

## Impact on Mental Stress and Adjustment In Post Disaster Society

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**Abstract :** *Post-disaster periods give rise to major short-term and long-term challenges for affected communities and societies. Short terms recovery needs different approach whereas long terms recovery needs something different approach. Due to this complexity of the recovery processes the multiplicity of its dimensions remains relatively underexplored. Having affected with socially, economically and physically the people of Uttarakhand cannot forget that day. Data have been collected from Chamoli, Rudrapur and Utrakashi Districts. Present study is divided into two parts in first part respondents' mental health status has been assessed then after in second part the impact has been ascertained. Mental illness in post disaster society is prevalent and manifold increase in numbers of mentally ill individuals have been noticed. After disaster demand of psychologist has increased and painkiller have been used to relax the mind in order to divert then attention. Post disaster society caused the psychological stress among the population due to loss of physical and social set up.*

**Keywords :** *Mental Stress, Mental Health Status, Attitude.*

Post-disaster periods give rise to major short-term and long-term challenges for affected communities and societies. Short terms recovery needs different approach whereas long terms recovery needs something different approach. Due to this complexity of the recovery processes the multiplicity of its dimensions remains relatively underexplored. In his study by M. Chalotte (2020) et.al., focused on different social capital approach for different society. He found that if same approach will be applied for all communities it will make them more vulnerable prone to collapse. For long and sustainable recovery, we need to approach differently. Social capital and social resilience quality of community is directly depending on the socio-economic status of the community. Socio-cultural practices of community include various factors but here we would focus on socio economic status and health related practices in a whole. Present study is divided into two parts in first part respondents' mental health status has been assessed then after in second part the impact has been ascertained. Mental illness in post disaster society is prevalent and manifold increase in numbers of mentally ill individuals have been noticed. In our socio-cultural setting mental illness is considered as a taboo therefore individuals use to hide their problem. Hence the problem of mental illness needs to see through socio-cultural aspect. If problem reside in culture than solution must also come from the same.

**1. Mental Stress and Adjustment in Post disaster Society :** Healthy society will always behave in positive manner. Poverty, hunger and conflict to chase the desired result always push back the society in downward direction. Mental health and physical health both simultaneous go on. Mental

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health of any individual must be as sound as the physical health. Mentally sound individual is fit to take decision. Right decision at right time can only be made if an individual is mentally sound. A post disaster society have always struggle for the pre disaster situation, and normalcy. This demands a lot of deliberations and commitments with sound mind. In society mental issues act like taboo and the patients are stigmatized within the society. Social stigma attached with the individual make them even more vulnerable and prone to collapse.

**1.1. Mental Health Status of Heads of the Households :** Mental health is the issue that needs to consider in post disaster society. PTSD is very common among the population that is affected with the flood. This question is relevant in terms of social health of any family.

**Table-1 : Mental Health Status of Family after Disaster**

Mental Health	Frequency	Percentage
Yes	143	47.66
No	85	28.33
A little bit	72	24
<b>Total</b>	<b>300</b>	<b>100</b>

Table reflect that 47% of the respondents have mental health issues, whereas 28.33% of the respondents are not affected with mental health issues and 24% of the respondents are mildly affected with the mental health issues.

Thus, Data shows that almost half of the affected population has been suffered with Mental stress.

**1.2. Loss of Mental Health of the Other Family Member :** Mental health status which was neglected earlier is now the most considerable factor to know the human health. Stress, anxiety, trauma etc. are the factors that need to take into account.

**Table-2 : Loss of Mental Health of Other the Family Member**

Mental Health of family member	Frequency	Percentage
Yes	216	72
No	48	26
Can't say	36	12
<b>Total</b>	<b>300</b>	<b>100</b>

The given table tries to show that 72% of the people have reported mental impairment. Whereas 36% people have given negative answer. On the contrary there are 12% people who have refused to say anything.

Thus, data shows that maximum population have problem related to mental health.

**5.1.3. Individual's Attitude towards Normal Life :** Attitude of an individual is decisive to their personality development. It will decide his/her mental health as well as physical health. In post disaster

society attitude of any individual will decide his/her social capital and networking in future. Rigid attitude will always invite criticism and isolation whereas a flexible personality has always got a strong social base. This question is to ask individual in post disaster society about their attitude towards the normalcy that developed aftermath.

**Table- 3 : Individual's Attitude towards Normal Life**

Attitude	Frequency	Percentage
You are happy	62	20.66
You are satisfied	107	35.66
You are still confused	53	17.66
You still see something missing	66	22
or you don't want to say anything	12	4
<b>Total</b>	<b>300</b>	<b>100</b>

As the table suggests 35.66% respondents are satisfied, 20.66% respondent are happy with the life, some are confused i.e., 17.66% where some are still missing something i.e., 22% and only 4% don't want to say anything.

Attitudinal changes after disaster are the reflection of new behavioural changes might be positive or negative. Attitudinal changes among individual will eventually change the whole cultural setting of that individual or family.

**1.3. Attitude of People towards Them :** Importance of this question is lies in the role of social cohesion and unity. Community participation is must for any social task where larger public interest is involved. Without the public participation any social movement never achieved success. Hence here this question will tell the social attachment of society towards the heads of the households.

**Table-4 : Attitude of People towards Them**

People's Attitude	Frequency	Percentage
Cooperative	179	59.66
Non-cooperative	83	27.66
Can't say	38	12.66
<b>Total</b>	<b>300</b>	<b>100</b>

This table suggests that nearly 60% of the respondents said that society has been cooperative for him whereas 27.66% of the respondents are non-cooperative, and 12.66% of the respondents is not in stage to say anything.

Thus, data shows that post disaster society have been very much cooperative and helpful in their attitude.

#### 1.4. Measures taken to Cope with Mental Illness:

Nowadays mental health is considering very much in any research for the purpose to know the resilient behaviour of any society or individual. In post disaster society it is very much necessary to take mental health status in account

**Table-5 : Measures taken to Cope with Mental Illness**

Measures taken	Frequency	Percentage
Meet good psychologists	47	15.66
Took simple painkillers	138	46
Just rested	75	25
Focused his attention on some other work	40	13.33
<b>Total</b>	<b>300</b>	<b>100</b>

Table shows that 46 % of the respondents took painkiller, 15.66% of the respondents meet the good psychologists, 25% just took rest and 13.33% focused their attention towards other work to divert the attention.

Data suggests that maximum population took painkillers and took rest.

#### 2. Impact of Disaster on Socio-cultural Life particularly in Health-related Aspects

Pre and post disaster society are two completely different social settings. Post disaster society usually a society after disaster where changes in whole social setting are there. Generalizing post disaster society among other societies is not justified at any cost. Here in this section a comparative analysis has been done to get the clear picture and to find out the impact of disaster on socio-cultural life in post disaster society especially in health-related domain.

**2.1 Impact of Mental Health in Pre and Post Disaster Society :** Post disaster society and its socio-cultural life is very much complicated and complex. Impact on socio-cultural life particularly in terms of health especially mental health has been considered in this study. A comparison has been done between pre and post disaster impact on mental health.

**Table-6 : Impact of Mental Health in Pre and Post Disaster Society**

Impact / Mental Health	Yes	No	A little Bit	Total
<b>Before</b>	10	265	25	<b>300</b>
<b>After</b>	145	85	72	<b>300</b>

Table clearly reflects that after disaster almost fifty percent of the population is suffering from mental health issue. On the contrary in pre disaster society very few were having mental issues.

Thus, impact on mental health in post disaster society is clearly reflecting from the data. Majority of the population is suffering from the mental health problems.

#### 2.2. Loss of Mental Health of Other the Family Member in Pre and Post Disaster Society :

In post disaster society mental health of the member of heads of the households has also been taken and its impact has been analyzed.

**Table-7 : Loss of Mental Health of Other Family Members**

<b>Impact / Mental Health of family member</b>	<b>Yes</b>	<b>No</b>	<b>Can't Say</b>	<b>Total</b>
<b>Before</b>	<b>13</b>	<b>227</b>	<b>60</b>	<b>300</b>
<b>After</b>	<b>216</b>	<b>48</b>	<b>36</b>	<b>300</b>

Thus, data shows that in post disaster society cases of mental health has been increased drastically. An impact on mental health of family member is also assessed.

**2.4. Impact on Attitude Towards Normal Life in Post Disaster Society :** Impact on attitude changes in post disaster society is an important factor to assessed. Here in this table impact of attitudinal changes ascertained.

**Table-8 : Impact on Attitude towards Normal Life in Post Disaster Society**

<b>Impact / Hand Washing Culture</b>	<b>Happy</b>	<b>Satisfied</b>	<b>Confused</b>	<b>Still Missing Something</b>	<b>Can't say</b>	<b>Total</b>
<b>Before</b>	217	83	00	00	00	<b>300</b>
<b>After</b>	62	107	53	66	12	<b>300</b>

Table data shows that 217 respondents were happy before disaster whereas 83 respondents were satisfied towards the normal life of the but after disaster same 62 of the same respondents is happy, 107 respondents are satisfied.

This data, suggests that majority (72%) of the population was happy whereas in post disaster society only 20% of them are happy and 35% is satisfied.

This shows that disaster negatively impacted the attitude of an individual towards the normal life.

**2.5 Impact on Attitude of People towards Them :** Attitude simply means the way an individual thinks, feel or behave. Importance of this question is lies in the role of social cohesion and unity. Individual inclination towards society or community shows cooperative attitude. Cooperative attitude in any disaster affected society is must to overcome a situation after disaster.

**Table-9 : Impact on Attitude towards Normal Life in Post Disaster Society**

<b>Impact / Hand Washing Culture</b>	<b>Cooperative</b>	<b>Non-cooperative</b>	<b>Can't say</b>	<b>Total</b>
<b>Before</b>	137	110	53	<b>300</b>
<b>After</b>	179	83	38	<b>300</b>

Table data shows that 137 respondents received cooperative attitude in pre disaster society whereas 179 respondents received cooperative attitude towards them, 110 respondents reported non cooperative attitude before disaster on the contrary 83 respondents reported non cooperative attitude in a post disaster society.

Thus, data shows that cooperative attitude is high (59.66%) after the disaster whereas before disaster it was 45.66 %. Data suggests that after calamity people's attitude reflects developed positively towards each other.

**2.6. Impact on Coping Strategies in Pre and Post Disaster Society :** Coping strategies are very much different in mental stress. Pre and post disaster society demands different approaches to meet the need of disturbed person. Table as follows:

**Table-10 : Impact on Coping Strategies in Pre and Post Disaster Society**

Impact / Strategies	Psychologists help	Took Painkiller	Took Rest	Focused to some other works	Total
Before	00	77	190	33	300
After	47	138	75	40	300

Data suggests the before disaster stress situation were never called upon psychologist instead 77 respondents preferred to take painkiller whereas 190 respondents took rest to relax their mind. 33 respondents focused on some other work to divert their attention from stress like situation. After disaster the respondents replied about 138 respondents took painkiller and 47 respondents took the help of psychologist 75 respondents preferred to take rest and 40 respondents focused on some other work to relax their mind.

Thus data, shows that after disaster demand of psychologist has increased and painkiller have been used to relax the mind in order to divert then attention. Post disaster society caused the psychological stress among the population due to loss of physical and social set up.

**Conclusion :** The human brain is considered to be the best of the best creatures, the reason being that it can think very well. Man, lives in a group because of interaction, the group is his life, because of the group he keeps himself alive. Man can never live alone. When a situation takes a very gruesome form, then he starts feeling difficulty in performing his roles. He thinks whether to do this work or do that work first. But by taking such a decision, he has to feel the tension, which also happens. On the one hand, a person tries to avoid the situational tension, even if he survives, then the role cannot escape from the tension. This is the reason that due to role stress, sometimes he takes some steps which he should not take. Here this thing was highlighted during the study. If the period of disaster has passed, then it is necessary for the person to deteriorate the mental condition. Because he knows that the damage done now will be very hard to make up for. When people were asked on this topic, 47.66% of the people were such that people who had such an accident and experienced mental stress, are still feeling that experience. 28.3% of people relieved themselves of this mental stress because they were able to recover the loss they had suffered. 24% of the people suffered very little from this mental stress, the reason being that the amount of damage they suffered was very small. That's why he got very quick success in making himself strong.

When people were asked how they felt about the psychological stress caused by the suffering of structural trauma. So, 37.33% of the people were such people who said that they cannot say too much but yes, we are still experiencing this. The lowest 51.35% are those who have never experienced this type of mental stress as above, the reason being that they have rid themselves of it quickly, and are in harmony with society in general, are being successful. 16.33 percent of people are feeling this sadness in general rate. When they remember it, they feel sad, but when they get busy with important work, they get rid of it or forget it.

When this disaster situation arose, people suddenly had to play some such roles which they had not even thought of. He was thinking of himself, of his family, or of his people to whom he had more sympathy. The people who thought about the family were 55.66% of the people. On playing the role of the society, that is, for the welfare of the people, those who were coming forward on the people, 16.66% of those people have been achieved. On the other hand, if we see, only 14.33% people have been found about outside family, those people who went ahead to help with people and they dedicated themselves to help.

When a dilemma arises about what to do and what not to do, when talking to people about what kind of experience did you get during the disaster, what kind of role do you have to play? So, on this topic the maximum 74.33 percent of the people who said that yes we were very confused about what to do and what kind of behavior we should present with people and what kind of experience we will have now which will share with anyone in future. But if we look at the same, then the lowest 7.33 percent of the people were such that they were not able to decide whether they have to do something or what kind of behavior or role to play with people. At the same time, 18.33 percent of people with negative thinking were found, they said that people were doing their own good, no one was doing good to anyone. In people with this kind of thinking, it was only seen in people that they were thinking only about themselves.

After the disaster period, if we look at how people dealt with mental stress? After knowing on this topic, it is found that only 13.33% people were such people who focused themselves on other tasks and got rid of this mental stress. But if we see a very large section which is 46%, those people said that by taking medicines like simple painkiller, they got rid of this difficulty and got command over mental stress and physical ailments caused by it. But if we see, there were 15.6% people who consulted a good doctor or psychologist. According to those people recovered themselves as advised by the doctor or psychologist and followed it, then they got rid of problems like headache, fatigue and nervousness. But there were 25% people who agreed to get rid of all these physical and mental ailments just by giving themselves rest, which is astonishing.

#### Reference

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