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MENTAL HEALTH IN WORKPLACE

KABARAK INTERNATIONAL CONFERENCE

Conference Track: Workplace Mental Health

Mental Health at Work Place; Results from Comparative Analysis of Selected Countries

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ABSTRACT

Mental health is a major public health issue with almost half of the world population expected to experience mental illness during their lifetime. It affects many people, impacting on relationships, and individual participation in the community, especially at the workplace. Despite the increase in the number of mental illnesses at the workplace, little is known about the effects of mental illness on organization performance. The purpose of the study was to analyze, causes, perception, and programs that can promote good mental health in the workplace. The research used qualitative content analysis techniques that focus on interpreting and evaluating texts, documents, people's experiences, and communications. Content analyses organize and elicit meaning from the data collected and to draw realistic conclusions from it. The study will enable organizations to come up with policies and programs to assist create a healthy environment for their employees and thereby increase productivity.

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