

MAJOR PSYCHOLOGICAL ISSUES AMONG ADULTS IN INDIA AND PREVENTIONS TO AVOID PSYCHOLOGICAL ISSUES IN DAILY LIFE

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Abstract:

This paper investigates the prevalent psychological issues among adults in India and proposes preventative strategies to mitigate these challenges in daily life. India, a nation undergoing rapid socio-economic transformation, is grappling with an escalating burden of psychological stressors impacting its diverse adult population. The study examines major psychological issues faced by adults and presents proactive approaches to avoiding these issues through evidence-based prevention strategies. By synthesizing current research findings from national and international journals, alongside governmental and non-governmental data, and expert insights, this paper provides an in-depth overview of the psychological well-being of Indian adults.

Keywords: Psychological Issues, Adults in India, Prevention Strategies, Mental Health..

Introduction

In our contemporary, fast-paced, and intricate world, mental health has garnered increasing significance, transcending boundaries that were once confined to age and background (Smith, 2021). In India, a nation celebrated for its diverse cultural heritage and rapid socioeconomic evolution, the incidence of psychological disorders among adults has surged, underscoring the pressing need for comprehensive understanding and

effective management. This shifting landscape of mental health issues urges a deeper exploration not only into the primary psychological challenges confronting Indian adults but also into the proactive measures that can be integrated into daily life to mitigate their impact (Gupta et al., 2019). The relevance and awareness of the field of mental health have grown in recent years as societies struggle to cope with the numerous difficulties of contemporary life. India, a

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nation renowned for its extensive cultural variety, is no different. India, which has a population of over 1.3 billion and is undergoing fast socioeconomic change, is dealing with an increasing number of psychological problems among its adult population (Sharma & Verma, 2021). These problems, which range from stress and anxiety to depression and more serious mental diseases, have significant effects on the country's productivity and well-being. The spectrum of psychological well-being is inherently multifaceted, encompassing a broad array of adversities individuals may encounter. These encompass a spectrum of disorders, spanning from substance misuse to anxiety, depression, and stress-related conditions (Rao & Reddy, 2018). The intricate and diverse nature of these challenges can be attributed to a constellation of factors, including urbanization, shifting family dynamics, economic pressures, globalization, and the pervasive influence of digital technology. These factors collectively contribute to the mounting burden of psychological stressors experienced by individuals across the nation. This study article's goal is to examine the main psychological problems that people in India face and shed light on the common causes of these disorders. We'll also go through a variety of preventative steps people may take to reduce the likelihood that they'll experience psychological issues in the future (Kumar & Gupta, 2019). By addressing these significant issues, we

want to add to the existing discussion on mental health in India and eventually work to create happier, better lives for its people. While providing enormous strength and resilience, the distinctive socio-cultural context of India also presents significant difficulties for mental health. Indian adults deal with a wide range of stresses, from the strain of meeting scholastic and professional standards to the intricate interplay of family relationships and social conventions. In addition, the country's growing urbanization and digitization have brought up new sources of stress, such as the 24-hour connectedness and information overload typical of the contemporary day (Mukherjee & Das, 2019).

METHODOLOGY

This research study aims to investigate major psychological issues among adults in India and explore effective prevention strategies for mitigating these issues in everyday life. The study utilizes an exploratory research design, conducting an extensive review of academic articles, research projects, and meta-analyses that include psychological issues, adults in India, prevention strategies, and mental health. This study is based on secondary sources and the research attempts to provide a thorough understanding of the prevalent psychological challenges faced by adults in India and the strategies to proactively address and prevent these issues in daily life. The outcomes of this study contribute significantly to our

knowledge regarding major psychological issues among Indian adults and offer valuable insights into the prevention measures that can be implemented to promote better mental well-being in daily life.

Stress	Stress management and resilience
	Physical activity and a healthy lifestyle
	Access to counseling and therapy

MAJOR PSYCHOLOGICAL ISSUES AMONG ADULTS

In India, a diverse nation of over 1.3 billion people, mental health is an increasingly critical concern. Major psychological issues among adults, such as depression, anxiety, and substance misuse, necessitate a deeper understanding. This below table and information explores these challenges and offers practical prevention strategies for better mental well-being in daily life.

Major psychological issues	Prevention Strategies
Depression	Raise awareness and reduce stigma.
	Access to mental health services
	promote emotional well-being
Anxiety Disorders	Stress management techniques
	Social support and connection
	Mindfulness and relaxation practices
Substance Abuse	Limit alcohol and substance use.
	Seek professional help for addiction.
	Promote healthy coping mechanisms.

DIVERSERANGE OF PSYCHOLOGICAL ISSUES

Indian adults face a wide spectrum of psychological challenges, highlighting the intricate nature of mental health in the country. These challenges include various anxiety disorders such as generalized anxiety, panic disorders, social anxiety, and specific phobias, often aggravated by the uncertainties of daily life and the stress associated with performance expectations. Depression, characterized by persistent feelings of sadness and a loss of interest in activities, may manifest within cultural contexts as expressions like "feeling low" or "having a heavy heart." High levels of stress are pervasive, primarily stemming from the rapid urbanization, the relentless pursuit of professional success, and the weight of familial obligations, frequently leading to burnout, physical health complications, and other mental health issues. Substance misuse, particularly involving alcohol and drug addiction, presents a significant concern, partly due to cultural practices involving their consumption. Mood disorders such as bipolar and cyclothymic disorders result in mood swings from depressive to manic states, disrupting individuals' lives and relationships.

Additionally, personality disorders characterized by enduring deviations from cultural norms in behaviour, cognition, and inner experiences can complicate interpersonal relationships. Each of these psychological issues is influenced by unique cultural and contextual factors, shaping individuals' perceptions and their approach to seeking assistance for their mental health challenges.

STRESS AND ANXIETY

The rapid urbanization in India has brought forth a surge in work-related stress and significant lifestyle changes. The competitive environment of urban life often compels individuals to incessantly pursue success, sometimes at the expense of their mental well-being. Furthermore, the societal emphasis on academic and career achievements exerts substantial pressure, fostering expectations of high-paying jobs and job security that can contribute to the development of anxiety disorders. Traditional family values and expectations, particularly prevalent in the context of arranged marriages, add an additional layer of stress, amplifying the burden associated with familial duties. If left unaddressed, chronic stress and anxiety can have adverse consequences on an individual's physical health, including sleep disturbances and an overall reduced quality of life.

DEPRESSION

Depression in India is marred by several significant challenges. A notable obstacle is the pervasive social stigma

attached to mental health issues, particularly depression, which deters many individuals from seeking help due to the fear of social isolation or discrimination. Compounding this issue is the limited awareness surrounding mental health and available resources, leading to delays in seeking treatment as symptoms often go unrecognized or dismissed. Moreover, even for those who acknowledge their depression, access to mental health services remains problematic, especially in rural areas, further exacerbated by a shortage of mental health professionals. These challenges collectively hinder effective support and treatment for individuals grappling with depression in India.

ALCOHOL AND DRUG ADDICTION

Substance misuse, particularly involving alcohol and drug addiction, presents a multifaceted challenge in India. The social acceptance of alcohol and drug use within various cultural contexts contributes significantly to the high rates of addiction observed in the country. This widespread acceptance, combined with social gatherings and rituals often involving the consumption of alcohol, further normalizes substance use and complicates efforts to address addiction. Moreover, substance misuse often co-occurs with other mental health disorders, creating a complex clinical picture that requires comprehensive diagnosis and treatment. Beyond the immediate social and psychological implications, substance misuse carries severe health

consequences. Individuals grappling with addiction face an elevated risk of liver disease, cognitive impairments, and the exacerbation of pre-existing mental health issues, underlining the critical need for holistic interventions and support systems to address this pervasive issue.

GENDER AND MENTAL HEALTH ISSUES

Gender dynamics exert a profound influence on the mental health landscape in India. Women in the country often grapple with the harrowing reality of gender-based violence, encompassing domestic abuse and harassment, experiences that can precipitate severe mental health repercussions, including post-traumatic stress disorder (PTSD) and depression. These traumatic events underscore the urgent need for comprehensive support systems and interventions aimed at addressing the mental health aftermath of gender-based violence. Additionally, entrenched societal expectations and gender roles pose unique stressors for both men and women. Men may endure stress linked to the responsibility of providing for their families, navigating the weight of financial expectations, while women frequently confront pressures related to marriage, childbirth, and the myriad of familial obligations that ensue. These gender-related stressors necessitate a nuanced understanding of their impact on mental health and underscore the importance of implementing gender-

sensitive approaches to mental health care and support in India.

PREVENTIONS TO AVOID PSYCHOLOGICAL ISSUES IN DAILY LIFE

The cornerstone of our total well-being in today's fast-paced, intricately connected society is mental health, but it is usually ignored and underestimated. Adopting preventive tactics and developing a culture that prioritizes wellbeing are necessary for promoting psychological well-being and preventing the beginning of mental health problems in our everyday lives. Here, we examine a wide range of preventative and therapeutic strategies:

Stress Management: Effectively managing stress begins with the crucial step of identifying its sources in one's life. This awareness paves the way for practical stress management skills, encompassing not only time management but also the integration of relaxation techniques and mindfulness practices into one's daily routine.

Balanced Lifestyle: The cornerstone of mental well-being lies in sustaining a balanced lifestyle. This entails not only regular exercise, which releases endorphins and fosters a sense of achievement, but also maintaining a nutritious diet and ensuring adequate sleep. The close interconnection between mental and physical health underscores the significance of this approach.

Social Connections: The promotion and sustenance of social bonds and

meaningful interactions cannot be overstated. The profound benefits of social engagement with loved ones extend beyond emotional support to a marked reduction in feelings of loneliness, reinforcing its role in mental well-being.

Healthy Boundaries: The establishment of healthy boundaries is indispensable in both personal and professional spheres. Learning to assertively say no when the need arises is crucial for preserving one's mental equilibrium and preventing the encroachment of overwhelming commitments.

Positive Self-Talk: Active efforts to counteract and reframe negative self-talk while engaging in self-compassion exercises hold paramount importance. Nurturing a constructive and affirming internal dialogue significantly influences mental health by bolstering self-esteem and resilience.

Mindfulness and Meditation: The integration of mindfulness and meditation practices into daily life has far-reaching benefits. These exercises not only contribute to an overall sense of well-being but also offer valuable tools for managing anxiety and stress effectively.

Continuous Learning: Aspirations toward lifelong learning and personal growth are laudable objectives. The pursuit of new knowledge and skill acquisition not only expands one's horizons but also bestows a profound sense of self-worth and accomplishment.

Limit Substance Use: Exercising mindfulness in the consumption of substances, including alcohol and drugs, is a non-negotiable aspect of mental health preservation. Excessive use can exacerbate existing mental health challenges, emphasizing the critical importance of moderation as a guiding principle.

CONCLUSION

In conclusion, mental health in India is a multifaceted issue influenced by various cultural, societal, and individual factors. The prevalence of psychological challenges among Indian adults, encompassing conditions such as anxiety, depression, stress, substance misuse, mood disorders, and personality disorders, highlights the critical importance of gaining a comprehensive understanding and effectively managing mental health. Moreover, the presence of stigma surrounding mental health, coupled with limited access to services and gender-specific challenges, exacerbates these issues. Nonetheless, there is optimism in adopting proactive measures. Through the practice of stress management, the adoption of balanced lifestyles, the cultivation of meaningful social connections, and the readiness to seek professional assistance when required, individuals can significantly mitigate the impact of mental health issues. The promotion of a culture characterized by mindfulness, continuous learning, and the development of healthy coping mechanisms has the potential to enhance

resilience and overall well-being, offering a promising path towards a mentally healthier India.

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