

Issues of Mental Health in Delhi's Public

Suman Sharma

CIE, Delhi University

E-mail: parashaar@gmail.com

Absence of diseases is not the health. In the same manner just absences of problems, tensions, confusions, and irritations etc is not amount a situation or condition of mental health.

Mental health is not a condition but it's a process, which works every day in every moment in all surrounding of life.

When we say that – that person is mentally healthy this statement has certain following assumptions (which believe to be exist in his/her personality) :

That person is able to live the spontaneity of life.

That person lives this fact in his/her practical life that ups and downs are the part of our life.

That person should have faith in this fact also that everyone has his/her own strengths and weaknesses (limitations) and a person's life style depends or shapes on the basis of these strengths and limitations.

The incidence of mental illness constitutes one of the more pressing problems of modern time. According to a survey more than one million people are institutionalized annually for the treatment of such disorders. Doubtless there are many other mentally ill people who have never sought specialized care because they do not realize their need for it or do not know it is available.

Some of the undetected cases are brought to light in the newspaper accounts of senseless murders, attacks, suicides, divorces, desertions, acts of vandalisms, sadism, and brutality. Where the symptoms of less overt and the manifestations are less sensational, the mentally ill person may go through life unrecognized as such by himself, his family, or his closest friends. But his lack of social and emotional adjustments may prevent him from leading the full, rich and happy life he would otherwise be capable of.

For fulfilling the fundamental needs of life person make the group and group collectively make the society. The society in itself known as the public. Society in large exist in a system for its proper running. It has a lots of rules, regulations and rituals etc. These rules and regulations are concerned with the behavior and pattern, food elements and food habits and all the cultural value system of society as a whole. Ofcourse these set of rules and regulations the whole system is made for

the benefit and welfare of society. But some times these all are become a headache situation for an individual's mental health.

An act or social cause always starts with an idea. And generally idea emerges in an individual's mind, and it's a natural process but when this individual's idea come into clash with societal norms and values, it becomes the disruptive issue in the public. Sometimes this issue makes way for life and sometime it creates obstacles in normal routine of life. In both the ways it becomes the issue of mental health in public.

What is Mental Health

When we say to someone that you have a need of counseling or for a particular matter or issue you should go to a psychiatrist, that person surely will not see you in a friendly manner, he/she certainly will angry with you. May be he/she will give reverse answer to you that – listen I am not a mad or psycho ok I think you should go with a counselor. People generally take the whole notion of mental health in a very negative sense.

I just means to say here that there is great misunderstanding in regarding the concept of mental health. A general perception about mental health is –

Mental health concept is concerned with those persons who have some mental disorders, diseases or having lack of mental stamina while living the daily routine course.

But here I want to clear one thing that mental health ofcourse covers the disorders but it is much more then this.

It's a subject which help to each and everyone to know that how the thoughts and behavior develops and shapes in a particular manner, what are the estimated steps of physical and mental growth of a person (personally and socially) takes place. By the understanding of mental health a person's capacity is enhance to understand the personal self as well as the others too. So its good for all to understand the notion of mental health.

Mental health is a subject which deals the thoughts, behavior, attitude, perceptions, of a person, which make the base of his/her overt and internal mental health.

Issues of Mental Health in Public

Mixing of cultural

Delhi is a mega metropolitan city. It seems to be a small India in itself. Here mixing of cultures happens to a great extent. And this mixing of cultures spoils the clarity of cultural and moral values of a person (family). This unclearity creates confusions and exertions in the role, responsibilities, and rights etc amongs the people of family as well as society (internal and intra relationships of people). A person in his/her personal self becomes a sandwich. These sandwich type personalities are not able to transfer their cultural, social values properly to their respective future generations.

Here the impact of western cultural can be also seen in important place. As for example in present scenario The concept of live in relation. This is a notion which heartly and happily accepted by the youth but badly rejected by the elders ones in our society. And it assumes to be a great factor of mental disturbance in our society.

Effect of Pollution

Environment is an overt surrounding of nature all over the earth. This overt environment create and affect the inner heart and mind's environment of living beings. Green environment gives a fresh feel and peace in our heart. But if we are in an environment which is full of smell and smog, we will feel unease and disturb, we are unable to survive here with a better or creative mood. Noisy environment can make a person irritative and aggressive. Learning and bearing skills of a person is also negatively effected by polluted environnt. Fresh air help us to cure our feelings as well as concerned diseases.

Accomodation Problem

Comparatively the total land area of Delhi region is less then its huge population (which resides in Delhi). Delhi has maximum density of people per kilometer. Delhi is capital of India and people have more chances here to grow and develop their life and life's perspectives. But these facts effect on delhities in this manner-

It make the Delhi over crowded, almost every where in every field. People came here in search of employment, education and health facilities etc.

Many times it seen that facility structure is completely break down. Resouces are limited but demands are increasing and infinite. Ufffff..... Feeling of frustration and unsatisfaction is spreaded all over.

Health and hygiene is also a big issue in Delhi city. Ther is a lack of fresh and healthy air. As in flat like structures homes and specially small schools have no ventilation systems it their structure.

Increasing numbers of sever crimes

Delhi is a mega metropolitan city. People of various cultures, religions, languages from different states live together. Here everyone is busy in struggle for the surviving. And the struggle for surviving makes the people self centered, selfish, money minded and self collector of available resources etc. Such attitudes develop a critical habit in a person that is- just to fulfill their personal needs on any of the cost. And tendency of just fulfilling personal needs on any cost enhance the number of physical, social, psychological, religious and financial crimes. The data from the newspapers and television news show that crimes are increases rapidly.

Alone-ness

Joint family system has broken down in metropolitan cities. People are becoming frustrated and unfaithful. All are living in a fear. The fear of break-ups in relations, gap of communication, mistrust on self as well as on others too and throat cut competitions of professional life. All fears make a person alone.

The working stress, unstability of jobs or in profession mistrust in relations, polluted environment, lack of fundamental facilities for surviving with human dignity etc are the basic cause of mental disorder or mental disturbance of people.

Possible Solutions

Possible solutions to escape the personal self from mental disorders or disturbances are followings-

The life in a mega city is very stressful. So the basic education system of such cities must include the 'Art of living' in their main stream education system.

Timely people should attend the workshop/seminars etc related with the 'Art of living'. Reading of related literature is also will be very helpful to the needy people.

A person who wants peace and happiness in their heart and mind and in his/her life, he/she must accept the diversity of another individual heartly. Acceptance of diversity in an individual's personality help to resolve a problematic situation. And the resolution shows the various ways to select the solution of a problem.

Yoga, meditation, creative activities- just as theater, dance and painting is also helpful for a person to reveal his/her tentions, exertions and stresses. And revealing of these negative emotions help the person to live in cool mood, and peaceful happy manner.

So understanding of individuality of personal self is essential for removing the mental imbalance from the life and it help to a person to become mentally healthy and happy.

References

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