

Caste Versus Class as Factors in Mental Health : A study of some Urban/ Rural Communities in Bihar

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According to Karl Menninger (1945), Mental health is ‘the adjustment of human beings to the world and to each other with a maximum effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and a happy disposition the word ‘mental’ usually implies something more than purely cerebral functioning of a person it also stands for his emotional-effective states, the relationship he establish with other, and a quite general quality that might be called his equilibrium in his Social Cultural context. Similarly, health refers to more than physical health. It also concerns the individual, Intra-Psychic balance, the fit of this psychic structure with external environment, and his social Functioning. It is not surprising that the Combination of two such term produces an elastic and ambiguous concept. In common usage ‘mental health’ often means both psychological well-being and absence of mental illness.