

Impact of Mental Health in Indian Population Ranging from 9-75 Years of Age and Implications of Mental Health Rules and Regulation, their Practices from Year 2001-21

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ABSTRACT

For children and adolescents, the COVID-19 pandemic has resulted in both short-term and long-term psychological and mental health consequences. They studied the psychological effects of the Coronavirus illness 2019 outbreak in India on a group of quarantined children and adolescents. Mapping of available resources was done to understand better the load and pattern of mental health care in India. The study's goal was to determine mental illness prevalence and economic costs. However, in the early stages of the COVID-19 pandemic, the study focused more on predicting sleep health from sociodemographic factors and public anxiety. Those results proved that public health interventions implemented in response to the covid 19 outbreak had been successful. An estimated ten to thirty percent of today's youth have health-harming habits. An individual's mental and neurological health might harm their overall well-being. Alcohol abuse can also harm people's emotional and economic well-being. They examined the effect of low-income urban working mothers' mental health on their families and at work. There has been a qualitative data analysis of mental health and elements that positively or negatively impact mental health.

Keywords: *Mental Health, Indian Population, Mental Health Rules and Regulation*

Even though mental health is a global issue, India is not far behind. As expected, a country's mental well-being is favourably correlated with its economic progress. Mental health issues will cost India billions of dollars in financial losses. On a global scale, 322.48 million individuals suffer from the depressive disorder as of 2015, and in India, more than 14 percent of the population suffers from various mental problems. In India, older adult females account for the vast bulk of this percentage. According to the relation gender theory the Psychosocial Disabilities (PPSDs) were observed more in women compared to men. The three meta-themes were observed such as intrapersonal, interpersonal and institutional impacts.

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Children contribute to about 28 percent of the world's population. Children are also easily prone to mental health problems than the adults. COVID-19 has impacted the lives of the children, particularly the impact on mental health of the children is significant. Due to the implementation of national or local lockdowns, children are faced with inexorable circumstances which are beyond normal experience, lead to stress, anxiety and a feeling of helplessness in the children. Even before the onset of COVID-19, children have been facing mental health problems due to various other factors related to developmental age, current educational status, having special needs, pre-existing mental health condition, being economically under privileged.

Even though mental health is a global concern, India is not far behind. As one might think, a country's mental health is positively related to its economic success. India will incur billions of dollars in financial damages due to mental health disorders. As of 2015, 322.48 million people worldwide suffer from depressive disorders, and more than 14% of the Indian population suffers from various mental illnesses. In India, most of this percentage comprises older adult females.

This publication attempts to study and highlight the status of mental health among Indian population and the implication of mental health rules and regulations and their practices from the year 2011 to 2021.

METHODS

Search Strategy: Between 2001-2021 we searched for mental health illnesses and their impact. We searched on PubMed from (2011 to now), Research scholar from (2011 to now), and free phrases that consist of search terms associated to the exposure i.e. (Mental health, alcohol use, tobacco, unhealthy diet, raised bp, implications and practice, covid -19, Psychological factors) which is compared to the search terms related to the outcome such as (mental health impact, burden of mental health, psychological disorders). Database keywords such as (impact) AND ((young people) AND ((implications practice mental health act) OR (((mental health policy) OR (mental health policy)) OR (mental health rules regulations) AND (2001:2021[pdat])) AND (2010:2021[pdat])) AND (2010:2021[pdat])) AND (2010:2021[pdat])) AND (India) from the year 2001-2021. We identified articles eligible for further review by performing an initial screen of recognized titles or abstracts followed by a full-text review. Complete details on the search term on PubMed have been mentioned.

Selection Criteria and Data Extraction: Articles were deemed for addition if the data is from India, age group from 9 years to 75 years. Psychological aspects, NMH Survey data were included in the study. Initially the abstract was screen for inclusion criteria, then the data from the article is mentioned.

Inclusion And Exclusion Criteria

Inclusion Criteria :-

1. Study is only included in India.
2. adolescents, young and older population, focusing on mental health rules & regulations.
3. Included psychological aspects
4. National mental health Survey
5. Studies included from 2011 to 2021.
6. Included – 8 articles

Exclusion criteria :-

1. Multi surveillance of mental health.
2. Articles not having full text content.
3. Studies from other countries were excluded.
4. World surveillance mental health articles were excluded.
5. Lifestyle disorders due to communicable diseases were excluded.
6. Excluded – 19 articles

Table no 1 - Inclusion and Exclusion Criteria

Study Selection: Study is selected on an independent review method. The abstracts were initially screened. Inclusion criteria and as well as full text articles were reviewed priorly and eligible one's were taken into consideration. The article satisfying the criteria were only included i.e., the data from 2001-2021 were selected. we have developed an individual search strategy for each database. The searches have been carried out with the aid of using the following keywords are - Mental health rules & regulations, young population, Impact of mental health, Implications & practice, Covid 19, Psychological factors and India.

Data extraction: The data assortment form includes problems on year of publication, study design, citation of paper, age aim, objective, participant, scales used for measuring mental health, variables, risk factors, regions, statistical analysis, study design, regions.

RESULTS

Study Selection: Overall 50 articles were initially identified on PubMed database, and 10 from google scholar. Initially abstracts and conclusion were screened according to the inclusion criteria mentioned. Total 27 studies were selected for evaluation. Further the studies retrieved for detailed evaluation i.e., 8 papers were selected for detail analysis. We included papers such as cross sectional and mixed methods. There is total 8 selection criteria for the selection on the study.

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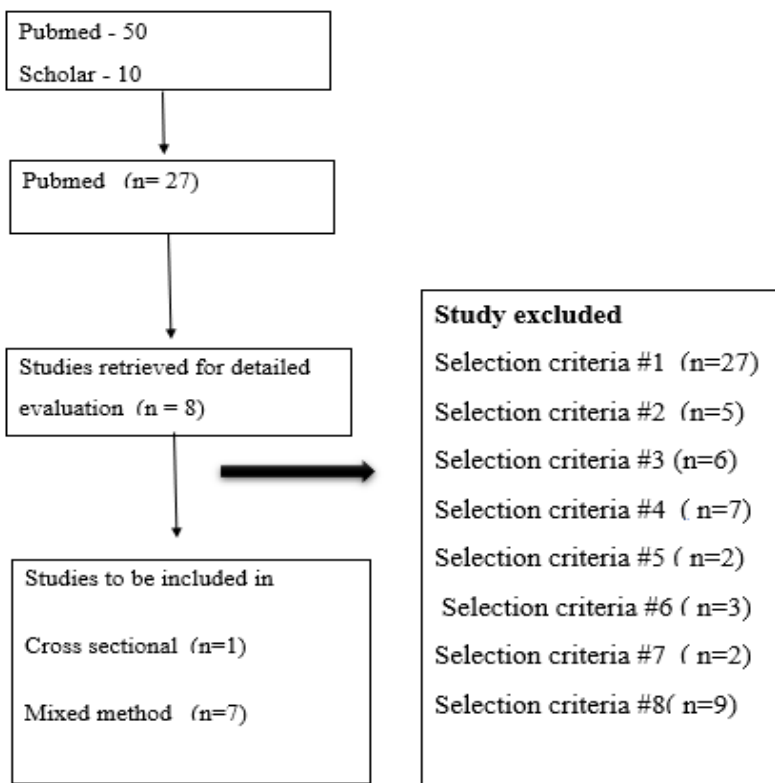


Table no 2 – Selection flow diagram

Characteristics of study included: The eight papers are reported with the impact of mental health on covid 19 from the year 2011 to 2010. Impact of covid 19 , (1)(2)(3)(4) national mental health survey , rules and regulations and implications of mental health (5)(6) northern western , eastern, western and northern parts of India (5)(7)(4) physiological impact of mental health (1)(2)(8)(6)(7) mental health affecting low income working mothers (4) mental health affecting adolescents(1)(2)(6).

Data for effect of covid 19 on emotional health came from the age group stating from adolescents and young population from the age 10 yrs. to 25 yrs. were around 5000 participants and above 30 yrs. they were around 6000 participants.

3 experiments were done in various areas of India that were urban rural and semi urban i.e., north-eastern, western, and northern parts of India

Study Quality: Stroboscope regulations were used to evaluate the quality of the selected article.

Quality scores were defined based on the presence of: -

1. eligibility criteria
2. resources and method of assortment of participants
3. registered number of result events or review measures
4. limitation of the study

Name of the paper Eligibility criteria – score 1 resources and method of selection of the participants – score 2 informed number of outcome events or summary measures – score 3 limitation of the study – score 4

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Name of the paper	Eligibility criteria – score 1	sources and method of selection of the participants – score 2	reported number of outcome events or summary measures – score 3	limitation of the study – score 4
Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations	Yes	Yes	Yes	Yes
Psychological impact of mass quarantine on population during pandemics—The COVID-19 Lock-Down (COLD) study	Yes	Yes	Yes	No
National Mental Health Survey of India, 2016 - Rationale, design and methods	Yes	Yes	Yes	No
Worry and insomnia as risk factors for depression during initial stages of COVID-19 pandemic in India	Yes	Yes	Yes	Yes
Health behaviours & problems among young people in India: cause for concern & call for action	Yes	Yes	Yes	No
An asymmetric burden: Experiences of men and women as caregivers of people with psycho-social disabilities in rural North India	Yes	Yes	Yes	No
Patterns of alcohol use, their correlates, and impact in male drinkers: a population-based survey from Goa, India	Yes	Yes	Yes	Yes
A qualitative study of factors affecting mental health amongst low-income working mothers in Bangalore, India	Yes	Yes	Yes	No

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Risk Factors

These risk factors, which have resulted in inexorable conditions that are outside the realm of normal experience, have resulted in stress, anxiety, and a sense of powerlessness in everyone who are affected.

1. It is well known that social isolation and loneliness are risk factors for suicidal attempts, and this study sought to overcome the limitations of previous studies, which included small and varied sample sizes, limited populations, varying time periods, different screening, and diagnostic instruments, as well as diverging statistical analyses and interpretations .
2. The psychological arousal or misconception of sleep requirements that they have caused may add to daytime issues
3. Noncommunicable diseases and co-morbid conditions are affected by a variety of circumstances
4. Undernutrition and overnutrition, common mental disorders such as stress and anxiety, suicidal tendencies and increased suicidal death rates, increased consumption of tobacco, alcohol, and other substance use, NCDs, high-risk sexual behaviours such as STIs, and, most importantly, injuries, primarily RTIs and violence, are all problems that young people face in terms of their health.
5. The negative consequences of caregiving are unequally allocated, with female caregivers bearing a disproportionate share of the load
6. Clearly, the concept of burden does not encompass the entirety of the caregiving experience, and it is well established that caring for people with Parkinson's disease may be a source of positive transformation, inner strength, and fulfilment.
7. Caregiving, on the other hand, is generally regarded as a burden, with most of the weight falling on the shoulders of women. It increases the risk of communicable diseases (HIV/AIDS, tuberculosis), noncommunicable diseases (cardiovascular diseases, diabetes), and injuries, as well as the risk of harm to children and pregnant women.

Impact of mental health and its implications in India: We are mainly focusing on impact of mental health and rules and regulations and its implications on mental health. The study also mentioned about the consumption of alcohol and its related measures. The burden of NCD is gradually increasing in India in these effects the mental health. (6)(7)(3). The inclusion of Mental health in United Nations Sustainable Development Goals (UN 2015) in Goal 3 (Ensuring healthy lives and promoting well-being for all at all- ages), will be an important impetus for nations to invest in mental health. Health is also addressed in the study. This qualitative study describes differential impact of mental health (6)(7)(3). According to this study, which illustrates a qualitative analysis of causes among low-income working mothers in Bangalore, low-income working mothers in urban areas of India are at high risk for depression, which is concerning (4). Various reasons contribute to the stress experienced by young children during COVID-19. These include their developmental age, educational status, pre-existing mental health condition, economic disadvantage, or isolation due to infection or fear of disease (1). Children and adolescents' access to mental health treatments must be improved by utilizing both face-to-face and digital platforms, which can be accomplished through various means (1). Anxiety, stress, and sadness appear to be on the rise due to the COVID-19 outbreak, and this condition should be given more consideration after all the evidence has been gathered and analyzed (2). More and more creative intervention tactics at the psychological level are necessary, and these strategies must be feasible and accessible to people from all socioeconomic backgrounds (2). During the

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pandemic of covid 19, a national mental health survey was conducted, and risk factors for depression and anxiety and insomnia were identified. (5)(8)

DISCUSSION

Quarantine procedures were implemented as a preventative measure against the transmission of COVID-19 disease. However, current research reveals and raises serious issues about the effectiveness and application of quarantine in the modern period, raising serious questions. Even though the rate of COVID-19 infection among young children and adolescents is low, these individuals' stress is significant. According to the National Medical and Health Sciences Institute of India, insomnia, but not daytime drowsiness, was an effective mediator between COVID-19-related worry scores and the severity of depressive symptoms in women. It sparked worries about the plight of working women in low-income neighborhoods. Women's perspectives on factors that have impacted their mental health across their family and work roles were presented in the study, which also revealed insights into the effects of a combination of life stressors and triggers for psychosocial distress among low-income working mothers in India. According to the findings, in rural areas, it was found that men were more likely than women to suffer from psychological disorders. Gender inequality is a significant contributor to the disparities in mental health between men and women. Mental health services were not readily available in rural and isolated locations due to a lack of infrastructure. Young individuals are particularly vulnerable to various variables as they go through their developmental change. The environment, social factors, environmental influence, infectious disease, non-communicable disease, and lifestyle all impact young minds' development and health. Resilience is a concept that should be introduced to them for our country to become a more pleasant place to live. As a result of changing lifestyle conditions and urbanization, undernutrition has been observed in children and adolescents. These changes in our way of life have a significant impact on the mental health of the younger generation. The diet of young people is also changing, contributing to the rise in non-communicable diseases.

CONCLUSION

The quarantine restrictions are believed to exacerbate mental health problems, which has resulted in a low level of compliance with quarantine directives. Increased understanding of pandemic preparation and adequate financial assistance will go a long way toward increasing compliance with quarantine. Preparing longitudinal and developmental research, implementing evidence-based elaborative plans of action, and providing support to vulnerable children and adolescents during and after a pandemic are urgently needed to meet their psychological, social, and emotional needs. The National Institute of Mental Health (NMHS) reveals the prevalence of mental diseases and the gaps and issues in mental health care across the country. Implementing appropriate public health policies regarding pandemic responses, such as Covid 19, is critical for policymakers, healthcare professionals, and government officials. Low-income moms who work are at risk of depression, and the ramifications of this are significant in identifying and supporting the mental health issues of working women. There was the establishment of a national mental health policy, and that strategy was executed for existing research factors related to poor mental health in the general population. Putting mental health norms and regulations in place is urgently needed in our current society. Everyone from the young to the elderly, teenagers to youngsters, and even the seniors suffer from mental health problems. Ignorance of mental health due to the social stigma connected with it is a barrier to the development of a positive mindset. Suicidal thoughts, excessive alcohol use, and socioeconomic dislocation are consequences of

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inappropriate mental effects in an individual, which significantly impact the development of society and the country.

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Conflict of Interest

The author(s) declared no conflict of interest.

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