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20HH - HEALTH, HAPPINESS AND WELLBEING

20HH - 3. MENTAL HEALTH

SYMPOSIUMS: MENTAL HEALTH ISSUES OF THE TRIBALS: PROMOTING THEIR WELL-BEING

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ABSTRACT

Mental health of people is a big challenge across the globe as there is a drastic decline in their mental health over the years, leading to different kinds of mental illnesses. It is one of the biggest causes of disability, as people become dysfunctional socially, economically, cognitively and emotionally. National Mental Health Survey (2016) in India, has revealed that one in every ten individuals suffers from some form of mental disorder. It is therefore, important to point it out here that we do not have sufficient studies on the mental health status of the tribals. India is the home to the largest tribal population of the world as they constitute 8.5% of our total population having 705 tribal groups. In Odisha there are 62 tribes having distinct culture and heritage. They are the children of the forest as they have been brought up in the lap of nature. Due to rapid social changes (mining, deforestation, industrialization and exploitation) their lifestyle, belief system and community living are getting adversely affected. Acculturation has enhanced their consumption of alcohol, poverty, conflict and family disintegration resulting in high amount of psychological burden like stress and anxiety. Adequate steps have not yet been undertaken for mapping out the prevalence of different types of mental disorders, treatment or intervention facilities and rehabilitation of these people. There is a need to develop tribal mental health policy for the prevention of mental illness and promotion of their well-being. Mental health research in different tribal pockets to generate data, awareness campaigning and extending psychiatric and psychological services for the promotion of well-being should be taken up on a priority basis.

Keywords: Mental Health, Tribal, Well-being

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