

FEMALES ARE FACING MORE MENTAL HEALTH PROBLEM

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INTRODUCTION

Mental health is commonly known as mental wellbeing, mental health has so many such synonyms. It is an important aspect of our mind and body. It includes emotions, social and psychological wellbeing. It affects how we think, feel, and behave. It also helps us in understanding how we manage our life stressor, problems in life situations from childhood to adulthood ie., life span While talking about mental health we should not forget, “**father of mental health**” **Mr. Benjamin Rush**, who was the first person to believe that mental illness is a disease of the mind and not “possession of demons”. His classic work published in the year 1812, was the first psychiatric textbook printed in the United States.

According to the World Health Organization, “Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope up with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”

Mental health is an inseparable part of our health and similarly important than any other health issues. Mental health is the foundation of our well-being which not only affects our nervous system, but also disturbs our whole personality. A good mental health is more than just the absence of mental illness. It means, you are in a state of well-being where you feel good and function well in your life spheres and outer world. WHO said, “Good mental health is when you can cope with your normal stressors of life.”

Mental health impacts both genders differently. A Male can react differently than Females in respect of their mental health. Females suffers more stress than males because their response to stress is different. Females have completely different hormone system which as a result causes them to react more emotionally, which in turn increase their emotional level which ultimately leads to affecting their mental health.

Mental health of females is an important concern of our society, which is affecting females badly. Still lots of research is going on which indicates that the mental health in females is not good. It affects female mind and body in so many ways. If they are mentally unfit or having issues which results in any type of disorder, the same will also affect our social economic system where a female is as important as a male. A female is the pillar of her family, society, and every country and thus, she should be mentally fit. Her illness should be taken as seriously as we take illness of any another gender. Females are more likely to report physical issues like fatigue or loss of appetite and sleep disturbance and are more likely to use religious or emotional frame to offset the symptoms of depression compared to men.

Keywords: female, mental health, mental disorders, illness, depression

The following are the types of Mental illness or disorders which are affecting the females:

1. According to World Health Organization-Depression impacting and estimated 300 million people, Depression is the most common mental disorder, and it affects females more than males. (Twelve percent females)-2018
2. Violence and Abuse, Anxiety, PTSD, Insomnia and Alcohol use disorders are some most common illnesses which females are facing in their life.
3. Females are twice affected by panic disorder, generalised anxiety, and specific phobia.
4. Suicide attempts in females are having 3 to 4 times more attempt than men.
5. Mental illness among females is on the rise. One in 5 women (19%) experienced a common mental disorder such as Anxiety and Depression.
6. Key findings in the National Centre for Health Statistics (NCHS) data brief issued on Feb 13 shows that more than 8% of adults older than 20 years old reported having Depression during a given 2-week period.
7. 10.4% of females were having Depression almost twice as likely as were men 5.5% to have Depression (24.10.22)

Why female's are getting more affected by mental disorders?

What goes on the female brain and body which affects them more and lead to mental illness? Here are some factors -

1. Biological Factor - Female hormones play a fluctuating role in mood and depression. The hormone estragon creates the positive effect on the brain and protects Females from illness. Less production of mood stabilizers serotonin is also responsible for higher rates of depression in females. A female's genetic structure is also responsible in the development of some disorders as schizophrenia, ADHD, Alzheimer etc.

2. Socio- economic factor - Despite gender in equality, females are still facing challenges in terms of their status, position, job, dependence which contribute to mental illness and disorders. Females are still taken as a secondary person at home, offices, and other places but they are the primary caretakers for children, elderly people and household works which adds stress to their life. In workplaces, they are facing mental and physical abuses which lead to depression, anxiety, and panic disorders.

3. Other factors like education, childhood trauma, low self- confidence is also playing a major role in their mental health. Alcohol and drug related problem is rising in females. Recent study by The National centre on Addiction and Substance Abuse at Columbia University revealed that girls and young women commonly initiate substance abuse during crucial years. Negative life experience, infertility and prenatal losses, discrimination, violence, unemployment, and isolation are also causing mental illness in females.

MENTAL HEALTH: LATEST CONCERNS

The researchers have found that being a female increases the risk of low mental health status by nearly 4 times. People with a weak socio-economic status also scored highest for mental illness condition in the studies.

- According to WHO, out of 10 female health issues, mental stress and depression are also two important health issues;
- In India it is estimated that currently 6 to 7% of female population is suffering from mental disorder.
- According to WHO, mental and behavioural disorders account for about 14% of the global diseases and as many as 450 million people suffer from such illness.

- The depression rate in India in the year 2022 was 4.50% and the number of cases stand at 56,67,596.
- The latest human development report for FY 2021-22 shows that more than 7,00,000 people die by suicide each year predominantly in low- and middle-income countries.
- WHO estimated that globally approximately 20% of children & adolescent and about 15% of people around age of 60 and above, suffer from mental disorder.
- The most common mental disorders are Anxiety, affecting 300 million people worldwide and Depression affecting to 80 million people.
- The lifetime prevalence of mental disorders was higher amongst females i.e., 51% then males, which is 48%.

WAYS TO IMPROVE MENTAL HEALTH:

1. Psychotherapy or counseling
2. Medication
3. support group
4. self-care
5. ECT or other brain stimulation therapy

CONCLUSION:

Our mental health is as important as our physical health. It is also important to take care of it irrespective of any gender. Females are integral part of not only a society or family but also for the mankind. If she is mentally fit, then she can and will create more fit world for us. For taking care of female's mental health our government, society and family must work in a concrete manner and a concerted effort should be there. On the other hand, females also must understand that their mental health is very important for them and for their overall wellness. Accordingly, they must take care of themselves.

In this article, we have discussed about the issue of female mental health and illness which is unfortunately growing but by taking proper care and initiatives we can overcome it. Do not be afraid to ask for help.

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