

“The Myths Regarding Mental Illness in the Society and the Consequences Women Suffer in the Patriarchal World”

Anjali Kumari

Research Scholar

Department of Psychology

L. N. Mithila University, Darbhanga

Abstract: Mental disorder, depression are common factors in the current era, we can say it is the curse of technology to human beings. There are many rumours about the mental illness. Stigma about mental disorder is the centre issue faced by Indian society. Specially, women are the major target of mental disorder. The new word is defined to Mental Stigma is ‘Sanism.’ Because now-a-days, the term Sanism is compared with racism or sexism. Current scenario shows that there is much Sanism within Indian Society. Even, there is much wrong information regarding to the mental illness. Another factor is the suffering of women in this Patriarchal world. In Indian society, women are born only for taking care of household work and children. They are given subordinate treatment everywhere including their workplace wages too. The current work is an attempt to interlink the myth regarding to mental illness in the society and consequences that Indian women suffer in the Patriarchal world.

Keywords: Myth, racism, Sanism, Indian Society, women, Patriarchal world, mental illness etc.

.....

Introduction: Now-a-days mental illness is the common disease but it is dangerous. The world depression is used very commonly by all age groups including kids. ‘I am under depression, don’t talk me,’ ‘Don’t talk to me, I have already lots of depression, such sentences are used very commonly in today’s technical era. Stigma about female patient is more in case of mental illness. Most commonly, they are home imprisoned. When any male is suffering mental illness, the whole people of family move around him to cure him. On the contrary when female is there who is suffering from mental illness, mostly ignored or kept alone in mental caring centres.

There are many myths or misconception about the mental illness or disorder. Few most common are given below:

Myth about Mental Illness:

Craziness: The first and foremost myth about mental illness is Craziness. Generally, it is believed that the person who seems to be mentally ill at initial stage, he/she is crazy. But, the fact is that mental illness and craziness are two different things. The word Crazy is used for mentally ill person. Mental illness is the category of vulnerability. It is one medical disease. It is disease like diabetics, like BP, cancer etc. the only difference is that it is related to mood, mental status, thought process and so on. The mental process distorts the reality which is not the feature of craziness. Mental illness is the sickness others. The difference between general illness and mental illness is that in many cases if timely and proper treatment is not taken, the patient may be a victim of violence and aggressive. Proper diagnosis in time is remedy for it. No need of any kind of fear about mental myth.

Myth on Bipolar Disorder: There is a myth on Bipolar disorder that this kind of illness is based on mood. Another myth on Bipolar disorder is that if this mental illness is under control, it does not require the continuation of medications. But the fact is that this kind of mental illness is not because of mood swings. There are various level of this kind of illness from high to low which is an output of sleeplessness, high energy, no control on the thoughts, extravagant ideas etc. In such cases patient may feel to go for suicide.

Myth about the Military Man's Disease: There is one myth about one kind of mental illness i.e. Post-Traumatic Disorder which is the disease of only military man. But, this mental illness can be found anyone. Specially, those who suffer from any kind of domestic violence as sexual harassment lost of beloved one, physical attack in the violence manners etc. can be the patients of Post-Traumatic Disorder. This kind of patient may recall the bad past again and again, nightmares, anxiety, fear etc. as symptoms of Post-Traumatic Disorder mental illness. The violence may be the outcome of it. In many cases to forget the fast, no recall, no dreaming, the patient needs to go through shock treatment.

Myth about the Medication of Mental Illness: Stigma about the mental illness is basically due the myth in respect to the medication of mental illness. The myth about it is that the medication used to recover the mental illness of patient is very harmful. People believe that the medication used to recover mental illness is just as happy pills. The fact is that there are all kinds of tablets for mental illness. The medication is same as other medication. Therefore, many times it found people avoid taking the medication of mental illness or consulting to the psychiatric.

Thus, there are many myths about the treatment of mental illness. Male and female both are victims of it. But due to patriarchal system of Indian society, female are not given proper care of mental illness.

The Consequences Women Suffer in the Patriarchal World:

Gender discrimination is the major issues faced by Indian female. It is not only the part of India but also the universal problem. Gender inequality in all sectors i.e. business, political field, and education and even in the families. The patriarchal method of Indian family is main reason of gender inequality. Women are treated badly in the patriarchal family structure. Women are stronger than men but yet their strength is neglected in the patriarchal world. Women, in this new and technical era, proved that they are greater than men. They are strong enough in all fields including education field.

The world Patriarchy is related to social and ideological construct of family in which the men who is senior most is the only one who will take decisions of family. In this patriarchal system men are considered greater than women. They are subordinate to men. It shows the difference between men and women.

As far as India is concern, the concept of Gender inequality refers to Education, health, economy, political issues and social issues. The gender bias declares an unequal status of women than men. This gender inequality created major issue of gender differences as the decreasing ratio of male and female in India. Due to inequality of male and female, following problems are faced by India:

Killing Female feticide in Mother's Womb: Due to inequality treatment to women and giving subordinate and inhuman treatment to women, India faced the problem of killing a female feticide in Mother's womb. This has changed the ratio of male and female. Men want wife, mother, sister but not daughter. Therefore, killing a female feticide is the regular practice in India. There are many laws and restriction to avoid the this killing Female feticide in Mother's Womb, but malpractice in medical field continued this killing Female feticide in Mother's Womb and the ratio of girl in India is decreased.

Dowry: Dowry is another major social problem of India which proves social discrimination existing in Indian society. Dowry means to give money to the groom's family from the bride's parents. This amount is decided by Groom's family. If they are greedier, they are tortured. In many cases it happens that due to this torturing of family, converts her good health in mental illness and they turn into mental patients. They either

kill themselves or her husband's family kill her. This means dowry system is one of the major systems of Indian family which proves how badly women are treated.

Economical Dependency: In this Patriarchal family, women are economical depend on male. Though, they work and they earn, the rights of economy are in the hand of man, either he may be father, brother and mother. In the rural sector of India, the same situation is there. Women work in the farms and money is wasted by her husband. They enjoy the life with gossiping and wondering in the town. This, indicates the features of Indian Patriarchal family that in Patriarchal family, women have no rights about economical matters though, they are earning.

No Rights of Decision Making Power: All the household tasks are the responsibility of women including cooking, cleaning, working in the farm or other sectors, children's' education, giving everything in hand to men of family. But, if she asks any questions in family matter, social matter, economical matter, she has been insulted as you don't know anything about it, so don't talk on it. They don't have any rights to take decision for any matter of family, society, political or so on.

Sexual Harassment: Sexual harassment is faced by Indian women in the Patriarchal structure of the society. She is insecure in the family and outside family too. Other than real brother, they are sexually harassed by other relatives. They are raped by devils living in the society and yet they are only responsible for the sin. She is raped by evil mentality male but she is considered as the responsible member of the victim. Even, in such cases, her own parents are not ready to accept her. In such cases, they face mental illness but no one bothers for it. We see many mad female, girls and women are wondering on the street, railway station and other social places. They are totally mad for the society. Even, after this madness, they are raped by devil mind of men. There are many news and cases about the rape of elderly women. Man shows his superiority and power in raping her and proves he is more powerful than women. Thus, due to sexual harassment at several places of society including family, women are suffering from mental illness. The current scenario is that girls are not safe in education field also. Then question arises in the mind- educated society, so called civilized society is achieving morality or there is the downfall of morality.

Gender Discrimination at Workplace: In this, Patriarchal structure of the society, gender discrimination the part of workplace. Women are not getting promotion many times though they deserve, because they are women and they cannot deal the higher position. Further, they are unable to handle the tasks of higher position. In wages also, there is difference

between men and women. Women work more but they get fewer wages for their work. They are avoided to have equal wages for their hard work. Sometimes, they are blackmailed with sexual harassment at workplace. Less wages, less importance and sexual harassment etc. are the problems faced by women at workplaces. In many cases, it is found that work is very essential for them to survive of self and the family, so whatever happening with them, they have to accept because they are living in Patriarchal society. In such cases, they face the mental illness which they cannot share with anyone.

Health Issues: Women are always subordinate in every case and situation in this Patriarchal structure of the society. Their physical illness is avoided many times, and then the matter of mental illness is far away from the treatment. If, the family found her physical fitness issues in respect to mental illness, rather than consulting to doctor, they are taken towards the person who follows tradition rituals of blind faith. They are bitted by these magician, they are imprisoned by theses magician who says that female has an impact of ghost or witches. Thus health issue of women is secondary in Patriarchal structure of the society. Though, they are the one who give birth to an individual.

Dependency on Male: Right from birth to death, women are dependent on the male due to Patriarchal structure of the society. They are depending on father; they must follow all rules and restriction given by their father. They are bounded to listen brother, though he is younger than her. Later, they are depending on husband and oin the old age, they are depend on the son. No matter, she is earning money, no matter how talented she is. Only one thing matters that she is a woman so life time she must be depend on the male who is part of her life. This also causes a mental illness in her.

Conclusion: Thus, above all discussion indicated that mental illness in an individual is common one. Current scenario is more dangerous in case of depression. Many youths are suffering mental illness in which gender bias is not there for disease. But, society creates this gender bias. Women are not treated properly in mental illness in this Patriarchal structure of the society. Further we can say that due to above mentioned several myth regarding to the mental illness, patients are away from the proper treatment of it. So, it is suggested that rather than believing in the myth, tradition and rituals, it is important to know the fact and work as per the need. Another suggestion of the study is women are also human being, they do have feelings, emotions and life so they must be treated equal to male.

References:

1. **Bhattacharya (2013)**. "*Gender inequality and the sex ratio in three emerging economies*" (PDF). Progress in Development Studies. 13 (2): 117–133. doi:10.1177/1464993412466505. hdl:10943/662.
2. **Black, Jeremy; Green, Anthony (1992)**. **Gods, Demons and Symbols of Ancient Mesopotamia: An Illustrated Dictionary**. The British Museum Press.
3. **Bhugra, Dinesh (June 1992)**. "*Psychiatry in ancient Indian texts: a review*". History of Psychiatry.
4. **Dijkstra; Hanmer (2000)**. "*Measuring socio-economic gender inequality: Toward an alternative to the UNDP gender-related development index*". Feminist Economics.
5. **Gautam S (1999)**. "*Mental health in ancient India & its relevance to modern psychiatry*". Indian J Psychiatry.
6. **Harrendorf, M. Heiskanen, S. Malby, INTERNATIONAL STATISTICS on CRIME AND JUSTICE** United Nations Office on Drugs & Crime.
7. **Kelly, O (2014)**. "*Beyond the education silo? Tackling adolescent secondary education in rural India*". British Journal of Sociology of Education.
8. **Siddhu, Gaurav (2011)**. "*Who makes it to secondary school? Determinants of transition to secondary schools in rural India*". International Journal of Educational Development.
9. **Abnormal Psychology An Integrative Approach seventh edition**. Patparganj, Delhi, India: Cengage Learning. 2015
10. **Nasser, Mervat (December 1987)**. "*Psychiatry in Ancient Egypt*" (PDF). Bulletin of the Royal College of Psychiatrists.