

PREFACE

Today, nationwide interest is focused on the problem of mental health. A widespread educational campaign, enlisting the mass media of information, designed to inform the average citizen of the seriousness of the problem of mental ill-health has been set in motion. Countless efforts are being made to mobilize public opinion and support for remedial and preventive programs. Emotionally disturbed persons represent a tragic erosion of human resources and constitute a major source of concern for their families and friends. Equally important, they pose a challenge to society that must be met.

The present text offers a comprehensive treatment of the principal issues and topics in the field of mental hygiene. Its principal concern is the normal, reasonably well-adjusted individual. Thus much of the text is devoted to the dynamics of normal behavior—healthy personality integration, adjustive mechanisms, and patterns of motivation. Although the discussion is centered on the normal individual, psychological pathology is not neglected. The causes and patterns of deviate behavior are analyzed in sufficient detail to enable students to acquire insight and understanding regarding the actions of emotionally disturbed individuals. The more serious deviant behavior manifested by persons suffering from psychoneuroses or psychoses is discussed with a view to providing a broad picture of mental ill-health. Similarly, other chapters deal with psychosomatic disorders, delinquent and criminal behavior, deviations in sexual behavior, and the physiological factors in mental and emotional disorders.

Special emphasis has been given to the influence of activities carried on in the home, the school, and the community in an effort to stress the importance of prevention in the maintenance of mental health. It is the author's view that childhood

experiences in these environments go far toward determining later psychological adjustment. The latter chapters of the book have, therefore, been devoted to the probable effects of the behavior of parents and teachers on the child's mental health. The family setting and the organization and curriculum of the school are analyzed from the standpoint of mental health practices.

The author also has included a brief account of the techniques and materials used in the diagnosis of maladjusted individuals, as well as a number of psychotherapeutic practices. These materials should be of benefit to students who may not take courses in clinical methods or otherwise acquaint themselves with these significant phases of mental health. Such an orientation would seem to be of value to those who wish to know what steps clinicians take in the rehabilitation of individuals characterized by mild or relatively severe psychological disorders.

In preparing this second edition, where possible the author has incorporated the important research findings and theoretical constructs formulated in the decade since the book first appeared. Recent developments in mental hygiene and related fields have also called for the inclusion of much new content material. To meet this need, chapters dealing with the psychologically healthy person, the organization of the normal personality, and the relation between religion and mental health have been added. Also new is the chapter on the increasingly important problem of mental health in business and industry.

Much more than ordinary gratitude is due Dr. Virginia Johnson for her competent and valuable cooperation both in the planning and securing of recent research material for inclusion in this book. Her knowledge of the various topics presented has been of inestimable assistance in preparing the text.

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