



‘SHE’ AND ‘HER PSYCHE’



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Mental health is any individual's fundamental right and every attempt is to made to achieve it in one's lifespan. Having said that, it is important to look after the various determinants which define its dimensions. Gender is one of such determinants which influence one's mental health. Men and women are different in biological and social aspects and so is their psyche.

Woman exhibit a unique way of thinking, perception, ability to deal with problem situations, use of coping styles, pattern of seeking support and resilience.

All of these are decided by her genetic predisposition, upbringing, discrimination that they face at every stage of, lack of adequate support during perinatal period and later in child-rearing process, hormonal changes in her life-span and social expectations from her. When psychological disorders are considered, gender have been reported to influence age of onset of symptoms, clinical features, frequency of relapses, course, and long-term consequences of severe mental disorders (1). Hence it is important to keep in mind all these factors while addressing her psyche in clinical and social set-up.

Women empowerment do not necessarily mean letting her stand at par with men and but I believe it shall be where she is allowed to be what she is where her strengths are enlightened and weaknesses are shadowed.

Reference:

1. Malhotra, S., & Shah, R. (2015). Women and mental health in India: An overview. *Indian journal of psychiatry*, 57(Suppl 2), S205–S211. <https://doi.org/10.4103/0019-5545.161479>