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The society influences a person a lot in every aspect of his/her life. Mental health is influenced by many factors. Social factors, educational factors, health factors, cultural factors, economical factors, and multiple other factors shape the society and which, in turn, effect the mental health of a person. There are many ways through which the mental health of a person can be improved using these factors as a source of improvement in mental health intervention and prevention. The first important aspect is the upbringing factors. Culture and education play a lot of important role in the upbringing of a child. The improvement in parenting practices and improved cultural practices can help in improvement of the mental health. Parents can be taught courses about the milestones of childhood, the requirements of the upbringing, and the elements of growth needed to improve. For example, Freud explained the psychosocial stages of development, like oral stage, anal stage, phallic stage, genital stage, latent stages (Chung). Every child grows into adult passing through these stages and if a child is fixated at any stage, it leads to mental illness. The next important aspect is the educational factors of a society. It involves the improvement of the school environment, interactive teaching behaviors, promoting communication, and trust building practices. The peer interaction is another domain which is very essential to improved mental health. Healthy peer relationship helps in improving the mental health. The social support is an important factor of the mental health. Researchers have shown that the people with lack of social skills, communication skills and support skills develop the mental disorders sooner than the others(Baker and Edelmann). The next important aspect is the development of career and career milestones. In this, we see that economy plays a very crucial factor. The attainment of degree and availability of jobs is an important factor in the life of a person. The workplace environment also plays an important factor in the mental health factors. Lastly, the ease of finding a life partner, settling down, and improved relationships are social factors that contribute to improved mental health.

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