

# FY*i*

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## CONTENT HIGHLIGHTS

- UNDERSTANDING MENTAL HEALTH
- FACTORS INFLUENCING MENTAL HEALTH
- WORK-RELATED STRESS
- SLEEP AND MENTAL HEALTH



# MENTAL HEALTH

# MENTAL HEALTH

“As a state of well being in which the individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make contribution to his or her community”  
(WHO,2001)

## Everyone has mental health!

“The capacity of individuals within the groups & the environment to interact with one another in ways that promote subjective well being, and optimal functioning, the use of cognitive, affective and relational abilities towards the achievement of individual & collective goals consistent with justice”

(Canada Health & Welfare Council, 1988 Australia Mental Health 1992)

Mental Health is an important aspect of general well being including the capacity to enjoy life and engaged satisfactorily in relationship

The ability to maintain a harmonious relationship with others, ability to take part in community's activity and ability to contribute to community (WHO)

A mentally healthy person is someone who is happy with the way he / she 'gets on' or relate to one self and others around them.

## UNDERSTANDING MENTAL HEALTH

### MENTAL HEALTH ≠ MENTAL ILLNESS

- Public health issue
- Depression alone will be the greatest problem in 2020 (WHO)
- People's thoughts, feelings, behavior and relationship
- Positive quality, reflects a person's ability to function well in society and lead a happy and productive life

### Mental Ill-health

Mental ill health is an umbrella term which encompasses a continuum from the most severe disorders/illnesses to a variety of common mental health problems

A mental illness or disorder usually refers to a diagnosable clinical condition that significantly interferes with the individual functioning and abilities. Mental illnesses and disorders are of different types and degrees of severity.

Examples of mental disorders of mental illnesses are depressive disorders, anxiety disorders, psychosis, and eating disorders

A mental health problem causes major changes in a person's thinking, emotional state and behavior and disrupts the person's ability to work and carry on their usual personal relationships.



## FACTORS INFLUENCING MENTAL HEALTH

- **Social Determinants**
- **Risk and Protective Factors**

### SOCIAL DETERMINANTS

- 1. Structure:** Safe living environment, housing, employment, transport, education, supportive political structure
- 2. Community:** Positive sense of belonging, social support, sense of citizenship and participation in society
- 3. Individual:** Ability to deal with thoughts and feelings, to manage life, ability to cope with stressful or adverse circumstances

### RISK AND PROTECTIVE FACTORS

- Risk factors increases the likelihood that mental health problems and mental disorders will develop and may also increase the duration and severity when mental disorder exists
- Protective factors enhance and protect positive mental health and reduce the likelihood that a disorder will develop

## RISK FACTORS: WHO ARE AT RISK?

### Socio-economic factors

- |  |                       |
|--|-----------------------|
| • Poverty                              | • Personality type    |
| • Low income                           | • Personality Type A  |
| • Lack of Social Support               | • Traumatic Events    |
| • Family                               | • Death of loved ones |
| • Employer                             | • Violence            |
| • Community                            | • Accidents           |
| • Environmental                        | • Injury              |
| • Unsafe environment                   | • Family              |
| • "Peer pressure"                      | • Separation, Divorce |
| • Physical illness and Eating Problems | • Individuals         |
|  | • Poor coping skills  |



## YOU WILL NOT HAVE A HEALTHY BODY IF YOU DON'T TAKE CARE OF YOUR MIND

- People depend on you
- To enable you to do important things in life or whatever is important to you
- Offers a feeling of well-being and inner strength

## GOOD MENTAL HEALTH

- **Feeling good about oneself**  
Self-respect, realistic, able to accept failure, not excessively emotional, able to feel satisfied in most aspect of life
- **Feeling good about other people**  
Feeling sense of belonging understands and respects difference able to love and be loved, to cultivate and sustain relationship
- **Able to handle life challenges:**  
Capability, setting a realistic goal, confident planning the future, able to make decision, able to solve problems and adjust when necessary

## CHARACTERISTICS OF GOOD MENTAL HEALTH

1. Feeling good about themselves
2. Do not become overwhelmed by emotions such as fear, anger, love, jealousy, guilt or anxiety
3. Lasting and satisfying personal relationship
4. Feel comfortable with other people
5. Can laugh at themselves and with others
6. Have respect for themselves and for others even if there are differences
7. Able to accept life's disappointments
8. Can meet life's demands and handle their problems when they arise
9. Can make own decisions
10. Shape the environment whenever possible and adjust to when necessary

## BENEFITS OF GOOD MENTAL HEALTH

PHYSICAL FITNESS → STRONGER BODY  
 MENTAL FITNESS → GOOD MENTAL HEALTH

- Able to enjoy life and environment
- Be creative, trying new things
- Take risks
- Better able to cope with difficult times (personal or professional lives)
- Prevent onset or relapse of physical illness

## STRESS AND MENTAL HEALTH

- Stress can happen for many reasons
- Stress associated with daily life, workplace and family
- Multiple roles in life

## IMPORTANT TO FIND WAYS TO DE-STRESS

### Common Symptoms

- Headache
- Difficulty concentrating
- Short temper
- Sleep disorders
- Low morale
- Depression, anxiety



## FACTS ON STRESS

- Stress can happen to anyone. All of us are affected at one time or another by stress
- Potentially stressful events like traveling to work, taking care of children, meeting deadlines, etc. are daily occurrences that require the individual to adapt can lead to stress.
- Stress occurs when demands are not equivalent to a person's ability and coping skills
  - Daily life demands requires individuals to make effort to adapt to new situation
  - Individuals with lack of/no coping skills will not be able to handle stress effectively

## WORK-RELATED STRESS

- Stress is common at workplace
- Work-related stress is the response people may have when presented with work demands and pressures that do not match to their knowledge and abilities and which challenge their ability to cope
- Work stress is recognized as a major challenge to workers health and the healthiness of their organization
- Stress occurs in situations where the pressures of work exceed the workers ability to cope and when workers knowledge and abilities are not sufficiently utilized.
  - When employees feel they have little support from bosses and colleagues
  - When they have little control over work or how they can cope with its demands and pressures
- Good management and good work organization are the best stress prevention

## NUTRITION AND MENTAL HEALTH

- Healthy diet
- Choosing foods that give you steady energy will help body to stay healthy and the mind feels good

**But REMEMBER!!!** The same diet doesn't work for every person Lack of nutrients including foliate, Vit-B12, calcium, iron, zinc, and omega 3 fatty acids may contribute to depression

## EXERCISE AND MENTAL HEALTH

- Regular physical activity
- The need to exercise in addition to taking medication and counseling
- Exercise slow or stop weight gain

## SLEEP AND MENTAL HEALTH

- Body needs time to rest and heal
- Go to bed same time every night
- Establish bedtime "ritual"
- Avoid caffeine, nicotine and alcohol
- Play soothing music or tape (that shuts automatically after you are in bed
- A glass of milk, small snacks
- Warm bath or shower
- Lavender oil
- Herbal Chamomile tea

**Source:**  
**Dr. Nurashikin Ibrahim**  
 Public Health Physician  
 Ministry of Health at  
 Seminar on Mental Health at Workplace,  
 18 February 2014,  
 Phelia Resort & Spa, Ayer Keroh, Melaka

## NEWS HEADLINE

## Beri perhatian terhadap kesihatan mental pekerja

MELAKA 18 Feb. - Majikan di negara ini diminta memberi perhatian terhadap kesihatan mental di tempat kerja dalam usaha meningkatkan produktiviti pekerja.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye berkata, prestasi pekerjaan yang tidak memuaskan, sakit yang kerap, ketidakhadiran, kemalangan atau kecederaan akan timbul disebabkan masalah kesihatan mental pekerja.

Menurutnya, isu tersebut harus diberi perhatian berat kerana produktiviti pekerja dalam sesebuah organisasi bergantung kepada tahap kesihatan mental mereka.

"Sehubungan itu, adalah perlu mempromosikan kesihatan mental di tempat kerja, meliputi program yang bertujuan mewujudkan tenaga

kerja yang sihat secara mental dan fizikal supaya lebih positif dan produktif.

"Terdapat kes-kes pekerja yang menderita akibat penyakit mental, sehubungan itu pihak majikan harus membantu menyediakan perolongan dalam bentuk kaunseling dan rawatan," katanya dalam kenyataan di sini hari ini.

Menurutnya, kini adalah masanya bagi kerajaan memperkenalkan garis panduan yang mempromosikan penjagaan kesihatan mental bagi membolehkan pelaksanaan langkah-langkah asas yang diperlukan oleh golongan majikan.

Dalam pada itu, katanya, majikan perlu menggunakan jawatankuasa keselamatan dan kesihatan di tempat kerja bagi mengkaji dan mengenal pasti secara terperinci situasi sebenar dan masalah berkaitan.



LEE Lam Thye (kiri) berkata sesuatu kepada sebahagian daripada peserta Seminar Kesihatan Mental di Tempat Kerja selepas majlis perasmian seminar berkenaan di Ayer Keroh, Melaka, semalam. - UTUSAN/AZLI AHAD

## BERI PERHATIAN TERHADAP KESIHATAN MENTAL PEKERJA

Publication: Utusan Malaysia

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Page number: 32

## Lam Thye syor kerajaan utama kesihatan mental

Kuala Lumpur: Promosi dan peningkatan kesihatan mental dalam kalangan rakyat dicadang diberi keutamaan dan perlu ditangani dalam agenda utama kesihatan nasional.

Ahli Majlis Penasihat Promosi Kesihatan Mental, Tan Sri Lee Lam Thye, berkata masalah kesihatan mental perlu ditangani segera supaya masalah seperti tekanan, kemarahan dan keganasan, kemurungan serta cubaan bunuh diri dapat dielakkan.

Mengikut Kajian Kesihatan dan Morbiditi Kebangsaan 2011, lazimnya masalah kesihatan mental dalam kalangan dewasa adalah 12 peratus, berbanding 10.6 peratus pada 1996.

Bagi masalah kesihatan mental dalam kalangan kanak-kanak dan remaja pula lazimnya adalah 20.3 peratus pada 2011, berbanding 13 peratus pada 1996, manakala dalam kalangan wanita ialah 12.1 peratus dan lelaki adalah 10.4 peratus.

**Orang bujang lebih tinggi**

"Lazimnya masalah kesihatan mental lebih tinggi dalam kalangan orang bujang iaitu 13.1 peratus, diikuti 12.2 peratus (balu), 13.6 peratus (bercerai) dan 10.5 peratus (berkahwin).

"Di samping itu, masalah kesihatan mental paling tinggi dicatat dalam kalangan mereka yang tidak mempunyai

pendidikan iaitu 16.6 peratus," katanya dalam satu kenyataan di sini, semalam.

Lam Thye berkata, antara aktiviti untuk mempromosi kesihatan mental yang boleh dilakukan di sekolah ialah meningkatkan pemahaman mengenai kesihatan mental dalam kalangan warga sekolah melalui sesi ceramah, pameran, kuiz atau pertandingan sebagai aktiviti kurikulum tambahan yang membabitkan kelab dan Persatuan Ibu Bapa dan Guru (PIBG).

**Tambah kaunselor**

"Lebih ramai kaunselor terlibat dengan kemahiran dan teknik untuk memimpin dan membantu pelajar menangani

masalah tekanan sangat diperlukan.

"Isu kesihatan mental dalam kalangan pelajar perlu ditangani dengan segera. Jika mereka tidak mendapat bantuan, negara kita akan menanggung beban iaitu satu generasi yang menghadapi masalah kesihatan yang serius dalam suasana persaingan global kian meningkat," katanya.

Lam Thye berkata, semua pihak tidak boleh menafikan bahawa sistem persekolahan yang berorientasikan peperiksaan menyebabkan tekanan daripada ibu bapa ke atas anak masing-masing untuk berjaya.

"Kita perlu menerapkan sikap percayakan diri sendiri kepada anak supaya sebarang kegagalan atau kekecewaan dapat dilihat sebagai satu peluang untuk mencuba lagi, bukan sebagai kekurangan atau kelemahan diri dan mengambill langkah yang salah," katanya.

## LAM THYE SYOR KERAJAAN UTAMA KESIHATAN MENTAL

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## TUNNEL TRIP TURNS DEADLY FOR FIVE

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Page number: 8

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8 NATION The Star, TUESDAY 4 FEBRUARY 2014

## Tunnel trip turns deadly for five



Deep passage: Rescuers near the opening of the tunnel that goes 20m underground.

## Firemen suspect gas was the cause

By STEPHEN THEN  
stephenthen@thestar.com.my

**MIRI:** It was an expedition that went horribly wrong for five Lawas locals when they found themselves trapped in a 20m-deep tunnel filled with harmful gas, leaving two dead.

The tragedy occurred around 11am yesterday on a hill overlooking Kampung Mengkalap and Kampung Lintang Baru, at the Trusan sub-district near the Sarawak-Brunei border.

Brothers Rout and Gerawat Singga, both in their 50s, were found dead inside the tunnel while Wat Gali, who is in his 40s, Fendi Ejon, 17, and Anwar Abdullah, 18, were rushed to Lawas Hospital and admitted to the intensive care unit.

As at press time, the three were reported to be in stable condition. Trusan is under the Lawas district within the Limbang Division.

Limbang Fire and Rescue Department chief Annuar Shahrizad confirmed the incident, adding that they were still investigating the case.

"The five entered the steep tunnel equipped with excavating tools and a mobile pump powered by a generator," he said.

According to Annuar, a distress call was received at 10.53am yesterday from a relative

of the Singga brothers.

"My department dispatched 15 men to the scene. We found that there was a very deep underground tunnel dug from the top of the hill. Inside, all five were unconscious.

"There was a heavy toxic smell inside the tunnel," he said, adding that initial investigation showed that the pump was used to drain the water out.

"We suspect that the pump produced and emitted harmful gas, probably carbon monoxide, into the tunnel.

"We believe all five victims collapsed after breathing in the fumes."

Asked if there were others still inside the tunnel, Annuar said his men did not find any trace of other diggers.

Lawas SPDP chief Datuk Nelson Balang Rining said he had heard disturbing news about treasure hunters in the area.

"The treasure hunters believe that there could be prized relics buried around the area.

"This is a very risky undertaking - digging for treasure in such ecologically sensitive sites without the knowledge of authorities.

"I have even been told that there are those who use *bomoh* to help locate the treasures," he said, expressing his shock over the Trusan incident.

## NEWS HEADLINE

# Lam Thye: Keep construction sites clean

**KUALA LUMPUR:** Employers, especially those in the construction business, should ensure the cleanliness of their workplaces to avoid the spread of dengue.

National Institute of Occupational Safety and Health (NIOSH) chairman Tan Sri Lee Lam Thye said any containers that could collect water should be kept empty to avoid mosquito breeding.

“There is a lot of construction going on, especially in the Klang Valley. These places have a high risk of being mosquito-breeding grounds. So, employers should keep their compound clean to avoid cases of dengue in their workplaces.”

He said the safety and health committee of every organisation should make cleanliness part of their standard operation procedure.

Lee said the authorities, especially local councils, developers, employers, residents associations and residents, should make an effort to avoid dengue from becoming an epidemic.

“Residents are the first line of defence.

“They have to make an effort to keep their houses clean.

“They have to identify possible

breeding grounds and clean them up.”

He said residents associations, too, should organise more *gotong-royong* activities in their neighbourhood.

“Fogging should be intensified. However, residents should realise that fogging is not enough.

“It is essential to begin prevention in one’s compound.”

## LAM THYE: KEEP CONSTRUCTION SITES CLEAN

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## NIOSH, UMS kerjasama perkasa OSH

**Kota Kinabalu:** Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) terus memperkasa perkhidmatan dan pendidikan menyeluruh berkaitan Kesihatan dan Keselamatan Pekerjaan (OSH) kepada komuniti.

Pengerusi NIOSH, Tan Sri Lee Lam Thye (**gambar**), berkata usaha murni itu dilaksanakan menerusi kerjasama pintar dengan Universiti Malaysia Sabah (UMS).

Beliau berkata, masyarakat perlu mendapat bimbingan menyeluruh mengenai OSH sebagai persediaan bagi mengelak kemalangan atau kecederaan ketika di tempat kerja.

“Bagi memastikan kesedaran mengenai OSH disampaikan kepada golongan sasar, kita membawa bersama badan bukan kerajaan (NGO) dalam menayakan setiap program kepada masyarakat.

“Program tanggungjawab sosial korporat ini dilaksanakan secara berperingkat merangkumi semua peringkat pengamal industri,” katanya dalam sidang media selepas menandatangani memorandum persefahaman (MoU) antara NIOSH dan UMS di sini, semalam.

Hadir sama Naib Canselor UMS, Prof Datuk Dr Mohd Harun Abdullah; Setiausaha Eksekutif NIOSH, Ayop Salleh dan Pengarah Pusat Keselamatan dan Kesihatan Pekerjaan UMS, Prof Madya Dr Shamsul Bahari Shamsudin.



## MENTAL HEALTH

# Healthier bottom line with healthier workers

**T**HERE is an increasing number of executives and employees who suffer from anxiety, depression and mental stress. Some take drugs to ease their stress.

The impact of this on society is immense and needs to be addressed. It is important to ensure the happiness of workers and their families through good mental health in workplaces.

To promote mental healthcare in workplaces, it is important to understand factors that affect mental health.

Employers should consider the nature of mental health problems, consideration of worker privacy, relationship with human resource management policies and problems relating to family or individual lifestyles.

Employers should use safety and health committees to examine and identify situations and problems relating to the promotion of mental healthcare in workplaces and to formulate a programme:

**IDENTIFICATION** of problems related to poor mental health;

**SECURING** the resources to develop a mental healthcare programme;

**MEASURES** to protect workers’ privacy;

**IMPROVING** the work environment; and,

**TAKING** other steps for mental

health promotion involving workers.

A healthy and educated workforce ensures improved productivity. As such, the promotion of mental health encompasses the government, employers, community and family units. More can be done for the mentally ill:

**PROVIDING** more benefits for the mentally ill, such as insurance coverage;

**INCOME** tax relief for parents or relatives who take care of the mentally ill;

**BETTER** healthcare services for the mentally ill in government hospitals and making available cheaper psychiatric drugs for them;

**REMOVE** discrimination against persons who have recovered from mental illness;

**IDENTIFICATION** of problems in workplaces related to poor mental health; and,

**MAKING** available an employee assistance programme that provides prevention and early intervention for employee problems related to mental health, stress and emotional issues.

Companies are finding that investing in employees’ emotional wellbeing can mean a healthier bottom line.

**Tan Sri Lee Lam Thye**, chairman, National Institute of Occupational Safety & Health, Kuala Lumpur

## NIOSH, UMS KERJASAMA PERKASA OSH

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## HEALTHIER BOTTOM LINE WITH HEALTHIER WORKERS

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**Section heading:** Main Section

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*Byline/Author: By Tan Sri Lee Lam Thye*

## Respiratory Symptoms and Spirometry Findings among Pottery Makers in Perak

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### Abstract

Occupational health hazards as a result to exposure to mineral dust containing silica has been established long time ago in occupational health history. Its effects on lung function and symptom was evaluated in a cross sectional studied among 49 small enterprise pottery workers in the county of Sayong clustered in 3 villages. Respiratory symptoms and lung function was evaluated using MRC respiratory questionnaire 86 and standard spirometry performed. The prevalence of chronic cough, phlegm and chest tightness was 24.5%, 16% and 16% respectively. There was no significant decrement in lung function parameters from the predicted normal value with the mean predicted PVC; FEV<sub>1</sub>, and FEV<sub>1</sub>/FVC ratio was 85.32%, 83.87% and 99.22 respectively. The relationship between lung symptoms and lung function parameters was evaluated and the result was not significant.

*Keywords: Respiratory symptom, lung function, pottery makers*

For Full Paper, please find:

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