Mental health issues of urban Indians – need for restructuring physical education in urban India

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Abstract: Globalization has led to increased urbanization & increasing urbanization is making city landscape filled with concrete congestion. Lack of green parks, lack of fresh air, and lack of stress free sleep has added to the decreasing health issues among urbanites. Life style related illness has directly affected the mental health also. Congestion of the cities, shortage of living spaces , lack of greens , lack of fresh air which is affecting the urban minds. Disorders rising out of urbanization can be more serious because mental health infrastructure is in a very poor state. additional noise , extra crime , supplementary pollution ,more slums &more people are making the mental health situations more vulnerable. majority of the population in cities are immigrants who already suffer from psychological problems as they are isolated from the original place. Instead of giving importance to only physical health , mental health should also be given prominence. But the Neuro science has had a great connection with urban planning. This paper examines the issues related to mental health among urban Indians.

Key words: mental health , impact of urbanization , life style disorders , need for restructuring urban housing strategy

Introduction: Urban Indians are suffering from severe impact in increasing urbanization. Besides Physical impact, urbanization has lead to severe mental problems. Anxiety disorders have increased 12 fold since 1990. Nearly 7% of the urban populations are suffering from mental disorders. Urban policy makers & city planners can think of integrative city planning mechanisms to avoid these mess.

Causes of mental disorder

1. **Stress :** stress in both academic & professional level is the main cause of several psychological illness. Societal , parental , external & personal reasons are very much interlinked in amplifying the mental health.

2. **Professional monotony** :People in urban cities are suffering from psychological boredom.

3. **The congestion** - the congestion of the cities, shortage of living spaces ,

4. **Stress of family management** - Providing for material accomplishments of the family children education aged parents health care

5. **Insufficient health support system** - Providing mental health related disorders account for nearly 6th of the health issues. There are only 0.4 psychiatrists , 0.02 psychologists per one lakh. Mental disorders on a high with young people . It is highest among adults aged 15-45. This is a very situation as these portions of

population are the most productive section

6. **Low budget allocations** -Avery low figure of 0.83% of the health budget allocations are meant for mental health

On an average 15 person commit suicide every hour in 2014 (National crime records Bureau)Maharashtra tops the list of states suicides , while Chennai tops the list as a city . The All India rate of suicides was 10.6% in 2014

No of suicides	Year
89,000	1996
96,000	1997
1,04,000	1998
1,31,000	2014

Major causes of suicide

1. Family problems 21%
2. Unemployment 2%
3. Marriage related problems 5 %
4. Love affair related problems 3%
5. Indebtedness 2%
6. Drug abuses 2%
7. Illness complication of health 18%
8. Exam related 2%

According to data released by National Crime Records Bureau (NCRB) on suicides in cities in 2014, housewives and daily wage earners each account for 18 per cent — adding up to over one-third — of suicides in Indian cities. - The data, collected from 53 cities across the country, examined 19,597 suicides across Indian cities, with housewives accounting for 3,501 while daily wagers for 3,460. - Indian express). Urban Indians are suffering from severe impact in increasing urbanization. Besides Physical impact, urbanization has lead to severe mental problems. Anxiety disorders have increased 12 fold since 1990. 7% of the populations are suffering from mental disorders.

Salaried people, both government and those engaged in the private sector, made up the next largest group with 15 per cent. Within this group, those in the private sector accounted for over two-third of the suicide victims. Unemployed people and students were next on the list, accounting for 10 and 9 per cent respectively. A sense of loneliness, alienation, & sense of societal uprooting causes these mental problems Urban people are suffering from several mental disorders.

1. City living affects the urban brain biology. City developers can think of better urabn health intervention strategies (Yvonne –Rydin- shaping cities for health: complexity and the planning of urban environments in the 21st century 2012).

2. Physical psychological & social integrity is at stake in most urban & semi urban centers. Psychiatric problems such as schizophrenia & are depression are increasing in the urban context.

3. Recent researches have shown the urban people have 20% higher risk of developing anxiety disorders. Studies have also shown that urban way of life, upbringing o f children & urban surrounding is the primary cause for schizophrenia . Now is the time to understand the threats underneath urbanization.

4. As urban people go to work in different places there is aever increasing gap between family members. The interaction levels, intermingling duration etc are being hit by this distance.

5. Children grow up in this atmosphere where distancing from their parents become as habitual as their homework assignments. Children become neglected, ignored, unnoticed & they fall into dreadful behavior in the absence of their parental care & protection.

6. Social stress exposure & stress vulnerability have to be met within the urban landscape.

7. Urban dwelling can be changes form complicated structures to open house concepts from walled fortresses to open up from concrete jungles to greener localities.

8. The challenges of poor hygienic standards , steep social gradients, poverty , lower income levels , sinking health , transitory work patterns , address free livelihood

9. These challenges can be met with an integrated approach of life science , urban planning , social sciences & policy making.

10. The dramatic regional differences in the pace & scale of urbanization

Increasing noise levels , Increasing crime levels , Increasing pollution level , Increasing slums & Increasing people per SQ feet are making the mental health situations more vulnerable. A majority of the population in cities are immigrants who already suffer from psychological problems as they are isolated from the original place. Instead of giving importance to only physical health , mental health should also be given prominence. The nexus between home designing & mental health needs a review. Non communicable disease such as heart diseases , diabetes etc can be prevented with a sedentary lifestyles a nudge environment which allows people to move physically inside their home is needed. Stress sadness , depression , bipolar affective disorder ,schizophrenia ,addictions dementia , attention deficit hyperactivity disorders etc .

Defects

1. Affect our routine life

2. Coping skills

3. Family relationships

4. Diminish r life enjoyment

5. Incur medical expenditure

6. Lessen economic opportunities

7. Diminish our career employment

8. Incur health care contingency expenditures

9. Social stigma

Increasing pollution level also hits mental health

city	Annual Mean ug / m3
Delhi	153
patna	`149
Gwalior	144
Raipur	134
ahamadabad	100

There are

1. institutional responsibilities

2. planning

3. financial allocation

4. inclusion

5. monitoring

6. evaluation

7. capacity building

Several urban problem grow out of the city pressures such as water, insufficient water for daily usage can negatively affect urban minds. Especially adolescent girls feel irritated due to lack of sanitation in schools , home s, & in public places. water supply & sanitation

National water policy
Community led sanitation awareness
New management mechanisms for piped water supply
Tariff policy
Cost management

Conclusion -Thus cities have become highly complex areas with varied levels of interaction on health outcomes. A great amount of interest has to be paid towards city urban planning as a great amount of health prospects depend on city locales. Thus urbanites are suffering from several disorders rising out of urbanization. But the neuro science has had a great connection with urban planning. There is a need to understand the implications of life style related illness which is directly affecting the mental health of millions across India . Congestion of the cities, shortage of living spaces , lack of greens , lack of fresh air which is affecting the urban minds has to be addressed immediately through policy interventions. Disorders rising out of urbanization can be more serious because mental health infrastructure is in a very poor state in India with insufficient psycho therapists, psychologists & mental doctors. Additional noise, extra crime, supplementary pollution, more slums can be decreased by creation of awareness about mental health.

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