

Adequate Mental Health, a Prerequisite for Effective Administration

Kenneth Ubani^{[a],*}

^[a]Centre for Medical Research and Training, University of Port Harcourt, Port Harcourt, Rivers State, Nigeria.

*Corresponding author.

Received 12 October 2020; accepted 20 December 2020

Published online 26 February 2021

Abstract

Mentality as well as Mental imbalance is a possible cause of crime and maladministration in most societies. Mental state is one important factor that can condition one's mind to act one way or the other. This is why mental health is significant in one's life. But it seems it is often neglected in health care considerations in most societies. Mentality and Mental health often condition the performance of an individual in a position of authority or public service. In most societies, credible governance or leadership seems to be taken for granted thus arbitrary selection or imposition of leaders, usurpation or violent coveting of offices, crime, domination or other forms of headship responsibilities without consideration on the mental states of individuals involved. Leadership is an important aspect of human organization. In an egalitarian society hegemony can make or mare a people. The thrust of this article is on mental health provisions and who should lead. One aspect of consideration, which this paper emphasizes, as a major discourse is Mentality and mental health as basic qualifications or prerequisite for leadership because of its varied consequences if not checked and certified in an individual before a leadership selection is made and also the ability to detect a misnomer by possible inference in an individual leader and the need for replacement or rehabilitation until one is proved fit. By observation, the paper exposes the many dangers of having a mentally indisposed personality as the leader with suggestions on how or who should be selected to run or lead a public office. At the end we suggested that people who should lead should be of sound mind, positive mentality showing positive character and must be tested mentally before

they assume public office. Criteria for test has been subsequently and tentatively prescribed.

Key words: Mental; Health; Imbalance; Leadership

Ubani, K. (2021). Adequate Mental Health, a Prerequisite for Effective Administration. *Canadian Social Science*, 17(1), 44-53. Available from: <http://www.cscanada.net/index.php/css/article/view/12005>
DOI: <http://dx.doi.org/10.3968/12005>

INTRODUCTION

The behavior of most leaders or people in positions where they control, take responsibility or determine the fate of others, in recent time in a presumably civilized society calls for concern. No matter the training, experience and knowledge, some of the leader's behavior is often recalcitrant to positive results. Their mental bias is not in line with the progressive movement of their environment. There are many factors that could bring about this. Some of these factors often manifests itself in many individuals. For example, a group of leaders may enact a policy yet will be the ones undermining that policy indirectly, running down the policies capacity to achieve its goal, regarding the measure as national security. Fraud and some other corrupt practices are major business of such administration. Crafty and criminal minded individuals should not take positions of authority because they will demean their responsibilities, stagnating the progress in their positions and this situation may attest to their mental state.

Some individuals have the problem of controlling their emotional states; hype or mood swings and seriously need help. But many do not know that there can be help and such places exist in the hospital. Such emotional states can lead to fatal dangers.

Traditions often influence mental health conditions and could determine the positive or negative outcome

of an administration. Although cultural traits could contribute to this downward trend of treatment of policy implementation, outside cultural underpinnings, mental imbalance could be a possible cause of maladministration in most societies among leaders. There are many cultural characteristics and norms that may not suit today's needs and livelihood of the people yet the elders or leaders impose it on their people to gain superiority or supremacy. This exposé nevertheless focuses on mental balance as a prerequisite to effective administration.

In a modern world, positions of leadership and authority tend to determine the condition and affairs of the society despite policy statements, laws or constitutional status quo. Most often decisions, actions or activities of leadership derail the well being of its citizens thus marring the peace, harmony and the providence of the State. There are situations where the State has enough resources to lift the standard of life of individuals and also move the state forward but all too often, in such societies the people are hungry and poor because of the reality of the people's way of life and mindset. This is true because cultural personalities tend to exhibit their personal or cultural beliefs above secular or general policy undermining the agreed perspectives. Orientation, genetics, religion, political power or political inclination and ambitions tend to override the state laws; any gimmick no matter how destructive that will help an aspirant attain political power may be used.

Traditional religion still plays very significant role in the choice of leadership especially at local levels. Grassroots campaign and local government administration seeks the assistance of traditional leaders to gain preeminence. Most Chiefs, high priests, titled men, in most cases consult deities for this purpose. In modern societies this is changing. Although educated individuals now pick up traditional leadership, a majority still consult oracle in decision-making. But more importantly the elites are making sure that this dependency on traditional methods is down played. Professors, Doctors, Engineers are now traditional title holders. They become traditional leaders even in absence. However, their leadership, positive or negative depends on their convictions, belief, orientation, experience and environment, individual whims and caprices or self interest. This ultimately affects the society in one-way or the other. The implications are demeaning. Generally, authority depends on consultancy. This is why ones tenure is often deferent from the other given the same circumstances.

The behavior of people is often determined by who controls them. For example, where the leader is a native doctor, he tends to direct the people towards native medicine because that is his orientation. Where the leader is a thief he steals from the people. Where the leader is a liar he rules by lying to the people. The people might notice but pretend to be behind him until his leaders negative behavior erupts one day.

By leadership we mean people in any position where they can control others, make decisions or determine their directions; mentors, youth leader, religious leader, ward leader, club leader, father, mother, teacher and the like.

One is not necessarily emphasizing mania by mental imbalance, although at worst it may be prevalent but by adequate mental health, sound mind is expected. Thus by mental imbalance one means lacking sober mind at that point in time. For example in the spirit of alcohol or narcotics one may do adverse things. The moment one indulges in an inducement, one has altered the normal body metabolic process and is being guided by substances external to the body chemistry. This need to be controlled. Narcotics encourages the acts of crime but do not depend on it. Some naturally have the knack for crime without any inducement but with other factors related or alien to it.

False information out of mentally indisposed persons may cause pogrom. False accusation may cause ethnic crises or discrimination out of mentally imbalanced act on a person or group of persons.

Mentality, Mental-imbalance and crime- mentality or mental imbalance can lead to regrettable actions like crime, especially rape, stealing, examination malpractice, corrupt practices and other negative behaviors. Mental imbalance can make a youth gullible to false information. Criminals exhibit cowardice because they are not bold enough to face life squarely or realities. They are timid and hideous. This is a mental imbalance. They depend on gorilla operations. In a society of about 100% they may be only 5% and there is no willing environment that cannot overcome their influence, security wise. A law could help to protect people from the mentally imbalanced.

Mentality, Mental-imbalance and culture-some believe in spiritual sacrifice where rituals or cultural practices are employed with devious means that are inhuman with the believe that it is their route to solving the problem or the cause of one, thus requires cleansing to avoid a repeat. In such environment enemies are created where there is none and false accusations breed friction in normal interactions among the people. The mentality of an individual play a vital role in decision making. His values are derived from his mentality which may not be to the wellbeing of others.

WHAT IS MENTAL HEALTH?

Mental health means ones healthy mental state in such a way that there is a balance between mentality and positive behavior. From many world health records, it has been observed that "Mental health disorders are one of the leading causes of disability in the U.S." According to the World Health Organization (WHO): "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a

contribution to his or her community.”WHO stress that mental health is “more than just the absence of mental disorders or disabilities.” Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness.”

Likely reasons why people struggle to lead:

Most people force their way into leadership position for some of these reasons:

- Selfish interest: this is a principal cause of why many people want to lead. Only a few who saw the light might put their eyes on these. Most people can do better and are better qualified but they are not interested. Most qualified and well meaning persons, due to politics and other reasons do not have the opportunity to lead.

- Political power
- Economic interest

- The desire to dominate or to be popular
- Religion or tribal pursuit: some struggle to get up there to fight for or protect their religion or tribe.

- Idealism: some struggle or force their way to implement their idealism. This is the urge behind systems like socialism, communism or capitalism.

- To change the system.

- Only very few make themselves available for real leadership: those who meant well for their society. But some bureaucrats will not want such people for fear of exposing them.

- DNA: genetic factor is often a characteristics that manifest in some peoples behavior. For example in a family of preachers, there is the probability that the generations produce perhaps one or two individuals representing the gene. In a line of crafty people, they may possibly reproduce such individuals. Even where there are changes it may occur sparingly.

- Heritage or class system: some believe it is their birth right to lead or of a superior class, religion or race.

Most of these reasons cannot be supported in a democratic society. Decisions and consultancies depend on the character and beliefs, lifestyle and convictions of the personalities controlling the management. This is why a person’s tenure is different from the other person’s tenure. They are often mentally incurred and cannot stand for a mentally balanced individual. There are some other reasons. Most individuals that struggle to lead may not even know why. Some found themselves in the position by rank and file, vacancies or other reasons unknown to them. They just know they are at the lead and with authority.

IMPLICATIONS

Abnormal situations: even where the leader meant well for the people, if the majority of the people are mentally imbalanced especially because of the complexity of the environment including ethnic, religious, economic and

corrupt orientations, there is always confusion and such confusion could cause undue protests or demonstrations which may result to destruction of life and property. On one hand some will be struggling at the leadership position to do things right while on the other hand there are those who are busy spoiling the good works of the leaders, only to give those leaders a bad name. Such people should be identified and given a measure of treatment in the institutions meant for that.

Inequality and Injustice: Equal distribution of resources and diversification of manpower will be stifled. This does not give room for a diversified economy. Development will be centrifugal instead of centripetal. This is why the only relevant national resources is based ultimately in one, in most countries while there are many other unexplored resources like cocoa, groundnut and other minerals that can accrue substantial revenue. Thus major export is only one. At the exchange market, the currency is always intimidated. Some countries do not have strong revenue to compete with in the international market. Because of internal struggles, unity remains a theory. Meritocracy is stifled and marginalized. Minority right is displaced by mediocre; social and political legitimacy is arbitrarily misplaced which is usually the cause of violence and identity struggle. This brought about rotational theory in most countries polity which is also warped.

Economic Power: there may be less infrastructural development. God fatherism becomes an ultimate implication. Any individual that is sponsored in an election by his Godfather may live to pay compensation from perhaps the government purse. There may be returns or proceed to be shared. There are terms of agreement. When this agreement is breached- that is when the Godfather is no more satisfied he can call for the withdrawal of that candidate. There was no legislative vote he can make without consulting the Godfather even at the detriment of the populace. This can cause an impeachment of the leader. Rigging or any method can be used to get the wanted person in or out of power.

Religious Group Influence: Some individuals may be forced to become members of that group in order to survive. Policies could be made according to superstitious believe. Spiritual science may be resorted to as the last solution. Religious beliefs or doctrines may be imposed on a state.

Fraternity: the implication here is almost the same with religious power where rituals may be employed. Those that believe in specific sacrifices can use an arm of the State provision to sacrifice to their fraternity.

Misuse of Power: this could be military or political and could also be related with the implication of economic power. Politics is power. Those in power may never wish to relinquish power; the form of edicts makes the state leader the final mouth piece.

Leadership comes to one. And should be based on that not, forced. Those who force leadership act like rulers not leaders. Those who take power by force act on their convictions. It might be positive or negative. But real leadership act on the conscience of the people and it is honestly chosen by the people. Wherever forced leadership thrives, is the most dangerous and yet the most pleasant. Where the rule is by edict and decree, the leader is usually above the law and coup d'état could be imminent.

THE LEADERS MANDATE

A leader is an individual who is ready to serve the society for an inimitable progress. He is one who is of sound mind. One who is not selfish; a compassionate individual who has an open mind; a compatriot who has the welfare of the people at heart; he seeks for the best and the happiness of the society. In this vein, we mean leadership in the sense of position of authority: spiritual or temporal, physical or otherwise; family leader like father, mother, relational headship or position of control on others. This responsibility is important to any section or unit of the society because it determine the direction of a majority who buy into the idea of the leader; who are convinced by the actions, words or character of the leader which they often mimic; who admits or supports the headship whether it is positive or negative. They are fed by this position and often they may not know whether what they support is positive or negative to their wellbeing but because they are inspired or believes the popular opinion they support such action without reason. The supporters may or may not be members of the same society or fraternity but may be affiliated one way or the other; they are open to believe a lie which they may live to die for without knowing or minding the implications; without a second thought that it might be ill inspired or insanely ideated by the leader for an unreasonable or selfish purpose. Leadership here is meant to be control or headship of any sort, inherited or naturally implied; to speak for others or to take responsibility on behalf of others. This position can be used to manipulate or build a people; or can be used to drive others or chart their course. Thus it is a delicate position that will not be proper for a mentally unbalanced individual.

The people should be civilized enough to question strange ideas from their leader and certify that it suits their wellbeing. Most of the time, the people admit what is fed them without questions, even when it is not good for them. The third world people have this problem of acceptance. Some believe that whatever comes is divine even when reality shows a contrary opinion. Through unionism, such ideas can be questioned and confirmed appropriate for the people.

Instances of likely mental Imbalance in a Leader

The leader of a spiritual congregation who flogs members to placate their confessions.

A Clergy who coveted his neighbors yard, wife or property, using violence believing it has been destined for him with scriptural backing.

A religious group who sent troops to war without physical weapons believing they could affect injury on their adversary.

A leader of a spiritual group advised their students they could pass their examination depending on divine answers without working hard for it.

When people worship fellow men because of their supposedly problems which they think the individual has the power to solve is a case in question. They believe such individual is blessed by their definition of blessing.

Is it not surprising that an individual with AK47 rifle will open up his trigger on the high way and begin to kill people. An individual who is not trained in any type of military tactics or defense action or such activities must be a lunatic to mutiny or seek vengeance where there is none. To attack strangers, innocent people in order to satisfy ones peculiar desire is lunatic. Some people derive pleasure from the suffering of others. A motor park tout who has no education or positive skill or training could rise to the position of a Local Rural Head and from their vies for the State commissionership or Governorship position and may likely win. His headship will be one of a kind.

Hitler had this problem of discrimination and it is a case of mental imbalance. A mindset is a mental state. If it is negative towards the wellbeing of others it is an imbalance.

A Charismatic leader went to control the lion in his den believing he has divine powers to do so but was killed by the animal.

Many people are still waiting for Quail and Manna to fall to them from heaven as it fell in the days of Moses. The stories can go on and on with various cases.

Human Temperament, Mental States and Balance

This paper advocates for sound mind for anyone who could lead. Sound mind relates to mental health, which is sober spirit, understanding and the ability to maintain temperate composure, sound judgment even at the face of opposition or challenges. A sound mind understands human emotions, and problems; the responsibilities of being alive, being human, sacrificing for his people; the disposition and the discretion to let love rule amongst humanity. He is ready to fight for justice, freedom and equality or fare sharing. A sound mind pursues peace and creates harmony in his environment no matter the situation. He does not discriminate in terms of color, race, tribe, social class, religion, political inclination or party.

Mental health reflects in attitudinal composure. It is easy for an intellectual with a sound mind to predict or forecast the future considering the environment and experience of the past and present. Wells.H.G.(1919-20) the historian is such a man of prediction. A good leader can foresee what may happen in twenty or fifty years time and can begin to adjust or make policies that will help affect or make that a reality. Churchill, Keynes, and other intellectuals predicted the pogrom that began in 1939, as Wells noted; “their warning would have prevented world war 11”. His intellectual forecast, theoretical inferences and evaluations are transparent lessons that showcased the socio-political situations with ideas on how to promote peace, manage or resolve conflict; economic regression and the avoidance of probable catastrophic policies, eliminations of such prejudices as are racial or tribal; advocacy for elitism rather than mediocre; how to maintain comprehensive accountability and adequate response to the call to serve humanity and the preparedness to sacrifice oneself for that purpose.

Wells, in his analysis brought to focus the vagaries of autocracy as in Machiavelli (the Prince, 1469-1527); Lessons from the Versailles Treaty; Martin Luther’s risk in reformation in 1517, inevitable result of usurpation and the tactics of governance. They are lessons of history.

A mentally healthy mind should have the aptitude to survey situations through both the spiritual and the physical. He should be able to suggest what must be done to avert future disaster.

One of the implications of autocratic rule is fear, uncertainty and insecurity amongst the people. This condition can generate an uproar, riot or demonstration. The individual who opined that he wants to be so wealthy that he can build a bridge around the world is looking for trouble. This is not a bad idea; it is part of thinking outside the box. It is possible, but at whose expense. It is like asking for “peter’s pence.” This type of ambition may affect the people in a country that is economically devastated.

Some individuals mentality may not be good for a public office. Even where there are rules, they tend to jump it. But because of their position people may or may not notice. Even when they notice they may be afraid to react; to help out or point it out. Everything the leader says or does is correct. There is usually a test for such mentally imbalanced conditions if the administration is willing. The mentality of a leader can make or mar a society. It could breed violence which usually instill fear in the people. “Fear is a scourge that corrodes the intellect,” (Pearl, V. N.: Power of Positive Thinking). Violence can cause immutable fear. Fear can cause hypertension, malfunctioning of immune system, body metabolism, fever, malaria. It can increase or aggravate anger. It can cause shock or stroke, hypochondria (morbid depression), aggression, lack of trust. Fear could affect

the central nervous system; it could result to undue obsession. One could be obsessed with something. It takes shifted attention to erase that from the mind. Individual temperament differs. These, expressly determines mental states. The Greek Physician Galen (167 A.D) expressed his theory of temperament, which he described as humors, thus:

Choleric – quick – strong (yellow bile)
Sanguine – quick – weak (blood)
Melancholic – slow – strong (black bile)
Phlegmatic – slow – weak (phlegm)
(Barnes/Noble, 1954)

This makes it easy to analyze strong and weak character personalities and their implications. Some can control their emotions while some cannot. Some are wise or intelligent while some are unreasonable and stupid. One’s wisdom could be the others stupidity depending on many factors one of which orientation and gene plays vital role. Some would say that to be intelligent, one must understand and accept the reality. An individual would always dream of becoming a billionaire, yet he has no job and is not looking for one. Also he has no skill. An individual who went for 21 days fasting for a job he has no skill for may be making a mistake. Some still believe that manner will fall from heaven when they pray. Many young people are frustrated because of belief in magic or spiritual promises. Thus disposed, many turn to negative means, yet with the convictions that they are doing the right thing. Young religious believers should be educated about what they practice. Otherwise they may go the wrong way when they are disappointed. Frustration always follow such cases and they will always look for whom to blame. In this vein some end up saying there is no God if what they expect did not happen.

One who kills another for a selfish aim is mentally ill. One who believes one can do magic and acquire wealth without working for it is mentally imbalanced. Most corrupt practices and crime are signs of mental illness. The looters conduct is often unimaginable. Some Mental cases are ignored because of what is called immunity of position.

Depending on orientation, some individuals regard normal life activity as suffering while to others it is an activity for play.

Consultancies differ according mental balance or mentality of an individual. Ones preference may be easier than the other persons.

The Importance of Mentally Healthy Personality as a Leader

Atypical leader should possess a typical mentality. A mentally balanced individual is humble, gentle, careful and listens to instruction. He is prudent rather than proud and is ready to listen to others point of view. The book General Psychology stated tests for Personality Measurement. Ultimately, a mentally healthy individual

must have a balanced temperament as the four classified cases; not too much, not too less. One of the major tests have been observed by Barnes and Nobles (1954); on case history which summarize and define an individual's personality in terms of his past actions, ancestry, experience, health record etc.

The behavior test is another important DNA aspect, which observes what the individual says and what he actually does. All these are factors and conditions of mental state and health.

Emotional imbalance: Emotional change can occur in an individual rapidly much more than it can occur in another individual. Their reactions also differ, "Emotions can affect the personality of an individual. The biological difference also matters. Body chemistries differ from one person to another. Hormonal changes or imbalance could be caused by physical stimuli and reaction to these stimuli tells the personality of an individual.

This is why some can control certain emotions while some cannot. Over reaction to some certain stimuli could be regarded as mental imbalance. The mentally balanced individual maintains an average reaction to external or internal stimuli. Control, especially self-control is recommended or required state in a psychopathic individual.

Personality of the individual as Barnes and Noble would have it is the "sum total of all observable reactions." It is demonstrated only when the individual is interacting with another individual. Personality here is judged as combination of traits (character). However, the "individual with a "good" personality" is the one whose combination of trait attracts others."

A sound mind is diplomatic in crisis. The benefit of diplomacy is that it is a sequel to peace. Peace does not mean absolute calm without conflict but it gives room for violence not to erupt in a conflict. Diplomacy means consultation, dialogue and relationships based on security, peace and positive cooperation. Diplomacy is not a platform for telling lies but for recognizing our differences and seeking for a way of resolving it so that there will be peace without war. A sound mind understands this. Cheating, domination, intimidation, exploitation are all subject to diplomatic resolve. This is the focus of the United Nations. UN has made "third world war," not possible because they now have the instrument of diplomacy in international relations. But some individuals will initiate problems where there is none.

Likely causes of mental imbalance

Mental imbalance may not be a desperate case, as part of human metabolic process imply; it could be some chemical reactions that affect hormones responding to stimuli. Its reactions may or may not be noticed physically. Generally, it is part of human metabolic pressure; emotions that are stimulated by chemical reactions in the body caused by internal or external stimuli

through the influence of thoughts, words, actions, or what one sees.

As is pointed out in the 'General Psychology; a balance of the four temperaments is a normal human that can attain sound judgment. At least, it is obvious that the difference between a being and an animals is that of reason. The animal is instinctive while man reasons. Animals are impulsive and may not be able to control certain hormonal reactions. Man, by the nature of his biological composition has the ability to control certain emotions, which in normal situation he should control. Judgment may be impaired, swapped or warped as a result of certain conditions (normal or abnormal) decision or state of mind, which often is regretted. One may be aware that a child is vulnerable to a majority of issues and depends on the adult for growth and sustenance. When a decision maker (leader) insists that the child should contribute to his/her education, such parents may think it is better for the child especially, girl child to hawk or engage in prostitution (pedophilia) or other menial jobs in order to make a living. At the moment of decision, issues are at stake. One wrong decision may bring about the mistake that may last for a generation and a mistake calls for another mistake if not checked.

Factors likely to induce mental imbalance

- Genetics: it may be genetic, tracing the family history. For example, epileptic or neural problems.
- Poverty: poverty of mind and of the body can cause mental imbalance.
- Wealth: unexpected wealth can result to mental imbalance
- Authority: position or power can hype the mentality of an individual.
- Phobias: as has been stated severally, fear can cause mental imbalance.

Some influences that can cause mental imbalance

General mental States: generally mental state is a conscious state. This mental state could be altered easily .Some people find it difficult to control their emotions. A simple word said to one can cause a mental imbalance. If you tell somebody that he is mad, if he should dwell on it for too long he might begin to believe it and begin to question his actions unduly. This is a mental imbalance; so that if he wants to put his leg inside the right trouser leg he may think he is doing the wrong thing meanwhile he is doing the right. The mind is a delicate organism and should be cared for. Thus one's mind can be manipulated if one does not guard it to the truth and reality. It could be fed a lie.

Frustration: depending on the type, some are not real. Most of the time they are imaginary. Frustration can cause one to be responsible or to be useless. This largely depends on the orientation, family background or the case

history of the individual while it makes one to be better it makes the other to be worse. Individuals could delve into a state of insanity due to frustration.

Some may become alcoholic, violent, and abusive (aggression). These individual are often psychologically intimidated. This could also generate vengeance or mutiny.

Depression: This condition can lead to suicide. Some may not know why they are depressed even with all the comfort, wealth success. Wealth, class consciousness or sudden attainment of success may make some to lose ones mental state. The sudden power that keeps them above others may make them treat others as lesser beings. This is where one refers to maturity and self-control. Funds may be at the disposal of an immature adult who has not handled such a commitment before. The outcome of such possession may not be pleasant. It is like giving a ten year old the position of a school principal or the leader of an establishment. Age is not actually the issue but experience, wisdom, knowledge and maturity, which can be found in a mentally sound adult, pride is an attribute of this influence. "Do you know who I am?" is often a language in a personality clash.

Illness: Unknown to the society certain illnesses may cause the impairment of judgment which may result to mental imbalance.

Gender: male charisma or feminine pride, women empowerment deaf and dumb persons, the cripple, the blind have uncertain temperaments. One is not saying that they can't lead. They are they may be very useful. In the land of the blind one eyed man is the king is often a saying. This is often the condition in most societies. The blind leader may lead his people to doom.

Disability: Imbecility is a typical example of mental imbalance.

Financial incapacitation. As has been mentioned above, poverty is like a disease. It eats the crevice of human mentality. It can dehumanize a stable personality. Transferred aggression, unnecessary anger, frustration of various types, intimidation, desperation, survival instinct could lead someone else to do a very base thing. Physically one might appear healthy but mentally indisposed. Poverty may not be real; it may be abject or subjective. Poverty could make an individual loose his normal composure, taste and air without his being conscious of it. Somebody who feels poor may be walking barefooted without taking his bath, looking dirty even when water and soap does not cost much.

Inferiority Feeling: timidity cannot be normal in a supposedly normal situation. Some suffer from stage fright and many psychological problems in their human relationship and may mistakenly misunderstand each other while others cannot be comfortable with an honest situation. These personalities tend to intimidate and exploit others or those they thought too naïve to notice,

fight back or treat. The more natural tendency is for bullies to put pressure on their prey especially when their prey do not react. These are tendencies in human nature that civilization and education is expected to control for a peaceful, comfortable environment. The more superior feeling tend to subdue or oppress the inferior feeling. These are mental states that affect and influence the way we treat each other and the way the society goes.

Drug Abuse: narcotics could have its toll on someone's psychology. It can change ones thought process. Alcohol makes one a little bit relaxed but careless if taken too much. Ones behavior becomes abnormal when one is drunk. Some depressed individual use it to induce happiness.

As MEDLINE puts it, "There is no single cause for mental illness. A number of factors can contribute to risk for mental illness," as has been stated which also may include life experiences, especially traumatic experiences that could happen during childhood. There could be biological factors like brain chemical imbalance, brain damage, exposure to viruses or toxic chemicals, loneliness, isolation or feeling of inadequacy. As MEDLINE also puts it, "Mental disorders are not caused by character flaws. They have nothing to do with being lazy or weak."

Outside the above stated causes, mental disorder is human and is natural in most cases and resolves itself under normal conditions. It could be periodic. But exceptional cases have a longer period or permanence if unchecked. Under such influence wrong judgments could be made. Mental health is a complete balance of mental activity.

Age: If a teenager is given a million dollars as a birthday, he may find going to school unnecessary. Peer group pressure can make the child lose focus, they may be exposed to various dangers, laws or rule. Drug addiction, cultism, violence or contagious diseases. Old people often lose their sensibility because of the warning of their brain function. They often behave like children and needs to be pampered.

Assumption: wrong assumption based on wrong premise or wrong conclusion of ideas is dangerous in any human relationship and there is bound to be mistake. It is like accusing somebody falsely. Such accusation could be as a result of negative mentality or mental imbalance. Many wars have been caused by this mental process.

The degree of situations or characteristics features that can cause mental imbalance in an individual is numerous and could go on and on. What would be necessary is to reduce human emotions to the barest minimum where it will not hamper positive human interaction in a developing society.

When situation get out of control (certain behaviors) if one retraces ones steps or trace the root cause, one might be surprised to see the processes or chain reactions causing changes that resulted to a particular trait, conditions or actions. Treatment of individuals in such cases may be physical, medical or even spiritual. Psychiatric diagnoses

might be very necessary at this point. Some may be direct while some are indirect depending on your subject. Taking an example from this author quoted below, it is evident that human behavior can be understood even a very complex one. the subject 'peace and conflict resolution' deserves a stable for psychological conclusion; in the sense that often what causes conflict, stems from misunderstanding and unnecessary assumptions based on certain human ego, which is individual or group. The solution often is psychological although it may be seem as the right judgment under the law; boundary despite, ethnic conflict, gender as in man-woman relationship, political gimmick, religious fanatics and the like; usurpation, deliberate trouble seekers are all mentally imbalanced. Bullies will look at one access, ones weakness and then attack or try to snatch something that does not belong to him from their prey. This is human nature just as animal nature and in human it is an act of mental imbalance especially in an assumed civilized society.

We do not have enough space to deliberate on the stages of mental imbalance. Fryer, Henry and Sparks (1954) classified abnormal personality. They stated that descriptive symptoms or traits could be used to determine kinds of mental disorder. We have the organic and functional psychoses and the neuroses. The psychoses are mental disorders where the normal personality of the individual is completely lost in the environment while neuroses are kind of "nervousness" found in mentally healthy people.

Man is selfish by nature, yet the same man may out of compassion sacrifice for the wellbeing of others. This is the quality of good leadership and a subject of civilization.

PERSONALITY TEST

This can also serve as mentality test. A personality could be tested before a political leadership selection is made. This could be based on this psychological analysis. Personality could be measured in "terms of traits or characteristics"

In "Barnes and Noble," the three test criteria are necessary and must be satisfied. They are;

(1) Reliability (integrity), (2) Validity (3) Discrimination

Under the reliability score, the individual must be consistent with whatever trait that defines his personality. In the actual fact the validity of a personality depends on how honest or real he is. This is often difficult but is necessary. Its discrimination state has to do with using the appropriate instrument to determine the personality of individual. Does the personality at all time discriminate against ill or evil practice or against people that are not of the same clout, ethnic group or race? For example, would one be surprised to hear that a law enforcement agent supply weapon to armed robbers or a lawyer the head

of a robbery gang? Can a leader give or receive bribe? Depending on the individual mentally, a personality could be assessed based on case histories as has been stated.

SUGGESTED BASIC CRITERIA FOR LEADERSHIP SELECTION

- Questionable character should not be encouraged to lead.
- Merit must be criteria
- Gender discrimination should be abolished. We may not have had female leader in most societies because of religion or culture in a modern world.
- Ethnic sentiment should be discouraged and tested in an individual before selection.
- An individual whose case histories recorded maladministration in the past or convicted as a criminal should not be given a second chance or leadership position.
- The alcohol or drug addict, promiscuous individual, tugs or touts, the illiterate, mentally ill persons, people without knowledge or experience.
- The illiterate should not be allowed to lead until he acquires some basic education before he is qualified. Getting education dos not mean only going to school but getting enlightened, knowing ones left from ones right or knowing ones Rights.

A leader should be cultured and virtuous. As Richard Neville puts it, "Understanding the impact of our lives on others leads to moral behaviors."He goes on to state that, "Cooperation, empathic, morality, and service to others appeal to reason because they enhance the physical and emotional quality of one's own life".

The cause of political problems of today is not far from the analysis of human traits as stated above. Mentally healthy individuals cannot put the law into their hands perhaps because they have one influence of authority or the other and do whatever they like on public issue. They must be able to control their emotions. There will be no need for embezzlement, fraud and mismanagement especially of the elite group that are leading politically. As Hentoff, N.(2004) wrote, "No president is above the constitution". Justice Williams O. Douglas said that, "The history of liberty is the history of due process."A suspect needs hearing, no matter the condition. Any decision taken on a table of alcohol should not be trusted. A hemp smoker in a broad day light, stealthily tiptoed across the sitting room thinking that his parents watching Television did not see him. An armed robber in a confession narrated his orientation as a robber. His mother died when he was a year old. He never had the comfort of a home or family. He joined a gang and later became the leader of the gang. In his words he stated thus:

I do not mingle with people. I have no value for human life. I am a comer. I feel more comfortable in the

night. I can kill at any time. I cannot understand myself. I don't think of anything except evil. I have killed so many people. I know that my time is up. I can now see that these things are evil.

A political aspirant was asked about his preparedness to contest an election. He said that he was ready except the procurement of his "troops". A professor or researcher who has no physical acquisition in his name is often regarded as useless to the society ; but a miscreant who is popular and has physical material to exhibit is given a special seat in his congregation and hailed by the society. He commands more respect and well being. Whatever a man is, is often felt by his society. If he is mentally ill, this could also be felt without actually recognizing it as madness. These individuals should be certified fit psychologically as part of the screening exercise before their selection process.

An organized mind that is mentally balanced thinks before acting. It has human compassion and takes as priority the progress and happiness of his environment. He considers his action, checks them and has the ability to control situation. How can a man who could not control his family control the society? Rather than merely possessing an unorganized mass of opinions, the philosopher feels that these must be inspected, scrutinized and organized into a meaningful and coherent system of views. The psychology of the individual is very important in political leadership because his instrument of leadership determines the progress of his society, Therefore, mentally balanced individuals who are qualified according to standard criteria in a society should be encouraged or selected by the people.

SOME SUGGESTED PRESCRIPTION FOR MENTAL HEALTH

- Enough sleep/rest especially at night; At least 10hrs a day.
- No matter ones financial status, rich or poor, good food does not cost as much as cosmetic food. Natural vegetable enriched food balanced with little carbohydrate and protein product for a healthy mental state.
- Avoid stressful thinking. Most people spend their entire life working without thinking of leisure until they are old.
- Resting the body whenever the body needs it.
- Exercise
- Clean environment no matter how small
- Over ambitious, struggles to attain the unattainable most of the time saps energy leaving one impoverished. Rich or poor is a state of the mind. Once the basic needs are met the rest are wants which is insatiable in man. Wisdom permits that there should be a limit to life struggles to know when to stop and breath or when to rest.

Life is simple when one live according to ones means, avoiding trouble, living a straight forward life, avoiding characters that are not comfortable for one, avoiding undue competition, resting the mind on things that brings peace to the body. This lifestyle can ensure a healthy mental state. In the underdeveloped economies some might think that engaging in non-financial excise is useless and childish, for example the arts.

- Go for Periodic medical check up
- Avoid undue competition. The best competition is on oneself, keeping to ones track or lane.

Periodic silence, staying away from work or worries and meditating on peaceful atmosphere or nature. When forgiveness and love rules mental healing takes place. Where the world is full of mockery and curses, hatred tend to dominate but love can heal all.

- Avoiding drug and undue religious societies.
- Fear has been mentioned many times because of it adverse effect on some individuals. It a powerful emotion and should be dealt with as a delicate ailment. Worry is often its result. But worry less, especially on things one cannot help. Worry often create fearful imaginations that often do not happen. Fear can trigger off mental imbalance.

- Avoiding crime of any sort
- Keeping to positive thinking that brings peace to the mind. Avoiding situations or conditions that can depress or keep the mind uncomfortable, unless one is able to control the mind where it must be necessary to undertake an action. Most of the time diverting attention is a way of escape for emotional control of certain situations.

Emotional trauma. Anything can cause emotional trauma. The earlier it is noticed the better it is stopped, to avoid its escalation to other dimensions of imbalance.

Often selfish ambition lure people into the fraudsters net. For example, where one expects to double his income without effort. If one is duped, frustration might set in and one might commit another crime in trying to cover up or in trying to come out of the one he puts oneself because he may have borrowed the money.

CONCLUSION

Mentality or Mental imbalance is one of the least considered as an ill condition by many individuals in most societies; that such conditions can be treated or controlled by medical experts .Some individuals find it difficult to control their emotion. The critical stage may turn violent. This article is intended to let the general public know that there is medical care for mental imbalance, especially in the third world countries; that it is not outside scientific investigation; that many mental cases are least regarded as such and that it can be handled by experts. A leader should know when he is mentally imbalanced and should not take certain decisions at that time without due consideration or

consultation, especially when angry or temperamentally indisposed.

Some individuals at one point or the other may be mentally imbalanced but because of their position, their attendants may find it difficult to notice or when they notice they may not be able to help his condition which may be temporary if medication is applied or health care delivery is employed. It is human for one to be mentally imbalanced or mentally ill. This psychiatric condition should not be looked at as out of place in human nature or society but it becomes worse when unattended to or out of hand. The important thing is to initiate a general education where the so called educated or non –educated will be conscious of one’s behavior, to be able to know when one needs help and will not be shy about it; to seek for medical attention when things are no more the same. This obvious observation is often rare in the third world medical community. People rarely consider this condition as an illness. When one is drunk, one may say things one may not mean; things he may be ashamed or shy to do in his sober mood. This is just an example of an induced mental situation. The philosopher will say, man know thy self. The Psychiatric health giver can help an individual track back to normalcy when diagnosed with such fits.

RECOMMENDATIONS

Mental imbalance can be defined as the mal-functioning of an individual within his environment. They are individuals who would have been ordinarily normal but because of certain mental conditions they act abnormally. There are minor cases which can exist in a normal individual. But the more serious are psychosis cases. This paper is mainly looking at the neurotic cases that can easily be diagnosed or treated by psychological adjustment. The more extreme cases in an individual should be identified. Such individual should not run public offices or could be suspended until fit especially in elective offices.

Taking decisions affecting humans or conditions is very crucial to positions of authority. It needs mental order to articulate such decisions. Thus it is necessary that special doctors or health professionals be attached to such positions to undertake possible mental health of the leader when necessary. When one is angry one can take decisions that may be regrettable; when pride takes over because of a new position, one may begin to act abnormally against his fellows. For example, Most health care givers are nonchalant on patients out of pride and do not take emergencies as it is supposed to. Indecent actions are all attributes of mental imbalance.

Humility is a first sign of care. Being humble makes the nurse. The higher he grows, the more humble in service. Humility is a mental order but it does not mean not being critical, firm or not asserting oneself positively to maintain peace and order. Psychological hype can constitute mental disorder or imbalance.

Typical headship should always avail mental health check-up to ensure a healthy mental health for effective administration.

Mentally and psychologically unbalanced individuals should not take up positions of authority and power. They may turn their society to their selfish desires. As Maxwell (1998) puts it, they can steer the battle ship but may not be able to chart the course to the advantage of their responsibilities.

Mentality has to do with ones way of thinking or life style perhaps based on orientation. Many struggle up to these positions to achieve their psychologically thwarted or negative perceptive aims which may not be good for the led.

Some are already mentally imbalanced, before they roll into positions of authority. There has to be a measure or check that certifies their curriculum vitae before they are sworn in. Data on past records both private and public should especially be scrutinized and confirmed adequate.

This article advocates for healthy mentality for anyone who would hold public office. Nevertheless, rotational or term-based leadership is the most ideal especially in a democratic society.

REFERENCES

- Barnes, & Noble (2000). Identity, culture and politics: an Afro-Asian dialogue. *Codesria, 11*, 101-104.
- Felman, A. (2020). Mental health, health line: Medically reviewed. Timothy J. Legg, CRNP — April 13, 2020: Retrieved 10/10/2020.
- Fryer, D., Henry, E., & Sparks, C. (1985). *General psychology, UCA*.
- Hentoff, N. (2004). –www.amazon.co.uk. Retrieved 28/10/2020.
- Maxwell, J. C. F. (1998). *the 21 Irrefutable Laws of Leadership*, Thomas Nelson: USA
- Mental Disorders: Journal Articles References and abstracts from MEDLINE/PubMed (National Library of Medicine) Retrieved 10/10/2020
- Richard Neville (winter) wikipedia.www. gutenberg files. Retrieved 28/10/2020
- Wells, H. G. (1919-1920). *The outline of world history*. New York: Macmillan Company
- www.amazon.com>power of positive thinking. Vincent Norman Pearl. Retrieved 28/10/2020.