

Short Communication on Women Mental Health

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Citation: Sravani BVS (2021) Short Communication on Women Mental Health. Health Sys Policy Res Vol.8 No.6:91

Received date: March 25, 2020; Accepted date: April 09, 2020; Published date: April 16, 2021

Abstract

Health is pivotal for the expansion, development, and productivity of a society and is significant for a contented and healthy life anywhere within the world. The planet Health Organization definition of health includes physical, social, spiritual, and mental states and not merely the absence of disease or infirmity.

Keywords: Public health; Cultural competency; Health promotion

Description

"The reason firm, the temperate will, Endurance, foresight, strength, and skill; A perfect woman, nobly planned, to warn, to comfort, and command" Once said by William Wordsworth.

Since the earlier period, India has given importance to the health of individuals and has highlighted the necessity for a physically and mentally healthy society. The maxim, "there isn't any health without mental state" underlines the fact that mental health is an integral and essential component of health. The mental state, hitherto neglected, is now recognized as a critical requirement and is engaging the eye of policy-makers, professionals, and communities in India and across the world [1].

Gender may be a vital determinant of psychological state and psychopathy. The disorders vary from men to women which the psychological distress and psychiatric disorder are different. Women have the extent of internalizing disorders while men show a far better mean level of externalizing disorders.

Differences between genders are reported within the age of onset of symptoms, clinical features, and frequency of psychotic symptoms, course, social adjustment, and long-term outcome of severe mental disorders.

Girls from elementary families and girls married at a young age are at a far better risk for attempted suicide and self-harm.

Low attendance in hospital settings is partly explained by the shortage of availability of resources for women. On every side, two-thirds of married women in India were victims of violence. Concerted efforts at social, political, economic, and legal levels

can bring change within the lives of Indian women and contribute to the event of the mental state of these women [2].

Women's psychological state is multifactorial which is decided by both biological and social factors. The greater vulnerability of girls is often due to physiological changes also as social factors like poverty, sexual assault, stress, intimate partner violence, and so on.

The psychological state during pregnancy and postpartum deserves special attention as untreated maternal depression leads to serious ill effects in both the mother and therefore the child. Reproductive health problems like infertility, female sterilization, and reproductive tract complaints even have been associated with the poor psychological state of women. It's important to look at psychological state programs during a gender-based approach to bypass the unique challenges posed by women's psychological states today. Aside from this, exploring other modes of service delivery like mobile technology which has the potential to be effective and improve accessibility to services can boost psychological state delivery for ladies [3].

Nowadays mental health for women is through social media which influencing people's state of mind and encouraging negative vibes, bullying, encouraging eating disorders which mainly cause depression and illness. Every woman is facing multiple problems when they are connected to strong social media which causes the women to face unnecessary challenges, Excessive Internet use may create a heightened level of psychological conditions, resulting in little sleep, failure to eat for long periods, and limited physical activity, possibly leading to the user experiencing physical and mental health problems such as, anxiety, low family relationships, OCD, and depression.

Gender roles are culturally prescribed through prehistoric cultures to more civilized societies. In additional recent history, the gender roles of girls have changed greatly. For poorer women, economic necessity compels them to hunt for employment outside the house [4].

The occupations that are available to them are; however, lower in pay than those available to men resulting in exploitation. Gradually, there has been a change within the availability of employment to more respectable office jobs where more education is demanded. Thus, although, larger sections of girls from all socioeconomic classes are employed outside the home; this neither relieves them from their domestic duties nor does this alter their social position

significantly. For hundreds of years, the differences between men and ladies are socially defined and distorted through a lens of sexism during which men assumed superiority over women and maintained it through domination. This has led to underestimating the role a lady plays within the dyad of human existence.

Conclusion

In the research study women within the Indian Journal of medicine reportable that Indian Psychiatrists have worked in a very wide selection of areas, together with psychological aspects of various procreative phases: physiological state, puerperium, menopause, oscillation, psychological consequences of contraceptive method, physiological condition and surgical loss of female internal reproductive organ or breast; suicide, the relationship between DV and psychological state, self-destructive behavior, and medicine trends.

In the succeeding years, with ever-changing gender roles, technological advancements, wealthiness, and globalization, there square measure probably to be more challenges for each man and lady. It should be understood that women's

psychological state and toilet facility psychological state square measure complimentary. A balanced approach is required. Psychological state professionals of each sex ought to work to satisfy the challenge.

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