

Mental Health Stigmatization in Societies

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Mental health stigmatization is one of the standard issues affecting many people in society. The essence is that individuals internalize this practice to extreme circumstances. Moreover, this ethics-laden problem prevents the affected individuals from seeking professional assistance (Ahmedani, 2011). The most affected populace by this condition is the physically challenged and persons with psychiatric conditions. The extreme case of this issue occurs within families where the affected personalities would consider as home. Mostly, the victims rely on their relatives and family members to heal through the condition after acceptance. Upon realizing that close family members do not consider them as other ordinary human beings, the victims end up isolating themselves and suffering in silence. Though several strategies have been instituted to deal with mental health stigmatization, nothing substantial has been achieved yet since persons close to the victims are still perpetuating the practice.

Mental health stigmatization remains a significant problem since people are always sympathetic towards the victims. For example, Bowers, Wates, and Jade (2008), in the story titled "Somewhere a Mockingbird," highlights the plight of a blind woman (narrator) with her struggles towards making parenting decisions. Notably, the woman and her siblings were born blind. It took courage and determination for the parents to raise children with a blind medical condition. When the narrator got married, she faced severe issues surrounding the uncertainty of their children since the medical tests had proved that her disease was hereditary. Even her husband (Dick) was worried about the possibility of their children being born blind. After consulting a particular physicist, the couple had a healthy baby girl. The main problem that the narrator experienced throughout her life is that even her parents and husband could not avoid seeing her as a challenged person. Therefore, the narrator's story proves that mental health stigmatization is deeply rooted in beings and families.

Next, mental health stigmatization is a critical problem following the public's generalization of certain physical features. The common circumstances of generalization occur when personalities associate specific physical features with beauty. Notably, people tend to associate some celebrity looks with beauty. This condition affects their self-esteem levels in situations where one does not match the qualities viewed by the public as perfect attractiveness. Tiefer (2006) talked about female sexual dysfunction being a condition created by society through various mongering tactics. For example, Tiefer (2006) notated that folks in the current society have developed the habits of imparting suffering that is absent in the ideal sense. Moreover, Tiefer (2006) states that business-minded individuals have realized the vulnerability of others and utilize such weaknesses in promoting their dealings. For example, there is wide use of selective statistics to exaggerate the benefits of treatment. Thus, persons will seek medical treatments for conditions that are not existing since society has stigmatized them mentally.

There are some arguments against the conception that the public perpetrates the spread of mental health stigmatization. Nilsson, Kugathasan, and Straarup (2016) argue that individuals suffering from mental health stigmatizations are victims of their actions. For example, Nilsson et al. (2016) stated that folks who have few demands and set their expectation so low end up becoming victims of mental health stigmatization. Besides, Nilsson et al. (2016) argue that no person in his or her right mind should fall victim to stigmatization. Since the policies against such practice are clear, individuals need to speak out and report such cases to the relevant authorities. Accordingly, such reasons justify the opposing views that mental health stigmatization is a self-inflicted situation.

Overall, society perpetuates stigmatization acts in various ways. Some of the affected groups are the physically challenged and persons with psychiatric disorders. Folks in communities consider them as less privileged and discriminate against them, leading such

groups to develop mental health complications in silence. As a result, the affected units would establish poor treatment outcomes. Most importantly, based on the above arguments, social stigmatization is most common than self-stigmatization. Hence, there is a need to constitute adequate measures to address mental health stigmatization in communities.

### References

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