

MENTAL HEALTH PROBLEMS IN INDIA: A study done in twenty states of India using census data

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INTRODUCTION

- World Health Organization Conference on Mental Health declared that “No health without mental health”, 2005
- With mental illness constituting a DALY estimated of 7.4% of the world’s measurable burden of disease by WHO
- Mental disorders is compounded by collateral adverse effects on health and social well-being, which is often includes exposure to stigma and human rights abuses, forestallment of educational and social opportunities, and entry into a pernicious cycle of social deprivation and poverty.”



DEFINING MENTAL ILLNESS

- According to Census 2001 defines mental disability as “A person who lacks comprehension appropriate to her/his age will be considered mentally disable. This would not mean that if a person is not able to comprehend her/his studies appropriate to her/his age and is failing to qualify her/his examination is mentally disabled. Mental retarded and insane persons would be treated as mentally disabled. A mentally disabled person may generally depend on her/his family members for performing daily routine. It should be left to the respondent to report whether the member of the household is mentally disabled and no tests are required to be applied by you to judge the member’s disability.”



DEFINING MENTAL ILLNESS

- According to Census 2011 **Mental Illness – Code 6** is in points below
- Has observable changes in thinking, feelings and/or behaviour or
- Exhibits unnecessary and excessive worry, unexplained withdrawal or problems in sleep, loss of appetite and/or depression, thought of dying
- Exhibits repetitive (obsessive-compulsive) behaviour/ thoughts; or
- Exhibits mood swings (joy and sadness)
- Has unusual experiences - such as hearing voices, seeing visions, experience of strange smells or
- Exhibits unusual behaviours like talking/laughing to self, staring in space, excessive fear and suspicion without reason; or
- Is taking medicines or other treatment for mental illness; or
- Is having old age related problems like loss of memory, depression, etc.

REVIEW OF LITERATURE

- The prevalence of depression worldwide has by 18% elevated from 2005 to 2015.
- In 2013, healthy life were lost to mental illness was about 31 million years in India. Estimates suggest by 2025, 38.1 million years shall healthy life shall be lost in India
- About 1-2 per cent of Indian population that is nearly 10-20 million people suffered from severe mental disorders and while 5 per cent of population nearly 50 million suffered from common mental disorders by 2005, as per Minister J.P. Nadda Health and Family Welfare Department informed the Lok Sabha in May 2016, after analysis done from the data by National Commission on Macroeconomics and Health, 2005.
- In October 2016, the NIMHANS released a mental health survey that described that the incidence of depression is almost one in every 20 Indians or around 5% of the population.
- According to the latest World Health Organisation report on depression released on Thursday, 6th April 2017 almost 7.5% of Indians suffer from major or minor mental disorders that require expert intervention.”

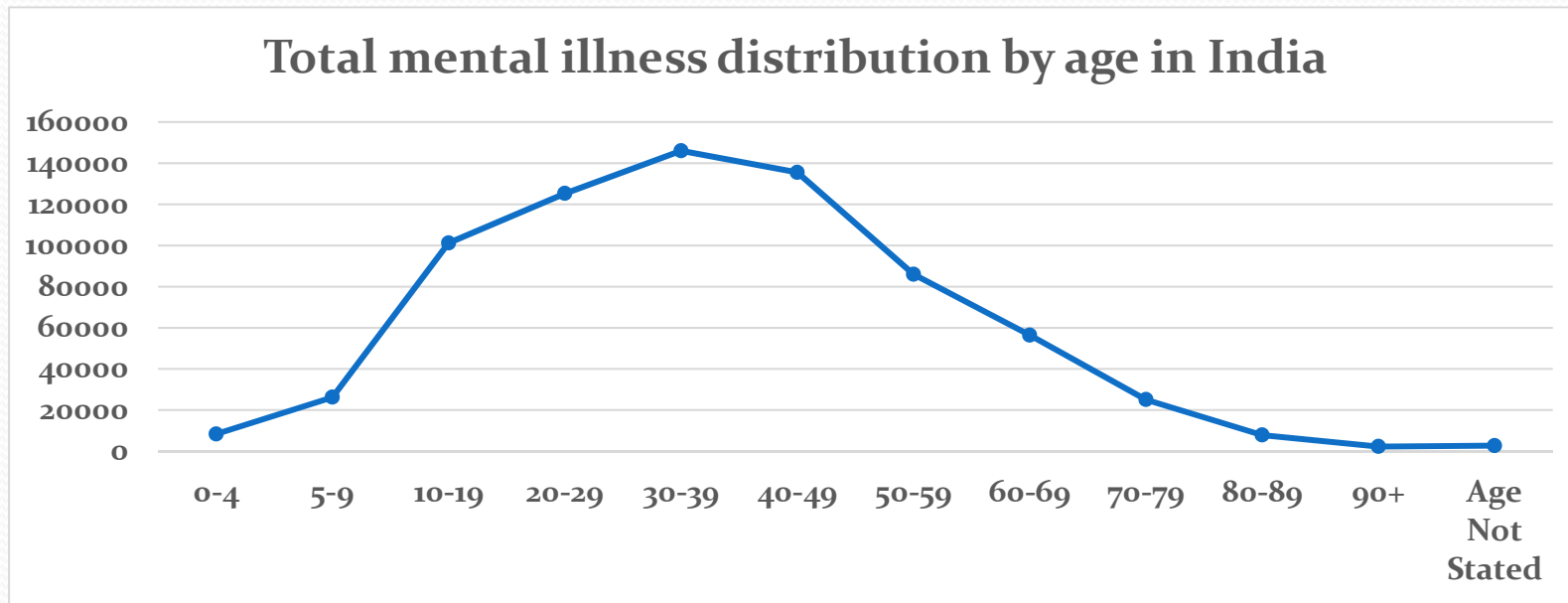
RESEARCH QUESTION AND OBJECTIVE

- **RESEARCH QUESTION:** Mental illness in India are on rise so if we take reported data of mental illness and analyze it on age-wise, sex-wise and state-wise divide what are the trends that emerge ?
- **OBJECTIVE:** To understand the prevalence of mental illness in twenty states of India as per the data of Census 2011 and study the trend that emerge.
- **SPECIFIC OBJECTIVES:**
 - To compare the interstate prevalence of mental illness in Indian population in twenty states of India.
 - To study the age-wise, sex-wise and state-wise trends of mental illness of twenty states of India as per the data of Census 2011.

METHODOLOGY

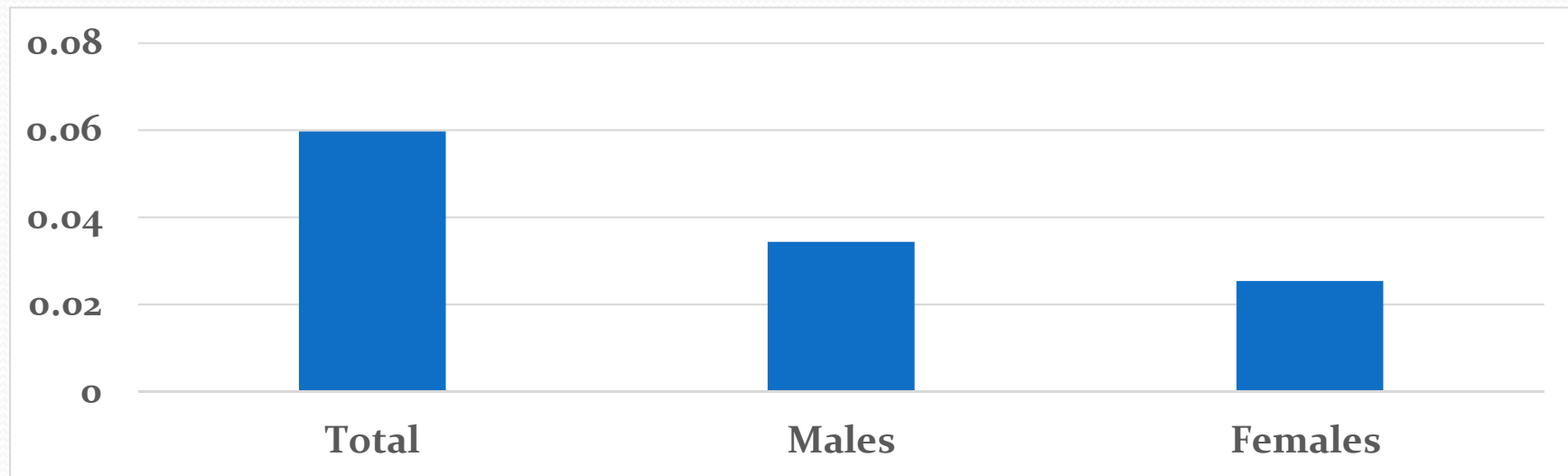
- Study Design – A descriptive study which is done by collecting secondary data from the Census 2011 that is used to analyze the situation of mental illness in twenty states of India.
- Study Duration – The study is conducted for a period of three month of the dissertation period allotted to us, 6th February 2017 to 6 May 2017.
- Method of Data Collection- Mental illness data is collected from Census 2011 for twenty states of India. The states chosen are Andhra Pradesh, Arunachal Pradesh, Assam, Bihar, Chhattisgarh, Goa, Gujarat, Haryana, Himachal Pradesh, Jammu and Kashmir, Kerala, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Punjab, Rajasthan, Uttar Pradesh, Tamil Nadu and West Bengal.
- Statistical Method Procedure – The data is collected from Census 2011 and is filtered as per the requirement for research question and objective. The sorted data is then analyzed on Microsoft excel software. Sorted Census data of mental illness in twenty states of India is analyzed using graphs. The demographic trends and interstate comparison on mental illness is done.

DATA ANALYSIS



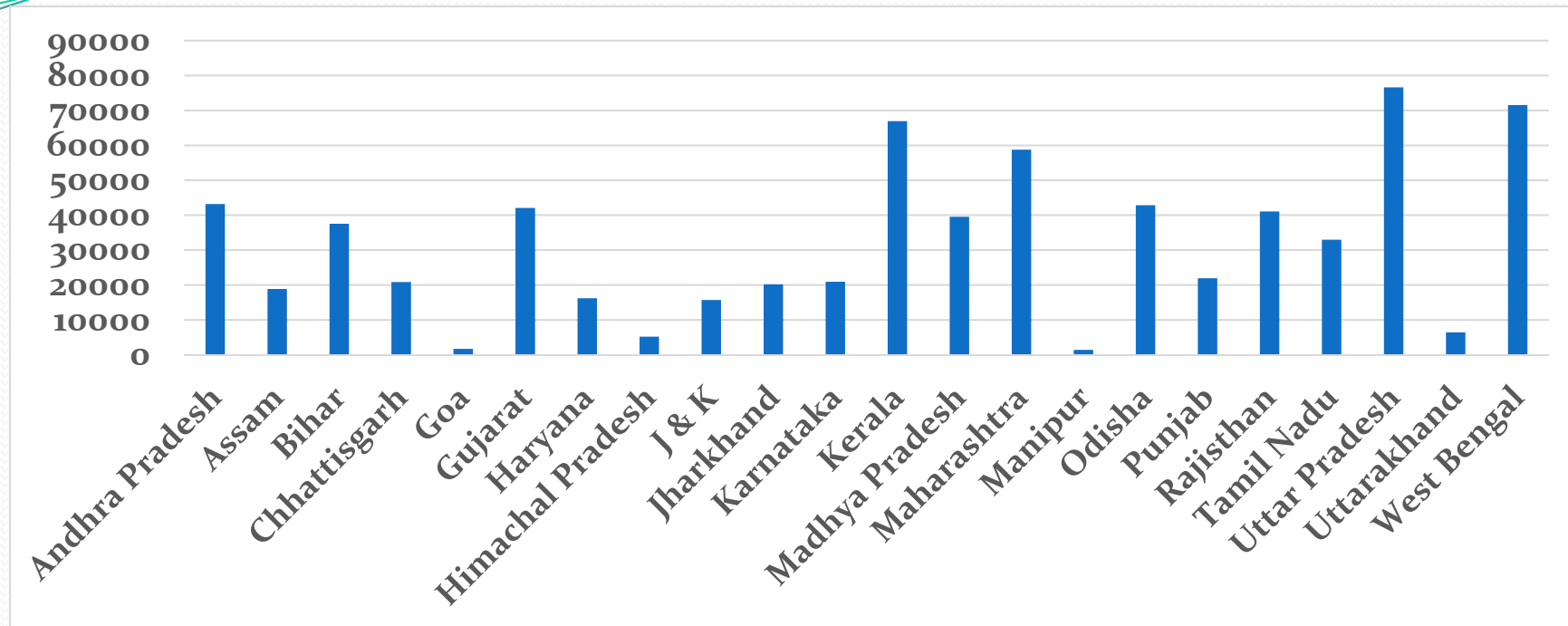
- Peak is seen at the age group of 30-39 years old in which a total of 146012 person of the population are suffering from mental illness
- The curve keeps on elevating with the increase in the productive ages till 30-39 year old age group but starts to decline from 40-49 years old age group and a steep fall is visible in age group 50-59 years old and then the cases of mental illness fall at a regular pace.

PERCENTAGE OF MENTAL ILLNESS TO TOTAL POPULATION OF INDIA



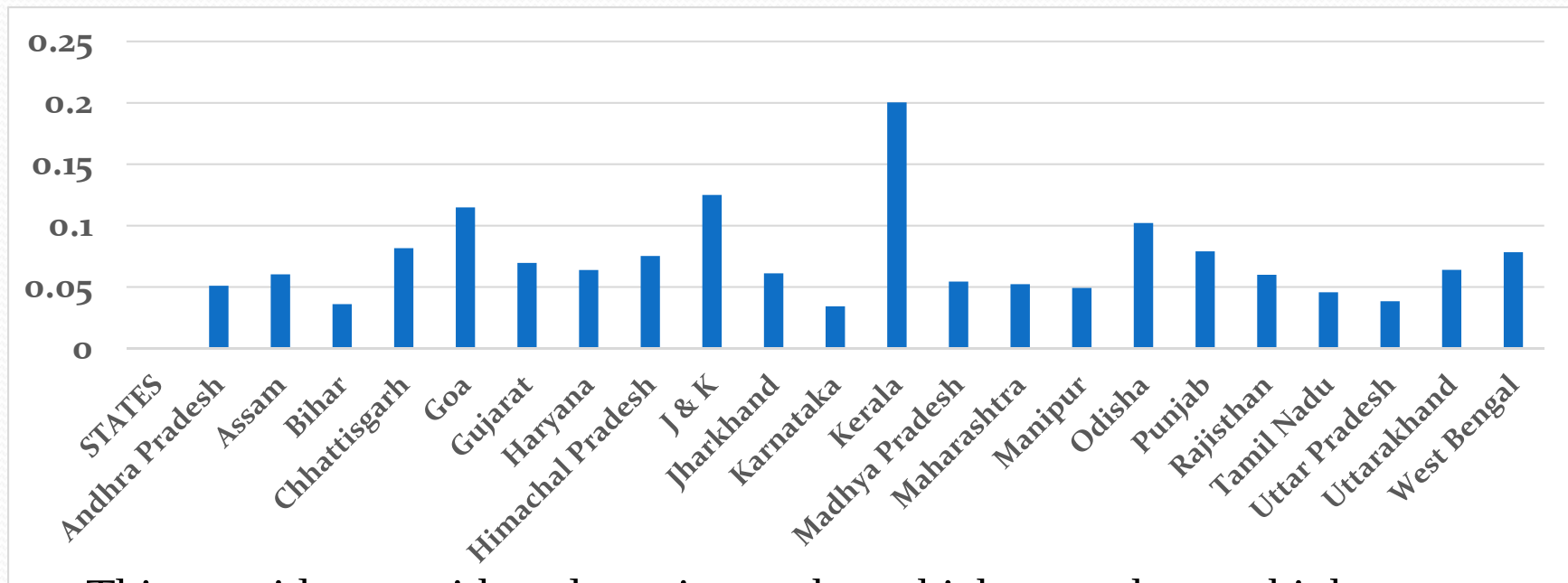
- Around 0.06 percent of population as in of 2011 were suffering from mental illness that is 722826 people of the 12.1 crore of Indian population.
- Out of the total mental illness cases 58% are found in males while only 42% are female mental illness cases.
- This maybe due to the fact that the female mental illness is more stigmatized than males and the problem of females are ignored by others as well as they themselves until and unless it becomes severe.

STATE WISE PREVALENCE OF MENTAL ILLNESS CASES IN ABSOLUTE COUNT



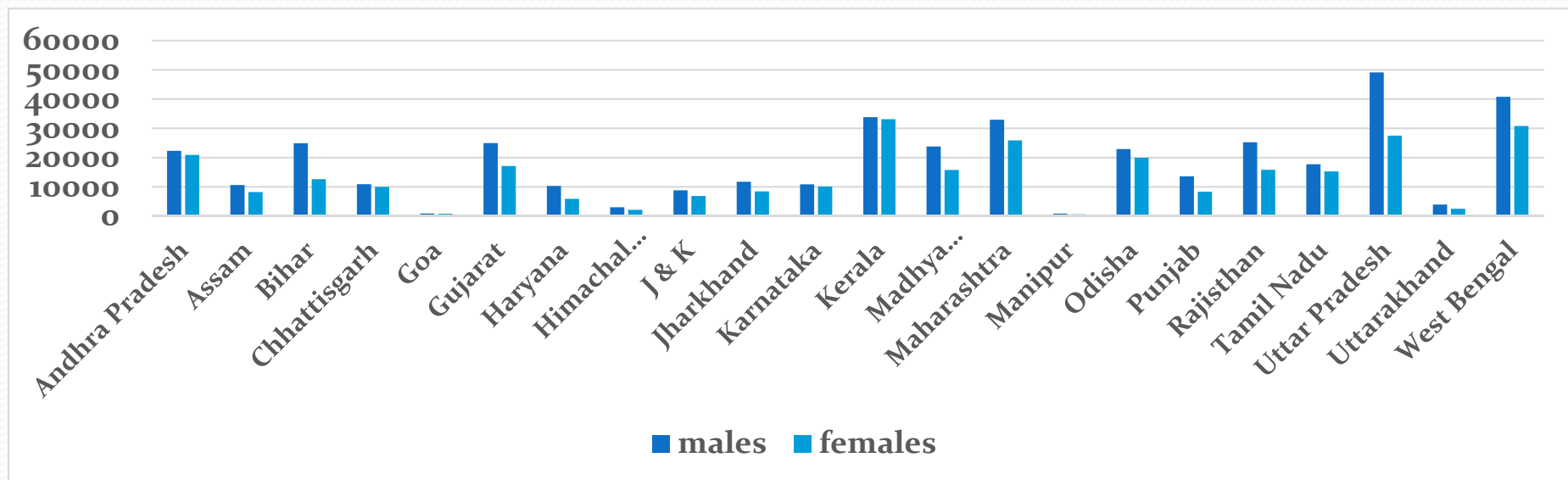
As according to this Uttar Pradesh (76603) has highest number of mental illness cases followed by West Bengal (71515) and Kerala (66915). While smaller states have less cases like Goa has 1675 mental illness cases and Himachal Pradesh has 5166 reported mental illness cases. The interpretation is the larger the state larger the mental illness cases

Percentage of mental illness cases in twenty states of India relative to their population



- This provides us with a clear picture that which states have a higher prevalence of mental illness cases are Kerala, which is followed by Jammu and Kashmir, Goa, Odisha, Chhattisgarh, Punjab and Himachal Pradesh.
- While Karnataka, Bihar and Uttar Pradesh have the lowest per cent of mental illness cases. This variation may be due to poor registration or the states may actually have less cases due to better infrastructure and manpower.

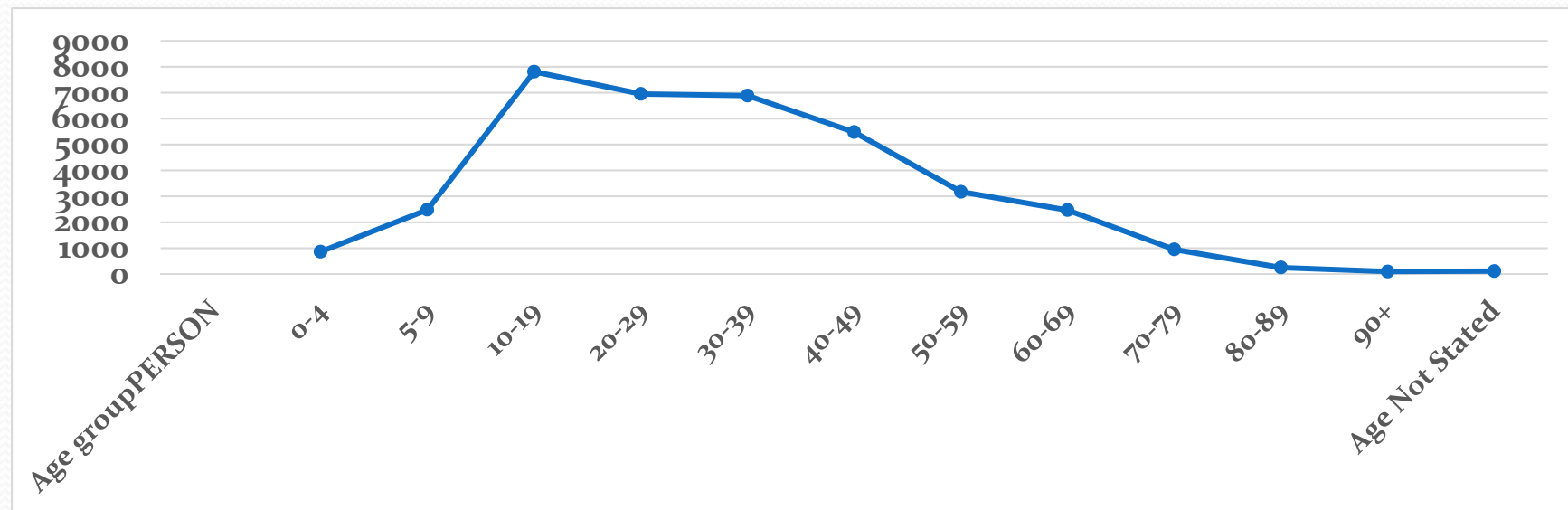
MENTAL ILLNESS DISTRIBUTION STATE WISE AMONG MALES AND FEMALES



The graph depicts that the male mental illness cases are more than female cases in almost all the twenty states of India.

Bimaru states there is seen a prominent hike than in other developed state.

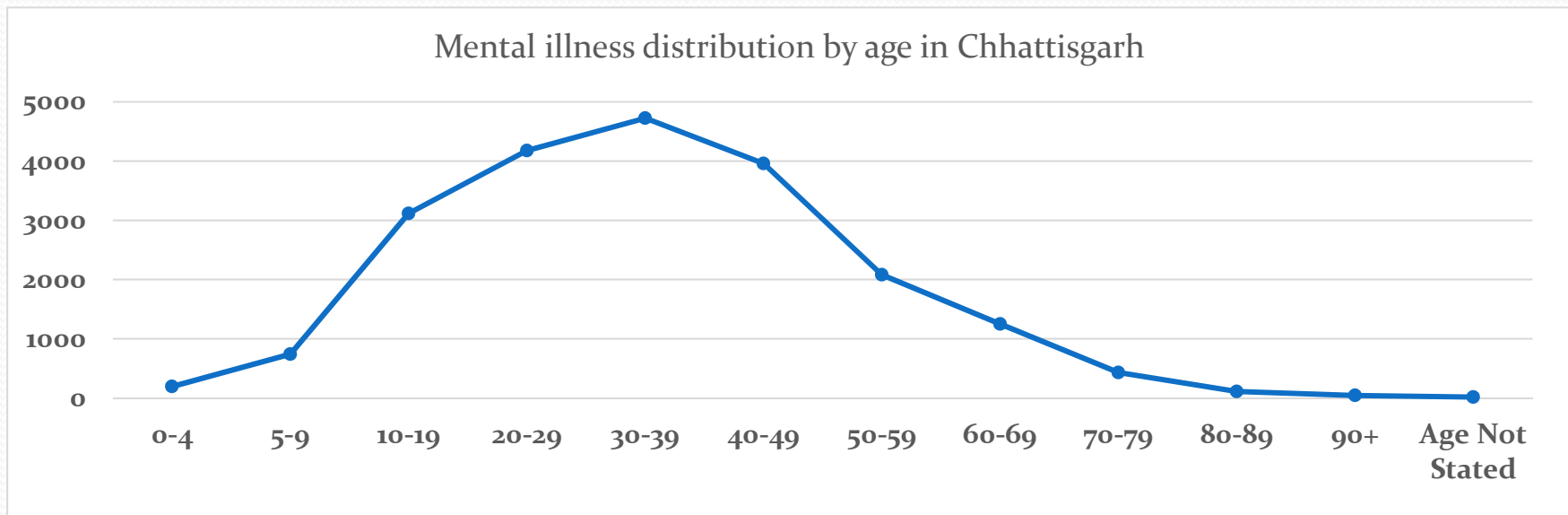
MENTAL ILLNESS DISTRIBUTION BY AGE IN BIHAR



The situation in Bihar is a little bit different, the maximum number of mental illness cases is seen among adolescents (10-19 years old). The mental health issues account to around 7 per cent in children while among adolescents it lies in between 15-20 per cent as per a report this is due to high rate of illiteracy and malnourishment among them.

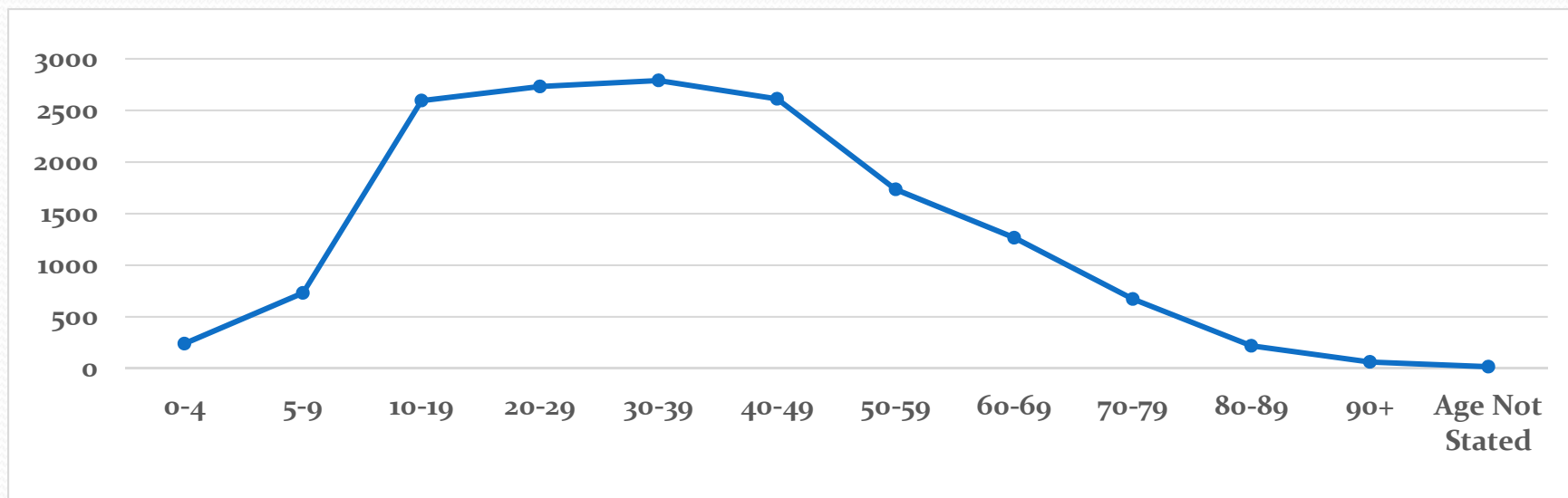
The age groups 20-29 and 30-39 year old, having nearly 7000 mental illness cases among them, one of the major reasons is due to unemployment and another is caste system. As according a study done by Sharadamba Roa higher caste suffer more from mental disorders (schizophrenia) as they are associated with higher economic status

MENTAL ILLNESS DISTRIBUTION BY AGE IN CHHATTISGARH



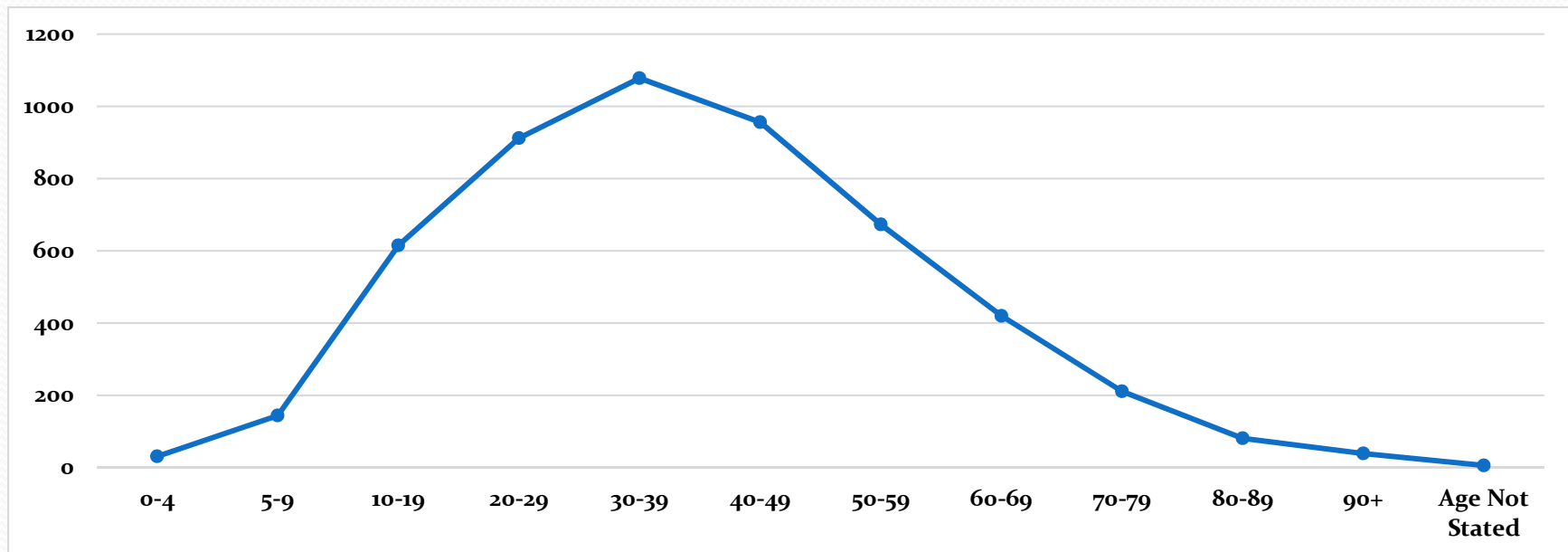
- Chhattisgarh has a large forest area and the villages are situated among the forest area which covers 44.21 per cent of its geographical area. The main occupation of Chhattisgarh people is agriculture and the people face danger to not only their life but also their crops are also destroyed by the wild animals. This human-wildlife conflict affects the mental health of the people; especially the productive age groups (15-50 years old) suffer continuous stress for the survival and protection of their family members and themselves.

MENTAL ILLNESS DISTRIBUTION BY AGE IN JAMMU AND KASHMIR



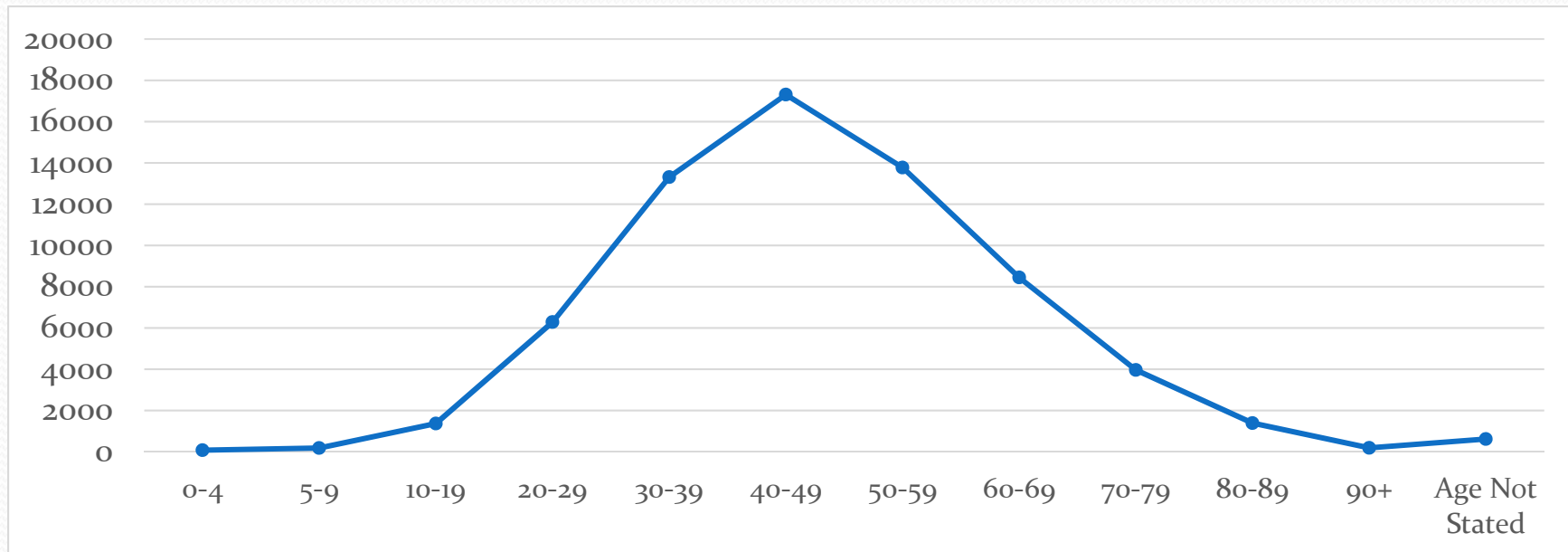
- One of the reports suggests that over 11 per cent of the J&K suffers from mental health issues which is almost double than all-India average mental illness cases.
- Mental illness cases are seen in the age groups 10-19, 20-29, 30-39 and 40-49 years old as the causes leading to the multiple health issues are like continuous violence from the border and within the state by terrorist, declining socio-economic conditions, anger issues against government system, worsening marital status and continuous traumatic events suffered by the families.

MENTAL ILLNESS DISTRIBUTION BY AGE IN HIMACHAL PRADESH



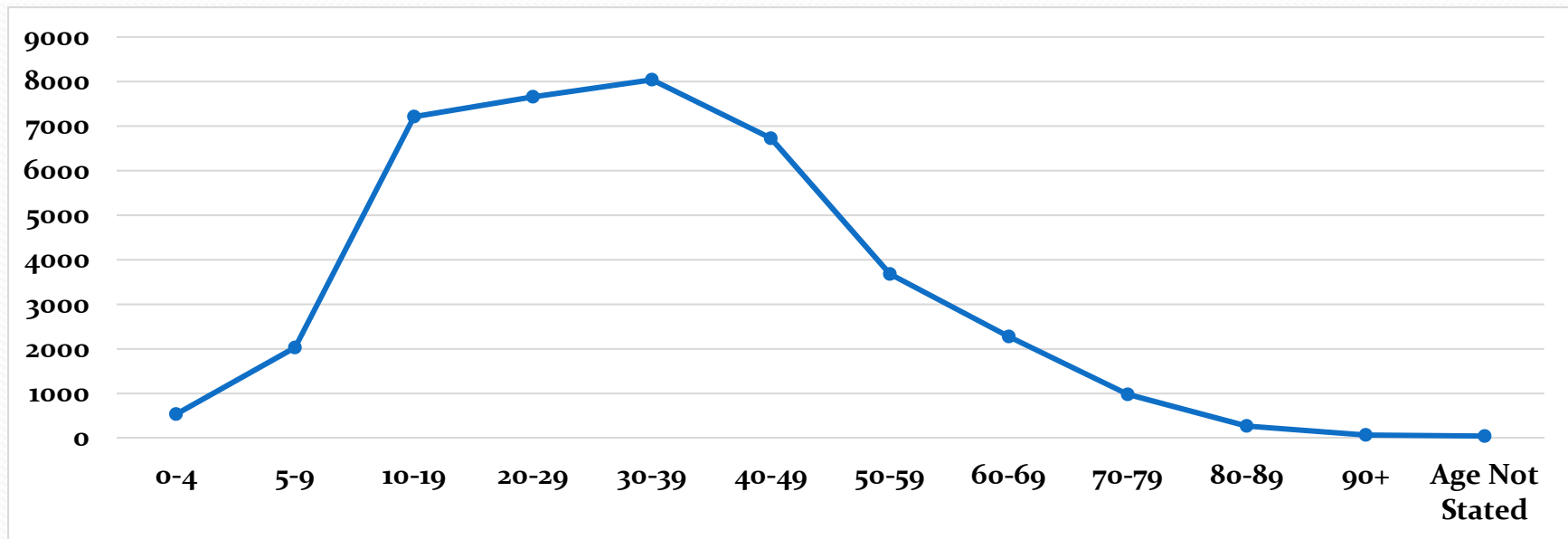
Himachal Pradesh is a hilly area with a very small population but life is highly herculean there as only few cities are developed and remote locations, severe climate conditions, lack of transport facilities and other infrastructure not only limit healthcare but also any industrial development

MENTAL ILLNESS DISTRIBUTION BY AGE IN KERALA



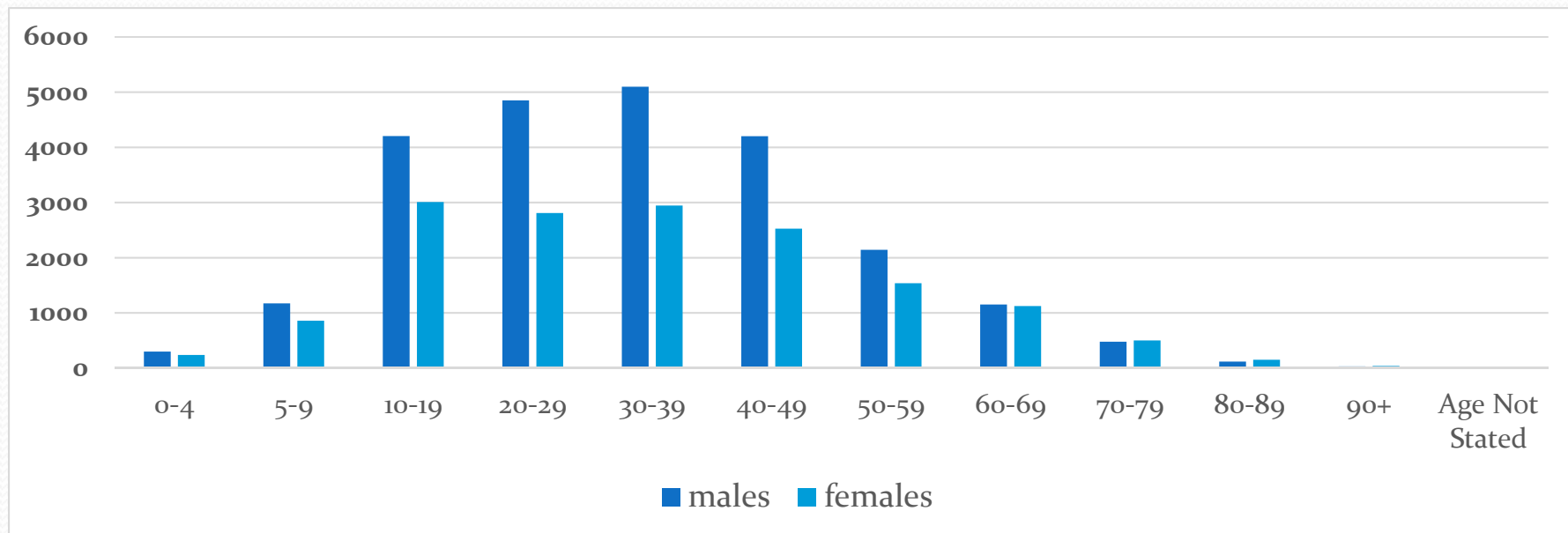
- Proper bell shaped graph is seen while plotting mental illness distribution in Kerala, the peak of the graph is at the age group of 40-49 years old, 17308 cases in absolute count.
- Kerala stands to be the second in suicide rates even though it has highest literacy rate in India. Unemployment seems to play a major role in the mental health in case of this state. People are overqualified for their job which often leads to depression and other mental issues may be a reason to have mental illness from 30-59 years onwards.

MENTAL ILLNESS DISTRIBUTION BY AGE IN MADHYA PRADESH



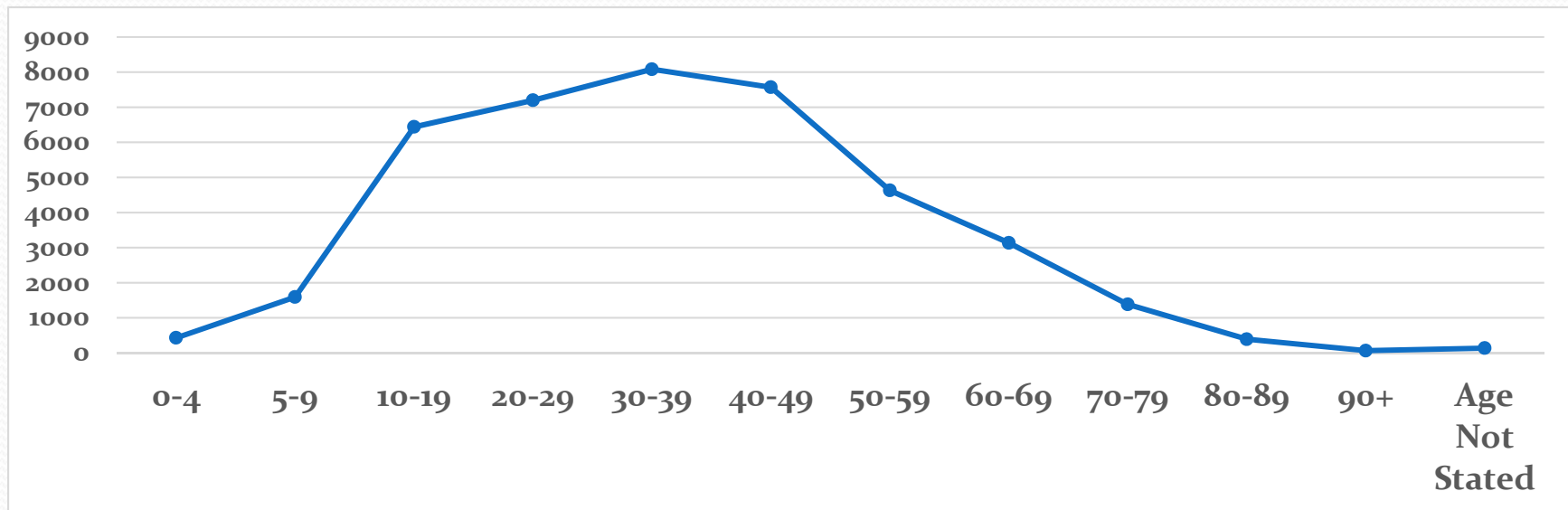
- Madhya Pradesh accounts for maximum number of suicides within last year and as the graph shows most of the mental illness cases belongs to the productive ages.
- Madhya Pradesh is an agrarian economy the maximum mental illness cases are among farmers and work labors, the distress in the state is due to crop failure of scanty rainfall, droughts or hailstorms that leads to damage of crops as they have no insurance burdening them further.

MENTAL ILLNESS DISTRIBUTION AMONG MALES AND FEMALES IN MADHYA PRADESH



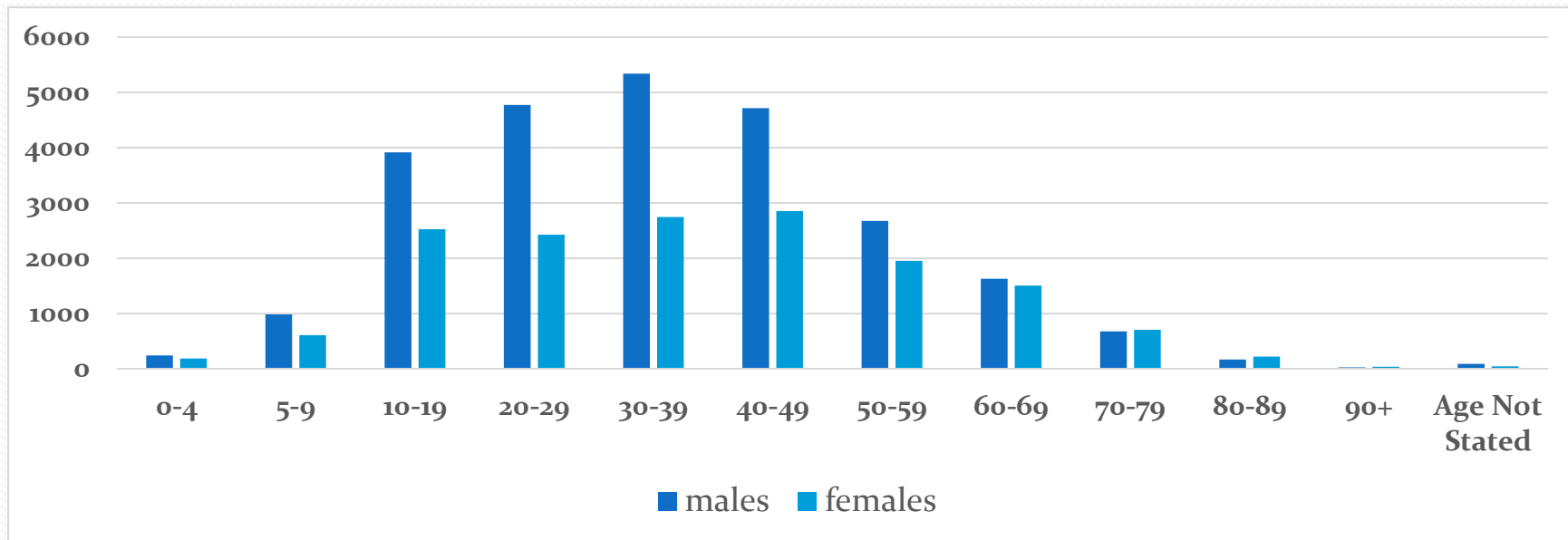
In Madhya Pradesh more male mental illness are registered than female in almost all the age groups. In Madhya Pradesh maximum population is dependent on agriculture, and women play a major role as cultivators and mostly work as unpaid labourer in their own farm do a large quantum of work (like sowing, weeding, harvesting and maintenance of the harvest) which is more tedious than that of men who perform supportive task (like transportation and marketing). The women are busy in their farms and children and ignore their health at large including mental health as well.

MENTAL ILLNESS DISTRIBUTION BY AGE IN RAJISTHAN



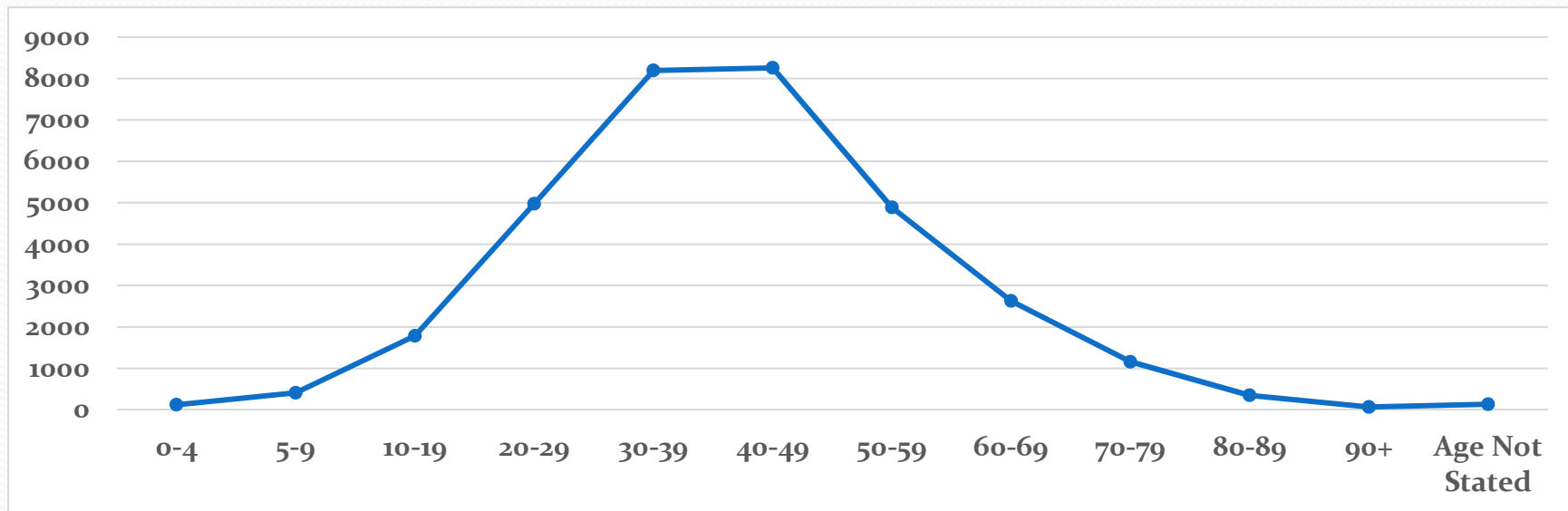
Almost maximum of the productive age are suffering from mental health issues this maybe due to the strenuous lifestyle in Rajasthan as most of state lies in the desert belt and temperature often leads to 54C. Only few districts are developed cities other than that it belongs to rural and nomad people who have added pressure for their survival.

MENTAL ILLNESS DISTRIBUTION AMONG MALES AND FEMALES IN RAJASTHAN



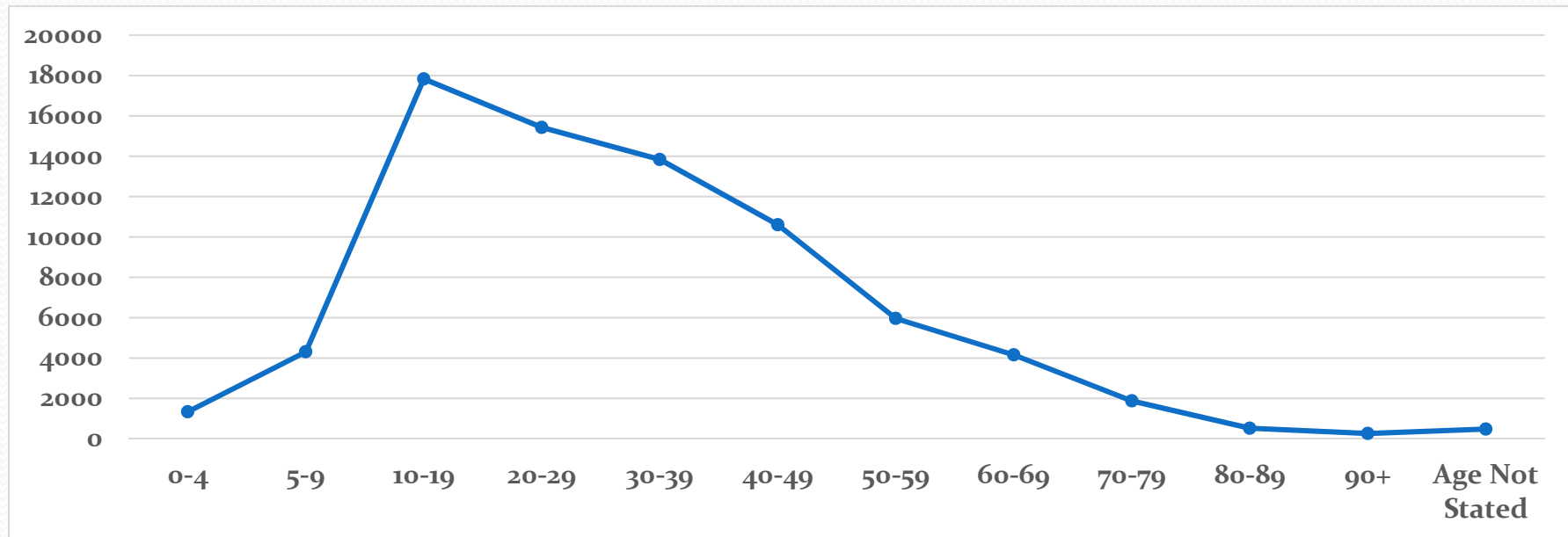
Almost in all the age groups from 0-4 years old to 50-59 years old the number of male mental illness are double than female mental illness cases. Rajasthan still suffers from female feticides, sex selective abortion, child marriage, pardah system and many more cruelties against women so their stress upon them should be more but as seen in bar graph this is not so. Rajasthan needs to work not only for infrastructure in assistance of mental health but also educate and communicate the people towards the concept of mental health.

MENTAL ILLNESS DISTRIBUTION BY AGE IN TAMIL NADU



Tamil Nadu shows a different graph all together and doesn't resemble any other state graph. It shows two peak points in the age groups 30-39 and 40-49 years old. The experts have an opinion that lack of awareness about mental health leads to stigma thereby increasing the problem. And due to lack of this awareness many people in Tamil Nadu according to Elavaraia, a 104 helpline Counselor are unable to differentiate between a psychiatrist demanding medication for minor problems and a psychologist.

MENTAL ILLNESS DISTRIBUTION BY AGE IN UTTAR PRADESH



Uttar Pradesh has the peak of mental illness in the age group of 10-19 years, the adolescents suffer high mental illness due to high pressure from school and bullying along with this they even face issues like child marriage and child labour, even the literacy rate is very poor. Most families in Uttar Pradesh are below poverty line so the children suffer from hunger and underdevelopment.

CONCLUSION

- Age group 30-39 years old seems to be maximum number of people affected by mental illness. Yet in all states there is high prevalence of mental illness in the productive age groups (15-50 years old).
- In many states of India a steep rise in mental illness cases is seen at 10-19 years old .
- Not only this but in all the states the number of male mental illness cases is more than female that may be due multiple reason
- On viewing the data of individual states, many states have almost similar graph like India following a general trend but many states especially Bimaru states have a steep rise and even peak at 10-19 years old, even J&K follow the same pattern. But other states like Chhattisgarh and Karnataka have multiple peaks in the age groups of 20-29 and 40-49 years old even. Kerala also maximum number of people affected in the age group of 40-49 years rather than 30-39 years old.



RECOMMENDATION

- Early counsel for children and adolescents, management of their cases with more care, opening channels for easy communication for them and provide a safer environment for their growth.
- Increase awareness regarding mental illness among people by using Cinema.
- More community surveys should be done at state level to support the mental health.