

ABHIGYATA-LET'S CHANGE THE WAY WE PERCEIVE MENTAL HEALTH

Vedant Panchal, Department of Electronics and Telecommunication, Thakur College Of Engineering and Technology, Mumbai, India, panchalvedant13@gmail.com

Ananya Srivastava, Department of Electronics and Telecommunication, Thakur College Of Engineering and Technology, Mumbai, India, ananya16cl@gmail.com

Aniket Yadav, Department of Electronics and Telecommunication, Thakur College Of Engineering and Technology, Mumbai, India, aniyad304@gmail.com

ABSTRACT

A mental disorder, also called a mental illness or psychiatric disorder, is a behavioural or mental pattern that causes significant distress or impairment of personal functioning. Such features may be persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described, with signs and symptoms that vary widely between specific disorders. With the progress in technology, information from all around the world on all possible subjects is available on our devices. The World Wide Web has now become an adequate platform to inform individuals about various social topics and to create awareness. Thus the web becomes an adequate platform to increase awareness about a social topic like mental health.

Key words- mental health, awareness, mental health disorders, therapy

I INTRODUCTION

A mental disorder, also called a mental illness or psychiatric disorder, is a behavioural or mental pattern that causes significant distress or impairment of personal functioning. Such features may be persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described, with signs and symptoms that vary widely between specific disorders. Mental illness is a mental health problem that affects a person's thinking and behaviour. Every body is susceptible to mental illness. While genetic factors do play a role in the onset but it is not

always the case. There are families with a history of mental illness, and other family members show no signs of it. On the other hand, there are families with no predisposition to mental illness, and it suddenly strikes any family member. In the present era, modern technology has paved the way for multifunctional devices like smart phones and smart watches. There are around 4.3 million smart phone users in India. And with 2.5 million apps – available across digital marketplaces, smart phones are impacting day-to-day life in some surprising ways. The smart use of Smartphone increases your brain's functioning helping to stay active. About 89% of the population in India say they are suffering from stress compared to the global average of 86. The purpose of this study is to find the awareness of mental health applications in Indian smart phone users so that it can be utilized for improving mental health. Mental health is a major concern worldwide and India is not far behind in sharing this. If we evaluate developments in the field of mental health, the pace appears to be slow.

II LITERATURE SURVEY

Mental health burden is a major health concern worldwide. In the last few decades, we are witnessing innovations that are successfully addressing gaps in the mental health service delivery in Indian context. This is an opportune time to explore existing innovative mental health initiatives in the country and integrate viable interventions to primary healthcare facilities to strengthen public mental healthcare delivery.

Mental health awareness campaigns have yielded positive outcomes. Some of the strategies undertaken to target awareness and address stigma around mental illness include participation by family members, sensitization to treatment and social inclusion. Lack of knowledge about the mental illnesses poses a challenge to the mental health care delivery system. Research has highlighted the role of community-based systems in low-income countries and has also yielded positive results in creating awareness, thereby impacting participation. Awareness and health literacy are two sides of the same coin. Stigma and discrimination are negative consequences of ignorance and misinformation. There are a few studies which have measured mental health literacy in the Indian context. One study found mental health literacy among adolescents to be very low, i.e. depression was identified by 29.04% and schizophrenia/psychosis was recognized only by 1.31%. Stigma was noted to be present in help-seeking. These findings reinforce the need to increase awareness of mental health. Mental health literacy is a related concept which is increasingly seen as an important measure of the awareness and knowledge of mental health disorders.

III PROPOSED SYSTEM

The proposed methodology for the project is to create a front end website to create awareness about mental health. The website will feature 3 topics- the situation of mental health awareness in India, symptoms of certain behavioral disorders and organizations that can help an individual seeking counselling. The website was created with the help of HTML and CSS.

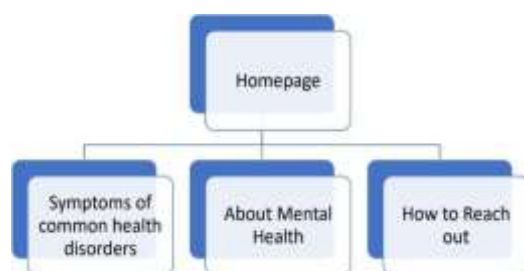


Fig. 1: Flowchart of Website

The above figure depicts the Flow of the Website. The first page of this website consists of the

Home Page which holds the title of the project:- Abhigyata:- Lets change the way we perceive Mental Health. Below this title there we have inserted three button options viz. Symptoms of common health disorders, About Mental Health and How to Reach out different organizations who help the patients to curb this illness as soon as possible.

IV RESULT AND DISCUSSION

The website is Created with the intention of increasing the awareness of our mental health. From a technical perspective, the concepts and terminology of HTML and CSS were applied, hence increasing proficiency in these two languages. After creating this website, there will be a common platform on which the people can surf regarding mental state. This website has also brought more recognition on mental health and what we as individuals can do to keep our mental health in proper shape.



Fig 2: Homepage of Website

This is the homepage which acts as an introduction to the project. The prominent feature of this page is the navigation bar which leads us to the three sub pages.



Fig 3: Web page on Mental Health Awareness In India

This page gives the information about the state of Mental Health in the Country of India and the steps being taken to bring awareness to mental health.



Fig 4: Web page on commonly diagnosed Mental Health Disorders

This page gives us information about commonly diagnosed mental health disorders and their symptoms.



Fig 5: Web page on organizations working on Mental Health Awareness

This page gives the viewer information about certain organizations working for mental health awareness.

The website aims to increase awareness and clear misconceptions about mental illnesses. Using a medium that is accessed by millions of people, the website acts as a medium to educate the viewers about mental health disorders and methods to help themselves or their loved ones receive appropriate treatment.

V. CONCLUSION

Almost half of the young generation across the globe are experiencing mental health problems. Most of them are experiencing different forms of

depression and anxiety caused by peer pressure, family concerns, and poor self-esteem. Also, those who are experiencing these resort to a lot of dangerous activities that could lead to serious complications. However individuals are not considering mental health a priority.

We have come up with an idea to make an awareness amongst the people not to neglect their mental health in any circumstances since it matters the most in recent lifestyle. Hence we have come up with the solution to create such website which increases the awareness regarding our Mental health, its importance and symptoms to go through to check whether you are affected by this silent deadly killer.

Although mental health is a fundamental component of health, recognition of mental disorders and awareness about its importance is limited. Stigma and lack of understanding about mental disorders are major barriers to seeking help and promoting better mental health. Increasing understanding and overcoming stigma through strategic communications and social mobilization are crucial steps towards strengthening mental health programmes.

REFERENCES

- [1] India code, 'Definition of Mental Healthcare Act, 2017', [Online]. Available: https://www.indiacode.nic.in/show-data?actid=AC_CEN_12_13_00024_2017_10_1517807327874§ionId=6208§ionno=2&orderno=2
- [2] National Institute Of Mental Health, 'Health Topics', [Online]. Available: <https://www.nimh.nih.gov/health/topics/index.shtml>
- [3] Child Mind Institute, 'Introduction', [Online]. Available: www.Childmind.org
- [4] Manav Foundation, 'Genesis' [Online]. Available: www.manavfoundation.org.in
- [5] Psych Central.com, Symptoms And 'Treatments of Mental Health Disorders', [Online]. Available: <https://psychcentral.com/disorders/disorder>