

POOR MENTAL HEALTH AND ITS POOR EFFECTS

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Abstract

Poor mental health is a leading cause of disability worldwide with considerable negative impacts, particularly in low-income countries. Nevertheless, empirical evidence on its national prevalence in low-income countries, particularly in Africa, is limited. Additionally, researchers and policy makers are now calling for empirical investigations of the association between empowerment and poor mental health among women. We therefore sought to estimate the national prevalence of poor mental health in world, explore its correlates on a national level, and examine associations between empowerment and poor mental health among women. The prevalence of psychological distress was higher among women than men. Overall, the prevalence of psychological distress differed by gender, marital status, education, wealth, region, health and religion, but not by age or urban/ rural location. Women who reported having experienced physical abuse, increased partner control, and who were more accepting of women's disempowerment had greater likelihoods of psychological distress. Women who are disempowered in the context of intimate relationships may be particularly vulnerable to psychological distress. Results identify populations to be targeted by interventions aiming to improve mental health.

Keywords: *Disability, Empowerment, Mental health, Poor mental, Women.*

I. INTRODUCTION

Approximately one of every 4 humans suffer from terrible mental fitness, making it a leading reason of disability around the world. terrible intellectual health increases susceptibility to both infectious and continual sicknesses and money owed for greater than 30% of years of life lost global. moreover, the terrible financial effect of intellectual fitness problems is sizable, especially in low-profits international locations had been key danger factors consisting of poverty, underemployment and unemployment, political instability, and HIV/AIDS are most universal. despite the fact that, empirical proof at the country wide

occurrence of negative intellectual health in low-income international locations, mainly in Africa, is limited. even though numerous studies had been performed in African nations, maximum have used small, specialized populations together with people residing in rural settings, pregnant girls, and hospitalized patients and consequently lack national generalizability[1].

Due in massive component to the range of populations examined and methods used, incidence estimates of bad mental health have numerous extensively, ranging from 4% to sixty-five%. The Nigerian Survey of mental fitness and well-Being (NSMHW) is the simplest survey from the world fitness employer's intellectual health Survey Initiative that became conducted in a low-profits African these statistics, however, aren't nationally consultant and have been collected almost a decade in the past, proscribing their usefulness for estimating current estimates of poor intellectual health. even though studies that examines correlates of bad mental fitness within African countries are confined in range, findings continuously suggest that decrease socioeconomic popularity, less training, and lady gender are threat factors for poorer intellectual fitness[2]. Based in this proof, researchers and policymakers are actually calling for empirical investigations of the affiliation among empowerment and poor mental fitness among ladies. despite the fact that this hyperlink has been suggested by using some small studies in a more thorough understanding of this association may additionally provide avenues for interventions[3]. On this look at, we sought to estimate the countrywide incidence of terrible mental health in world, a low-earning and to discover its correlates on a countrywide degree. Additionally, we aimed to study associations between empowerment and poor intellectual fitness amongst ladies.). consequently, modern-day epidemiological information on intellectual fitness and its correlates may be beneficial in understanding the scope of the hassle in world and for concentrated on unique subgroups for interventions.

II. DISCUSSION

Physical Health and Mental Health:

A clear distinction is often made between 'mind' and 'body'. But when considering mental health and physical health, the two should not be thought of as separate.

Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions[4].

Since the founding of the NHS in 1948, physical care and mental health care have largely been disconnected. There is an increasing call on healthcare professionals to consider psychological wellbeing when treating the physical symptoms of a condition and vice versa[5].

How Mental Health Affects Physical Health:

There are various ways in which poor mental health has been shown to be detrimental to physical health. People with the highest levels of self-rated distress (compared to lowest rates of distress) were 32% more likely to have died from cancer.^{1,2} Depression has been found to

be associated with an increased risk of coronary heart disease³ double the risk of death from heart disease three times the risk of death from respiratory disease[6].

This is because people with mental health conditions are less likely to receive the physical healthcare they're entitled to. Mental health service users are statistically less likely to receive the routine checks (like blood pressure, weight and cholesterol) that might detect symptoms of these physical health conditions earlier. They are also not as likely to be offered help to give up smoking, reduce alcohol consumption and make positive adjustments to their diet[7].

Lifestyle Factors:

These lifestyle factors can influence the state of both your physical and mental health.

Exercise:

Physical activity in any form is a great way to keep you physically healthy as well as improving your mental wellbeing. Research shows that doing exercise influences the release and uptake of feel-good chemicals called endorphins in the brain. Even a short burst of 10 minutes brisk walking increases our mental alertness, energy and positive mood. Read the Let's Get Physical report for more on the positive health benefits of physical activity. Physical activity means any movement of your body that uses your muscles and expends energy. From tending your garden to running a marathon, even gentle forms of exercise can significantly improve your quality of life. For more tips on the ways in which you can build physical activity into your routine, download our Let's get physical booklet[8].

Diet:

Good nutrition is a crucial factor in influencing the way we feel. A healthy balanced diet is one that includes healthy amounts of proteins, essential fats, complex carbohydrates, vitamins, minerals and water. The food we eat can influence the development, management and prevention of numerous mental health conditions including depression and Alzheimer's. Read about the ways in which you can ensure you are getting a balanced diet[9].

Smoking:

Smoking has a negative impact on both mental and physical health. Many people with mental health problems believe that smoking relieves their symptoms, but these effects are only short-term.

People with depression are twice as likely to smoke as other people:

People with schizophrenia are three times as likely to smoke as other people. Nicotine in cigarettes interferes with the chemicals in our brains. Dopamine is a chemical which influences positive feelings, and is often found to be lower in people with depression. Nicotine temporarily increases the levels of dopamine, but also switches off the brain's natural mechanism for making the chemical. In the long term, this can make a person feel as though they need more and more nicotine in order to repeat this positive sensation[10].

Long-term health conditions and mental health:

The promotion of positive mental health can often be overlooked when treating a physical condition. Psoriasis is one such condition in which the effects go beyond the visual signs and symptoms, impacting psychological wellbeing and quality of life.

Psoriasis:

Psoriasis is a condition which is commonly characterized by red flaky sores on the surface of the skin, but its effects go beyond the visual signs and symptoms.

Psoriasis is an auto-immune condition commonly triggered by stress. It affects 1.8 million people in the UK and can impact on emotional as well as physical wellbeing.

Up to 85% feel annoyance with their psoriasis

Approximately one third experience anxiety and depression

1 in 10 admit to contemplating suicide

1 in 3 experience feelings of humiliation about their condition

1 in 5 report being rejected (and stigmatized) as a result of their condition

1/3 experience problems with loved ones.

Yet, a recent report from the British Association of Dermatologists (BAD) highlighted that only 4% of Dermatology Units have access to a counsellor.

The physical and psychological impacts can be cyclically linked: the condition can cause emotional distress which can trigger a psoriasis flare and, as a result, cause further distress.

Some people with psoriasis can feel that their GP regards psoriasis as a minor skin complaint and are dismissive of the emotional aspects, leaving many to continue unaided on the isolating and emotional journey associated with psoriasis.

III. CONCLUSION

The prevalence of psychological distress is high among both men and women in world. Women who are disempowered in the context of intimate relationships may be particularly vulnerable to psychological distress. This is the first study conducted among a large, nationally representative sample in a low-income country on the African continent, and our results suggest that findings from other contexts may not be generalizable to lower income African populations. Future studies should continue exploring risk factors for poor mental health among low-income African countries, and prevention and treatment should be delivered accordingly. Mental health services should be prioritized at the national level.

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