

Mental Health Problems Faced by People in Gulmi District : A Case Study Report

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Abstract

This article aims to determine the major mental health problems and their impact on human health and socio- economic condition of residents in Gulmi District. It explores individual's thoughts, feelings, and experiences to gain insights into specific psychological phenomena. It also informs about the preventive measures to determine factors associated with it and improve health and quality of life for people affected by these conditions. This proposed research study consists of a description and an in-depth analysis of the ethics of the study.

Keywords

Anger, Anxiety and panic attacks, Psychosis, Neurosis, Bipolar disorder, Body dysmorphic disorder (BDD) , Borderline personality disorder (BPD), Depression, Dissociation and dissociative disorders, Eating problems, Preventive measures, Active engagement, Regular exercise, Mental health, Psychology, Isolation, Balanced diet

Introduction

The general definition of mental health illness, also considered as mental health disorder, is the disorder that affect individual's mood, thinking, and behaviors. This includes anger, anxiety and panic attacks, bipolar disorders, depression, eating problems, and mental

diseases like psychosis and neurosis. WHO defines mental health disorder as clinically significant disturbance in an individual's cognition, emotional regulation, or behavior, associated with distress or impairment in functioning. Globally, 970 million people have a mental health or substance abuse disorder where more females (11.9%) are affected than males (9.3%). Anxiety is the most common mental illness in the world, affecting 284 million people. The mortality rate of those with mental disorders is significantly higher than the general population, with a median life expectancy loss of 10.1 years. According to 2016 census data, an estimated 30% of the Nepalese population suffered from psychiatric problems, but over 90% did not have access to mental health services. First epidemiological field survey conducted in the Kathmandu Valley (1984) estimated the prevalence of mental illness around 14 percent. GBD 2019- 23 estimated the prevalence of major depressive disorder (MDD) in Nepal to be 3.6%, compared to 2.6% for the South Asia region and 2.5% globally. The prevalence of depressive symptoms has been reported to range from 27% to 76%. Around 76% and 85% of people with severe mental disorders in low and middle-income countries receive no treatment for their mental health conditions. Approximately, 20% of people in Gulmi District are affected by common mental disorders.

Objective of the study

The following are the main objectives of the study:

- To identify the mental health problems faced by the people.
- To study the impacts of mental health problems in human health.
- To determine the preventive measures to solve the impact of mental health problems.

Methodology used and procedures of the study

This research article depends on the primary source of information i.e., field study research, and secondary sources of information available in books, research journals, government data, etc. Qualitative research, design descriptive, and analytical methods are followed in this study. This study is delimited to the mental health problems faced by household members of Resunga Municipality Ward no: 3, 4,5,6,7 in Gulmi district. 20 household members of each ward of Gulmi district were selected on the basis of

purposive sampling method. Data and information were collected through interview schedule and open and closed questionnaires. This study focused on survey research of mental health problems faced by people and their impact in human health as well as mitigating measures of the problems.

Analysis and Result

- Mental Health Problems faced by people

While analyzing the mental health problems faced by household members of selected wards, the field survey showed the following response:

Table No.1

S.N	Details	Male (no.)	Female(no.)	Total (no.)
1.	Common mental disorder	6	5	11
2.	Psychosis	5	5	10
3.	Neurosis	9	8	17
4.	Other problems	9	9	18
	Total	29	27	56

Source: Field survey 2078

The above table clarifies that among 500 residents of 20 houses, 6 males and 5 females faced the common mental disorder and the sum of respondents is 11 whereas 5 males and 5 females are affected by psychosis with the sum of 10. In addition, 9 males and 8 females are infected by neurosis disease with the total of 17 numbers. Likewise, other mental problems affected 9 males and 9 females with the sum of 18. Therefore, 29 males and 27 females are affected by the mental problems in total with the sum of 56 among the gathered households in Gulmi District.

In contrast of this data in the national and global platform, females are three times likely than men to experience common mental health problems with 12.6 % of males and 13.3 % of females globally. Additionally, females, compared with men in Nepal, has also a higher prevalence of mental health disorder with 4.3% female and 2.8% male. But

according to the data gathered from this survey, mental health problems has more impact on male than female in Gulmi district.

- Impact of mental health problems

While selecting the selected ward household members with mental health problems, health impact in their response and field survey showed following data:

Table No.2

S.N	Details	Male	Female	Total
1.	Impact of physical health	4	3	7
2.	Growth criminal activities	8	6	14
3.	Decrease of economic status	10	7	17
4.	Other impact	11	7	18
	Total	33	23	56

Source: Field survey 2078

The above table clarifies that among 500 residents of the selected houses, 4 males and 3 females, affected by mental problems resulted in bad physical health with the sum of 7. Mental health problems also contributed the growth of criminal activities resulting 8 males and 6 females with the sum of 14. In addition, economic status of people has decreased affecting 10 males and 7 females with the sum of 17. Likewise, other impacts of mental health problems are faced by 11 males and 7 females with the sum of 18. Hence, 33 males and 23 females faced impacts of mental problems with the total number of 56 in Gulmi District.

In contrast of the data gathered from this report in national and global platform, women have a significantly higher impact of depression and anxiety in adulthood, while men have a larger prevalence of substance use disorders, criminal activities, and antisocial behaviors. From the above data, male has more negative influence of mental health problems in physical and criminal activities, antisocial behavior, and economic downfall than female in Gulmi District.

- Preventive measures of mental health problems

While selecting the selected ward household members, the preventive measures followed by residents who faced mental health problems showed the following data:

Table No.3

S.N.	Measures	Male	Women	Total
1.	Get good night sleep and physical wellbeing	8	4	12
2.	Eat well, stay active, and meditation	4	4	8
3.	Keep in touch and good take care	5	4	9
4.	Practice mindfulness and fully engage	10	4	14
5.	Get help and do not neglect doctor’s checkup	6	7	13
	Total	33	23	56

Source: Field survey 2078

The above table clarifies that 8 males and 4 females are taking measures of getting good night sleep and physical wellbeing with the sum of 12. 4 males and 4 females are practicing eating good diet, stay active, and meditation with the sum of 8. Likewise, 5 males and 4 females with the sum of 9 members are taking good care and staying engaged. 10 males and 4 females with the sum of 14 are practicing mindfulness and involvement in activities. 6 males and 7 females with the sum of 13 are getting help from others and are not neglecting doctor’s checkup. Therefore, 33 males and 23 females with the total number of 56 are following preventive measures to eradicate mental health problems in Gulmi District.

In contrast of the data gathered from this survey in national and global platform, men tend to hold more negative attitudes toward the use of mental health services and follow preventive measures compared to women globally. Although men complete more suicides globally, in Western countries the male-to-female ratio is notably higher, whereby men are 3.5 times more likely to commit suicide from these conditions compared to their female counterparts. While in Gulmi District, the male rate of taking

precautions to mitigate these mental health conditions and improve their quality of life is higher than female.

Conclusion

Mental well-being is important for both the affected and the non-affected. The present study elaborates different types of mental disorders in both genders and their negative impact in their quality of life. Problems like depression, anxiety, neurosis, psychosis etc., can bring many other problems in society such as child abuse, social isolation, social disadvantage, poverty and long- term stress. It is necessary to increase awareness among the society so that the affected people feel more 'at home' and are not forced to give their life away. Regular exercise and staying active can have major impact on the mental and emotional health of all individuals including child, teenage, adult and elderly to relieve stress, improve memory, and live a quality of life. Individuals, families, societies, Government of Nepal, and NGOs and INGOs can play vital role in bringing awareness in people in Gulmi District. Along with this, new dimensions like, helpline services or clinics should be started in schools, colleges, and other social network areas where the care can be extended in diagnosing mental problems at the initial stage, and solved before they get out of control.

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