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The school role in lively education and students' mental health

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Abstract

School is a social institution in which education and personality growth of future makers shaped. One of the important factors affecting the students' fully-fledged growth is focusing on their mental health. This paper has dealt with the concepts of happiness and liveliness of schools as an important factor in students' mental health using descriptive-analytic method and library resources. One of the effective factors of students' mental health that is the main responsibility of teachers is creating juiciness and fresh education at schools. Happiness has a vital role in developing creativity, having a positive feeling in life, social cooperation, emotional consistency, self-confidence, willing to promotion, dynamicity of mind and so. The most effective factors in schools happiness are: school's management, teacher and physical space. Regarding role and importance of happiness in education developing the school's supervisors should try more in creating fixed happy environment and fresh education in attracting students.

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Open access under [CC BY-NC-ND license](https://creativecommons.org/licenses/by-nc-nd/4.0/).*Keywords: mental health, happiness, school, lively education;*

1. Introduction

Students' mental health is one of the important issues in psychology, psychiatry, sociology, and protecting mental health is one of the instructor's main responsibilities. The experts of World Health Organization consider mental and thinking health as the capability of creating a coordinate and harmonic relation with the others, changing and modifying social and individual environment, solving contrasts and fulfilling personal desires reasonably, fairly and suitable (Romazpour et al, 2002). Also Carl Maninjer says: mental health is the highest adaptation of person with his world in a way that causes his happiness (Milanifar, 1995).

Mental health of the students who are improving an enormous part of population is very important because they should be the tomorrow's society directors. Besides, giving health information to the families provides the development mental health in all society (World Health Organization, 1997). Because the school years are considered as constructive periods of human growth, the school environment is a suitable means to health gradation, self-esteem, life abilities and suitable behavior. Securing the students and personnel's mental health is as important as their physical health. Self-esteem, self-confidence and health choices prevent you from developing

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dangerous behaviors (Bakhshani et al, 1999). Lively education and happy schools are important factors in creating and promoting students' mental health which is the total point of this paper.

2. The importance of mental health and lively education

Happiness along with anger, fear, hate, surprise and sadness is one of the six essential human emotions. Aristotle refers to happiness as a spiritual life. John Lack and Jeremy Bentham believe that happiness is based on the number of enjoyable events. The comprehensive and operational definition of happiness is expressed by Veenhoven (1984) as: "happiness is a degree to which a person judges about desirability of his whole life quality. In other words happiness means that to what extent the person likes his life" (Jafari et al, 2004).

Human emotions are either positive or negative depending on the conceptive factors, ones views and thoughts. One of the positive aspects of emotion is "happiness" that is synonymous with some concepts such as: joy, hilarity, rejoicing, gladness and happiness (Tarighedar, 2001). Happiness is a positive feeling that makes life sweet and it neutralizes life's inevitable experiences such as: disappointing, negative emotion and helps us to protect our mental health. One of the benefits of happiness is its serenity (Karimi, 2001). Happiness facilitates human's eagerness to do social activities. As Aristotle said: "happiness is the best things and is important to the extent that the other thing just help to get it". Robinson Villon Kim, K. McCallum, and Colt Glaser (1997) discovered that optimism factor predicts mental and physical health. Those people who are more optimistic are happier than realistic and pessimistic ones and one of the methods of increasing optimism is happiness.

Among humans emotional and mental health signs we can name having emotional consistency, high self-esteem and self-efficiency feeling. On the other hand, assessing related research and papers shows high dependency among some emotional features of personality happiness. According to Hills and Argyle (2001), emotional consistency is the most important effective factor influencing happiness. This personality dimension against obsessive-compulsive disorder dimension is a clear sample of personality that his behavior and treats are completely adapted and his personality is highly consistent (Moradi et al, 2005). Plato refers to three main factors in human being in Republic book which are: reasoning force feelings and desires. He considers happiness as a special mood in human when there is cooperation among these three factors (Jafari et al, 2004).

3. The school role in students' mental health

Students need happy environment to live happily and at least what we can do here is to secure mental spiritual health by creating a happy and fun space at school. Because the schools are not only for breeding educated human beings but also for securing society quality forces. Unfortunately today we see that the schools break time is unpleasant and stressful instead of creating sensation and enthusiasm. This happens while students hadn't gone to school till yesterday. They were glad to come to school but after a short time this pleasant feeling turns to an unpleasant one. Perhaps the most important reason is that the education environment is not happy enough (Karimi, 2001).

The findings show 85% factors of academic failure unless precognitive and intelligence aspects are related to motivational and emotional factors. What motivates human being is not outside stimulus but insides emotions (Karimi, 2001). Lebo Mir ski 2001 considers individual factors so effective in happiness. He believes that we should grow positive attitude in people, especially at schools levels because if students grow with positive attitude they can easily solve their future problems that perhaps can have negative effects on them (Jafari et al, 2008).

According to research results, half of people's happiness stems from heredity factors and the rest is acquisitive and is related to the environment and the other factors (Liken cited in Jafari et al, 2002).

4. The effective factors in making schools lively

There are three important effective factors in making school lively explained as follows:

4.1. School management

The manager and his management procedure are one of the effective factors in making school lively (Jaferi et al, 2008). The manager should be aware of needs and desires and he should provide suitable conditions to fulfill these needs. In other word manager should try to enforce collegues and students spirits. In a happy school right-oriented take the place of taste-oriented and meritocracy is replaced by nepotism. Also instead of imposing religion and ethical values on students he provides a situation that with their active cooperation they become aware of discipline philosophy and accepted values and provisions. Contribution strategies school management and power distributors among students and instructors (Karimi, 2001).

4.2. Teacher

In lively education, intimate cooperation between the teacher and students causes appealing deliberation and hilarity. In those schools that their teachers cooperate more in schools affairs. Students have a better attitude toward school and also they are more interested in learning and have more fun (Jafari et al, 2008). As the goal is student's soul growth, this process starts from teacher's soul. The teacher knows that the learning feature in happy school is getting wondering and curiosity. As Paling said: "satisfying self-curiosity is one of the greatest sources of happiness" (Karimi, 2001).

4.3. Physical factors

The importance of planning in improving physical position of school and classrooms in a way that keeps student alive is almost as important as having respectful and rejoiceful treatment with students. It is because of the absence of happiness and repetitive and boring tasks at school that often causes lack of concentration (Jafari et al, 2008).

5. Practical strategies to make schools lively

In relation to previous factors there are some practical strategies should be considered in order to obtain optimum results:

5.1. Manager's role

Management of hearts is the main strategy a manager can use to be a good listener for students and their parents, fulfill their and the teachers' reasonable demands and have respectful and joyful behavior (Karimi, 2001). Justifying students about discipline chart and holding instructional courses as studying methods, time management and for students and their parents, using on time and essential rewards based on students ages, appreciating parents and teachers work that have done, dominant activities related to instructional-educational and financial issues, using students talent in directing school such as : educational issues, a student's teaching to the other one, school's morning ceremony , holding some specific ceremonies and students' command system and their parents (Wiles,1991).

5.2. Teacher's role

Teacher creates happiness and vitality with knowledge, new information, novel and inventive methods, and he also creates a happy class (Glover, 2003). Happy facial expression in creating happy class and close relationships

are very effective. Using active and creative methods in teaching, using suitable methods of rewarding and punishing, not using body punishment, using various instructional tools, creating close relationships with students, motivating students to taking part in group activities, using dramatic scientific circulation, preventing any impoliteness and quarrel, using music in the class at the appropriate situation, establishing teachers sport teams and competing with students, promoting their knowledge and information in case of psychology and personal differences, reading interesting stories and tales for students in literature and writing classes are same main strategies in security students mental health.

5.3. Physical space

Refreshing physical space of school causes an increase in efficiency and learning in students and creating human relationships among schools personnel is necessary (karimi ,1380). School space should be rejoicing. We can use different plants and trees, water pools and beautiful coloring.

Conclusion

Several researches show happiness has a direct effect on physical and mental health. One way to help students have mental health and lively education is making our schools lively and happy. Management, teachers and school space are the most important factors which have interactive affects on students' mental health and happiness. So, improving these factors for example a strong and flexible management, efficient teachers and comfortable and beautiful places can meet this goal.

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