

# An Analysis on Mental Health Issues among Individuals

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**Abstract:-** Mental health is the state of well-being of a person through which he can provide an effective contribution to the society. Mental health is also linked with psychological and mental well-being. A person's capacity to be healthy enough mentally and emotionally so that he or she may make a positive contribution to society is an indicator of that person's mental health. It is of the utmost significance that we give equal attention to both our bodily and mental wellness. Depression is considered as one of the main causes which affects the mental health of the people. The study of mental illnesses, which may manifest itself in a variety of ways depending on the affected person, is an extremely relevant field of research in the modern world. Alterations in a person's mental health may also occur throughout the course of their lifetime. This research paper is qualitative study on the mental health issues of the people and to find the overall status of the mental health of the people. In this study, I will interact with about 100 respondents thereabout their mental health and related concerns and then analyse and explain the results in depth. This research paper focused on mental distress or mental illness by studying the mental health of the people. The main aim of the study is to support these issues to be spoken openly because people are still sacred to discuss their mental health and want to make a change from mental illness to mental wellbeing and to find the root cause and consequences of the mental illness.

**Keywords:-** *Mental Health, Mental Illness, Work Productivity, Social Relationship, Mental Wellbeing, Psychological, Depression, Root Cause, Consequences*

## I. INTRODUCTION

An individual's ability to function in society and in the workplace may be significantly impacted by the presence of mental illness, which is a serious personal problem that may have far-reaching effects. It is essential to maintain consistency in one's mental health. It is possible for persons of various ages and having diverse living situations to have distinct manifestations of mental disease. Individuals' mental health issues may be caused by a wide variety of factors, which change over time. As a result of the increased stress that people with this mental state experience, they are able to do less work than they normally would. Within the context of their day-to-day lives, those who suffer from mental illness face a multitude of challenges. There are a

wide variety of factors that may lead to mental illness, including but not limited to addiction, poverty, debt, social isolation, bullying, body shaming, social disadvantage, severe long-term stress, job loss, homelessness, drug misuse, and similar factors.

Major depressive disorder is one of the most common mental illnesses, and it may have severe implications on a person's physical and mental health, as well as their ability to function in social settings, at work, and in their personal and family life. Major depressive disorder is one of the most frequent mental disorders. It is also possible for severe depression to be the cause of suicide. As a consequence of this, it is of the utmost importance to do research on the current status of mental health and to secure the emotional and psychological well-being of those who are afflicted with mental illness. It is essential to educate people about mental health for a variety of reasons, including the fact that it may save lives, foster the development of resilient minds, increase productivity, and reduce the chance of mental breakdowns.

The term "mental health" refers to the state of being psychologically and emotionally well. Your thoughts, feelings, and actions all have a role in determining the outcome of the situation. It is imperative that we comprehend the fact that mental disease and mental wellness are two distinct concepts that are distinct from one another. It is of the utmost significance that we take care of our mental health during each and every stage of our lives. Our mental health may be influenced by our actions, routines, and activities on a daily basis, as well as by the interactions we have with other people.

Our mental health is profoundly influenced by the relationships we have with other people. One of the most important factors in maintaining excellent mental health is having healthy connections. A lack of healthy connections will always result in feelings of despair and anxiety, as well as a decline in mental health. People who have stronger relationships with their friends and family reported higher levels of mental happiness. People who are less connected to their family, friends, and community, as well as those who spend a lot of time alone, are more likely to experience depression, which in turn has a negative impact on their mental health in general.

Relationships have the potential to have an impact on one's mental health. When we are going through challenging

circumstances, having a healthy connection with someone will always give us with mental support, and as a consequence, it will eventually lead to mental wellness. On the other hand, if you are in a relationship that is unhealthy or poisonous, it will make the situation much more difficult and will lead to feelings of worry and melancholy. Because of this, the influence that social ties have on mental health will be significant.

This survey study focuses on unravelling the potential mental health issues faced by a wide range of individuals of different backgrounds, age and gender.

## II. REVIEW OF LITERATURE

The author Gred Schulte Korne (2016), made a research study on mental health problems in a school setting in children and Adolescents. In this research, he observed how the factors that affect the mental health of the school students and also identified the factor that affects the student's mental health. The outcome of his study survey offers a comprehensive analysis of the emerging psychological problems in children as a result of their educational environment. His research concludes by proposing suggestions to enhance student mental well-being by mitigating the identified risk factors.

The author Margret McLafferty (2017), wrote a research article on mental health, behavioural problems and treatment seeking among students commencing university in Northern Ireland and made a mental health survey on students which aims in longitudinal research to identify and monitor student mental health and well-being. The consequence of the study provides important information for universities, policymakers and practice, on mental health and well-being in young people generally but particularly for students commencing university.

The author Fazeeda Karim (2020), did a research paper on "Social media use and its connection to mental health". In this particular paper, she observed the mental illness caused by social media in people of different ages. An SMIF (Social media influence factor) model is being developed and the study provides a deep technical description of the model and the survey conducted using this model in the University of Professional studies Accra, Ghana provides the report of affected students with major factors of classification.

The author Daniel Hernández-Torrano (2020), did a research paper on "Mental health and well-being of university students". In this paper, he did a cumulative study on the mental problems faced by university students with the help of journals extracted from a relevant database. The findings of his study in mapping the literature on mental health a well-being university students played a vital role in conducting a comprehensive literature review in this research study.

The author J.Secker (1999), made a research study on "Young people's understanding of ental illness". In this

particular paper, he made a brief study on young people's perspectives on mental illness. This study yields valuable insights and essential points about the perspective of young minds on mental illness. These insights are obtained using a research approach that involves individual interviews. The study elucidates the initial framework around the misconstrued subjects pertaining to mental disease. The research's result offers pertinent recommendations for modifying the perception of the folks in question.

### ➤ *Research Gap*

There are several studies relating to mental illness and mental health issues. Many researcher have discussed about the mental illness and mental health and behavioural problem on the University students and in children and in adolescents. However mostly the younger generation were affected with the mental health and they are not concentrating on the people who is above the age of 30. In this study, it incudes all age grouped male and female with in the chennai region and study about their mental health.

### ➤ *Statement of Problem*

In the present scenario, mental health issues play a vital role in the cause of unbalanced relationships in society. In the current day and age, problems with mental health play a significant part as a contributing factor to the imbalanced relationships that exist in our society. The conclusions of this study work connect to the underlying causes of mental health problems and notice the associated effects that modify how a person behaves in his or her immediate surroundings.

### ➤ *Objectives :*

- To assess the mental well-being of people of different ages through a mental health survey.
- To find the root cause of the common mental illness quantitatively with the help of the survey.
- To study the consequences that abnormal mental health causes in society concerning the quantitative analysis of the survey and the root cause.

## III. METHOD OF STUDY

The method of study refers to the way in the researcher has conducted the the research. The entire study is on the basis of both primary and secondary data. The primary data is the first hand dats which includes questionnaire, interview etc. In my research study the primary data was collected from 100 respondents who are residing in chennai city through the research instrument called questionnaire method with well structured questions and circulated my questionnaire through mail. The questionnaire includes socio economic variables such as age, gender, occupation, marital status and questions relating to their mental health conditions and about their medications and consultation to a therapist. The secondary data is the pre existing data which includes published articles, reports, books etc. In this research study the secondary data was collected through related articles, different magazines, national and international reputed journals, government reports, and

research paper relating to mental health problems and mental health conditions.

**IV. RESULT AND DISCUSSION**

**Table 1: Demographic or Socio Economic Variable**

No.	Variables	Particulars	No. of Respondents	Percentage%
1.	Gender	Male	61	61%
		Female	39	39%
		Others	0	0%
		Total	100	100%
2.	Age	Below 18	3	3%
		18 -35	87	87%
		35 - 50	8	8%
		Above 50	2	2%
		Total	100	100%
3.	Employment Status	Student	40	40%
		Unemployed	14	14%
		Self-employed	8	8%
		Employed Part-time	5	5%
		Employed full-time	33	33%
		Total	100	100%
4.	Marital Status	Single	49	49%
		Married	51	51%
		Others	0	0%
		Total	100	100%

Source: Primary Data

➤ *Interpretation*

Gender with respect to the above given tabulation and the corresponding responses from the respondents across the state of Tamilnadu, the majority of male leads with a percentage of 61% than female with 39%.The majority of respondents are male.

According to the above tabulation of the responses Age of people below 18 is 2.9% followed by age group of 18-35 is 87.3% trailed by the age group of 35-50 is 7.8% and above 50 is 2%.Thus the majority of respondents are younger generation i.e below 35

In accordance to the above tabulation, students are 40.2%, Unemployed are 13.7%, Self-Employed are 7.8%, employed part-time is 4.9% and employed full time is 33.3%.thus it is clear the maximum of respondents are student

In accordance to the above tabulation, the marital status of the respondents are recorded as 49% were single and 51% were married and others were 0% . Hence it is clear that most of the respondents are married

**Table 2 : Dichotomous Questions**

No.	Variables	Particulars	No. of Respondents	Percentage%
1.	You often stay calm and peaceful	Strongly Agree	20	20%
		Agree	30	30%
		Neutral	40	40%
		Disagree	7	7%
		Strongly Disagree	3	3%
		Total	100	100%
2.	You often feel high and confident about yourself when you are with your loved ones	Strongly Agree	40	40%
		Agree	42	42%
		Neutral	19	19%
		Disagree	1	1%
		Strongly Disagree	0	0%
		Total	100	100%
	You often try to share your personal	Strongly Agree	35	35%

3.	problems with your friends and loved ones	Agree	36	36%
		Neutral	17	17%
		Disagree	7	7%
		Strongly Disagree	5	5%
		Total	100	100%
4.	Is there a history of mental disorders in your family	Yes	4	4%
		No	9	9%
		Maybe	87	87%
		Total	100	100%
5.	Have you seen a therapist or a consultant in the recent past?	Yes	11	11%
		No	86	86%
		Maybe	3	3%
		Total	100	100%
6.	Are you currently taking any medications?	Yes	4	4%
		No	90	90%
		Total	100	100%
7.	Have you ever been addicted to something that is irrelevant to you?	Yes	22	22%
		No	78	78%
		Total	100	100%
8.	Have you ever been in any kind of depression in the past two years?	Yes	46	46%
		No	54	54%
		Total	100	100%
9.	Have you ever tried to hurt yourself in order to jump out of your stress?	Yes	9	9%
		No	91	91%
		Total	100	100%

Source: Primary Data

➤ *Interpretation*

According to the tabulation given above, 39.2% of the people stay neutral with the statement, "You often stay calm and peaceful". And 20% people strongly agree and 30% says they agree. 6.9% say they disagree and 2.9% says they strongly disagree. Thus from this we can conclude that maximum of people say they stay neutral and minimum of people say that they wont often stay calm and peaceful.

In accordance with the above tabulation, 41.2% of people agree to the statement, "You often feel high and confident about yourself when you are with your loved ones"and 39.2% of people strongly agree to this and 18.6% says neutral and 1% disagree with the statement . Thus it is clear majority of people feel confident when they are with their loved ones.

In accordance with the above given tabulation, 36.3% of people agree with the statement, "You often try to share your personal problems with your friends and loved ones" and 35.3% strongly agree and 16.7% says neutral and 6.9% says disagree and 4.9% of people strongly disagree with this. Thus it is clear that majority of people try to share personal problems with their friends and loved ones.

According to the above given tabulation, 87.3% people may or may not have a history of mental disorders in their family. 9% of the respondents did not have any mental disorder in their family and 4% of the people have a history of mental disorder in their family. From this we can determine that majority of the people are not sure about the history of mental disorder in their family.

In accordance to the above tabulation, 56.3% of people have not consulted a therapist or a consultant in the recent past.11% of the respondents have consulted a therapist and 3 % of the respondents say that they may or may not have consulted a therapist. Thus it is clear that majority of the respondents have not seen a therapist or consulted anyone in recent past.

According to the above given table, 89.6% people are not taking any kind of medications and 4% of the respondents are taking medications. It is clear that majority of the respondents are not taking any medications.

In accordance to the above given tabulation, 78.4% of people are not being addicted to something that is irrelevant in their life and 22% of respondents were addicted to something that are irrelevant to them. From this it is clear that majority of the respondents are not addicted to something that is irrelevant to them.

In accordance to the above given tabulation, 53.9% of the people have never been in any kind of depression in the past two years and 46% of the respondents says that they are in depression for the past two years. Thus it is clear that maximum of respondents are not in any kind of depression for the past two years.

In accordance with the above tabulation, 91.1% has said that they won't hurt themselves in order to jump out of stress and only 8.9% of the respondents have said that they hurt themselves in order to jump out of the stress. From this it is clear that majority of the respondents won't hurt themselves inorder to jump out of the stress.

**Table 3: Scalar Questions**

No.	Variables	Particulars	No. of Respondents	Percentage%
1.	How many close friends would you say you have?	None	10	10%
		1 - 3	30	30%
		4 - 5	53	53%
		More than five	7	7%
		Total	100	100%
2.	How often do you drink?	Never	87	87%
		Occasionally	3	3%
		Once in a month	8	8%
		Once in a week	2	2%
		Drunkard	0	0%
		Total	100	100%
3.	How many hours do you sleep per day?	Less than 4 hours	40	40%
		5 – 6 hours	14	14%
		7 – 8 hours	8	8%
		Above 8 hours	5	5%
		Total	100	100%

Source: Primary Data

➤ *Interpretation:*

According to the above tabulation, almost 52.9% people say that they have 4 – 5 close friends in group and 30% has 1-3 friends and only 7% has more than 5 close friends and 10% of the people has no close friends. Therefore majority of the people has atleast 4-5 close friends

In accordance to the above tabulation, 87.3% of people claim that they never drink alcohols and 3% occasionally and 8% once in a month and only 2% has said once in week and there is no drunkard. From this it is clear that majority of the respondents were non alcoholic.

In accordance to the above given tabulation, 40.2% people claim that they sleep approximately less than 4 hours a day and 14% says that they sleep 5-6 hours a day and 8% of the respondents claim they sleep 7-8 hours a day and only 5% of the respondent says they sleep above 8 hours per day. Thus it is clear that most the respondents will sleep less than 4 hours.

## V. FINDINGS :

Majority of the people affected with mental illness is younger generation who are between the age of 18 – 35. So it is very clear that most of the people who has depression or mental health issues is younger generation maximum of them are students.

Around 80% of people stay calm and peaceful and only minimum of people were not often calm and peaceful and thus they are having mental health problems.

Almost 80% of people feel confident when they are with the loved ones. Maximum of the population has 4-5 close friends. Thus it is very clear having a good and healthy relationship with someone will helps in having a good mental health and majority of the people will try to share their personal problems with friends and loved ones.

Majority of the people in chennai that is around 90% of the people does not have any history of mental disorder in their family and majority of the people are not consulting a therapist or taking medications. Most of the people were non alcoholic in my study.

Maximum of the people sleep less than 4 hours a day. Over 79% of the population are not addicted to something that is irrelevant to them only few peoples have been addicted to something irrelevant to them. From my study it is very clear that maximum of the population are not in depression for the past 2 years that is around 55% of people.

## VI. SUGGESTIONS

People suffer mental health issues when they are in anxiety and when their mind is not in peace. So to avoid these mental health issues it is very important to have a peaceful surrounding and peaceful mindset. And also it is very important to have positive people or loved ones around you because it will always reduce risk of mental health issues. Whenever you are around the positive people you always feel positive and confident and even in your hard times you will have a better mindset and good mental health. Having a good relationship with everyone will gives you happiness and you will not feel alone, because when you are in solitude state it will leads to depression, anxiety etc. Often staying with your loved ones and sharing your problems with your friends will always helps in having a good mental health . Sleeping 7 hours a day will keep your mind refreshing and you will be more productive in your life and it is very important to take care of your lifestyle, habits and behaviour , for example instead of being an alcoholic you can divert you in some other productive work which keeps your mind healthy. So it is very important to concentrate on your way of living and should have some moral principles for the well being.



## VII. LIMITATION OF STUDY

This research study focuses on the mental health and mental illness of the people of different age groups. This study was limited within Chennai region and it will not focus on the people belonging to any other region. The data was collected from 100 respondents of different age groups who are situated in Chennai region. The people who fall apart from this region are excluded from this research. This research study was done with the utilisation of questionnaire to the people of different age groups as a Mental Health Survey. By this strategy I was able to do my research to know the Mental Health Issues of the people.

## VIII. CONCLUSION

The aim of the study is to assess the mental health of the people of different age groups and to identify the root cause and consequences of the people who are affected with mental illness. For this research study, I used Mental Health Survey as a tool to identify the root cause and consequences of the mental illness. Through this research paper we can clearly observe that mental illness caused by the persons by various reasons depending on their age and situation. The factors causing mental illness which affects the person varies from person to person. Some have mental illness because of peer pressure, some have because of work stress, and some have mental illness because of loneliness and another set of people have mental illness because of their past experiences. These factors are the major reasons causing mental illness. The consequences that we found through this research are decrease in work efficiency, functionality and productivity. We can clearly observe that suicidal attempts are increasing day by day because of mental illness. This can be controlled through Awareness programs that should be conducted in schools, educational institutions, workplace etc., by the government and other Non-governmental Organisations. I conclude that through this research study we identify the root cause and consequences of the mental illness which gives solutions to reduce the mental illness of the people by taking necessary steps to provide them stable mental health and to improve their mental well being and social relationships in the society.

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