives of the individuals, they are overwhelmed by various types of job duties and responsibilities. These may be more time consuming or can be completed in less amount of time. When job duties remain incomplete, individuals experience work pressure and various types of psychological problems. Hence, implementing time management skills is regarded as a vital measure to manage psychological problems. When the individuals acknowledge the meaning and significance of these skills, they will be able to form a schedule and complete all job duties within the required time frame. These skills enable the individuals to assign priorities to the tasks. The tasks, which are more important are put into practice before, whereas, the tasks, which are less important are carried out after the completion of more important ones. Procrastination is avoided. Hence, time management skills have rendered an important contribution in completing all job duties on time. As a consequence, the individuals will render an important contribution in managing psychological problems. Therefore, implementing time management skillsis a useful measure to be implemented in managing psychological problems.

Psychological Problems are Obstacles within the Course of Enhancing Career Prospects

The individuals, belonging to all communities, categories and occupations aim to enhance their career prospects and bring about improvements in their overall quality of lives. The psychological problems are experienced by the individuals within the course of enhancement of career prospects. The individuals need to prepare themselves in an appropriate manner to achieve their career goals. They get enrolled in educational institutions and pursue educational programs. Upon completion of education, they get engaged in employment opportunities related to their field. The individuals need to be well-versed in terms of their job duties and responsibilities in personal and professional lives. These need to be put into operation in a well-ordered manner. When job duties and responsibilities are implemented well, individuals are able to incur the feelings of pleasure and contentment. In this manner, they are able to alleviate psychological problems. On the other hand, when the individuals are unable to carry out job duties well, they experience psychological problems. Therefore, it is well-understood, psychological problems are obstacles within the course of enhancing career prospects.

Meaning and significance of education is recognized by the individuals on a comprehensive basis. Individuals are getting enrolled in educational institutions to acquire good-quality education. The acquisition of education will facilitate in augmenting knowledge, skills and abilities and leading to enhancement of career prospects. When the individuals are pursuing educational programs, there are occurrence of various types of problems and difficulties.

These take place in terms teaching-learning methods, teaching-learning materials, instructional strategies, evaluation methods, infrastructure, amenities, facilities, competitions, academic activities and the overall environmental conditions. These give rise to psychological problems. Furthermore, when students experience problems in acquiring an efficient understanding of the academic subjects and lesson plans, they feel overwhelmed by various types of psychological problems. These problems are experienced on a comprehensive basis, when students experience setbacks within the course of achievement of educational goals. Therefore, in the pursuance of educational programs, psychological problems are obstacles within the course of enhancing career prospects.

Acquisition of employment opportunities is regarded as the primary goal of the individuals, irrespective of their communities, categories and backgrounds. The employment opportunities enable the individuals to generate income, utilize educational qualifications, competencies and abilities and form an effective social circle. Within various types of employment settings, within the course of putting into operation various job duties, the individuals experience psychological problems. These problems are experienced by the individuals, irrespective of their positions in the hierarchy of the organizations. Theimplementation of job duties, achievement of professional goals and leading to up-gradation of overall structure of the organizations are important areas, which need to be focused upon by all members. The psychological problems are experienced in terms of job duties, responsibilities, methods, procedures, strategies, approaches, resources, infrastructure, amenities, facilities, and the overall environmental conditions. These problems are experienced comprehensively, when the individuals experience setbacks within the course of carrying out job duties in accordance to the expectations of employers, achievement of professional goals and creating an amiable working environment. Therefore, within employment settings, psychological problems are obstacles within the course of enhancing career prospects.

Conclusion

Types of psychological problems are, anger, stress, anxiety, frustration and depression. These are experienced by the individuals in personal and professional lives.Causes of psychological problems are, household responsibilities and relationships, problems in educational programs, dilemmas within employment settings, health problems and illnesses, seclusion, poverty, illiteracy, unemployment, work pressure and crime and violence. Measures to be implemented in managing psychological problems are, acquiring education, getting engaged in employment opportunities, being well-versed regarding job duties and responsibilities, being informative in terms of methods and strategies, alleviating loneliness, forming an effective social circle, promoting good health and well-being, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness and implementing time management skills. Psychological problems are obstacles within the course of enhancing career prospects. Finally, it can be stated, managing psychological problems will contribute significantly in leading to up-gradation of one's overall quality of lives.

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