

## GLOBALIZATION AND DEPRESSION

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### ABSTRACT

Globalisation is bringing the world closer and changing the nature of human interaction in many spheres, economic, political, social, cultural, environmental and technological. The process of globalisation has both negative and positive results and it is likely to create both losers and winners. The complex link between globalisation, health, social and mental well being are being explored. One of the negative consequences of globalisation, which will be dealt in this paper is **depression**. Depression is a highly prevalent disorder. WHO predicted that in the year 2020 depression will be world wide, the second most important cause of disability. The experience of depression is because of feelings of insecurity in a competitive society. “Prevention is better than cure”, No, We believe prevention is the cure. So for intervention **YOGA** is suggested as effective therapy. Therapeutic Yoga aims at holistic treatment. Yogic practices reduce negative thinking and thereby negative emotions. By now it is well established that Yoga as a therapy has several benefits as it integrates physical, psychological, and spiritual aspects. Feedback from teachers who participated in Yoga Training Program under W.S.C. of Smt. CHM College shows improvement in concentration, removing body ache, headache, flexibility, relaxation and enthusiasm. Yoga does not merely teach a life style but is a concept and practice to be adapted right from very early age of the person, for self development, and spiritual discipline of the body and soul.

**KEYWORDS:** Globalisation, Yoga, Depression

### INTRODUCTION

#### Globalisation

Over the last 50 years the world has changed dramatically. We have entered the brave new world of globalisation. This term has been overused and even misused. The world has become more close knit, relying heavily on quick exchange of information, ideas, technology and knowledge. The process which is bringing the world closer everyday is referred as Globalisation.

**Definition of Globalisation:** According to Malcolm S Adishesia(1992), “Globalisation of the economy may be defined as the global dimension of the evolving world economy”.

According to Sravankumar Singh (1992) “Globalisation means the global reach of capital to all the world’s resources and markets. Broadly Globalisation can be defined as a process in which the traditional boundaries separating individuals and societies gradually and increasingly recede. This process is changing the nature of human interaction in many spheres, economic, political, social, cultural, environmental and technological.

#### Effects of Globalisation

The process of globalisation has both negative and positive results and it is likely to create both losers and winners. On the positive side the implications can be listed as large investments, rapid industrialisation, modernisation of economy and increase in foreign trend. Societies alter rapidly through urbanisation, acculturation, modernisation and social and cultural change. The quality of life in many countries is affected by economic disintegration, unequal distribution of

collective wealth, social disruption, political repression, migration and even war. Global economic forces have weakened poor countries and communities on one hand and reinforced the economic status of wealthy countries on the other hand. However the greatest inequalities are often to be found within the borders of the nation, states rather than between underdeveloped and developed countries.

### **Globalisation and Mental Health**

The complex link between globalisation, health, social and mental well being are now only beginning to be explored. A common view of globalisation is that it will lead to things getting out of hand. Most researchers underline the likely hood that the number of persons with major mental illnesses and the societal burden of mental health problems will be increased substantially in the years to come by the impact of globalisation. It is likely to increase societal inequality by exacerbating differences in access to distribution of resources. Social factors are likely to increase the risk of collective violence and civil war, in addition risks such as those of terrorists attack, exposure to dangerous substances, and the spread of drug resistant diseases, resulting from increase in international travel and commerce, as pointed out by Howson et al (1998). One likely to have an impact on mental health that should not be underestimated.

### **Globalisation and Depression**

One of the negative consequences of globalisation, which will be dealt in this paper is **DEPRESSION**. Depression can serve as paradigm in the discussion of the impact of the globalisation in the prevalence of mental disorder, idiom of distress, and pathways to care. Depression can occur as single episode in a lifetime, as one of many episodes or as a part of alternation with mania. The cultural background is likely to determine whether depression will be expressed in psychological and emotional terms or in physical terms ( Desjartais et al, 1995 ). Depression is a highly prevalent disorder. WHO predicted that in the year 2020 depression will be world wide, the second most important cause of disability after ischemic heart disease. More importantly, in developing countries major depression is projected to be the leading cause of disease burden. The experience of depression is recognisable in our community everywhere, be it in the family or profession----people are stressed. Moreover the feeling of insecurity can reach absurd levels in a competitive society.

President of Mumbai counsellor association, Harish Shetty said, “ Globalisation and competition has made a person emotionally vulnerable. These days people do not have anyone to share their grievances which pushes them to self destruction”. The feelings of insecurity in the competitive society makes it difficult for the people to cope with psychological disturbances. The college years are full of pressures and changes. Students may be challenged far beyond the challenges they face in high school. Academic material is much more difficult and standards set are much higher. Besides society’s expectations of young men and women and their own expectations are far greater than the previous generation. Never before they have faced so many choices, so many opportunity, and freedom.

Extreme forms of depression lead to suicide in many cases. Suicide is the culmination of a continuous process whereby a person’s mental capacity is not recognised. The provocation for suicide stems from the fact that youngsters could not discuss their fears with anybody. When a child is not able to talk to someone, his ability to tolerate stress becomes very low. Increasing number of students are getting addicted to external discrediting from academic goal and thereby make mundane tasks impossible. It is only recently that there has been a global interest in the quality of human life and psychological well being. Psychological well being has been conceived by psychologists in terms of happiness and satisfaction or gratification, subjectively experienced by individuals.

## **Intervention**

Prevention is better than cure. No, Prevention is cure. So for intervention there is a need for continuous exposure to different strategies and imbibe these measures as a part of their personality. The teachers and the counsellors may conduct workshops, lectures to different students class wise on a regular basis. Such programs will provide an orientation and understanding about how they can handle and deal effectively with such pressures, stress or tensions.

Teachers who interact with students everyday should become the frontline counsellors and should be trained to recognise students having stress, as suicide is rarely a spur of the moment decision. Suicidal tendencies in a person manifest themselves as subtle indicators. The most obvious signs are verbal.

Educational institutions just should not set up counselling centres but should provide a reality oriented view. Students should be encouraged to enhance the skills and the fact that examinations were just means to evaluate the academic performance.

## **Yoga: An Effective Therapy**

One such effective way is in the Eastern approaches and for this paper we are focusing on Yoga therapy. Yoga comes from the Sanskrit word “yug” means union, it is a spiritual practice that uses the body, breath and mind to energise and balance the whole person. Yoga thus is the life style for self and spiritual discipline of body and soul. Therapeutic yoga aims at holistic treatment of different kind of psychological and somatic disorders, from back pain to stress symptoms. Yoga has a close link with psychology. It has two important dimensions, which are focused by academicians. 1) as a basic science and 2) as a applied science. Long ago, yoga emphasised the role of positive thinking and approach for achieving pleasure and satisfaction in life. Yogic practices reduce negative thinking and negative emotion. By now it has been well established that yoga as a therapy has several benefits.

## **Benefits of Yoga**

### **Physiological**

- Stable ANS equilibrium
- Decrease in pulse rate
- Decrease in respiratory rate
- Decrease in Blood pressure
- Increase in GSR
- Increase in EEG \_ alpha waves
- Increase in cardio vascular efficiency
- Normalisation of Gastro intestinal function
- Improvement in posture
- Increase in energy level
- Improving sleep
- Increase in immunity
- Normalisation of weight
- Decrease in pain

### **Psychological**

- Somatic and kinaesthetic awareness increases

- Mood improves and subjective well being increases
- Increase in self acceptance and self actualisation
- Increase in social adjustment
- Decrease in anxiety and depression
- Decrease in hostility

### **Cognitive Benefits**

- Improves attention
- Improves learning efficiency
- Improves concentration
- Memory
- Depth perception

These have been supported by various studies. The findings indicate beneficial effects of meditation and other yogic practices in managing anxiety. ( Jangid et al, 1988; Sharma and Agnihotri, 1982 ). Depression and other type of neurotic disorders ( Jaug, 1975; Nagrathna and Nagendra 1980 ) and the studies also show the benefit in treating stress related psycho-somatic disorders like diabetes ( Divekar, 1982 ). Yogic practices help to develop psychological well being by providing the insight to perceive positive aspects in individuals and the events, thereby developing positive effects, pleasure and satisfaction.

Studies have also been conducted to demonstrate the benefits of yoga in the improvement of cognitive functions as mentioned above. Specifically concentration abilities and skills have been studied. ( Swami Muktanand saraswati, 1982; Shelvamurty, 1996). Besides yoga being a preventive and curative measure for diseases and a primitive science of human personality, brings a qualitative change and able to take 'self' to a higher level.

### **Spiritual Benefits**

It handles psycho spiritual emergence. It goes beyond somatic and psycho-somatic approaches of convention and alternative complimentary medicine and relates to the deeper aspects of individuals' inner being.

The relevance of academic discipline lies in its utility and application in finding solutions to the problems facing individuals and society. Thus Yoga and psychology has special significance. Psychology recognises individual differences and suggests different approaches under various issues as per the potential and personality of the individual. Yoga also presents a clear description of different types of human personality and prescribes the yogic practices accordingly. We would like to draw your attention to a small study undertaken by W.S.C. of Smt C.H.M. college, in which it conducted yoga training for school teachers so as to train young girls of their respective schools, to make it a life style at the young age only. About 100 teachers participated in this training program and it showed significant benefits to these teachers. They reported to have benefited in terms of getting sound sleep, peace of mind, feeling fresh and light. They also were benefitted in improving concentration, and alienating body ache, head ache and back ache. Their digestion, anger and acidity was brought under control.

### **CONCLUSIONS**

Yoga does not merely teach life style, but is a concept and practice to be adapted right from the early years of life for self development and spiritual discipline of the body and soul.

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