



Awareness About Mental Health: Self Help:

¹ Dr. Shubhamita Dutta

¹ State Aided college teacher (SACT-2)

¹Department of physics,

¹Chandrakona Vidyasagar Mahavidyalaya, Midnapore-721201, West Bengal, India

Abstract: My goal in writing this paper is to raise awareness about mental abuse. They can resolve 90% of their issues if they can identify the cause of their mental health issues. They can concentrate on that issue and attempt to find a solution through spiritual, scientific, and self-decisional means, with the aid of the law. If we are unable to identify the cause or do not wish to recover from mental torture or abuse, it might result in serious problems. If left undiagnosed or untreated, mental health issues worsen over time. Here, I sort of go over the various laws regarding physical and mental abuse and whether they can seek legal assistance. Since many people are unable to pay for legal services, I want to educate them on how to recognize signs of mental abuse. Ultimately, doctors assist people, but only patients can identify the primary cause of their depression. Because proper treatment is currently the only way to address mental health issues. Those who can afford it can benefit from counselling as well as therapies. People who are unable to pay, self-care can benefit from it if they understand the cause of their mental instability. Lastly, I describe a few methods by which individuals become aware that they are being vocally, physically, or verbally assaulted.

Index Terms - Mental health, Awareness, Self-help.

1. INTRODUCTION

It is against the law to physically or emotionally abuse someone. Section 294 of the Indian Penal Code deals with obscenity actions and songs, which can include verbal abuse that results in mental harassment. Sexual harassment, which includes unwanted sexual advances and remarks that can cause mental distress, is covered by Section 354. Both men and women can engage in these two behaviours. Men experience emotional distress just as much as women do. Sections 498A and 509 of the IPC Act are the two sections that deal with women. Section 498A specifically addresses physical and psychological abuse of women by their husbands or in-laws. However, activities that are meant to offend a woman's modesty through words, gestures, or actions are prohibited by IPC section 509. Despite the fact that these regulations were enacted, many people are unaware of what constitutes abuse. Physical torture is a common occurrence. However, it is a crime for anyone to abuse someone's mental health in their home, place of employment, or public. People are unable to determine if they were abused or not. However, according to recent data, India's literacy rate is approximately 74%. But being aware of the law is completely different from being literate. Many well-educated persons are ignorant of the law. Mental health issues cannot be resolved by literacy. We must define abuse to address mental health concerns. Many people are being attacked by mental illnesses these days, but many do not want to discuss them because our culture does not accept them. Their family rejects them as well and refuses to speak with them. When someone becomes mentally ill at work, their coworkers label them as mentally disabled or insane.

Manjeet Singh Bhatia and his colleagues provided information on 406 patients in 2016. Of these, 294 (72%) experienced abuse, with 64% reporting emotional abuse, 39% reporting physical abuse, and 21% reporting sexual abuse[1]. Four forms of verbal abuse in schools are defined by Yusri and colleagues in 2024: labeling a student's cognitive abilities, labeling their behavior, shaming their body, and raising their voice[2]. 2020 saw Amran Mahumad and others spoke about the possibility of suicide because of verbal abuse among low-income families toward their children because of their lack of education, bad habits, or unfavourable surroundings[3]. In 2024, Pankaj Salvatori and his colleagues talk about domestic verbal abuse (DAV) in semi-urban settings and how it can cause pregnancy problems[4].

2. HOW PEOPLE GET AWARE ABOUT MENTAL ABUSE:

- If someone offends you in public and you are unable to forget their actions, it will have a direct impact on your mental health. Because it is extremely upsetting to publicly criticize someone, it might develop into sadness.
- Even if your spouse does not physically or sexually abuse you, if his words, actions, or gestures make you unhappy, it can have a persistent negative impact on your mental health and result in sadness. We refer to this as verbal torture. People are not even aware that it is one form of abuse.
- In the workplace, being insulted in front of a large crowd by your employer or coworkers might cause mental stress and disturb your peace of mind if you are a sensitive person.
- Molesting someone is when someone you don't know continuously abuses you verbally, through a song, or by an act that you don't like. You must take action because you have to aware about your mental health here as well.
- Parents' verbal and physical abuse of their children might have an impact on their mental health. However, youngsters are sadly unable to comprehend the concept of mental health.

3. WHAT TO DO?

First and foremost, community service is essential to raising awareness of mental health, particularly in rural communities. The majority of men and women overlook their abuse, which is incorrect because it can lead to mental tension and serious despair. Because of society, married women always disregard their mental health problems; yet, once depression sets in, society can push them out. People can undertake self-help for their mental health in a few ways. One is to fight and tell them that they cannot mistreat you. Another is to educate them on the laws about mental abuse. You cannot verbally harm my mental health as you are aware that IPC section laws may have an impact on me and our family.

The only solution to any issue is self-help.

4. CONCLUSIONS

India has a plethora of laws addressing mental abuse. But conflict cannot lead to happiness. Therefore, we must first be conscious of our mental health before attempting to identify the primary cause of mental disease. Nobody can address our problems if we don't know how we're feeling. Although there are various legal options available to us, doing so can result in justice, but self-help is the only way to treat mental illness. We must look after our mental well-being. Because depression is just as harmful as diseases like cancer. Thus, make an effort to comprehend your thoughts and yourself.

5. REFERENCES

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