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# Mental Health and its Disorder

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## ABSTRACT

*In this paper the problem of mental health and its disorders are discussed. In the discussion of health, human rights, and equality, mental impairment and mental health treatment have been overlooked. This is intriguing considering that 10% of the world's population suffers from mental impairments, which are widespread. In addition, people with mental disabilities often endure numerous interconnected layers of unfairness and prejudice in society. Formal equality initiatives should not be made in isolation from attempts to establish substantive equality for people with mental disorders. Structures like poverty, inequality, homelessness, and prejudice raise the likelihood of mental illness and have a detrimental influence on the progression and results of such illnesses. Respecting people with mental impairments' intrinsic dignity, their personal autonomy and independence, and their right to make their own decisions is a human rights approach to mental disability. Mental disability and mental health care have received little attention in discussions of health, human rights, and equality. Affects 10% of the world's population. People with mental disorders also frequently experience several linked levels of injustice and prejudice in society. Initiatives for formal equality should not be taken separately from efforts to achieve substantive equality for those with mental illnesses. Structures like poverty, inequality, homelessness, and bigotry elevate the risk of mental illness and have a deleterious impact on the course and outcomes of such disorders. A human rights-based approach to mental disability recognizes the inherent dignity, personal autonomy, and independence of persons with mental disabilities as well as their right to make their own decisions. Last but not least, I contend that individuals with mental impairments themselves should be at the forefront of advocacy movements and the establishment of the advocacy agenda. I acknowledge that health care professionals have a role to play as advocates for equality, non-discrimination, and justice.*

## I. INTRODUCTION

Mental health is also termed as mental illness. It is a disorder which affects a person's mental condition and which indirectly affects the behaviors and thinking pattern of a person. Examples of mental health include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

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There are many people who go through the mental health concerns. There are some who accept it and go for a medical therapy and whereas there are many who try to make things work at home only by letting themselves away for the outside world. But is it the right way to deal with it? No it is absolutely wrong and also it can cause serious mental injuries to that person. People also end their lives because of mental health. There is no harm in accepting that you are going through a bad mental condition. It is getting diagnosed to many people the root cause is the stressful and overly workload lifestyle. And society also plays a major role if a millennial says to the elder generation people that they are going through a bad mental condition then there are only few who accept them others give them advices and tell them that how they used to have big-big problems which is nowhere equal to their problems. And this encourages resisting the problem of mental health. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

And if this does not get treated soon then a person can miss on to a valuable time. If we see in today's world people have lots and lots of work to do and if they get into mental illness then they incur huge loss of time and money too. That is why whenever a person gets symptoms of mental illness then he should immediately consult a therapist who can help them to cope with this.

Getting into a bad mental state is the worst time of a person's life as they cause problems in their daily life such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy.

Mental health concerns are common these days. There are 1 in 5 adults who are going through mental illness every year. Mental illness can begin at any age, from childhood through later adult years, but most cases begin earlier in life.

The effects of mental illness can be temporary or long lasting. You also can have more than one mental health disorder at the same time. For example, you may have depression and a substance use disorder.

There are above listed complications which are linked to mental illness:

- Unhappiness and decreased enjoyment of life
- Family conflicts
- Relationship difficulties
- Social isolation
- Problems with tobacco, alcohol and other drugs

- Missed work or school, or other problems related to work or school
- Legal and financial problems
- Poverty and homelessness
- Self-harm and harm to others, including suicide or homicide
- Weakened immune system, so your body has a hard time resisting infections
- Heart disease and other medical conditions

This study will be a detailed one, which will help us know how badly mental health is and how people should get aware about it and let it treat soon after getting diagnosed.

### **(A) Literature Review**

1. There is a info given by World Health Organization website by the name of “Mental Disorders” which says that every mental health disorders come with different presentations. All the mental disorders are different from each other and cannot be treated in the similar way. Such as depression and dementia are different one cannot take it as the matter of fact that they all are similar just because they are considered under the same head as mental health.

Different strategies are present to treat them and this blog gives all the information of different- different mental illness, which helps people aware about the causes and effects of each mental illness. This is because many are there who cannot differentiate between mental disorders individually.

2. There is an article given by Medical News today on the topic “Mental health” which says that the mental health cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can all contribute to mental health disruptions. Looking after mental health can preserve a person’s ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person’s routine. Although the term mental health is in common use, many conditions that doctors recognize as psychological disorders have physical roots. Even in my opinion it is true that mental health should not be treated so badly that the person going through it starts getting more depressed about his situation. Most of the people hide this because the society treats them to be as an insane person and never let them free of

such comments. If we as a society do not think about this then such cases will rise day by day and this leads to societal and economical losses.

3. There is a research on mental illness by American Psychiatric Association which says that Mental illness is a regular occurrence. During a particular year: Nearly one-fifth of all individuals in the United States (19%) suffer from mental illness. One in every 24 people (4.1%) suffers from a major mental illness. One in every twelve people (8.5%) has a diagnosable drug abuse problem. Mental illness may be managed. The great majority of people with mental illnesses go about their daily lives unaffected. Even I think that mental health is not a big thing to be made as a matter of great stress by the society. The people suffering should be treated in a normal manner this will help them get treated fast.

### **(B) Classification**

The process of diagnosing a disease includes examining its symptoms and indicators as well as taking the patient's medical history into account. A large portion of this data is gathered by the mental health professional (e.g., psychiatrist, psychotherapist, psychologist, social worker, or counselor) during initial interviews with the patient, who briefly discusses a personal history and current situation while describing the main complaints and symptoms, including any previous ones. In addition to any number of psychological examinations, the practitioner may also do physical and neurological exams on the patient. These facts serve as the foundation for a preliminary diagnostic evaluation, coupled with the practitioner's personal observations of the patient and observations of the patient's interactions with the practitioner. Finding the most noticeable or relevant symptoms allows the practitioner to classify the patient's problem as the first step toward therapy. This is how the practitioner defines diagnosis. In both medical and mental health treatments, diagnosis is crucial. In order to give an appropriate therapy and precisely estimate the chances of recovery for every particular member of that group, classification systems in psychiatry endeavor to separate groups of patients who have the same or comparable clinical symptoms. A diagnosis of depression, for instance, might prompt the healthcare provider to think about antidepressant medications when developing a treatment plan.

The psychiatric diagnostic lingo was first used at various times of the field's history and from a variety of theoretical vantage points. Dementia praecox and schizophrenia are two examples of terms that have evolved to signify nearly the same thing while having quite distinct etymologies. Depending on the theoretical orientation of the psychiatrist, a term might have a number of various interpretations, such as hysteria.

Many mental diseases have unknown causes, making it difficult for psychiatry to make useful diagnostic distinctions between them as it is possible, for example, in infectious medicine, where infection with a certain type of bacterium is a valid signal for a diagnosis of TB. However, the greatest challenges that mental disorders present in terms of classification and diagnosis are that patients with different or unrelated disorders frequently experience the same symptoms, and patients may exhibit a combination of symptoms that should be associated with several different disorders. The illnesses of many patients thus constitute intermediate cases between such categories, despite the fact that the categories of mental illness are defined according to symptom patterns, course, and outcome, and the categories themselves may not necessarily represent distinct disease entities and are frequently poorly defined.

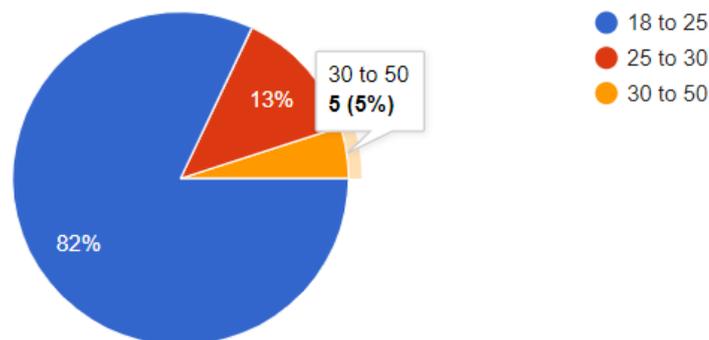
### (C) Research Methodology

The research methodology which is used in this research paper is qualitative one as I have used many research papers for the reference and primary data taken for the analysis on this topic.

## II. ANALYSIS

### 1. Age:

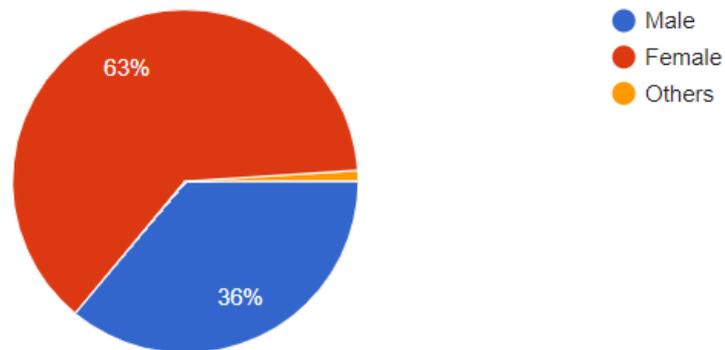
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So, according to the above survey there are 82% people who have participated are of 18 to 25 years of age. This is the age when people mostly face issues regarding mental health and is aware of the fact that mental illness does exist. And there are around 13% people who are 25 to 30 years of age whereas 5% people are only three of 30 to 50 years of age. From this we can note that the older the people are there are less cases of mental health or it may be possible that they do not accept the fact they are facing such illness.

## 2. Gender

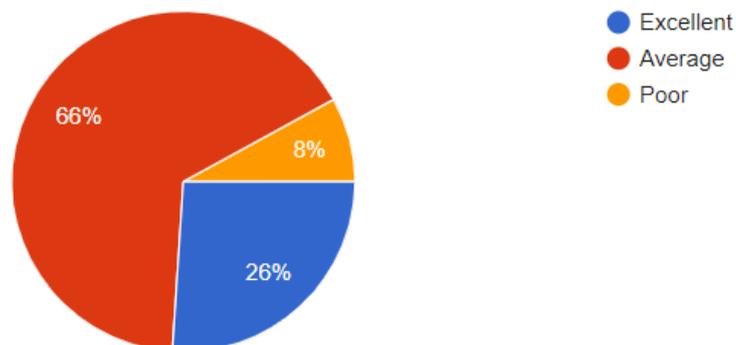
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There are 63% people here in the pie chart which is showing the percentage of females participating in this survey and there are around 36% people who are male. But the people participating as other genders in this survey are very less. We can infer from this that there may be a possibility that women are more interested in sharing their views on this particular topic.

## 3. Overall how would you rate your physical health?

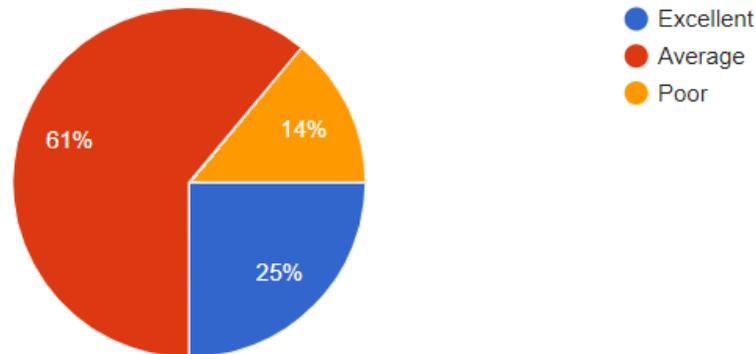
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So, according to this 66% people are rating their physical health as average, whereas there are 26% people who have also rated their physical health as excellent and around 8% of them are in a poor state of physical health. We can infer that people are facing issues as far as their physical health is concerned.

#### 4. Overall how would you rate your mental health?

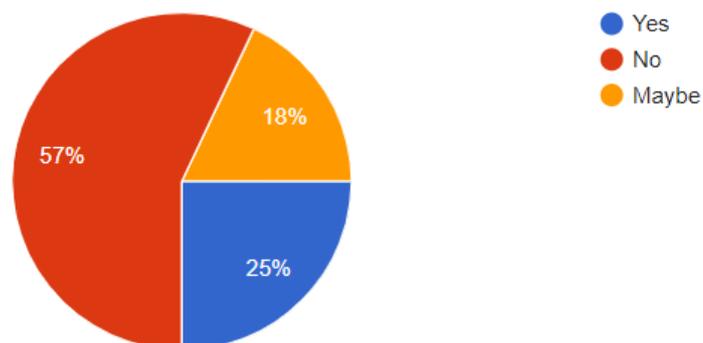
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According to this pie chart survey around 61% have rated their mental health as average and around 25% of them have rated as excellent, whereas 14% of them are rating as poor. By this we can infer that the mental health being poor is also a matter of concern in these people as 1/4<sup>th</sup> portion of the population have a bad mental health.

#### 5. During the past 4 weeks, have you had any problems with your work or daily life due to your physical health?

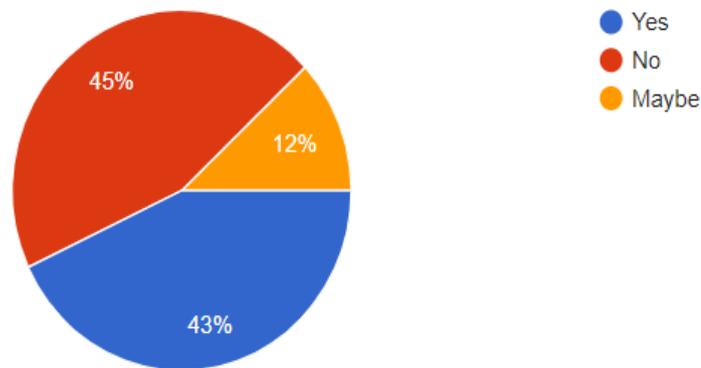
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So, as shown in the above data that 57% of the people have not faced issues in the work place or daily life due to their poor physical health, but yes there are 25% people who are agreeing to this fact that they have faced issues. 18% people are in a dilemma that whether they have faced or not. By this we can infer that physical health is not as important if you are mentally fit and fine you can go through the biggest challenges of life.

6. During the past 4 weeks, have you had any problems with your work or daily life due to any emotional problems, such as feeling depressed, sad or anxious?

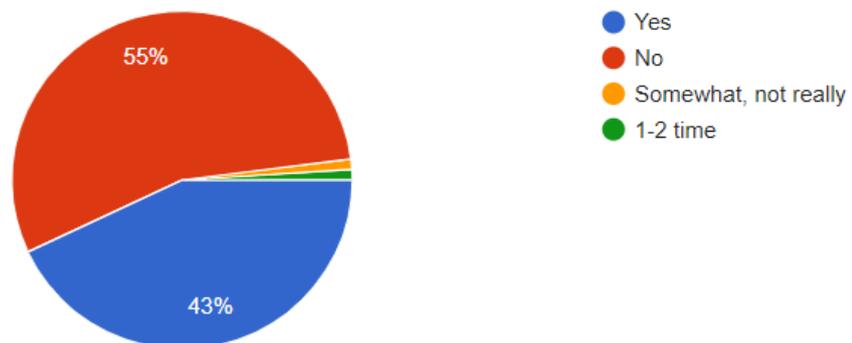
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In this data it shown that 45% people have disagreed about the mental health and at the same time at the difference of 2% people saying yes are 43%, whereas 12% of them are saying that maybe they have faced and it's a possibility that they had not given any attention. We can infer that there are people who have faced mental illness but they fear to come up and say yes we are a patient of mental illness.

7. During the past 4 weeks, how often has your mental health affected your ability to get work done?

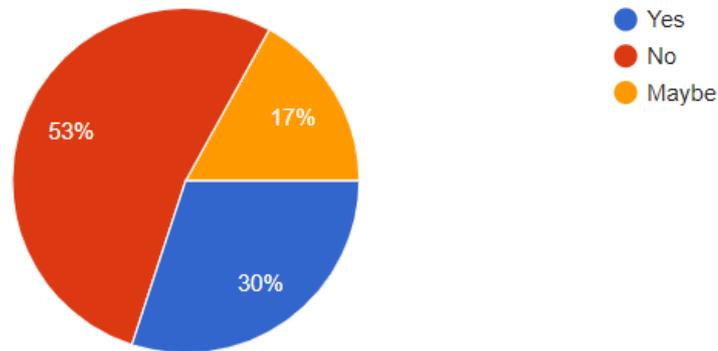
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According to this survey, there are 55% saying no, and 43% of them are saying yes, where as there are 3 to 5% of them are saying sometimes and 1or 2 times. So, by this we can infer that, the problem of mental illness is not over yet if the rate of saying yes is somewhat same to the people saying, so both the answers have 50-50 probability.

8. Have you felt particularly low or down for more than 2 weeks in a row?

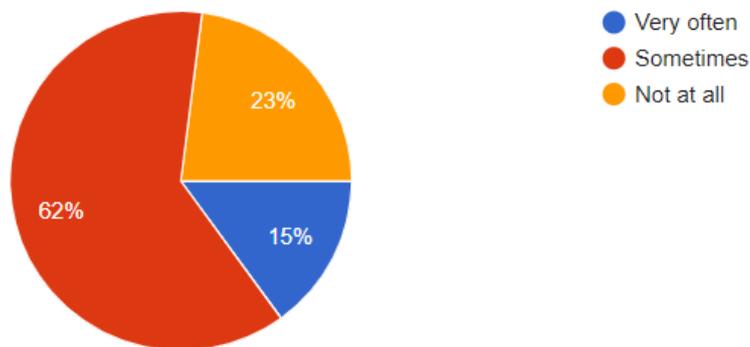
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There are 53% people saying no to the fact of being low of few times, and there are 30% people saying yes for this and there are 17% people saying maybe they have faced problems. We can infer that the possibility is there that people do not want to agree that they face issues.

9. During the past two weeks, how often has your mental health affected your relationships?

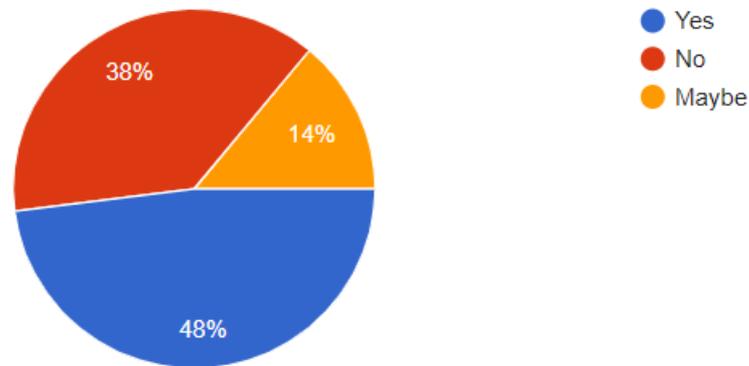
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So, as shown above 62% are saying that sometimes they have affected their relationships because of mental health, 23% says no to it and 15% have said very often. We can infer that the mental health affects the relationships of the people.

11. Have you noticed any change in your diet habits?

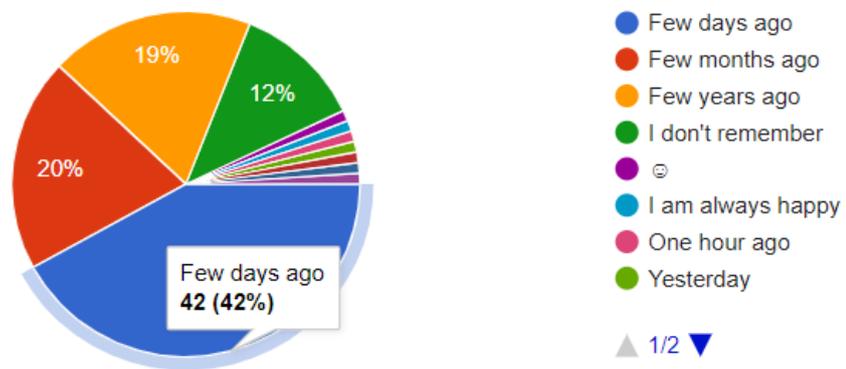
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According to this, 48% have seen change in their diet habits, 38% of them have not seen changes in their diet habits, whereas 14% are there who says that maybe they have seen. We can infer that mental health also causes problems related to our eating habits.

12. When was the last time you were really happy?

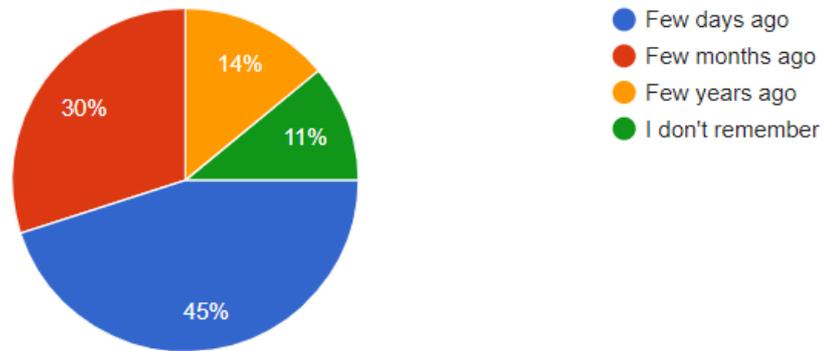
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There are 42% people who say that they were happy few days ago, 20% people who say few months ago and 19% people are saying few years ago and there are 12% people saying they don't remember. So we can infer that people have faced such issues and were happy at different phases of life.

13. When was the last time you felt good about yourself?

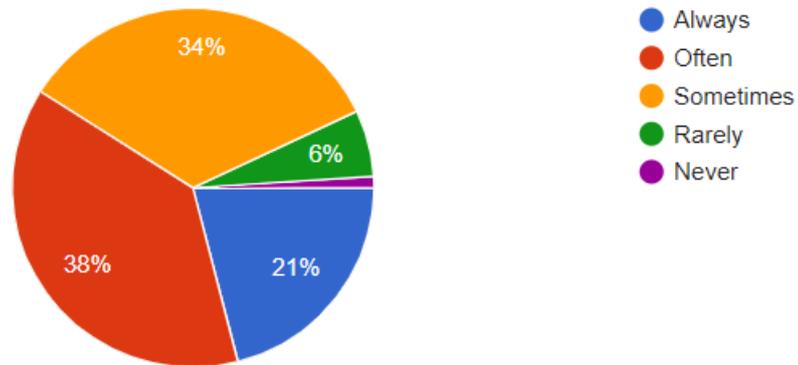
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There are 45% people who are saying that few days ago they felt good about themselves, 30% felt few month ago, 14% says few years ago, 11% said they don't remember. So we can infer that these people have different opinions regarding being good.

14. How often do you feel positive about your life?

100 responses

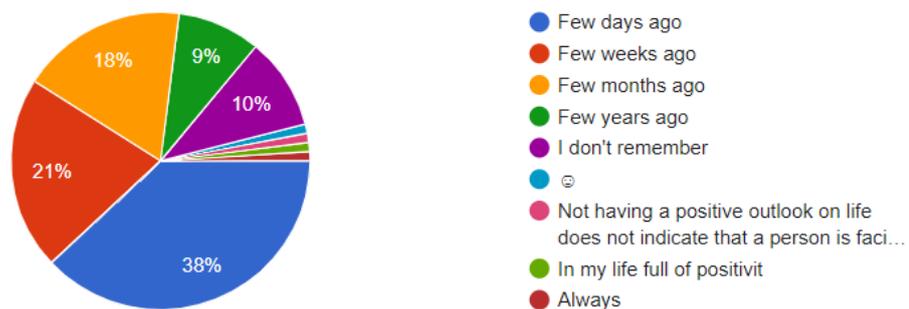


There are 38% saying that often they feel positive about their life and 34% people says sometimes they feel positive 21% people always feels that and 6% rarely feels so. So we can infer that, people agreeing to this and not agreeing to this are in same proportion as of all.

15. When was the last time you had a positive outlook on life?



100 responses



There are 38% says few days ago, 21% people says few weeks ago, 18% people says few months ago, 9% people says few years ago and 10% says they don't remember. So we can infer from this that everyone has different outlook to life. Some cope up even when they are mentally ill and some do not, but that does not mean that they are weak of mad. If they will get support of the society they will definitely get well sooner.

### **III. CONCLUSION**

The face of the world's population is clearly shifting. Countries all around the globe are witnessing unprecedented population ageing, which has resulted in a rise in the prevalence of mental disease. This places significant demand on health-care systems, necessitating responses from governments and policymakers in the form of comprehensive and effective support systems. It's also vital to alter social conceptions about ageing, both in terms of stereotypes and what constitutes natural ageing. To do this, more study into the frequency of mental illness among the elderly is needed, as well as an examination of the population's changing requirements. This would allow the parties involved to give better education and assistance. The future will be difficult for most countries throughout the world, but with research, support, and improved care systems for older individuals with mental illness, we may have a more optimistic attitude as we move forward.

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