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Mental health and the development of resilience for comprehensive well-being: Case of a public university community in Paraguay

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Positive psychology refers to the person's functioning optimally in community. Emphasizing psychological health. The objective of the communication is to analyze the levels of mental health and the factors that favor positive mental health in a public university community in Paraguay. The levels of positive mental health of the university community were identified.

Positive psychology emphasizes human strength and virtue to understand and facilitate positive outcomes; while resilience offers the person personal tools to achieve positive psychology in contexts of adversity. The methodology used was applied research. The participating population was 231 public officials from the educational community of the National University of Itapúa, Paraguay. The instrument applied was the Positive Mental Health Questionnaire (Lluch, 1999). The questionnaire evaluates mental health from a positive perspective and consists of 39 items, grouped into six factors: personal satisfaction; prosocial attitude; self-control; autonomy; problem solving and interpersonal relationship skills and the sociodemographic variable.

The findings indicate that resilience is closely linked to sustaining efforts when challenges arise, and is characterized by believing that good results will emerge even when the life situation is not desired. It is concluded that psychological resilience is an important protective factor in mental health. People with an affective disorder have the ability to have a satisfactory life if they have traits of psychological resilience. For its part, interpersonal relationships are the dynamic construction that promotes healthy behaviors. The positive component in mental health can include three dimensions of positive mental health: satisfaction, interpersonal relationships and prosocial attitude.

Biography

Brizeida Hernández-Sánchez was expert in the social inclusion of people at risk of social exclusion. With experience in active methodologies and training programs. She has experience in the area of educational inclusion with deep knowledge and understanding of the CRPD and other international agreements or frameworks on disability. Knowledge of the context related to policies, plans and programs linked to the promotion of the rights of vulnerable groups. Design and implementation of training activities adapted to people in vulnerable situations has a different way of focusing on each reality. Legal Clinical Teaching Innovation Project: service-learning for the protection of human rights, to the GID Human Rights. Member of the IDEM-USAL Research Group. Member of SNI-SENACY.