

The Mental Health between Epigenetics and Individual Beliefs

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Introduction. Mental health is an integrative concept that is not limited to dysfunctions or accentuations of psychic processes or mechanisms of thought. The research effort focused on the idea that mental health is a functional optimum found at the intersection of cellular behavior, the physical environment, the external environment, with all its subtypes, the environment in which the individual manifests itself and the subjective, psychological environment, dominated mainly by unconscious behavioral routines, beliefs, values, and ultimately individual perspective on life.

Mental health represents and manifests itself as an emerging process resulting from the correlated functioning of the biological, physiological, and in particular cellular mechanisms, the various, random and / or permanent influences and stimuli of the physical, social and professional environment and the superior motivational structures of the type of beliefs and individual perspective on life.

Approach. The perspective of conceptual and functional understanding of mental health is based on a psychological and epigenetic approach with openness to the role of higher-level motivational structures, individual beliefs and weltanschauung, in the acquisition, maintenance and strengthening of mental health. In the scientific argumentation of the research it is considered that the superior motivational structures are and behave like an independent environment, similar to the outside of the individual. This environment in its manifestation can stimulate, generating and configuring cellular responses and behaviors, as forms of cellular response to stimulation, affecting the functioning of the body in general. The cellular behavior resulting from stimulation through individual beliefs and from an individual perspective on life translates into cellular learning acts that will be genetically coded and passed on to descendants but may also form dysfunctions with somatic or psychological manifestations.

Results. The results of the research synthesize the way of cellular response to series of stimuli from the physical environment and from the subjective environment of the individual, namely the superior motivation structures and the impact of these reactions on the mental health. The results of the research lead to highlighting the possible correlation between cellular behavior and general mental health as well as their interdependencies. The possible change in the cellular environment as a result of some stimulation of beliefs or beliefs considered by the individual to be positive or negative may influence cellular behavior on a beach from their normal activity to shutdown, disturbed operation or out of optimal parameters.

Strengths of the study. The strengths of research are marked by the epigenetic and psychological approach demonstrating the importance of cognitive and affective processes in achieving and maintaining the mental health balance with a decisive role in adapting the individual to any type of environment. Understanding the interdependencies between mental health as a fundamental element of the individual in becoming personality and multidimensional adaptation and cellular behavior opens up new horizons for research in other fields such as education, personal development, philosophy or medicine.

Conclusions. The findings of the research open up the possibility of the integrated approach of mental health by combining environmental stimuli and influences, externally or subjectively, with biological and psychological processes, highlighting the functional interdependencies between them. It is emphasized the idea that not only human personality is a bio-psycho-social construct, but mental health is also a functional optimum of the triad of heredity and normal biological functioning, environment as an experiential factor and education in terms of models, values, beliefs and beliefs individual.

Keywords: mental health, cell behavior, epigenetic approach, beliefs, subjective environment.