



## PREVALENCE OF DEPRESSION AND POST TRAUMATIC DISORDERS IN KASHMIR

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### Abstract:

In Kashmir, high insecurity and constant clash is the common phenomenon among people Anytime get acknowledged with different kind of news which is held in Kashmir such as attacks murders, etc. due to which local citizens live in a fear. This fear generates the anxiety, depression and post traumatic stress disorder among people. In this study we have studied the existing literature and identified the key findings.

Keywords: Kashmir, Prevalence. Post-traumatic stress disorder. Depression

### Introduction:

The most important factor which is needed for quality of life and overall health is mental health the activities are directly or indirectly connected with it. Trauma, depression, stress, anxiety, etc. the example of mental sickness. People are not paying much attention on these elements however also affects their physical health and reduce the efficiency of work People living in the Kashmir extremely suffering from traumatic disorder. As per data, in Kashmir approx 58.69% people of community are experiencing high depression which occurred on regular intervals. There are differ kinds of predisposing factors of trauma which are as follows any

- Genetic predisposition and female sex
- Multiple trauma Poor social support
- Lower intelligence quotient (10)
- Past history of psychiatric illness and Substance abuse
- Neurotic personalities

### The Kashmir in Context:

- ✓ **Demographics:** "The Kashmir Valley lies within the Indian state of Jammu and Kashmir between Jammu (to the south) and Ladakh (to the east) with the line of control (border with Pakistan) along its northern and western borders. It covers a geographical area of 15,948 km<sup>2</sup>, with a population density of 430/km<sup>2</sup>. The total population is 6.9 million, with 73%, living in rural areas and 27% living in urban centres (2011 census)."
- ✓ **Political context in Kashmir:** "Since the partition of India in 1947, the Kashmir Valley has been subject to continual political insecurity. Following three Indo-Pakistani wars (1947 1965 and 1971) and one Indo-Chinese war (1962), an internal resistance movement for self determination developed. In 1989, an insurgency began, resulting in 27 years of militant and military activity. By 2012, approximately 70,000 Kashmiris had lost their lives in the conflict and 10.000 people had been reported missing."
- ✓ **Economic context:** "Political instability has a negative impact on the social, economic and material fabric of society and gives rise to stressors affecting the everyday life and livelihood of the population. A nationwide survey conducted by the Ministry of Labour and Employment in



2012-2013 found that Kashmir had the highest youth unemployment rate across India, with a high percentage of university graduates unemployed."

### **Review of Literature**

(Housen et al., 2019) studied "Trauma in the Kashmir Valley and the mediating effect of stressors of daily life on symptoms of posttraumatic stress disorder, depression and anxiety" and found that trauma was left the unwanted or unenthusiastic psychological impact of existing in surroundings of prolonged divergence which had been studied in this research. But, there was a high requirement had been needed to appreciate the role of non- divergence factors to diminish the effect of trauma among people. an outcomes of the trauma was not good as it increased the depression, anxiety and post traumatic stress disorder.

(Housen et al., 2017) studied "Prevalence of anxiety, depression and post-traumatic stress disorder in the Kashmir Valley" and found that in 1947, India had alienated the Kashmir which increase the political insecurity and enduring divergence due to which large amount of military had been engaged there to provide them safety and stability in the state. In this study, cross sectional population based survey had been done among youth to guess the prevalence of depression, anxiety and PTSD (post traumatic stress disorder) in the sample area of Kashmir. In this study researcher found that prevalence of depression was highly given the bad impact on individual's life.

(Amin & Khan, 2009) studied "Life in conflict: Characteristics of Depression in Kashmir and found that physical, social and intellectual health was the important strands of life. All these were intensely interdependent and intimately interwoven to each other. People of all countries and societies were highly influenced by mental disorders. However they belongs to different age groups, sex, creeds, status and place of living they all are mentally disturbed and faced stress in their daily lives. Depression was one of the common psychological problem faced by individuals who involved in disruption, losses, conflict and experiences entrapment or humiliation in their life. Due to this many people were suffering from post traumatic stress disorder, who living between the rages of conflicts.

(Shoib et al., 2014) studied "Recent Trends in the Sociodemographic, Clinical Profile and Psychiatric Comorbidity Associated with Posttraumatic Stress Disorder: A Study from Kashmir, India" and found that in the developing world, post traumatic stress disorder was a common disorder. This disorder was extremely found in disaster prone areas and areas of unstable political system. In last few decades pliability to different traumatic proceedings in Kashmir had been developed. However it was found in the research that occurrence of post-traumatic disorder was become low. The key aim of the study was to estimate the Prevalence of post-traumatic stress disorders (PTSD) among adults in field practise areas of Government Medical College, Srinagar. India." For sample collection, questionnaire had been prepared and distributed among the selected sample size to know the condition of mental disorder among youth.

### **Mental Health in Kashmir:**

Mental health practitioners show the high burden of mental sickness in Kashmir. Government takes many initiatives to spread awareness about mental illness among the people. To promote awareness many programs have been launched by government. in 1999, Indian government was take the initiative



to launch National Mental Health Plan (NMHP) with the objective of ruling out community based mental health services. The outcomes of these programs are very helpful as people become aware about the symptoms of mental distress and do not hesitate to meet with psychiatrist. In 2012, a nationwide review reported that the DMHP was barely functional in most districts of Jammu and Kashmir. This report suggested a renewed commitment by the Government of India to address the mental health needs of its population and called for research which could offer insights as well as pathways for change

### **District Prevalence of Depression, Anxiety and PTSD in the Kashmir:**

**Depression:** Depression is the situation when individual's mood suddenly changed which known as mood disorder. It can be the feeling of sadness, anger, loss, etc. that obstruct with a person's daily movement. "The proportion of the adult population in the Kashmir Valley suffering from symptoms of probable depression in 2015 was 41%, representing 1.6 million adults

**Anxiety:** Approximately 1 million adults (26%) in the Kashmir Valley were exhibiting signs of a probable anxiety-related disorder. Estimates for districts range from 16% in Srinagar to 36% in Badgam. The pattern across districts was similar to that identified for depression, with Baramulla and Badgam experiencing the highest prevalence rates

**PTSD:** The prevalence of PTSD in the Kashmiri adult population was estimated to be 19% representing 771,000 adults. Estimates for districts range from 11% in Srinagar to 27% in Baramulla  
Consistent with the high proportion of co-morbidity and multi-morbidity in those identified as probable PTSD cases the prevalence distribution pattern across districts is similar to that found for anxiety and depression.

### **KEY FINDINGS**

- 1.8 (45%) adults in Kashmir have significant symptoms of mental distress
- Approximately 1.6 million adults (41%) are living with significant symptoms of depression, with 415,000 (10%) meeting the diagnostic criteria severe depression.
- An estimated 1 million adults (26%) are living with significant symptoms of an anxiety related disorder.
- Nearly 1 in 5 adults (19%) or 771,000 individuals are living with significant PTSD symptoms, with 248,000 (6%) meeting the diagnostic criteria for PTSD.
- High rates of co-morbidity of symptoms of depression, anxiety and PTSD were found in adults.
- The districts of Baramulla and Badgam reported the highest prevalence rates of symptoms for all three mental disorders

### **CONCLUSION**

Disturbance is an unchangeable element of individual survival, particularly in a divergence condition. It has assumed that trauma has performed a vital part in the origin of several psychiatric problems. Traumatic stress encompasses experience to actions or the witnessing of actions that are severe and life intimidating. Several policies and programs are initiated by the government to encourage mental health, reduce risk factors, prevent behavioral & mental disorders, increase protective factors and enhance resilience. But there is high need to develop innovative community- based health programmes that reach out to all segments of the population and these programmes must be appropriate according to gender



and cultural. Thus, the condition of mental illness, prevalence of depression has been reduced in the Kashmir at a low pace but people are become more aware about the depression and mental illness.

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