

Psycho-social Perspective of Women Mental Health

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Abstract-

Poor mental health has a wide and far reaching impact on the social and economic level leading to poverty, high rates of unemployment, poor educational and health outcomes. Women Mental illness has always been a neglected issue at both the public and private levels. Mentally and psychosocial disabilities often face discrimination due to misconceptions that most people with mental health problems are unwilling to believe they have a mental disease. This study tries to explore the responsible Psycho-social factors in Women mental health problem.

Key Words: Perspective, Mental, Health, Women.

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Introduction

Mental malaise negatively affects the way a person feels, thinks and acts, leading to abnormal behavior. The right to live a life of equality and dignity is actually a natural right of a person, which is defined in Article 14 (equality) and Article 21 (warm life) of the constitution as a fundamental right in the democratic system of governance. This sensitization of the society is really the panacea of a mental patient. There are many such examples in the society in which even a person with disabilities touches the heights of success with the encouragement of his loved ones. Therefore, there is a need to keep this neglected but important issue prominently by the general media.

Mental malaise negatively affects the way a person feels, thinks and acts, leading to abnormal behaviour. Mental health includes human body emotional, psychological and social well-being. It also affects the ability to think, comprehend, sense and work. Considerably, the World Health Organization includes physical health as well as mental health in its explanation of overall health definition. Mental health issues in women come-up from a combination of factors. Mental illness gives rise to many social problems like joblessness, deficiency and intoxication. Women's mental health has become such an important issue due to women commonest situation in the world in terms of mental health problems. It is relying fact that Mental illness is associated with a significant burden of

morbidity and disability. Depression, anxiety, psychological sorrow, sexual violent behaviour, domestic violence and escalating rates of substance use affect women to a greater extent than men across different countries and different regions. Pressures created by their multiple roles, gender discrimination and associated factors of scarcity, starvation, undernourishment, overwork, domestic violence and sexual mistreatment, combine to account for women's poor mental health. There is a optimistic relationship between the frequency and severity of such social factors and the frequency and severity of mental health problems in women.

Good mental health is vital to the overall health of men and women. The Mental health is very paramount disease in the current scenario. But the real fact is that mental health has been dealing with traditional approach. Women has vast experience regarding mental health conditions. Even with the complexity of the mental health challenges women face, treatment options and resources are accessible to assist these women lead healthy lives. Therefore, given the above challenges, a holistic and integrated approach to mental health needs to be adopted. In which the Mental Health Bill will play a progressive and revolutionary role. Globally, mentally and psychologically challenged people represent a large proportion of the world's population.

Physical abuse of women suffering from mental and psychosocial disorders is also done. Due to the belief that such women cannot discharge their responsibilities and take decisions about their lives, in most countries they find it difficult to exercise their socio-political-economic rights. Women suffering from mental and psychosocial disorders also have to struggle with a lack of resources to maintain the basic needs of living. Apart from this, they are one of the most neglected groups in development policies and programs.

Psychological Perspective of Women Mental Health

The psychological perspective is the main conduit to analyse the problem of women mental health. There is not denying the fact that gender considerations in healthiness endorsement and healthcare have to emphasize the mental health perils and the socio-economic and civilizing determinants of psychological health. It seems that, economic autonomy, corporeal, sexual, and emotional security and security are principally desirable for good psychological health. Unluckily, these things are evidently starved to

some ladies by virtue of their position as women. Such gender-based favoritism is not only a unpleasant infringement of human rights but unswervingly contributes to the mounting burden of disability caused by pitiable mental health. Consequently, it is high time to talk about the association of these factors with mental health of women. In the context of burden of Disease, it is predictable that despair will become the second most important cause of disease burden in the world by the year 2020. Women in developed and developing nations alike are almost twice as expected as men to experience sadness. Other two principal causes of illness burden estimated for the year 2020, namely aggression and self-inflicted injuries, have special significance for women's mental health.

Mental health troubles are of noteworthy public health importance. In investigating those mental, behavioural and societal troubles that have an effect on women either wholly or to a greater extent than men we find higher rates of the following: despair, nervousness, psychological suffering and sexual violence. Solutions to mental health and substance ill-treatment problems necessitate a joint mobilization of societal, economic and political forces as well as considerable changes in governmental policies linked to education, health, and economic enlargement in each nation. This demands an strong and constant attempts from the nations of the world through cooperative collaboration between governments, nongovernmental organizations and the organizations within the United Nations system.

Soical Perspective of Women Mental Health

It is relying fact that the social roles men and women occupy may account for gender variations in rates of mental disorder. Ladies are consideration to have poorer experiences within any given responsibility, have more disagreements among their diverse roles, or have fewer function opportunities obtainable to them compared to male. The mental health of ladies and girls is closely connected with their status in society. Their empowerment and participation are vital contributors to a secure and dynamic community life. Participation and the empowerment underlying it are in turn components of good mental health. This has special meaning for those living in dearth and those subject to hostility in the home or evacuated by difference and natural disasters. The contribution of these women and girls is vital for tackling societal and health concerns - such as motherly and child health, violence at home and in the streets, substance mistreatment, avoidance of HIV infection, and gender even-handedness.

Conclusion

Despite such a huge number of mental patients in the Indian society, till now it has not been acknowledged as a ailment in India. Even at the moment, mental health is totally ignored in India. The relying fact is that just as physical diseases can be harmful to human body, similarly mental diseases can also unfavourably influence on human body and health. Mental health problems influence women and men evenly, however some are more frequent among women. The ill-treatment is repeatedly a issue in women's mental health problems. Treatments need to be responsive and reflect gender differences. The same numbers of women and men understanding mental health problems overall, but some troubles are more ordinary in women than men.

There is not denying the fact that a variety of social aspects put ladies at greater peril of pitiable mental health than men. However, women's willingness to converse about their feelings and their social networks can assist to protect their mental health. There are no important differences between the numbers of men and women who experience a mental health difficulty overall, but some problems are more frequent in women than in men. Women are more likely to have been treated for a mental health problem than men. This replicates women's greater willingness to acknowledge that they are troubled and get support. Women are mainly exposed to some of the factors that increase the risk of poor mental health because of the role and status that they typically have in society. The conventional roles for women from some ethnic groups living in the India can boost their exposure to these risks. Some women find it hard to talk about complicated feelings and which can guide to problems such as depression and disorders. They may express their expressive pain through self-harm, whereas men are more likely to 'act out' repressed opinion, and to use violence against others. The suicide rate of women in India is much higher than men. Women are more responsive than men in conditions of mental health. But this matter has become so common in Indian society that it is not taken care of by the general peoples.

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