

A Study on Mental Health Services to Cope with The Mental Illness

¹Akshar kedia, ²Ms. Babitha B.S., ³Pragathisvaran, ⁴Devanshi Parekh

^{1,3,4}Student, ²Assistant Professor
JAIN CMS

Abstract: In the discussion of health, human rights, and equality, mental disability and mental health care have been overlooked. Respecting individuals with mental disabilities' inherent dignity, individual autonomy and independence, and the freedom to make their own decisions are all aspects of a human rights approach to mental disability. In order to take a rights-based approach, we need to look at and change the language, terms, and models of mental disability that have been used in the past, especially in health discourse. In order to come up with a solution that is based on a human rights framework, we must also investigate the numerous ways in which inequality and discrimination affect the lives of people with mental disabilities. The implications of international treaties like the United Nations Convention on the Rights of Persons with Disabilities for our response to the inequalities and discrimination that exist within society — both within and outside the health care system — are the subject of this article, which I examine issues of terminology, models of understanding mental disability, and the implications of these treaties. Lastly, while I acknowledge that health care professionals can advocate for equality, non-discrimination, and justice, I argue that people with mental disabilities should be at the centre of advocacy movements and the advocacy agenda because they have the right to exercise agency in their own lives.

Keywords: Mental health, relationships, physical health, mental hygiene movement, problems

Introduction

In the early 20th century, Clifford Beers founded Mental Health America - National Committee for Mental Hygiene after publishing a health clinic in the United States in 1908

Mental health encompasses our emotional, mental, and social well-being. It influences our thinking, feeling and acting. It also helps determine how we deal with stress, interact with others, and make decisions. Mental health is important at every stage of life, from childhood and adolescence to adulthood.

Having mental health problems throughout your life can affect your thinking, mood, and behaviour. Many factors contribute to mental health problems, including:

- Biological factors such as genes or brain chemistry
- Life experiences such as trauma or abuse
- Family history of mental health problems
- Mental health problems are common, but help is available. People with mental health problems can recover, and many make full recoveries.

Positive Mental Health Empowers People to:

- Use your full potential
- Coping with the stresses of life
- Work productively

Make a meaningful contribution to your community The ways to maintain positive mental health include:

- Get professional help if needed
- Connect with others

- Maintain a positive attitude
- Physical activity
- Helping others
- Get enough sleep

Mental health can have adverse effect and a hazardous effect on physical health, mental health and to maintain healthy lifestyle and to build a good relationship.

This connection also works the other way around. Factors in people's lives, interpersonal relationships, and physical factors can contribute to mental health disorders.

Concern for mental health can preserve a person's ability to enjoy life. It's about finding a balance between life's activities, responsibilities, and endeavours to achieve mental resilience.

William Sweetser first coined the term mental health/hygiene in the mid-19th century, which can be seen as a forerunner of modern approaches to promoting positive mental health. Isaac Ray, fourth president of the American Psychiatric Association and one of its founders, defined mental health as "the art of protecting the mind from all accidents and influences that may alter its quality, weaken its energy, or disturb its movements."

In the whole American history, it was believed that the mentally ill were punished religiously. This backlash continued into the 18th century, with the human imprisonment and punishing of these individuals. Dorothea Dix who was an American Advocate (1802-1887) was an important figure in the development of the "mental hygiene" movement. Dix as a teacher who helped people with mental disorders and expose the vulnerable conditions in which they were placed. This became known as the "mental hygiene movement". Before the commencement of this movement, it was not something new for people with mental illness to be severely neglected and often left alone without adequate clothing in deplorable conditions. Between 1840 and 1880 he secured federal support for the establishment of more than thirty state mental hospitals; However, they were not adequate amount of manpower/staff and it was efficiently under-resourced, and accused of human rights abuses.

Emil Kraepelin who was a great German psychiatrist developed a taxonomy of mental disorders in 1896 that dominated the field for almost 80 years. Next, the proposed disease anomaly model was analysed and normality was viewed in terms of the physical, geographic, and cultural aspects of a defining group.

In the early 20th century, after opening a mental health clinic in the United States in 1908, Clifford Beers founded Mental Health America - National Committee for Mental Hygiene.

The mental hygiene movement, like the social hygiene movement, has sometimes been associated with the promotion of eugenics and the sterilization of people considered too mentally retarded to assist them in productive work and fulfilling family lives. In the post-war years, references to mental hygiene were increasingly replaced by the term "mental health" due to its positive aspect, which evolved from the treatment of disease into the areas of prevention and health promotion.

In the older generation, everyone treats mental health as a communicable disease that can be passed from one person to another, but gradually this taboo is being removed due to people's new way of thinking, and people are becoming aware of a cure that may be for mental health are available. Today, with the right education, research, and technology, the mental health stereotype is disappearing and people are open-minded and the lifestyles we lead are ruining our mental health. According to the study, the human brain needs 7 hours of sleep to function normally, but bad sleeping habits and bad lifestyle we lead, bad eating habits and addiction to alcohol and other drugs harm our mental health.

Mental illness outnumbers cancer, diabetes, and heart disease. More than 26% of all adults in the United States over the age of 18 fit the criteria for a mental disease. According to research, 450 million individuals worldwide suffer from some sort of mental disease. Major depression is ranked fourth among the top ten worldwide illness causes. Mental diseases are anticipated to be the leading cause of sickness worldwide by 2029. Every year, one million individuals commit suicide, while between ten and twenty million try. According to a World Health Organization (WHO) assessment, the worldwide cost of mental illness was almost \$2.5 trillion in 2010 (two-thirds of indirect expenses) and is expected to surpass \$6 trillion by 2030.

WHO findings suggest that almost half of the world's population is affected by mental illnesses that affect self-esteem, relationships and the ability to function in daily life. A person's emotional health can affect their physical health. Poor mental health can lead to problems such as an inability to make appropriate decisions and substance use disorders.

Good mental health can improve quality of life, while poor mental health can make it worse. According to Richards, Campania, and Muse-Burke, "There is growing evidence that emotional skills are related to prosocial behaviours such as stress management and physical health." Their research also showed that people who lack emotional expression tend to engage in antisocial behaviours (e.g., substance and alcohol use disorders, physical beatings, vandalism) that reflect mental health and suppressed emotions. Adults and children with mental illness can experience social stigma that can make problems worse

Mental health includes emotional, mental and social well-being. It influences cognitive processes, perception and behaviour. It also determines how a person handles stress, interpersonal relationships, and decision-making. Mental health includes, among other things, subjective well-being, self-efficacy, autonomy, competence, intergenerational dependency and self-realization of one's intellectual and emotional potential. From a positive or holistic psychological perspective, mental health can encompass a person's ability to enjoy life and to balance life's activities with efforts at mental resilience. Cultural differences, subjective judgements, and competing theories influence the definition of "mental health." Some of the early symptoms associated with mental health problems include irritability during sleep, lack of energy, and thoughts of harming yourself or others.

Intellectual disability can also be viewed as an IQ level below 70 compared to the normal individual IQ level above 85-90, which is normal, and some highly intelligent people have an IQ above 110, meaning they are very intelligent and are cooperative in their job and dependable, they never fail in their work and always find a way to make it easy.

Mental Illness Causes: -

1. Wrong lifestyle
2. Bad eating habits
3. Stressful life situations
4. Dependence on excavations
5. Financial problem
6. Current (chronic) illness, e.g., Diabetes
7. Death of a loved one
8. Traumatic experiences
9. Brain damage from severe trauma (brain trauma)
10. Child Abuse

To address the growing prevalence of mental illness, the government launched the National Mental Health Program (NMHP) in 1982. With the growing burden of mental illness, patients have a variety of mental health services available to help them manage their condition. The country's .47 psychiatric hospitals account for a large percentage (18,307) of all available psychiatric beds in the country. Psychiatric hospitals in India include: Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGRIMH) Tezpur, 1876. Central Psychiatric Institute (CIP) Ranchi is available in the country and there are many other reputable hospitals offering psychiatric services.

Different techniques to improve mental health

1. Making social contacts
2. Be active.
3. Talking to someone.
4. Appeal to your senses.

- 5 Adopt a relaxation practice.
6. Make leisure and contemplation a priority.
7. Eat a brain-healthy diet to support good mental health.

Review of literature

2021 (Chittaranjan Subudhi and Ramakrishna Biswal) The study of mental health is a complex issue that necessitates the use of multiple research methods. It is critical to study and understand how people perceive and believe in mental health, as well as how they heal and cope. A simple distinction between medical/biomedical and medical anthropological perspectives may not be sufficient to comprehend the dynamics of mental health research. A variety of findings are provided by several factors and elements related to the respondents and their social contexts. An eclectic approach is required to provide fundamental knowledge of the phenomenon of mental health. Studies should use both anthropological and epidemiological concepts to understand human behaviour in order to improve the management and planning of mental health services.

Global Level

Mental health problems are frequent among HIV-infected patients, with some estimates claiming that half of them suffer from one or more mental diseases. HIV-infected people's mental health is crucial not just for quality of life, but also for HAART adherence and biological disease progression. The present review focuses on studies published between 2009 and April 2011 that looks at mental health, coping, and stress in connection to HIV care behaviours such HAART adherence, quality of life, treatment retention, health care utilisation, and disease progression in HIV-infected adults. We concentrated on the most frequent and interfering disorders among HIV-infected people: depression, PTSD, interpersonal violence, stigma and shame, and body image issues.

(A.J. Blashill, N. Perry, and S.A. Safren, 2011)

(Jana C. Saunders, 2003) A serious mental disease like schizophrenia may be difficult for both sufferers and their families. Several studies have demonstrated the tremendous stress, somewhat high burden, and usually deficient assistance experienced by family carers of individuals with serious mental disorders. Effective family functioning may be impacted by a range of psychosocial issues in families with schizophrenia. This article's objective was to provide an overview of the social science literature on families affected by schizophrenia that has been published in the last three decades. According to the research, a wide range of factors have an impact on families of people who suffer from serious mental diseases like schizophrenia.

(Darryl Maybery, Lorraine Ling, Emily Szakacs & Andrea Reupert, 2005) Secure bonding and long-term mental health are significantly at risk for children whose parents suffer from mental illnesses. Parental Children who have mental health issues are much more likely to experience the deficit in the social, psychological, and physical wellbeing of children by a mental condition. It shows from the viewpoints of the children, parents, and mental healthcare and welfare experts. The investigation included qualitative and gathering quantitative information from parent.

Impact of covid 19 to health care workers and their mental health

Isolation tactics such as social separation was used to combat the illness and were used internationally. This, however, may raise stress and the chance of psychiatric issues. As a result, there is a need to strengthen resilience **(Munawar & Choudhry, 2019)**. Personal resilience, as well as social and organisational support, were identified as significant elements in nurses' resistance to adversity and stress, assisting them in maintaining their mental and emotional well-being (Personal resilience, frequently characterised as a person's capacity to 'bounce back' or recover quickly from a stressful circumstance **(Hart et al)**, may help nurses manage and bear the weight of stress more efficiently.

According to a study by **Kaur and Bashir (2015)**, They discovered that social media has both beneficial and bad effects on young people's mental health. The advantages include socialising, improved communication, learning opportunities, and access to health information. Bad features include sexting, depression, cyberbullying, exhaustion, stress, emotional repression, and a reduction in intellectual capacity. Almost everyone in the world nowadays, from 11 to 93 years old, uses social media. Young individuals are the most frequent users of social media and are most at risk of experiencing mental health issues with significant levels of anxiety, according to research by **Strickland (2014)**.

Another Park study; **Song and Lee (2014)** discovered that among college students, social media platforms like Facebook are positively associated with cultural stress. Similar to this, Kaur and Bhat (2016) carried out a thorough investigation on the impact of stress on students' mental health and contend that stress can harm students' mental health. So, we might draw the conclusion that youth's mental health may be negatively impacted by their excessive usage of social media.

The frequency of psychiatric approaches to internal health is now undisputed, and the development of other biomedical disciplines has had a huge impact on the development of the field in recent decades. **For ex, Insel and Wang (2010)** argue that perceptivity from genetics and neuroscience turn "conditions of the mind into diseases of the brain, therefore transubstantiating the practice of psychiatry. (1979). In addition, other disciplines, similar as behavioural drug, have contributed significantly to the field, although lately it has been argued that internal health and behavioural drug should be two separate fields (**Dekker et al, 2017**).

In the behavioural area of science, the study of internal health focuses on the colourful cerebral processes and mechanisms that produce studies, passions and **behaviours (Peterson, 2010)**. Clinical psychology has the longest tradition of cerebral exploration in internal health and focuses on the assessment and treatment of internal ails and diseases that can palliate cerebral torture or promote positive countries (**Haslam and Lusher, 2011**).

Despite the diversity of correctional and contextual approaches to internal health, current delineations of internal health have two effects in common. First, internal health is viewed from a biopsychosocial perspective, which includes natural, cerebral, and social factors. Second, internal health means further than the absence of internal illness (**Bhugra, 2013; Galderisi 2015**). This description contributed to important advances in exploration and practice in the field, because it expanded the conception of internal health beyond the absence of internal health and integrated the presence of positive characteristics (**Galderisi 2015**).

Methods and materials:

The methods and materials that have been used for collecting the data is going through different websites and reading different articles available in the internet. We have also circulated a questionnaire in which we have asked the opinion of people to share their views on mental health, through which we got know what are their thoughts and how is their mental health conditions.

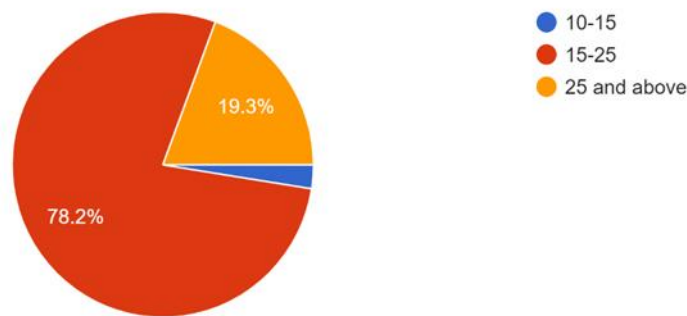
Primary Data Source- a questionnaire which was prepared our team in which we have collected 119 responses from different set of people including people form Generation Z and Generation Y from which we have derived mixed reviews on mental health from the opinion of different set of people.

Secondary Data Source- the secondary data we have derived is from reading and going through different articles, blogs, data, Journals, newspaper , magazine which was available on the internet. We have also gone through articles and data which was written by different Doctors and Practitioners from which we got a deeper insight about the situation and a better clarity.

Data Interpretation

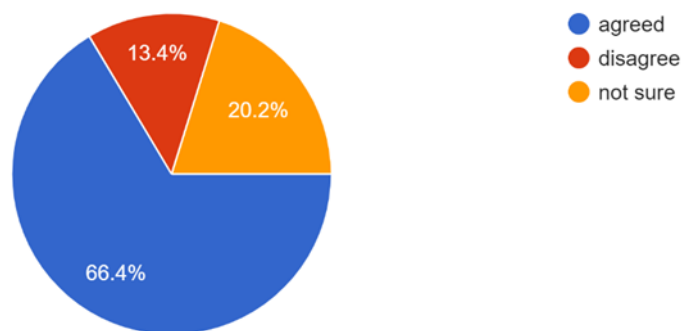
1.According to the survey reports the below mentioned research shows which age group shows the highest rate of mental illness

According to survey, the age group of 15-25 years old may have a higher rate of mental illness compared to other age groups, including those between the ages of 30 and above. However, it is important to note that mental health problems can affect people of all ages and the prevalence of mental illness can vary depending on the population and the specific mental health condition. One possible reason, mental health issues may go undiagnosed or unreported, making it challenging to accurately determine the rate of mental illness in different age groups.



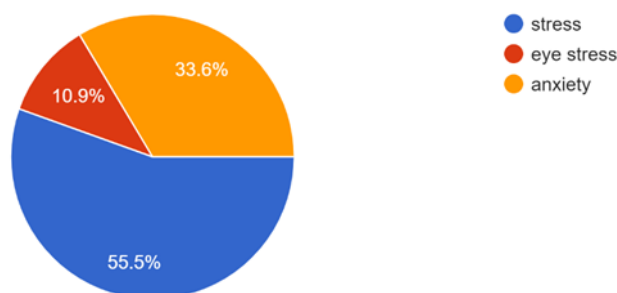
2. Is YOUR MENTAL HEALTH GETS INFLUENCED BY YOUR PEERS / MATES

according to survey, among 119 responses 66 percent of people agreed 20 percent are not sure and the rest disagreed, it's crucial to take into consideration that social influence is one among so many others factors that contribute to an individual's mental health. peers can positively or negatively affect their emotional well-being, self-esteem, and overall mental health.



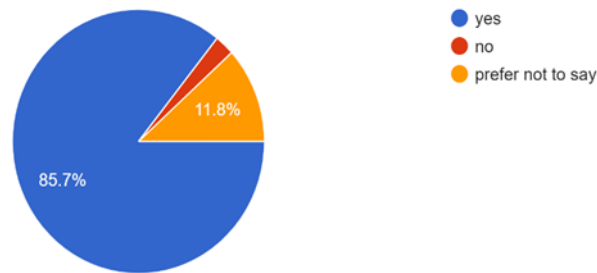
3. The survey shows which is the primary reason for schizophrenia

according to survey, people feel that the primary reason for schizophrenia is due to stress as 55 percent of people can have opted it and 33 percent people said that its due to anxiety and rest because of stress. This also may vary with age difference as it hugely depends on it.



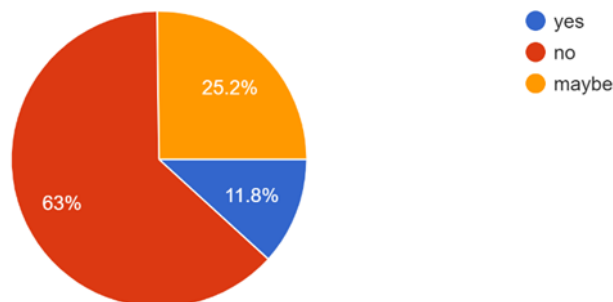
4. DO YOU AGREE WITH THE STATEMENT THAT PROLONGED STRESS AND ANXIETY IS THE REASON FOR MENTAL ILLNESS

according to survey people believe that prolonged stress and anxiety is the reason for mental illness as 85 percent people have agreed to it and the rest have prefer not to say it, Mental illness is a complex issue that can result from a combination of biological, psychological, and environmental factors, and the impact of these factors can vary greatly from person to person



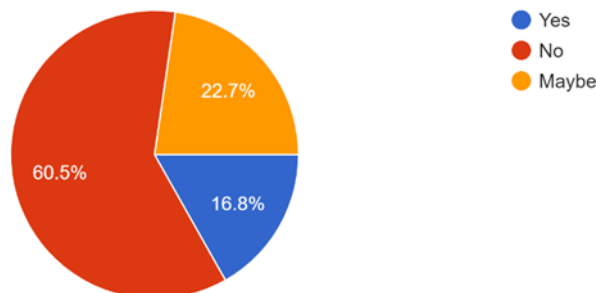
5. Does the Society Openly Talk About Mental Illness

people feel that society never talks openly about mental illness as majority people have agreed no in our survey and only a few agreed yes. This is because even though it is growing people get awareness and few talk about it openly, a lot others still feel uncomfortable talking about it due to society degrading it.



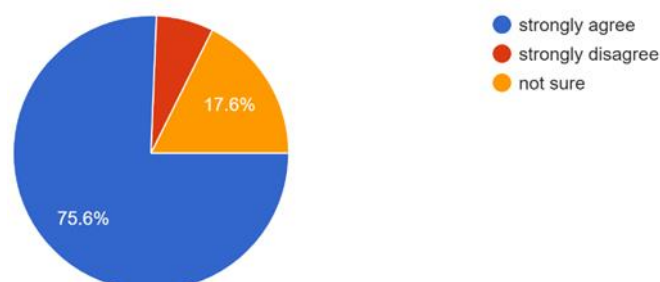
6. DO YOU FEEL THAT SUFFICIENT ATTENTION IS GIVEN TO THE MENTAL ILLNESS PROBLEM

according to our survey, among 119 responses 60 percent of people did not agree and only the balance agreed because even though there has been increased attention given to mental illness in recent years, Mental illness remains a major public health issue, affecting a significant portion of the population as there is a need for more resources and support to be dedicated to addressing mental health.



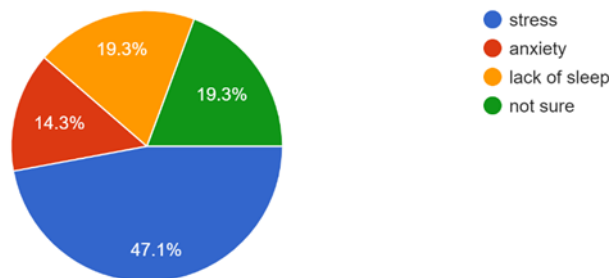
7. DO YOU THINK THAT TODAY'S YOUTH IS MORE AFFECTED TO MENTAL ILLNESS

according to survey, a lot of youth feel that they are affected due to mental illness as 75 percent of people have agreed to it and the rest are not sure. This is the evidence to suggest that mental health problems are becoming more common among young people with factors such as increased stress and pressure, social media use.



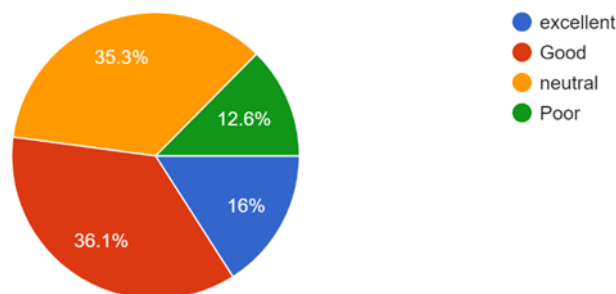
8. The below report is the answer for the possible reason for the stress

according to the responses we got from 119 people they feel that possible reason of mental illness could be stress and 47 percent has voted it and 19 percent people think it is because of lack of sleep and rest of them say it's because of anxiety and few aren't sure about it



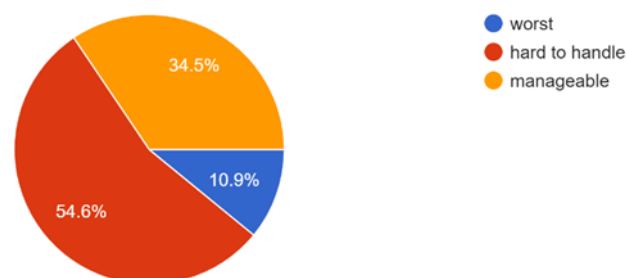
9. according to the survey below is the opinion of different people and their views on their mental health status

according to their survey among 119 people only 36 percent feel it's good the other 35 percent are neutral they sometimes feel it and sometimes don't and only 16 percent people mental health is excellent and rest have very bad health, as the responses are from age group of 15-25 there are various factors affecting them.



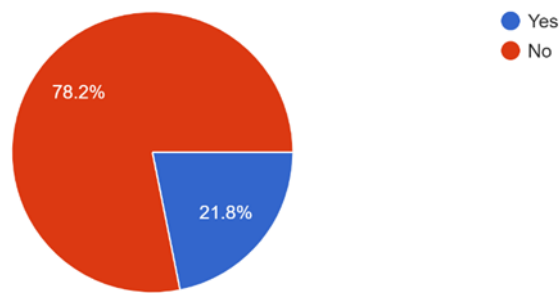
10. Impact of mental health on relationship and daily lifestyle

according to the responses we got from 119 people the impact of mental health on relationship and daily lifestyle is very hard for 54 percent of people and only 34 percent people are able to manage it and the rest feel it's the worst for them, various ways are there which will affect their lifestyle in one way or the other.



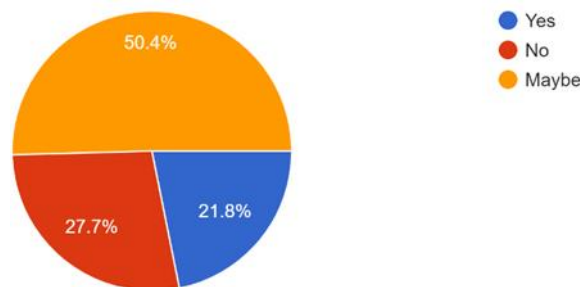
11. HAVE YOU EVER BEEN TO A COUNSELLOR

According to the responses we have received we could find that only 78 percent of people among 119 responses never visited a counsellor and only the rest 21 have been to a counsellor. So, we could see here that still a lot of people don't have awareness to their mental illness even though they are going through it.



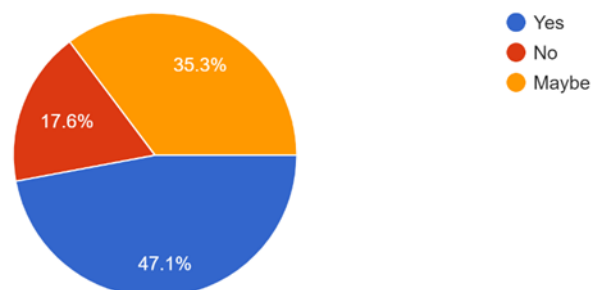
12. DO YOU THINK COUNSELLOR SUGGESTION / ADVICE HAS HELPED YOU IN ANYWAY

According to the survey 50 percent people among the responses think that it may be helpful only 21 percent thinks that it might be helpful and the rest feel it is never useful in going to a counsellor. As a majority of people think maybe to visit a counsellor, they never get solution to the mental illness if they are facing.



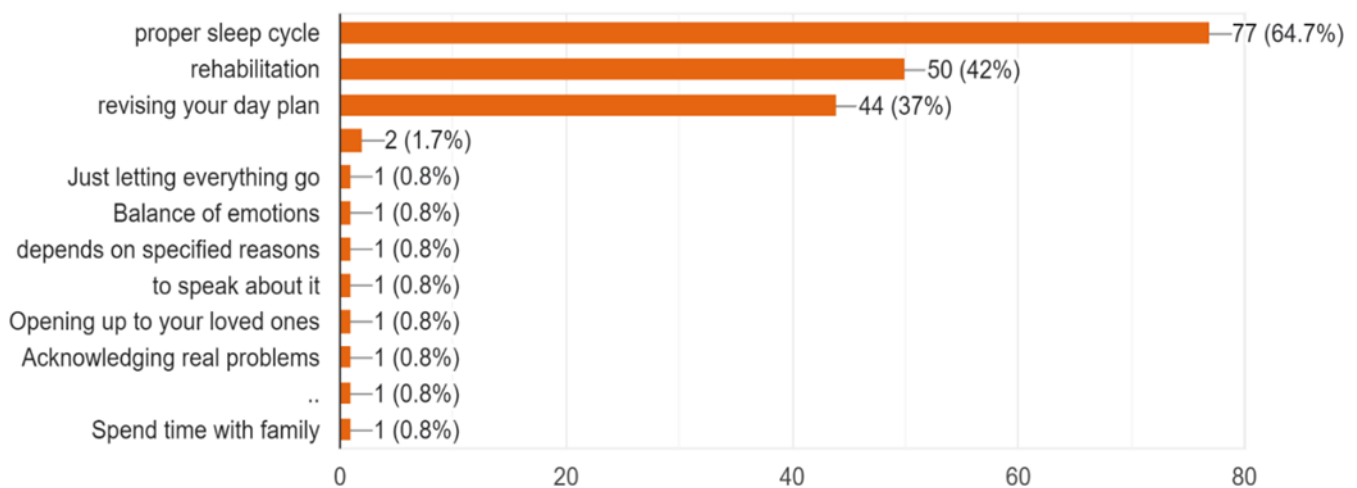
13. DO YOU THINK THAT MENTAL ILLNESS LEADS TO DRUGS / CHEMICAL ABUSE

According to the survey we have taken, 47 percent of people feel that mental illness does lead to drugs and 35 percent says maybe and the rest 17 percent doesn't agree with it. So, we could clearly see the majority of people think using drugs might get them out of mental illness.



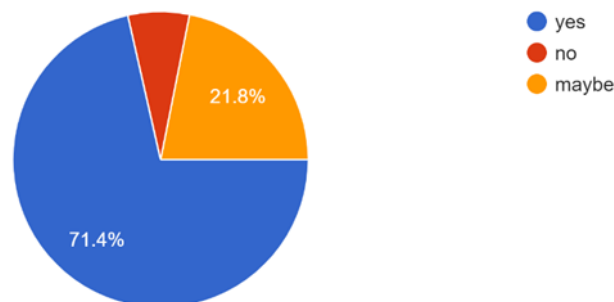
14. Below is the research that shows which is the best way/techniques to improve the mental health

According to the responses from 119 people they think that proper sleep is the first solution to all and rehabilitation would work. And few people also feel that revising your day plan will make you improve your health and we have found that there are various reasons for each and every person differing accordingly to their life cycle.



15. DO YOU THINK MUSIC CAN HELP TO IMPROVISE YOUR MENTAL DISTURBANCE

According to our survey we could clearly see that the 71 percent of the people has voted yes which clearly shows that music helps a lot of people in different way to get them better from their mental health and 21 percent says maybe it could help them and the rest don't believe that music helps them improvise.



Summary

After 119 responses from we have collected, the interpretations of mental illness are as follows:

The Highest rate of mental illness is found in the age group of 15-25, 66% of the people believe that mental health gets influenced by your peers or mates. The main reason for Schizophrenia (A disorder that affects a person's ability to think, feel and behave clearly) is stress followed by anxiety and eye stress. Almost 86% of the people agree to the statement that prolonged stress and anxiety is the reason for mental illness. The main talk about mental illness is that do society openly talk about mental illness, only 12% agree to it, 63% of the people disagree to it and 25% of the people doubtfully talk about it. As society does not talk openly talk about mental illness, there is very less attention given to mental illness. Only about 17% attention is given to mental health. Now we know that mental illness is mainly found in the age group of 25 or above, 75% of the people strongly agree that today's youth is more affected to mental illness. Now the main question arises that what would be the possible reasons of mental illness, 47% people think it's because of stress followed by anxiety and lack of sleep (with 18% each). Does the impact of mental health have an impact on physical health, relationship, 432and daily lifestyle, a little more 50% people believe that it's hard to handle, 35% people believe that its manageable, but there are a few percentages of people who think it's the worst. Nowadays mental illness has increased leaps and bounds, so the question arises that do you have ever been to a counsellor, surprisingly 80% people have not been to a counsellor, many reasons attached to it. People are still in a big doubt whether counsellor advice have helped them in anyway with 50% people answering maybe. Once people are affected to mental illness the consequences that arise are quite hard to handle , one of the main question that arises is does it lead to drugs or chemical abuse , almost 50% of the people think yes it does lead to , only a few percentage(17%) think it does not lead to drugs , this is something that has to addressed immediately , Most of the people think Music is the best solution that can help to improve you mental disturbance , 70% of the people think music is the best solution , only a very small percentage of people feels

no music is not an accurate solution . There are many measures that can be taken to improve the mental health , the most answered was maintaining proper sleep cycle , the most important , proper sleep can have a very positive impact on your mental health and can help you start your day in a very positive manner , if the situation is a little worsened up , the best measure is rehabilitation and the next best solution would be revising your days plan , properly schedule your day so that you don't get time to keep yourself stressed . Just to conclude we asked people to comment on their mental health, astonishingly only about 16% of the people answered excellent, followed by 35% who said it was good, 36% of the people said it was neutral, and 12% of the people have poor mental health. Poor state of mental health is a very serious issue with the growing generation, a healthy lifestyle and proper day care routines can make a lot of difference, daily exercises and good eating habits also would make a very good difference.

A Healthy Lifestyle Leads to A Healthy Mental Health

Conclusion

In the study we came to an inference that many people are not aware about the reason behind bad state of mental health and the ways by which we can improve the mental health, people are making their mental health conditions worse day by day by not following a good and healthy lifestyle and following the bane of western culture and adopting different practices without knowing how it can affect their well being and can damage their life in a long run. Due to the societal and peer pressure sometimes an individual perform certain task and does certain things which always hamper their state of mental health and worsen it even badly. Due to taking excessive tension and taking unnecessary load the mental well being of people always get hampered and it leads to schizophrenia which is another bad sign for an individual and leads to other problems which can be harmful. In this report we have also taken the views of people about their condition from which we got to know many of them are suffering through bad stage of mental health due to opting bad lifestyle and inviting problems to them, many of them are not even aware how to improve it because the society still does not talk about it openly which limits the knowledge from spreading and a person always gets deprived of receiving the right kind of treatment and because of societal primitive way of thinking which worsen the situation to a greater extent.

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