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## A STUDY ON MENTAL HEALTH PROBLEM OF URBAN AND RURAL CHILDREN

Renu Sharma<sup>1</sup>, Dr. MridulaSaikia (Khanikor)<sup>2</sup>

Department of Nursing

<sup>1,2</sup>Shri Venkateshwara University, Gajraula (Uttar Pradesh)

### *Abstract*

This study seeks to fill this gap by observing rural and urban differences in the use of mental health services for children and the role played by family wages, health insurance and mental health status to clarify these differences. The analysis is based on three years of combined information (2015, 2016, 2017) of the National Survey of Families (NSAF). Three research questions are analyzed, which contrast children in rural and urban areas: (1) What is the mental health need of children, aged 6 to 17? What level of children, with a significant need for mental health, has used a mental health service in the last year? What is the normal number of mental health visits you have received in the last year? (3) What part does the family salaries and the type of insurance in the use of mental health services by children have? Our study has two neighbourhood variables: parents report that their child also has a mental and social health problem, and a parent reports on the use of their uncles' mental health services. Use is measured in two ways: each mental health visit in the last year and the number of outpatient mental health visits in the last year.

### **1. OVERVIEW**

Today there are various problems in human societies. So, it is a test for humans to be mentally healthy. For a person to adjust their condition, it is essential to be mentally healthy. A great mental health is obvious to healthy people. Mental disorder is exceptionally dangerous and also responsible for some psychological and maladaptive diseases. The main objective of the subject is to observe mental health among rural and urban students in India. The world becomes increasingly cantered and the nature of execution is the key factor for singular progression. The luminosity, in particular, in scholars and in general in

every other sector has been seen as an indispensable perspective. Parents need their children to climb the pavement of executions in such an abnormal state that it may be normal for the situation to be what it is. This desire for an abnormal state of realization attaches great importance to students, teachers, institutes and the educational context itself when all this is said. Undoubtedly, it seems that the whole line of action of education revolves around the students' academic performance, however, also unique results of the framework are foreseen. Subsequently, a great deal of time and effort is used by

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schools to help students achieve better academic results.

The World Health Organization (WHO) describes mental health as an essential and essential element for health and that there is no health without mental health. It has been taken into account that mental and substance use disorders are responsible for 6.77% of disability-adjusted life years (DALY) and the estimate is that 80% of people with severe mental disorders low wages get enough mental health services. Recognizing the burden of mental health problems, WHO has developed the Mental Health Gap (mhGAP) action program to expand the services of mental, neurological and substance use disorders at the level of essential care and the design of health action 2013-2020 to increase mental health services in situations of limited resources. 20% of all children have a diagnosable mental illness and in the vicinity of 5% and 9% a serious enough disease to prevent work. Most of the children in the two groups do not receive care and it is assumed that the gap between needs and use of the service is wider in rural areas than in urban areas. In any case, there have been a couple of national studies on the differences between the rural-urban in the use of the child mental health service, and what factors, including insurance, can intervene or decrease the differences. These studies are essential for policy makers, as they choose which approaches and strategies to use to meet the mental health needs of children in rural areas.

## 2.RELATED WORK

The number of children and adolescents with influence of mental disorders has been at the center of great interest in recent decades (Achenbach, Rescorla, Ivanova, 2012[1]; Insel, 2014[2]; Knudsen, Heckman, Cameron and Shonkoff, 2006[3]; Whiteford et al, 2013)[4]. Diagnosis rates have increased dramatically and a number of the development of children and adolescents currently requiring psychotropic drugs and therapies, educational interventions and a variety of services and housing has attracted researchers, physicians and global network interest. (Atladdottir et al[5], 2014 Egan, 2008[6]; Miller, 2010[7]. There is a confirmation that suggests that overdiagnosis and over-treatment exist to a certain extent (James et al., 2014[8]. However, a large confirmatory group indicates that children from now on do not exceed the number of children with mental disorders, and being diagnosed and treated are major health problems worldwide (Merikangas, 2013)[9]. Accurate estimates of prevalence are essential for assessing service organization, portion of resources, preparation and research priorities (Costello, Burns, Angold and Leaf, 1993)[10]. Furthermore, the identification of the variability of prevalence estimates can be added to the treatment of etiology questions and to educate the design of future studies. non-standardized methods with sampling strategies and measurement approaches that limited the internal and external legitimacy of the results. In the second 50% of the twentieth century, the advancement of

strong principles and methods in the study of disease transmission reached infantile psychiatry, an increasing discipline at the time. In parallel, the presentation of unequivocal diagnostic criteria incorporating youth disorders in the DSM-III (1980) allowed the progress of standardized psychiatric interviews and stimulated epidemiological research in the field. In the 1990 survey networks, epidemiological methods and standardized diagnostic criteria have been published, providing robust estimates of the rates of mental disorders in children and adolescents.

Over the past three decades, the growing number of investigations on the pending provided network estimated in various regions of the world. Systematic reviews and stories have summarized accessible writing, giving definitive methodological evaluations of the studies. Imperative common feedback among the revisions was the non-uniformity of methodological approaches, sampling strategies and case definitions between individual investigations, which limits the comparability of rates in various parts of the world. To date, there are no literature studies at various sites around the world that strictly use the same methodology and that infer formal categorical diagnoses of mental disorders in children and adolescents. Furthermore, there is no accessible meta-analysis to determine a combined prevalence estimate worldwide and to test the relative effect of each individual study method on the variability of study estimates.

### **3. SIGNIFICANCE OF THE STUDY**

The present study is justified in light of the fact that it is the first arrangement of its kind, and designed to investigate the think about of Mental Health of the senior secondary stage of rural and urban areas.

The present study will be useful for educators when all is said in done and teachers specifically because the learning of mental health think about under study will empower the educators and teachers to design their educational program keeping in see these factors for both rural and urban areas.

The present study will give an insight to the parents to bargain adequately with their children so that they will have the capacity to build up an understanding of the significance of mental health. This understanding will also assist the teachers to make a more tender, harmonious, warm and popularity based emotional atmosphere in instilling great study habits at school and furthermore appropriate preparing and direction might be given to the children likewise.

Besides, on the basis of the findings of the study, teachers may assist the students with modifying their behavior as to mental health related problems for the two areas. Educational administrators, educational modules planners, counselors and direction workers may also be profited by the results of this study. The information yielded by this work might be of extraordinary

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pragmatic use to train program of teachers and direction personals.

Findings of the study might be used at the season of admission of the students in various scholastic and professional courses of study. Researchers may also discover in it new challenges or new domains for advance investigation. The present study is thus envisaged to serve a multidimensional cause in the vast field of education.

In the present society, children are more reliant on their parents. As indicated by the research directed by Indian Pediatrics Association in 2002 about the social development of the children, it was discovered that any kids grasp the passageway into the fascinating social and social that set them separated from adults.

Social development has to do with how well people understand the idea of the social world they live inside. Social development is the thing that enables us to work as healthy adults. Without it, we wind up having a troublesome time ourselves, or causing a considerable measure of troublesome times for other people. A high level of social development has something to do with a high level of social skill.

Children are by definition, socially juvenile, and no one wants them to stay that the path as they develop into adults. Indeed, a lot of trouble engaged with helping children finds their approach to end up develop adults. It includes the advancement of social skills, psychomotor skills, self-care skills, social

improvement. Any types of diseases can meddle with these skills. Social adolescence is also every now and again associated with long haul alcoholism and drug abuse which started in youth, and is as often as possible experienced by therapists treating clients who have been abused as children.

This study on social development will assist the researcher with finding out the levels of social development among the school age children and there by behavior can be sorted. This will empower the parents, teachers to bargain successfully with their school age children and help them to end up develop grown-up.

#### **4.STATUS PSYCHOLOGICAL DISORDER CHILDREN AND ADOLESCENT IN INDIA**

Psychiatric epidemiology is the study of the distribution and determinants of the event of mental illness in individuals. In India, many researchers have studied the prevalence of various psychiatric disorders over time. In a nation like India, where people are less careful with mental health problems, only patients with significant mental illness access the mind and those with minor mental disorders remain in the community without identification and administration. Hence the advantages of epidemiological studies consist in concentrating on all levels of recognition of minor cases; lost cases; and the new cases.

In India, the total number of children in the 0-6 age group according to the total census

population in 2011 is 158.8 million, or 13.12% of the total population. The aggregate population level of 0-14 years includes 30.9% of the aggregate population of the nation. In India, the adolescent population makes up a quarter of the country's population, which is about 243 million, making up 20% of the 1.2 billion teenagers in the world.

There are some areas of concern, arising from the survey. The constrained scope of the NMHS and the WMHS calls for input. Customarily, the purpose of epidemiology is to address seven aspects of understanding health and illness conditions (Table 1).

**Table 1 Recent Epidemiological Studies in India**

Serial number	Purpose of epidemiology	NMHS: 2015-2016	WMH survey: 2005 (IJP, 2017) <sup>(1)</sup>
1	Magnitude of disorder(s)	+	+
2	Treatment utilization	+	+
3	Etiological factor identification	Limited	Limited
4	Historical trends	-	-
5	Completion of syndrome picture	-	-
6	Identification of new syndromes	-	-
7	Morbid risk	Not calculated	Not calculated

NMHS – National Mental Health survey; IJP – Indian Journal of Psychiatry; +- goal achieved; -- goal not achieved

## 5.CONCLUSION

We have recognized community studies that assess the prevalence of mental disorders in children and adolescents in 27 countries and in every global area. The meta-analysis showed a combined estimate of 13.4% (95% CI 11.3 to 15.9) of children and adolescents affected by any mental disorder. Significant heterogeneity was recognized and clarified

by the representativity of the sample, the sample scheme and the diagnostic meeting. Although these variables eliminated about 89% of the fluctuation, heterogeneity remained significant. Further meta-analyses found that the estimates without the need for impairment were characterized by an increase of up to 17.4% compared to estimates with a previous impairment requirement.

The heads of the health mind centers stressed that no pre-service preparing had been given in mental health to PHC workers. Around 33% of the nurses have had preparing in mental health mind no less than 2 days in the last year. The nurses had been prepared in child mental health and advancement yet additionally in aspects identified with maternal care. One respondent also remarked that the therapeutic doctors had extremely restricted preparing in mental health amid their education.

An accomplished psychiatrist expressed the significance of a patient-focused approach and that a patient may have numerous problems when seeking consultation. The respondent specified the immense incentive in understanding the contribution of neurology in psychiatry and the requirement for participation between restorative doctors and psychologists, which is currently absent.

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