

FEW OBSERVATIONS ON WOMEN'S MENTAL HEALTH IN MODERN SOCIETY

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Abstract: *This paper tried to have a glance over few observations on women's mental health in the present society. Women, especially working women do face a lot of problems in the society. After coping up all hurdles and several problems maintaining her mental health is really challenging thing. She has to play several roles in the society as a sister, mother, spouse, teacher, student etc. Gender bias is a hurdle for her development in career. While playing her roles she has to come across many situations and face agony. Maintaining mental health might be her priority in the modern society. Mental health in all societies influences the personal satisfaction of individuals. In opposition to broadly held convictions, individuals with dysfunctional behaviour are similarly crippled like those with normal endless physical conditions. Many a times a helping hand is necessary to the women folks to recover from mental problems. Those who are looking for treatment is significant, the patients' psychosocial and emotional well-being needs should be tended to at full range. Apart from medicines proper care, love and affection in the family could soothe her mental problems. Society has to treat women folk as a human being and provide ample space for her overall development both in her career and family life.*

Key Words: *Women, Mental Health, Society, Gender Bias, Equality.*

1. INTRODUCTION:

Mental health or psychological wellness has an exceptionally antiquated history and its significance in man's life is perceived from the old circumstances. In antiquated circumstances, mental variation from the norm or ailments was considered as the anger of God or individuals trusted that apparitions, witches and detestable spirits brought such ailments along. Indeed, even today In India, in numerous tribal communities (Adivasi groups), which by and large live in towns; cure themselves of such mental sickness by religious rituals or by superstitions.

2. WOMEN AND MENTAL HEALTH:

Womenfolk all around the world constitute most by far of overseers of first and final resort for incessantly impaired relatives, including rationally hindered kids, maniacal elderly, and grown-ups enduring a noteworthy dysfunctional behaviour. Negligibly, it is in a group's long-haul social enthusiasm to help with this weight through formal wellbeing administrations. Furthermore, on the grounds that ladies are basic to the achievement of wellbeing arrangements, their support in planning psychological well-being approaches ought to be empowered, with governments, universal associations and NGOs characterizing roads for ladies to practice influential positions. Strategies might be assessed by ladies' gatherings not just as far as how they bolster ladies' psychological well-being yet in addition as far as the nature of administrations offered to ladies, youngsters and men. Navabi Nejad put views about mental health. "Women with a portion to over of half population in the world, especially in developing country like India, should take into consideration any community based mental health programs. Women's significant roles in global development of society, child rearing, family endorsement and workplace, their mental health influence by many socio-cultural factors." According to Khodarahimi it is clearly women's psychological investigation. "In contrast to women's participation as the paid labour force during the recent decades that increased in country too, the major lines of women's psychology investigation has mostly focused to the effects of child care and maternal employment in children rather than their psychic well-being."

3. WHO report on mental health:

According to WHO report, "Women are integral to all aspects of society. However the multiple roles that they play in society render them at greater risk of experiencing mental problems than others in the community. Women bear the burden of responsibility associated with being wives, mother and career minders of others. Increasingly, women are becoming an essential part of the labour force and in one quarter to one third of households they are the prime source of income." In addition, WHO's report released on 'focus in women's mental health.' According to the report there are several issues discussed about women. "Build evidence on the prevalence and causes of mental health

problems in women as well as on the mediating and protective factors. Promote the formulation and implementation of health policies that address women's needs and concerns from childhood to old age. Enhance the competence of primary health care providers to recognize and treat mental health consequences of domestic violence, sexual abuse, and acute and chronic stress in women." The World Health Report says, "Women's health is inextricably linked to their status in society. It benefits from equality, and suffers from discrimination. Today, the status and well-being of countless millions of women worldwide remain tragically low."

4. Mental health related activities:

Mainstreaming a gender orientation perspective in the enthusiastic prosperity territory - through showing women at all levels of society about the possible results of mental prosperity intercessions and the potential for organizations and tasks - is indispensable to the achievement of mental health program progression. The headway of gathering build tasks may develop the engagement of various women to their neighbourhood gatherings and their feeling of obligation in regards to gathering and family prosperity. Formal enthusiastic wellbeing organizations, including sound medicine, approaches for psychotropic arrangements and the strong course of action of adequate supplies at sensible costs which picked nonexclusive antidepressants, antipsychotic and anticonvulsant drugs, must be supplemented by non-therapeutic care programmes, purchaser get-togethers and repairing foundations that give a huge care in various programmes.

5. Moral support and proper care:

As per Colman, Mental health is that logical field that works for the sound identity improvement and averts anomaly. As stated by WHO (World Health Organization) "Mental health means the art to establish harmonious and complementary relations between man and man." In Walter J Coville's views, "mental health includes the timely treatment for the presentation of mental illness and by which mental health is improved." C.T. Morgan put in short, "mental health is nothing but the individual adjustment free from the symptoms of mild abnormality and acute abnormality." Kingsley Davis has indicated American idea of psychological wellness is unequivocally affected by what is known as 'protestant open-class ethnic' or the standards of the American 'free undertaking' society. This thought is upheld by W.H. Whyte in his book 'The organization man.' Another psychologist Gardner Murphy explained that it is an adjustment of mental status. "Good mental health in our peasants yet everybody with some common sense will agree, gross unhygienic conditions prevail in India, in every sense of the term somehow, it is not right to adjust to hunger and squalor. Active adjustment is mental health, not passive conformity, according to Hountras. The question is adjustment to what all societies leave something to be desired, to effect a change in material environment would be destructive, revolutionary, and produce [suppose, extreme bad state of mental health, considering this, one cannot help evoking an utopian society in mind to adjust to." Man ordinarily attempts to accomplish achievement and happiness, flourishing and peace in life in any field where he works-might be physical or material, mental or scholarly, or even profound if able and interested. Man has no uncertainty endeavoured and nearly achieved the best in physical sciences through his creations bringing physical comforts and comforts, obliterating time and separation in this cutting-edge time of science and innovation, industry and computerization. This logical age has in the meantime in a similar prepare brought or raised the issues of contamination and debasement. Disappointment, contrasts and division, voracity, desire, grotesqueness and consequently sentiments of disappointment, dissatisfaction, pressure. An absence of mental peace and bliss in the middle of the plentiful and the lovely atmosphere in and around family counts a lot a mental health of the woman who takes care of her family in a society.

4. CONCLUSION:

Mental health among women folk in modern society would reveal after counselling and proper guidance and care is must. To eradicate gender bias maintaining mental health could be a remedy in modern society. Working women are facing such problems both in workplace and family. Educated members of family and neighbours have to change their attitude and need to support women folk in order to achieve their goal and succeed in life.

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