



Editorial

The World Health Organization WHO (2014) defines mental health as “a state of well-being in which every individual realizes his/her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” Mental health is an important concern all over the world. Considering the importance of mental health, the UN General Assembly included mental health as an integral part of the sustainable development agenda to be achieved by 2030.

There has been a debate among the researchers in the field of social sciences, whether to conceptualize mental health keeping mental illness in mind or to not to. Several researchers, for example, Keyes (2006) describes mental health as having the following components namely psychological wellbeing, social wellbeing and emotional wellbeing. The argument here is to remove the mental illness from the definition and to keep positive functioning. Galderisi, Heinz, Kastrup, Beezhold & Sartorius, (2015) in their paper analyses how mental health has been defined by several other researchers. They point out that the definition varies from highlighting productivity to mastery and self-realization. They propose mental health as a dynamic state of internal equilibrium. And this equilibrium helps the individual to achieve mastery using their abilities.

A satisfactory state of mental health is necessary for the individual and for society to progress. A conflicted society will only find itself in chaos as there will be a lack of clear perception, judgment and insight. Mental health issues can lead to various kinds of disability and over 500 million people have been reported as suffering from mental health problems world over. Whether directly or indirectly, the impact is pervasive which is only exacerbated by the lack of resources and the stigma surrounding mental illness (Shah & Beinecke, 2009).

As per the report of WHO (2017), mental health issues have been in the raise. Despite these alarming statistics, mental health has not received the attention it deserves. One of the reasons is that there is barely any public/private support available for mental health initiatives. In many countries, the importance given to mental

health in terms of resources and expertise has been abysmal. Khandelwal, Jhingan, Ramesh, Gupta and Srivastava (2004) attempted to understand the mental health scenario in India by analysing the government policies and surveys. The findings, though encouraging, still leave a lot of room for improvement. However, obstacles such as existing public health practices, scarcity of trained professionals and lack of access to mental health delivery have characterized the mental health scenario in India (Srivastava, Chatterjee & Bhat, 2016).

Studies point out that in India an individual with mental illness will seek support not immediately which results in disability in major domains of life such as occupational, personal and social (Murthy, 2017). Rehabilitation is a must for them along with treatment. But when one has a very limited number of professionals (Lahariya, 2018) and a limited number of government facilities, it is nearly impossible to achieve. There is a serious scarcity of mental health professionals namely psychiatrists, clinical psychologists and psychiatric social workers. Add to this the fact that the practising mental health professionals are concentrated in urban areas, which leads to existing government facilities being overburdened (Bayetti, Jadhav & Deshpande, 2017).

The primary challenges in the mental health interventions as mentioned earlier are lack of professionals. This is mainly because of a few training institutes in our country (Kumar, 2011). The second challenge is the stigma related to mental health issues. A recent study by (Boge et al., 2018) shows that in India still, stigma hinders individuals in seeking support for their mental health issues. The third and very important challenge is the poor socio-economic status of the majority of the population due to which seeking support gets delayed or getting avoided. Irrespective of gender sensitization among the general public, India still has and shows gender discrimination when it comes to women with mental illness. The last but not the least challenge is institutionalization. Mental health care in India is restricted to practices of institutionalization. This only serves to draw a wall between the general population and those with mental illness as also propagate stigma.

What is required is a strong public health system, with significant budget allocation for mental health resources. Currently, the public health system in India is making slow progress because of which there is an inadequate health budget and insufficient human resources. This leads to increased financial spending out of the pocket, which becomes an added stress. Thus, a well-conceptualized public health system with a strong implementation of the district mental health programmes can drastically improve the mental health scenario of our country.

The article, *Understanding the Complex Relationship between Social Media and Self-Esteem* by Parvathy Nair explores the relationship of social media and self-esteem and brings forth the positive and negative sides of social media use among adolescents. The Tamil poet Aiyar Thiruvalluvar mentions in one of the Kural “Peelepei Sagaadam Achirum appandam Sala Migundhu paiyin” which refers to the idea that anything that is consumed or used without discretion and control could lead to damage. He says that even if one is loading peacock feathers on a cart, if one does not restrict its capacity, it could damage the wheel. Social media usage could be evaluated using the same parameters. If it is used within a limit then it brings in positivity otherwise it exposes its negative dimension. The article titled, *Internet Addiction, Locus of Control and Resilience* by Juslin Jacob articulates the relationship among the three. Locus of control is the degree in which people believe that they have control over the results of what is happening in their lives. There has been an increase in internet addiction among individuals specifically among youngsters. Instead of going out and mingling with friends, they tend to sit in front of the computer and surf through the contents. This trend is alarming as most of the time the outcome of such behaviour is negative.

The manuscript on *Art Creation and the Mental Health: A Qualitative Study among Artists* by Aruna Balammal discusses how art creation helps in dealing with emotional issues. Art is always considered as one of the medium for revealing emotions. Art has been identified as an intervention strategy for improving self-esteem, self-confidence and well-being among individuals. Art is used as a complementary therapy with traditional treatment methodology. Studies have proven how art has increases the brain functions

especially its significant contribution to neural systems, motor skills and emotional balance.

The article, *Resilience and Reproductive Health Diagnosis in Mexican Indigenous Women* by Patricia Elizabeth Cossio Torres, Aldanely Padrón-Salas, Xiomara Sarahí Sanjuan-Meza, Amado Nieto-Caraveo and Sara de Jesús Martínez-Granada analyses how mental health plays a vital role in the reproductive health among the women. In the fast-moving career-oriented world, the increase in fertility hospitals shows the alarming issues related to reproductive health. Reproductive resilience is a new framework that provides reproductive health realities which are important for developing countries such as India and Mexico.

The article on *Management of Anxiety in Pre-Operative CABG Clients* by Vinishiya Thanusayan discusses the knowledge and importance of health psychology. Health psychology is the branch of psychology that deals with biopsychosocial model of health. This branch helps to promote well-being among individuals. This article shows the relationship between anxiety, stress and the severity of coronary artery diseases. There is a subtle change in the world in terms of bringing in holistic wellness for enhancing healthy behaviors. But there indeed is still a long way to go in terms of achieving it.

The article on *Psychotherapeutic Praxis in India: Incorporation and Application of Indigenous Worldviews* by Rijul Jayaraj Ballal brings forth the indigenous worldviews, specifically, Indian views to be included in the interventions for mental health issues. As mentioned earlier, holistic wellness is a concept which is emerging as widely sought intervention for mental health issues. Including indigenous practices in interventions will definitely bring in a holistic approach.

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