

SOCIO-PSYCHOLOGICAL CAUSES AND CONSEQUENCES OF MENTAL DISORDER AMONG THE FEMALES OF DISTRICT MULTAN

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ABSTRACT: Women are the most essential part of our society; without women our society cannot move. There are several social & psychological factors which make a women mentally retarded. Researcher used case study method. In this qualitative research a sample of 10 respondents was selected by using purposive sampling from Multan city for in-depth study. The study concluded the causes of mental disorder were domestic violence, exchange marriages, marriages as migration from rural to urban areas, none of cultural adjustment.

KEYWORDS: Women, Mentally retarded, violence, exchange marriages & cultural adjustment.

1 INTRODUCTION

After years of empirical research & theoretical activity, social scientists still do not agree about what mental illness actually is, let alone about what its primary causes are or about the efficacy of various treatments. Sociologists disagree about whether or not mental disorder is truly a disease that some people have and other people do not have, thus fitting a medical model of health & illness. They disagree about the relative importance of genetics, biochemical abnormalities, personality characteristics, & stress in the onset & course of psychiatric impairment. Most sociologists do, however, agree that definitions of mental illness are shaped by the historical, cultural, & interpersonal contexts within which they occur. They argue that the significance of any particular set of psychological or behavioral symptoms to a diagnosis of mental disorder lies in part with the actor & in part with the audience. Given this understanding of mental illness, sociologists are often as interested in understanding the consequences of being labeled mentally ill as they are in understanding the causes. Sociologists do, indeed, study the social distribution & determinants of mental disorder. However, they also study social reactions to mental illness & the mentally ill & investigate ways in which mental health professionals & institutions can come to serve as agents of social control. Such research may confuse the effects of variables such as social class, gender, place of residence, & age on psychiatric treatment with the impact of those same variables on the development of psychiatric impairment. Furthermore, such research may confuse the effects of variables such as social class, gender, place of residence, violence & age on psychiatric treatment with the impact of those same variables on the development of psychiatric impairment (Suzanne et al, 1952). Mental illness refers to the actual disorder, while psychiatric disability refers to the impairment of the individual as a result of mental illness. There are three types of factors of mental disorder; 1) biological factors, 2) psychological factors, 3) environmental/social factors. In which, we study environmental factors. Environmental factors which included in mental illness are death or divorce, a dysfunctional family life, sex selection abortion, when try to finish the right/freedom of females, poverty, feeling of inadequacy, low self esteem, anxiety, anger, or loneliness, social or cultural expectations, women violence and discrimination.

2 REVIEW OF LITERATURE

Klasco (2011) stated that Psychological disorders are also referred to as mental disorders these are the abnormalities of human mind that result in persistent behavior patterns that can seriously affect day-to-day functions & life. FBI (2001) defined about Domestic violence is a pattern of behavior in which one intimate partner uses physical violence, coercion, threats, intimidation, isolation & emotional, sexual, or economic abuse to control the other partner in a relationship. Stalking or other harassing behavior is often an integral part of domestic violence. Unazia et al, (2006) said that even in the new millennium, women in South Asia are deprived of their socio-economic & legal rights. They live in a system where religious injunctions, tribal codes, feudal traditions & discriminatory laws are prevalent. They are best by a lifetime social & psychological disadvantage, coupled with long year of child bearing. They often end up experiencing poverty, isolation & psychological disability. Some ancient traditions & customs are still followed promoting various forms of violence against women. These include honor killing, exchange marriages, marriage to Quran, bride price, dowry, female circumcision, questioning women's ability to testify, confinement to home, denying their rights, the practice of Sati. Tina, (2006) said that mental, psychological, or emotional abuse can be verbal or nonverbal. Verbal or nonverbal abuse of a spouse or intimate partner consists of more subtle actions or behaviors than physical abuse. While physical abuse might seem worse, the scars of verbal & emotional abuse are deep. Studies show that verbal or nonverbal abuse can be much more emotionally damaging than physical abuse. Verbal or nonverbal abuse of a spouse or intimate partner may included on threatening or intimidating to gain compliance, destruction of the victim's personal property & possessions, or threats to do so, violence to an object (such as a wall or piece of furniture) or pet, in the presence of the intended victim, as a way of instilling fear of further violence, yelling or screaming, name-calling, constant harassment, embarrassing, making fun of, or mocking the victim, either alone within the household, in public, or in front of family or friends, criticizing or diminishing the victim's accomplishments or goals, not trusting the victim's decision-making, telling the victim that they are worthless on their own, without the abuser, excessive possessiveness, isolation from friends & family, excessive checking-up on the victim to make sure they are at home or where they said they would be, saying hurtful things while under the influence of drugs or alcohol & using the substance as an excuse to say the hurtful things, blaming the victim for how the abuser acts or feels, making the victim remain on the premises after a fight, or leaving them somewhere else after a fight, just to "teach them a lesson", making the victim feel that there is no way out of the relationship. Sometimes all these reasons make a female the victim of different type of disorder, e.g; depression, anxiety, schizophrenia, post traumatic stress disorder & many others disorders. Mental Health Week (2011) defined about current research which shows that people with major mental illness are 2.5 times more likely to be the victims of violence than other members of society. This most often occurs when such factors as poverty, transient lifestyle & substance use are present. Any of these factors make a person with mental illness more vulnerable to assault & the possibility of becoming violent in response. Rashmi et al (2007) explore in her article that after marriage, if one female migrate from one culture to another culture, then she can't adjust herself in this culture & start to become the victim of mental disorder. Ceaser (2010) defined in his article that in many Islamic countries, Muslims used to justify violence against women with Islam. Yet many religious experts state that Islam rejects the abuse of women and advocates equality in the rights of women and men. Mayo (2012) stated that Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. A mental illness can make you miserable and can cause problems in your daily life, such as at work or in relationships. In most cases, mental illness symptoms can be managed with a combination of medications and counseling (psychotherapy). John (2011) stated that depression is a common but serious illness & most who experience it need treatment to get better. National Health & Medical Research Council (2011) shows that Women who experience gender-based violence such as rape, sexual assault, intimate partner violence and stalking have a higher lifetime prevalence of mental health disorders, dysfunction and disability.

3 PURPOSE OF THE STUDY

Mental problem is an important problem of society which causes malfunctioning of the individuals including male & female. If the female is mentally disturbed that can negatively affect the functioning of the whole family. This shows the significance & importance of the problem. Sociologists disagree about whether or not mental disorder is truly a disease that some people have & the other people don't have, thus fitting a medical model of health &

illness. This seems relevant to the medical sociology; hence vital sociological significance. Some argue that the significance of any particular set of psychological or behavioral symptoms to a diagnosis of mental disorder lies in part with the actor & in part with the audience. Given this understanding of mental illness, sociologists are often as interested in understanding the consequences of being labeled mentally ill as they are in understanding the causes. Sociologists do indeed, study the social distribution & determinants of mental disorder. However, they also study social reactions to mental illness & the mentally ill & investigate ways in which mental health professionals & institutions can come to serve as agents of social control. Violence against women is now well recognized as a public health problem & human rights violation of worldwide significance. It is an important risk factor for women's ill health, with far reaching consequences for both their physical & mental health. This glossary aims to describe various forms of interpersonal violence that are directed towards women & girls. In society, many females became the victim of mental disorder due to violence, cultural complex/non cultural adjustment & cultural factors. The main objectives of the present research were:

1. What are the different socio-psychological causes of mental disorder among females?
2. To find out the different consequences of mental disorder.
3. To find out the different reasons of domestic violence with regard the mental disorder in females.
4. What is the effect of mental disorder on the families of the disordered females?
5. What is the effect of mental disorder on the children of the disordered females?

4 RESEARCH METHODOLOGY

The researcher used qualitative research design. In this explorative research, researcher used case study method for data collection. The universe/population of the present study comprised of all the women of Multan city who affected by violence & suffering in mental disorder. The universe for the present study is Multan. The researcher selected those ten females who were facing violence & became the victim of disorder purely on the basis of purposive sampling. These ten females were taken from the Raza Abad Colony, Muhulla-Al-bakir, Pull Wasil Wala, Shah Gosa Abad, Area Shahi Werra, Jhok Bullu, Al-Karam Town, Baste Gujranwala Wali & Mumtaz-a-Abad of Multan and researcher took the help of lady health workers for finding out the data. The respondents of researcher were those individuals who were facing violence but also mentally retarded. In six cases, the data provider of these women was their mothers, in 2 cases, sisters gave their history, because they were unable to talk to others as they were not in their senses and in other 2 cases, the data was provided by their own self because when they felt that they are becoming mentally ill because of violence then they went for psychiatric treatment. For collecting data, the researcher used interview guide. To select those respondents and to conduct an in depth interviews, it was necessary to select the respondents purely on the basis of special purpose, which the researcher had in her mind.

4.1 HYPOTHESIS

"Greater extent of domestic violence against women, greater the chances of mental disorder".

5 CASE STUDIES

5.1 FAMILY SYSTEM

8 women were from the joint family system, one was from nuclear family system and one was widow.

5.2 STATUS

6 women were housewives, one woman was divorced, one was widow, one woman was lady health supervisor and one was lady health worker.

5.3 EDUCATION

3 women were illiterate, 3 woman were primary passed, 2 were middle, one woman was F.A and one was having the degree of B.A.

5.4 SOCIAL CAUSES

In case no. 1, the main cause is to be taken the revenge by the husband of victim because he want to get marry with other women but his marriage could not be done with her that's why he assume her a basic cause, so, he started to threatened her mentally, physically & emotionally. In case no. 2, The main causes were 1) exchange marriage 2) cruel of husband & in-laws family 3) consider her as a servant/ animals 4) bound her from everything 5) take away the children from her. In case no. 3, The main cause which I found was domestic violence which crossed the peak of patience or tolerance. In case no. 4, the will of husband of victim is doing second marriage. He and his family tortured her to get rid of her. As like behavior make her totally mentally retarded. In case no. 5, main cause which I found in this case was exchange marriage, domestic violence, behave with her like an animal & take away the children from her. In case no. 6, the causes which I found in this case these are 1) she was handicapped 2) working condition slow 3) get deception in her life two times 4) domestic violence in 1st marriage life and also in 2nd marriage life. In case no. 7, the cause which I found was exchange marriage and higher education of victim and grasp her pay. In case no. 8, the cause which I found in this case was cultural adjustment. The marriage of victim was done in rural areas whereas she was a modern girl and lived in city. Her husband hit her with axe and grasp her all salary. In case no. 9, the limits of bearing violence was crossed. In case no. 10, domestic violence, exchange marriage and death of her sympathetic brother.

5.5 SOCIAL CONSEQUENCES: BEHAVIOR OF CHILDREN

In case no. 1, Victim has 5 children. Edwin Sutherland said in his theory that "Criminal behavior is learned in interaction with other persons in a process of communication" it means that which we see we learned, so, the children of victim, who see their father to hit the mother and they also behave like father with their mother. In case no. 2, the victim has 2 sons; one is 15 years old and second is 6 months old. But the behavior of his son whose age was 15 years, used to show cruelty towards her mother like his father or like her in-laws family. In case no. 3, the mental condition of children was also affected after seeing the cruel behavior with their mother and by seeing their mentally retarded mother. In case no. 4, I could not find any result about the behavior of children because when her son was of 2 months old, she was totally mentally retarded and he was also living with his father. In case no. 5, I could not find any behavioral affect of children because they were also living with their father. In case no. 6, the mentally condition of her daughter was totally disturbed. She became the victim of fear, not talk to anyone, lives silent and not have the confidence. In case no. 7, I could not find out the effects of mental disorder on the children of victim because they behave like their father with her mother. In case no. 8, her children became the victim of intimidation. In case no. 9, I find out the effects of mental disorder on her son because he also starts to become the victim of mental disorder. In case no. 10, her all children were worried about her.

5.6 PSYCHOLOGICAL CAUSES: MENTALLY STATUS OF WOMEN

In case no. 1, victim was totally mentally retarded. She was not in her senses she was not conscious about eating or drinking. She was totally silent, not listen to anyone. In case no. 2, the behavior of victim was hyper in nature, she breaks the things and she gradually attempted for suicide and she don't trust to anyone. In case no. 3, victim was suffering with anxiety and depression and she could not trust to anyone and assume everyone as her enemy. In case no. 4, she has lost her senses permanently, her family tied her with rope at bed and when she suffered with panic attacks then she used to make noise and break the rope and ran away in the streets. In case no. 5, victim was totally mentally retarded. She was not in her senses she was not conscious about eating or drinking. She was totally silent, not listen to anyone. she tried for suicide gradually. She was also suffering with heart disease. In case no. 6, she was the living like a zombie and having hyper behavior, laugh and weep spontaneously. In case no. 7, she became the victim of depression if she would not do job then she would be totally mentally retarded: told me by their office member. In case no. 8, victim was suffering of depression and anxiety and also many other diseases such as stomach ulcer, wounds in intestine, & heart diseases and her staff members said that her performance is very dreadful in work but we did not take out her from job otherwise she would be totally mentally retarded. In case no. 9, the victim manifests with weeping disorder & tried for suicide many times. In case no. 10, she ran in the street with knife in her hand and no one can pass near to her house. She beat the people and make a noise so much.

5.7 PSYCHOLOGICAL CONSEQUENCES: AFFECT ON FAMILY

In case no. 1, there was no effect on the family of victim because victim has step mother and her behave was very cruel with her. In case no. 2, I did not find any affect on the family of victim because her parents were died and she was living with their brothers. In case no. 3, her parents were very worried about her horrific condition and the condition of her children was also affected & they feel fear from everything and have no confidence. In case no. 4, her family were disturbed by seeing her condition. In case no. 5, the victim of mother was very worried about her. In case no. 6, her mother and her daughter was totally depressed. In case no. 7, I could not find effects of mentally disordered woman on family because her brother said that we have no concern with you because our duty is just doing your marriage. In case no. 8, Her parents were worried about her and her children were becoming the victim of intimidation. In case no. 9, I find out the effects of mental disorder on her son because he was also becoming the victim of mental disorder. In case no. 10, her children were worried about her.

5.8 PSYCHO TREATMENT

in 7 case studies: the response of people that if we give them treatment then it is the sign of our insult, what people think about her that their daughter cannot bear the feuds of house and these are women, so, providing treatment to them is the wastage of money. But there are 3 women who are getting treatment; one woman is getting treatment from Khwaja Farid Hospital, 2 women are taking the treatment from Al-rahman Hospital.

6 CONCLUSION

1. All women are become the victim of violence. It does not matter women are working lady or not, women are educated or not.
2. There are some Social factors which push the women in the life of darkness, make her a mentally retarded person. These factors are 1) violence, 2) exchange marriage, 3) will of husband to do second marry, 4) make her isolated, 5) snatch her all salary, don't give them permission to use salary about her own will 5) snatch her children and 6) non-cultural adjustment.
3. In some families, I found that children are also became the victim of disorder. In their behavior, I found aggression and intimidation. They are disturbed from their house environment & their mentally retarded mother. And in some families, I found that children also learn the violent behavior from their family & they also behave their mother like their father or their violent family.
4. In our society, our families don't get the treatment as like females because they understand that they are the sign for their insult in baradri & society that they became the victim of mental disorder due to violence.

7 SUGGESTION

Here are some suggestions for controlling this evil.

- 1- Should give the hard punishment to as like males then they feel pain & writhe & also feel the pain of females which they give them & they feel fear to give them tyrants. According to my point of view, government should search as like males & then they should call the media. In front of media, dibble would be dug & then put them in this dibble as like that their half body in the dibble & half is out. Then fill this dibble with scales & pointy bullions & take the machine of electric shock (which psychiatrist use for giving shock to brain) around their brain. On one side, stones would be gathered & then said the people that pick up the stones & beat them & also in electric shock machine leave the electric shock with intermittent & this process continued until death. After their death hang their dead body at that time that birds infect their dead body. All this punish show through the media at every channel. When males see this punishment at the T.V then they feel fear that thinks that before it females don't tell about their condition to anyone for their respect which they make & now govt. find as like males itself & give them as like horror punishment & then they start to respectively behave with females.
- 2- Also show the rights of females according to Islam & state show on T.V which violence males relate with Islam then know that how much they told true. Due to all these solutions I think that this evil should be finished or ended from society & no female will become a psycho patient or a zombie.
- 3- What is the rights of females should be as compulsory subject in school & collages.
- 4- There should be seminar about women rights & stopping violence in rural & urban areas.

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