

CONDITIONS LEADS TO MENTAL HEALTH TO MENTAL ILLNESS

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ABSTRACT:

In recent studies, there has been expanding affirmation of the significant job emotional well-being plays in accomplishing worldwide advancement objectives, as shown by the consideration of psychological well-being in the Reasonable Improvement Objectives. Wretchedness is one of the main sources of incapacity.

Mental illness could be identified as many mental disorders that is associated with mood pattern, way of thinking ,behaviors which includes different forms of mental illness like anxiety, deperession, eating disorders, any kind of addictive behaviors.

So this paper mainly focus on the factors that leads to the state of mental health to mental illness and how we can identify that alarming state as well as can take proper actions at right frame of time. This paper mainly highlights the different possible ways to take care of our mental health in recent challenging scenario.

KEYWORDS: *Mental Health ,Mental Illness, Disorders and Disabilities.*

INTRODUCTION:

Mental well-being and mental sickness are two separate things and ought to be treated thusly. An individual might have low emotional well-being, however no indications of Mental Illness.

For instance, somebody might be going through a troublesome separation and battling with their work. This could prompt sensations of mental illness - yet this doesn't mean they're consequently going to experience the ill effects of dysfunctional behavior.

Likewise, somebody might have an analyzed psychological maladjustment, for example, bipolar or OCD yet can deal with this successfully and have a sound

and fulfilling existence. In this situation, the individual might have a dysfunctional behavior however great emotional wellness.

While low emotional well-being can now and again be defeated through rehearsing taking care of oneself methods and care, psychological maladjustment cannot. Psychological maladjustments are brought about by natural elements and synthetics in the mind and these can't be changed only by determination. However, this isn't to imply that care and other prosperity rehearses can't be useful and help recuperation. Psychological maladjustments can likewise be treated through medicine and talking treatments in addition to other things.

Absence of clinical analysis should not the slightest bit sabotage the overwhelming effect of low psychological well-being. An individual ought to never be told to 'deal with it' or be pushed to

'encourage' assuming they're experiencing psychological wellness issues. They ought to be directed to establish their own rhythm and track down the right survival strategies to suit them.

Psychological wellness and dysfunctional behavior are frequently connected with negative generalizations. At times people with specific circumstances are depicted as hazardous, criminal or unfit to lead typical and satisfying lives. These pessimistic generalizations lead to many individuals with an issue feeling incapable to look for the assist they with requiring. Indeed, even little instances of disgrace, for example, the regular utilization of words, for example, 'insane' prompts unfortunate underlying meanings.

OBJECTIVE OF THE STUDY-

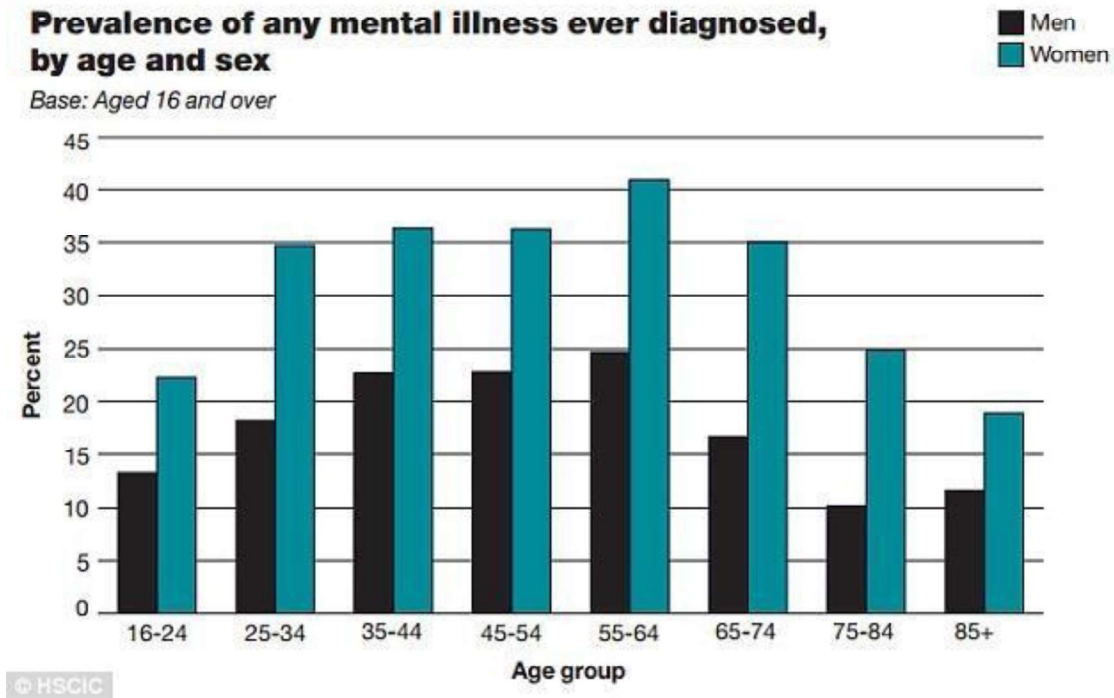
- To identify the different types of mental illness in different age group.
- To find out the possible ways to maintain sound mental according to age groups.
- To evaluate the impact of Covid 19 condition on mental health.

Mental Illness in different age group : Dysfunctional behavior is normal around 1 to 5 grown- ups has a psychological problems in some random year. Mental illness (Malla et al., 2015) can start at whatever stage in life from youth through later grown-up years yet most cases start prior throughout everyday life.

According to WHO there are different types of mental disorders : Anxiety Disorders ,Bipolar disorder, Depression, Post Traumatic stress Disorder(PTSD) Schizophrenia, Eating disorders, Disruptive behavior and dissocial disorders , Neurodevelopment disorders.

Among all these disorders depression is the main cause of different disorders with which further leads to the Suicidal tendency specially among the people of age group of 15-29 that is a major area of concern for us. We should look after the cause behind this situation and how we can overcome this threatening situation.

There is one of the very interesting fact that I would like to Quote here that the treatment cost of this kind of problem is relatively very low but there are few very common factors stop us from taking action like our shyness ,social pressures and negligence are very common in our society these kind of factors further leads to sever conditions among suffer which may results into loss of loved one such because of some unawareness and social pressures. So it is very much suggestible so took the step in the right frame of time so we can avoid these kind of mishappening .



Children -In spite of the fact that it was once generally felt that children's didn't encounter mental illness, now a days we now know that there are some common disorders found among children's i.e. Anxiety disorders ,Attention -deficit/hyperactivity disorder(ADHD),Autisim spectrum disorder (ASD),Eating disorders, depression and other mood disorder (PTSD), Schizophrenia.

Young people -The teenage years and early adulthood bring a lot of new experiences, which creates some kind of disbalance in life pattern which leads to different problems in youngsters life in the form mental issues like Depression and suicidal behavior, substance misuse and Anxiety.

The prime of life This is the prime stage of physical development which leads to reduce the risk of mental illness in spite of that we should keep some specific risks in mind. Schizophrenia is most likely to develop during this period. Men are most at risk in their early 20s and women in their late 20s.. Many people live happy and productive lives with schizophrenia, but this is much easier if it's treated early on, avoiding associated trauma.

Middle age -From the age 40s to 60s, new mental problems are less chance to develop, but there is definitely increased chance of acute anxiety and suicidal ideation. This can occur as a result of pre-established illness (especially if it has gone untreated) or as an impulsive response to circumstances such as family breakdown or loss of employment. If you or someone you know

are embarrassed about seeking treatment for new mental illness, let go of the stigma and seek out ways that you feel comfortable getting help – like in person therapy or online . Urgent intervention is needed if a person starts to think or talk a lot about suicide

Older people-The vast majority of mental illnesses develop before the age of 75. The risk of developing depression, however, goes up with age, and existing depression is also likely to worsen over time. Experts stress that this may be purely circumstantial and we shouldn't see it as an inevitable part of the aging process. 80% of people experience improvement when given the right treatment and support. The risk of developing problems also drops considerably when social problems such as isolation are tackled.

Some mental illnesses can strike at any age because they depend more on circumstance than on biological or even lifestyle factors. By understanding when we're most vulnerable, however, we can reduce the risk of symptoms being missed or not taken seriously enough. It's also important to be aware that some types of illness, such as schizophrenia, are incurable (though not untreatable), while others, such as anxiety and depression, may recur throughout the life course. Most of the time, however, mental illness can be effectively tackled so that acute episodes are over quickly and the risk of ongoing problems is substantially reduced. The most important thing is to be ready to reach out for help.

Maintenance of Sound Mental Health- Mental health is a big problem not only in recent time as well as in past and with increasing pressure and work environment and living environment the mental health got disturbed day by day of individuals but there are certain methods and ways which helps

individuals in preventing them from situations leading to the mental illness .(*MENTAL HEALTH, DEPRESSION, AND ANXIETY IN PATIENTS ON MAINTENANCE DIALYSIS*, 2010)

There could be few simple ways to maintain mental health like-

- Always aware of Warning signs and pay attention.
- Get routine medical care .
- Get help when required.
- Take good care of yourself.
- Talk to your loved one.
- take care of your physical health.
- Should go for professional help when required.

Other than above discussed methods there are two types treatment-

- Somatic -this mainly includes drugs(antidepressant) electroconvulsive therapy and other therapies.
- Psychotherapeutic -this includes psychotherapy(individual, group, or family)Behavior therapy, interpersonal therapy , psychoanalysis , supportive psychotherapy, cognitive psychotherapy .
- These kind of strategies can be divided into different subsections like-
- Strategies related to personal care- Taking proper sleep good eating habit Avoid drugs ,alcohol Limit screen time Taking time to relax
- Strategies to maintain mental fitness- Adapt and maintain regular routine Avoid negative news and information's Try to keep yourself busy Pre plan your day Incline towards spirituality
- Try to connect with others- Make social network Take family and friend support when required Engage with others.

Impact of Covid 19 on mental health-

Covid 19 Pandemic has created a great impact on the human life and its different dimensions like physical health, mental health as well as social life. "Psychologists and mental health professionals speculate that the pandemic is going to impact on the mental health of the population globally with the increase in cases of depression, suicide, and

self-harm, apart from other symptoms reported globally due to COVID 2019. "(Kumar & Nayar, 2021)

Covid Norms and its Impact-The new measures of self isolation and quarantine affected day to day routine and livelihoods of individual that creates the different kind of problems in terms of loneliness ,insomnia ,depression, suicidal tendency, anxiety, use of harmful drugs alcohols, that not only increase the self harm to an individual as well as their family members like wife children who have to face domestic violence ,abusive environment etc.

The hand washing routine on consistent basis to protect from corona virus leads to development of different type of disorders like OCD and adaptation of maladaptive behavior.

OCD (obsessive-compulsive disorders) and related maladaptive behaviors particularly due to consistent promotion of hand washing to mitigate the corona virus infection and its spread is a serious concern.

Other than temperament related and close to home eruptions particularly alarm, dread, aversion and dread in gathering others, apprehension about death (Thanatophobia), feeling of dread toward getting secluded, vilification, feeling of dread toward even not getting fundamental things, food, and so on. The loss of loved one due to Covid also creates big trauma for their family members.

Health workers conditions under covid 19- Due to continues workload and a pressurized and stressful working condition with the fear of getting exposed

and got infected by the Virus develops the different kind of mental as well as physical issues in health care workers.

Conclusion-

Mental illness is not a new term in Human history ,but with every passes of time there is always a new dimensions are emerging due to continuous evolution of our surrounding and living patterns ,although not only specific disorders or disabilities are responsible for these conditions as well as every and anything in our surrounding environment could be responsible for that like our work demand ,family background and supports, change in

family structure, friends and peers pressure, examinations pressure. The above paper have shown the information's related to that mental illness is not limited to a specific age group ,means this could happen in any age group in gender also .This statement simply reflect that mental issues are completely independent to age ,gender and background.

This paper further focus on the different ways to maintain good mental health as well as how we can overcome these kind of disorders if any such situations happened with us or in our surroundings but above all we should be aware of the conditions which leads to the disturbance in mental health and avoid them .But the most important situation in mental health issue is we should have a positive and helping attitude towards the individuals who are facing any issues related to mental disorder or mental disturbance. Apart of these issues this paper also address the circumstances which creates so much trouble during Covid and there psychological impacts on individuals .As we are aware about the different norms and restrictions imposed by the Government like Quarantine, social distancing, use of mask ,rapid use of sanitizers ,hand wash etc during the Covid to protect the individuals from Covid all these creates different types of problems to

human being with irrespective of age that not create awareness about good health condition ,good habits but also the importance of human social life and its importance in our life .these conditions not only affects a general human

being life but it also creates the same level of impact on health workers of our society and its a very eye opening experience for all of us that what is the importance of mental health in our life and how it impacts our physical health also.

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