



## **Need to improve mental health services**

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### **Abstract**

Mental health is the main determinant of quality of life, with social stability being the basis. In a society where the number of mental patients is more, it has an adverse effect on the system and development. Recently, Ashwini Kumar, Director General of Central Bureau of Investigation-CBI and former Governor of Nagaland State, committed suicide due to depression. In the last few years, the tendency of suicide or other social crimes due to mental stress has also increased.

This problem has seen a rapid increase during the global pandemic COVID-19. Recently, a report on the state of mental health in India was released by Lancet, the report noted that 197.3 million people in India were suffering from mental disorders by the year 2017, which accounts for the total population of India. Was 14.3 percent. According to a recent report released by the World Health Organization-WHO, by the year 2020, about 20 percent of India's population will suffer from mental illnesses.

**Keywords:** mental health, India, challenges, society, government

### **Introduction**

#### **Mental health**

- Health is a complete state of physical, mental and sociality. Mental health is very important for health care. Mental health refers to emotional mental and social well-being.
- Depression in mental disorders is the biggest problem worldwide.
- It affects a person's ability to think, understand, feel and act. It gives rise to many social problems like unemployment, poverty and intoxication.
- Many researches have proved that depression is the main cause of cardiovascular diseases.
- Depression in mental disorders is the biggest problem worldwide.

#### **Mental health status in India**

- According to the Burden of Mental Health in India published by Lancet, the share of mental disorders in total illnesses in India was 1990 based on Disability Adjusted Life Years- DALY. It was 2.5 per cent in the year 2017 and increased to 4.7 per cent in the year 2017.
- Here 1 DALY refers to one-year reduction in healthy life.
- In the year 2018, in all cases of mental disorder DALY in India, 33.8 percent people have depression, 19 percent people have Anxiety Disorder, 10.8 percent people have Idiopathic Developmental Intellectual Disability and 9.8 percent people have schizophrenia (Schizophrenia).
- SDI measurement adopts the state's per capita income, average education, fertility rate among women below 25 years of age.
- In this study, states were divided into three classes - low, medium and high, on the basis of Socio-Demographic Index (SDI).

#### **Society's concept towards mental health**

- In fact, in the society in which we live, mental illness has always been a neglected issue at both the public and private levels. Not only is the attitude of society about it rude but it is also a neglected subject in the eyes of the government.
- A person suffering from mental disorder also succumbs to loneliness due to neglectful treatment of society and family. Because of loneliness, he is unable to share his thoughts with others, in which case the person either harms himself or other people.
- If a person once suffers from a mental disease, then he has to live with this strength throughout his life, even if he gets rid of that disease. Even today, it is very challenging for these types of people to join the mainstream of society.
- The most worrying thing is that a person suffering from mental disorder is considered insane and that person is seen with neglectful eyes in the society.

#### **Due to mental disorder**

- An important factor in mental disorder is genetic. Dementia or psychosis, schizophrenia, etc. are more common in people whose family members suffer from them. This risk almost doubles in the children of such a person.
- Physical change is also considered to be a cause of mental disorder. Actually, the possibility of mental disorder increases due to physical changes like adolescence, puberty, old age, pregnancy.
- Lack of tolerance, childhood experiences, dangerous video games, stressful situations and inability to cope with them are considered responsible for mental disorders.
- Psychological reasons are being considered as the main

reason in today's time. For example, conflict in mutual relations, death of a close person, loss of respect, financial loss, divorce, failure in examination or love, etc.

### Challenges related to mental disorder

- Statistics indicate that the suicide rate of women in India is much higher than men. The origin of which is believed to be domestic violence, marriage at a young age, youth motherhood and economic dependence on others. Women are more sensitive than men in terms of mental health. But this issue has become so common in our society that it is not taken care of by the people.
- Social confusion related to mental health disorders is also a major challenge in India. For example, in India, suicide was considered a crime till the year 2017 and under the Indian Penal Code a provision of imprisonment for a maximum of one year was made. While many psychologists have proven that depression, stress, and anxiety may be some of the major reasons behind suicide.
- It is important to note that India lacks the necessary capabilities to address issues related to mental health. Statistics show that in the year 2018, there were only 5,147 psychiatrists and less than 2,035 psychologists for the large population of India.

### Budgetary expenditure constraints

- It is worth noting that according to the National Mental Health Survey - NMHS 2015-16, the total budget for mental health in most states of India is less than 1 percent.
- Some of these states are such that due to lack of clarity and completeness in mental health guidelines, funds are not being used in the right direction.
- At present, Gujarat and Kerala are the only two states where separate budget has been made for mental health.
- According to the World Health Organization's Mental Health Atlas, 2017, there are about 25000 mental health workers working in India. India spends 1.3 percent of its health budget on mental health.
- In fact, states have to face a lot of difficulties in arranging separate budget for mental health, including accurate implementation of mental health plans, availability of adequate budget, time frame, responsible agencies and outcomes. Many factors are involved, including better management for monitoring.

### Government efforts

- National Mental Health Prograam-NMHP was launched in the year 1982 keeping in mind the development of mental care infrastructure in the country to combat mental illness.
- The strategy of the program included two schemes in the year 2003 - Modernization of State Mental Hospitals and Psychiatry Wing in Government Medical Colleges / General Hospitals.
- The government, moving in this direction, brought the Mental Healthcare Act in the year 2017 to strengthen mental health services, 2017.
- This act was passed on 7 April 2017 and came into force from 7 July 2018. The Act supersedes the Mental Health Act, 1987, passed in 1987.

- The government has included mental health programs under the National Health Mission's Flexi Pool of Non-Communicable Diseases - NCDs.

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