Research Paper

A Conceptual Study In Understanding The Critical Impact Of Urbanisation Towards Mental Health Of The Individuals

Vineeth Sahadevan[1]and Ashok Jacob Mathews[2]

[1]*Assistant Professor, Department of Humanities, St. Claret College, Bengaluru*
[2]*Assistant Professor, Department of Humanities,St. Claret College, Bengaluru*

ABSTRACT

Urbanization has its advantages and disadvantages. In addition to industrialization and economic growth, changes in social and family structure are the main drivers of this demographic change. The negative effects of urbanization on mental health include conditions such as stress and overcrowding and polluted environments, increased violence and loss of social support. Due to demographic changes, many older men and women remain in rural areas while the younger generation migrates to cities in search of work. This leads to a reduction in the number of caring adults in society. In 1990, low- and middle-income countries accounted for 58 percent of the world's population aged 60 or over. This proportion will increase to 67% in 2025. Over the last 30 years, these elderly populations will increase by 200% in poor countries, but by 68% in rich countries.

There is a growing awareness that maintaining mental health is essential to maintaining physical health in general, and for good reason. In order to reflect global trends in the extent to which dementia affects both quality of life and quality of life, it is important to consider the frequency of effects, regardless of the nature of these effects and whether they are positive or negative. In this context, it is important to consider the global trend towards urban areas. A link has been established between the effects of urbanization and an increase in mental health problems. As more and more people move to the cities, it is necessary to provide more space for infrastructure and provide more jobs for the residents of these areas. This is contrary to the expected result of population growth. As a result, poor infrastructure increases the likelihood of poverty and greater vulnerability to environmental hazards. As the number of single-person families increases, there are some who directly seek help. Because they may be exposed to stressful situations and psychological stress, disadvantaged individuals are more likely to develop mental illness.

Keywords: Urbanisation, Mental Health, Mental repercussion

I.   INTRODUCTION

The word "urbanisation" refers to a demographic trend that also involves changes on the individual, economic, and social levels. It is described as a rise in urban areas as well as the number of people living in urban regions. It is a strategy that, as a consequence of increased industrialization and economic expansion, leads to a greater concentration of urbanisation. One of the most important dangers to the wellbeing of people all over the globe in the twenty-first century is the rapid increase in the number of people living in metropolitan areas. By the year 2050, it is anticipated that metropolitan regions would be home to around 66 percent of the total population of the developing world. These figures are from the United Nations Population Division. In contrast to the present scenario, in which the bulk of the population still lives in rural regions, this is an indication of a future demographic shift. The situation in India has become complicated as a result of this tendency. At the moment, more than 28% of Indians make their homes in urban regions; however, this percentage is projected to increase to more than 44% by the year 2025.

Urbanization has its own set of benefits as well as drawbacks. Along with industrialization and economic progress, changes in social structure and the make-up of families are key factors contributing to this demographic transition. The negative effects of urbanisation on mental health include an increase in stress as well as characteristics such as an environment that is congested and dirty, growing concentrations of violence,

---

and a loss of social support. Because of shifts in population, many old men and women have been abandoned in rural regions to care for themselves, while younger generations have moved to the metropolis in pursuit of employment. This results in a decrease in the number of elderly people who provide care in the community. In 1990, it was discovered that low- and middle-income nations were home to 58 percentage points of the world's population that was 60 years old or older. This percentage will have increased to 67% by the year 2025. This oldest population would have increased by 200% in destitute nations over the previous 30 years, but in prosperous ones it would have increased by 68%.

There is a rising awareness that maintaining one's mental health is essential to maintaining overall physical health, and there is excellent justification for this. In light of the global trends that show how much mental illness affects both the quality of life and life itself, it is essential to take into account the occurrences that have an effect, regardless of the nature of that influence and whether it is good or bad. Taking into consideration the universal movement toward urbanisation is very necessary in this context. There has been a correlation establishedbetween the effects of urbanisation and a rise in problems related to mental health. As more people migrate into urban areas, more space has to be allocated for infrastructure, and more services need to be made accessible to residents in these areas. This goes against what one would anticipate the results of an increasing population to be. As a result, poor infrastructure increases the likelihood that a person will live in poverty and be more susceptible to the effects of environmental hazards. A smaller number of individuals are reaching out to provide assistance as a direct result of the rising prevalence of single-parent homes. Because they are more likely to be exposed to stressful settings and psychological loads, those who are disadvantaged have a higher risk of developing mental illnesses.

WHO ON URBANISATION AND MENTAL HEALTH

According to statistics provided by the World Health Organization (WHO), around 12 percent of all illnesses that affect persons across the world are mental disorders. Young people, who are often considered to be the age group that contributes the most to society, are also the ones that bear the greatest burden of mental problems. In the next decades, it is anticipated that mental illness would have a deleterious impact that is disproportionately substantial and significant on developing nations.

EFFECTS OF URBANISATION

The natural world has suffered a tremendous loss as a direct result of urbanisation. Diseases such as typhus, which is spread by fleas and lice, tainted food, and a variety of respiratory disorders, as well as cholera and typhoid, which are transmitted by polluted water, have been disseminated across society as a result of industrialization and the growth of megacities. During the summer, flies that have been feeding on human and animal waste may potentially be responsible for diarrhoea in humans. The vast majority of these illnesses are brought on by deplorable living conditions, an absence of access to clean water, the exploitation of children for labour, inadequate sanitation, and other associated problems.

The information on city residents' health should be easily accessible and freely available. The quality of people's health in urban regions is not always excellent, and urban environments are not always safe havens for healthy living. Urban areas are not always safe havens for healthy living. This is something that may be articulated in light of what is currently known about urban life and migratory trends. It follows that the health information would be most valuable foracquiring an awareness of the issues faced by urban populations with regard to their health and for effectively leading the creation of solutions. Inadequate housing, overcrowding, air pollution, scarce or contaminated drinking water, inadequate sanitation and solid waste disposal services, vectorborne diseases, industrial waste, increased vehicle traffic, stress brought on by unemployment and poverty, and a variety of other factors all contribute to a wide variety of urban health disorders and associated risks. These factors include, but are not limited to: inadequate housing, overcrowding, air pollution, scarce or contaminated drinking water, inadequate sanitation and solid waste disposal services, and more. They not only cause harm to the brain, but they also prevent children from developing normally.

CURRENT SITUATION REGARDING MENTAL HEALTH IN CITIES

The instability, insecurity, and mental isolation that are characteristic of city living are some of the factors that contribute to the prevalence of mental illness and instability in urban settings. A person who does not have their emotional needs satisfied is more likely to suffer from mental illness. At its core, the issue is characterised by feelings of worry, stress, isolation, and insecurity. The following aspects of city living have been linked to a detrimental impact on the mental health of urbanites, and there is a linkage between these two aspects:

Physical irritants that contribute to urban tension include high-pitched noises, persistent noise from equipment, stress from everyday commutes, assaults on the eyes from bright, multicoloured lights, and congestion in restaurants, retail shops, entertainment centres, and public transit. All of these factors contribute to

the feeling of being hemmed in by the city. The excessive worry and stress that an urbanite experiences as a result of the presence of an excessive number of outside influences is detrimental to their mental health.

Anxiety induced by competition and the process of urban life is characterised by competitions that take place on a larger and larger scale. Competition for employment, schools, contracts, consumers, and clients, as well as membership in any and all organisations and groups that can be conceived of. As a result, the person who comes in second place in the tournament can start to have negative thoughts about himself or get disappointed with the way he performed. An unhealthy amount of competition may put a burden on a person's mental health as well.

Urban life is complicated and varied in terms of people's interests, attitudes, and outlooks, as well as their frequent daily interactions and a wide spectrum of economic, political, and social interests. As a consequence of this, conflicts are one of the fundamental features of urban life. As a consequence of this, a little misunderstanding between two people might potentiallyculminate in a physical conflict. As a consequence, there is a slow deterioration in cognitive abilities. As a consequence of giving equal weight to conflicting interests and points of view, the mind of an urbanite may become confused and complicated as a result of this practise.

Insecurities: urbanization's trademarks of isolation and loneliness, which by their very nature shatter cohesive social life and perplex the person, lead to a feeling of ambiguity. Urbanization's hallmarks of insecurity include insecurity. The person accords equal importance to contrasting systems of values and points of view on the world. In the competitive, demanding climate of a large metropolis, even those who display symptoms of weakness may be able to triumph over their weaknesses. Because of immigration, rapid urbanisation is leading to a rise in the number of individuals who are forced to live in substandard housing.Concerns over the use of children in labour, poor salaries, significant unemployment, and criminal activity, tense conditions, social dislocation, radical cultural changes, and solitary confinement poor parenting, fractured families, and a decline in aesthetic ideals tense situations, social dislocation, and radical cultural shifts and solitary confinement

As a consequence of this, each of the above-mentioned factors has a harmful impact on people's mental health and raises the risk for a variety of negative outcomes, including clinical depression, anxiety, psychosis, homicide, suicidality, substance abuse, accidents, cardiovascular disease, aggression, and so on.It has been hypothesised that when women are confronted with financial challenges, it has a negative impact on their mental health. Counseling sessions lead by a nurse or other community health professional, either individually or in groups, have been found to be effective in randomised controlled studies, either as the primary intervention or in conjunction with less expensive pharmacological therapy. Because of the growth in the number of one-parent households, the incidence of domestic violence is much greater in metropolitan societies. One of them is the connection that may be seen between drinking heavily and the mental health of women who have been abused in a close personal relationship. The community-based data from eight cities in the developing world demonstrates that partner abuse of women, both physically and psychologically, is distressingly prevalent and has a negative effect on both theirphysical and mental health. The data also demonstrates that this abuse has a negative effect on the women who experience it. There are several and intricate ways in which mental illness and financial strain are connected to one another. As a consequence of urbanisation, a number of "fringe settlements" have emerged, each subsisting by more insecure means (Mursaleena Islam etal 2006). Researchers in India found that males often verbally assault their wives and that domestic violence is widespread in a slum neighbourhood located north of Mumbai.

According to the findings of a research conducted by the WHO, there is a one-to-one relationship between women's experiences of violence and the psychological health of those women. A disproportionate number of the unfavourable effects that come along with urbanisation are experienced by women. Urban regions are likewise notorious for their high rates of domestic violence. In both developed and developing nations, the likelihood that a woman may suffer violence at the hands of an intimate partner is higher in metropolitan settings. It has been hypothesised that shifts in cultural paradigms, particularly the movement of people from rural to urban regions, might lead to the development of mental illnesses. The move from a rural to an urban way of life, on the other hand, is certain to be stressful. This is something that cannot be ignored. The distinctive ways in which urban dynamics and cultural influences interact is a defining characteristic of urban living. It is possible that a deeper comprehension of the cultural factors that play a role in urban adaption might be beneficial to the treatment of mental illnesses in urban areas. Patients seeking treatment in metropolitan locations need careful consideration of the cultural context of their condition throughout the process.

The prevalence of mental illness has to be brought to everyone's attention in every aspect of society. As a consequence of this, urbanisation is often considered to be an inevitable consequence of development. If a greater number of people were aware of the dangers that the flourishing Indian economy presented to their physical and, more importantly, their mental health, the economy might use a boost.

OLD AGE AND URBANISATION

The dynamics of not just society as a whole but also the family unit in particular are altered as a result of urbanisation. Because younger generations are moving away from rural regions to urban centres in pursuit of

jobs, many elderly individuals in these communities are being left to fend for themselves. As a result of this tendency, there are fewer persons who are able to give medical assistance to elderly patients who are ill. It is very uncommon for health carepractitioners working in rural locations to be unable to satisfy the needs of their senior patients. Even primary care is provided in an institutional environment like a hospital or clinic. Clinic appointments are a requirement for senior citizens. It often involves an extremely long journey and/or a lengthy wait. People who live in cities that have developed medical and social care infrastructures have developed a growing disrespect for the importance of their families and for their personal support requirements. However, the universality and dependability of the family care system in developing countries is often overstated by commentators and researchers. The elderly are especially susceptible to harm because of the pervasive notions that are still prevalent today. As a result of urbanisation, migration, nuclearization of the family, and multiple employment, providing care for the elderly has emerged as a significant issue in contemporary society.

MENTAL HEALTH AND WELL-BEING OF WOMEN

Women are more likely to experience negative outcomes as a result of urbanization's changes. Women have been compelled to leave their houses as a result of the nuclear nature of the metropolitan environment and the underlying economics of the globe. It is a fact that is generally accepted that urban areas have a higher incidence of domestic violence. Women living in urban areas, regardless of whether they live in a developed or developing country, are at an increased risk of experiencing sexual assault at the hands of an intimate partner. It was shown that the incidence of organic psychoses, neuroses, and affective disorders was much greater in females compared to men. The high rates of mental anguish that working women in India endure are, in part, attributable to the cultural standards that exist in the country. The mental anguish experienced by women is often neglected.

MENTAL REPERCUSSIONS

Researchers working for the "World Health Organization" (WHO) used a composite analytical interview to assess the incidence of emotional distress as well as the factors that predict it across different nations. It turned out that the pattern of mental disease was more prevalent in urban regions than in rural ones. This information was discovered. Culture plays a significant part in the development of contemporary civilisation. The way in which other people see a person who has recovered from a mental illness may make it more difficult for them to rejoin mainstream society. Another essential aspect that is significantly impacted by cultural dynamics is the relationship between a person's social position and their mental and bodily health. This is an area that has been shown to correlate strongly with cultural norms. Because of advancementsarea that has been shown to correlate strongly with cultural norms. Because of advancements in modes of transportation, there has been a significant rise in the number of individuals hailing from other nations who have chosen to make big cities their permanent homes. Because there is such a wide variety of cultural factors that have an impact on mental health, psychiatric treatment presents both obstacles and opportunities. However, the accurate diagnosis and treatment may be delayed among transnational immigrants owing to a lack of expertise with illness management, a variety of belief systems, and an unwillingness to relying on medical institutions.

II.   CONCLUSION

It is common known that mood problems are among the most prevalent contributors to disability all around the world. Research has shown that rapid urbanisation is linked to an increase in the environmental, social, and behavioural hazards for mood disorders including depression. The majority of mental health issues, as stated by the centre for "Urban Design and Mental Health" (UD/MH), are more prevalent in urban settings than in rural regions. In addition to this, there is a 20% increased risk of anxiety, a roughly 40% increased risk of depression, and a risk of schizophrenia that is twice as high. Few academics and professionals in the Indian context are aware of the detrimental consequences that bad urban planning may have on mental health, despite the fact that these effects are clearly obvious.

The COVID-19 pandemic has brought to light the significance of the public sphere to human well-being. This is particularly true in terms of preserving people's health and lowering the risk of infection through the use of hospitable urban design (infrastructure), which includes wider pedestrian paths for the purpose of maintaining the appropriate social distance. (UD/MH). Planning for cities could be beneficial to people's mental health. Residents have greater access to well-maintained green spaces that are home to a wide range of plant and animal species when they live in buildings or apartments that are located on higher floors. This appears to have many positive effects on reducing feelings of isolation and increasing opportunities for social interaction. Making it possible for people to get regular exercise by incorporating bike lanes, walking paths, and public transit into their daily routines is one of the most important aspects of urban planning. This makes it one of the most important aspects of urban planning.

REFERENCES

[1]. Chen, Suzaini M. Zaid, NurhanisahNazarali. EnvironmentalPsychology: The Urban Built Environment Impact on Human Mental Health.Planning Malaysia: Journal of the Malaysian Institute of Planners. SpecialIssue V, 2016; 23-38

[2]. Degenhardt L, Rehm J, et al. Global burden of disease attributable to mental and substance use disorders: findings from the Global Burden of Disease Study 2010. Lancet 2013; 382:1575–1586.

[3]. Gong P, Liang S, Carlton EJ, et al. Urbanisation and health in China. Lancet 2012; 379:843–852.

[4]. Hoare, Erina; Jacka, Felicea; Berk, Michael. (2019). The Impact ofUrbanization on Mood Disorders: An Update of Recent Evidence. CurrOpinPsychiatry. 2019;32(3):198-203

[5]. UN DESA. (2018). The 2018 Revision of World Urbanization Prospects.Population Division, United Nation, Department of Economic and SocialAffairs. New Yor

[6]. Rose N. Urban social exclusion and mental health on China's rural-urban migrants – a review and call for research. Health Place 2017; 48:20–30.

[7]. Sampson L, Martins SS, et al. Neighbourhood characteristics and mental disorders in three Chinese cities: multilevel models from the World Mental Health Surveys. BMJ Open 2017; 7:e017679.

[8]. Singh, O P. Insurance for Mental Illness: Government Schemes Must Showthe Way. Indian Journal of Psychiatry. 2019;61(2): 113–14.

[9]. Xiao Y, Miao S, Sarkar C, et al. Exploring the impacts of housing condition on migrant's mental health in Nanxiang, Shanghai: a structural equation modelling approach. Int J Environ Res Public Health 2018; 15:225.