



“DETERMINANTS AND IMPACT OF MODERNISATION ON FAMILY AND MENTAL HEALTH IN INDIA.”

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Abstract: India is called as subcontinent historically, the Indian subcontinent has been likened to be a deep net into which various races and people have drifted and been caught and their diverse origin has dictated variety. Geographical conditions forced these varied people to stay together in a multiple society imposing on them what has been described by historians as “unity in diversity.” Most of the societies in the region are predominantly patriarchal with women’s role confined to house-hold. For the predominantly agricultural economies of India currently, rural development is the core issue of development in India. Currently, the whole world is in a flux of transformations in social structures, cultural values and behavioral patterns due to modernization process. People move around the world, migrate and return, live abroad and raise children abroad. They are bound to live together with other ethnic and cultural groups, the process of modernization has its impacts everywhere and India region is no exception. Cowgill has defined modernization as follows Modernization is the transformation of a total society a relatively rural way of life based on animate power, limited technology, relatively undifferentiated institutions , parochial and traditional outlook and values, toward a predominantly urban way of life based on inanimate source of power , highly developed scientific technology, high differentiated institutions matched by segmented individual roles, and a cosmopolitan outlook which emphasizes efficiency and progress.

Index Terms - Modernization, Family, Mental health, Technology.

I. INTRODUCTION

India is called as subcontinent historically, the Indian subcontinent has been likened to be a deep net into which various races and people have drifted and been caught and their diverse origin has dictated variety. Geographical conditions forced these varied people to stay together in a multiple society imposing on them what has been described by historians as “unity in diversity.” Most of the societies in the region are predominantly patriarchal with women’s role confined to house-hold. For the predominantly

agricultural economies of India currently, rural development is the core issue of development in India. Currently, the whole world is in a flux of transformations in social structures, cultural values and behavioral patterns due to modernization process. People move around the world, migrate and return, live abroad and raise children abroad. They are bound to live together with other ethnic and cultural groups, the process of modernization has its impacts everywhere and India region is no exception.

Family

The family is the basic unit of a society to attribute with biological functions such as reproduction, social functions pertaining to nurturing and socialization of children, caring and support for older persons, the sick, and those with disabilities. It is the institution responsible for maintaining and building relationships among family members as well as with the community. A family may be defined as a group of persons related to a specific degree, through blood, adoption, or marriage. Household is defined by location, community or living arrangements. A person or a group of persons that usually live and eat together constitute a household. It is important to distinguish between a family, where members are related either by blood or by marriage, and a household, which involves the sharing of a housing unit, facilities and food.

Impact of Modernization on family

There have been certain modernization related determinants which have impact on the structure and function of families. These determinants have been described below

Fertility change

Due to reduced fertility levels the reduction in average annual rate of population growth is a global phenomenon. Family size is reducing due to declining fertility rates and increasing age at first birth in India. A main, emerging feature in the modern family system is the changing attitude towards the value of children. In traditional societies, where human labor was a source of strength, more children were preferred to fewer. But as the economic contribution from the children in a family decreased, because of a move away from agriculture, the need for large numbers of children decreased. Improvements in health care and child survival also contributed. The emphasis as on the quality of life rather than the quantity of children, a new concept added to family values. Achievement of low fertility levels is a result of delayed marriage and increased age single-hood, both linked to the rising status of women.

Female headed households

In India, the oldest male is the head of household regardless of whether he is the primary source of economic support, the authority figure, or fulfills other tasks purportedly performed by household heads. Gradually, female headed households have become a growing phenomenon due to various reasons including widowhood, migration, non-marital fertility and marital instability. In recent decades an increasing number of women, particularly rural women, have become heads of households because men, the traditional heads of households, had left for work or other reasons. Moreover due to civil unrest, and displacement, a refugee situation exists in a number of countries in the region, often resulting in females taking over the task of running the household. The highest proportion of female-headed households in India.

Marriage dissolution

Many marriages are disrupted suddenly for reasons such as desertion, separation or divorce due to two broad reasons of cruelty and desertion. The law has not only initiated legal changes to enhance the status of women and their children within the family, but also it contributes largely to dissolution of unsatisfactory marriages. Separation or divorce may stigmatize a woman in India, reducing her social status and shrinking her support network.

Women's economic participation

The economics of the family and the gender division of labor within the family are determined by opportunities in the labor market. The economic system has facilitated the freeing of women from household chores and their entrance to the labor market. The market has invented new labor-saving methods for women to supply their labor in the market; consequently women's share of the labor force has increased in almost all the states. Furthermore, deregulation of labor markets has resulted in weakening income and employment securing and the 'feminization' of many jobs traditionally held by men. The growing need for cash for family maintenance has resulted in an increasing number of female members (particularly the wife) in the family engaging in economic activities.

International migration

Since late 1960s, professionally and technically qualified persons migrate in search of employment overseas, particularly to the United Kingdom, North America and Australia. In recent decades labor migrants, refugees and asylum seekers have also migrated from this region. Since 1995 Canada, Australia and New Zealand have opened new avenues for all types of migrants and paved the way for thousands of professionally and technically qualified persons to migrate. Economic development in the Middle East countries since the 1970's, which paved the way for a massive technological development and an expanded construction industry, opened up new employment opportunities in overseas employment for skilled, semiskilled and unskilled labour from India.

The impact of international migration on the family

Contract migration requires a temporary separation from the family, and living in a culturally, ethnically and religiously different environment in the host country. Temporary migration impacts on the families of migrants.

Internal migration

Rural to urban migration enhances the process of urbanization and is linked to the process of economic development. Apart from economic reasons, the flow of people from rural to urban areas occurs for better educational or health services available in urban areas. Social and economic disparities and lack of job opportunities in rural areas have resulted in increased rural to urban migration in India.

The impact of internal migration on family

Internal migration also affects the structure and the functions of the family like the international migration. For married women the chances to break out from a confined role appear to be greater in urban than in rural areas. They can more easily evade the direct control of their family, causing traditional family structures to collapse and paving the way for development of new ones.

Urbanization and the effects on family

Urbanization processes stabilize the nucleation of the family system because urban congestion and housing patterns, particularly of the low income groups, discourage large households. The demographic transition occurring in India reached a stage of low mortality and low mortality and low fertility also enhances the process of family nucleation. A gradual collapse of the extended family system creates new problems of family support for the young dependents and older persons in the family. Moreover, consequent to rural to urban migration and rapid urbanization processes, a small average household size is observed for urban areas, compared to rural. Adoption of urban life styles tended to influence health profiles in the family. Changes in the quality of food consumed, including adoption of a “fast food culture” for convenience.

Globalization

The globalization is defined as a mass process in which various, geographical regions, economies and states and the people belonging to different cultures of the globe are linked together in an efficient and meaningful way. It is a combination of various administrative, economic and political processes paving the way for increased global interdependence.

Impact on Indian family

Globalization has caused most of the governments of the region to restrict and curtail the welfare policies that they implemented for a long period in the past. Budgetary cuts in health and education sectors have the greatest impact on the family domain and its functioning. Most of the population in the region are poor and are highly dependent upon the welfare provisions of the government

Impact of modernization on mental health

The prevalence and problems of mental disorders in India. In India region, there are many myths and beliefs which are a barrier to the treatment of the mentally ill. Psychotic illnesses are considered a “curse from gods” or manifestations of evil spirits or punishment for sins in the past life. Many times patients are ignored, isolated or taken to sorcerers and faith healers and treated with rituals rather than with appropriate medications.

Women and mental health

Women are particularly vulnerable and they often disproportionately bear the burden of changes associated with modernization. In the rural setup, they would work mostly at homes but the predominantly nuclear setup of the cities and sheer economics is forcing women to venture out. Domestic violence is also highly prevalent in urban areas. In both developed and developing countries, women living in urban settings are at greatest risk to be assaulted by intimates. In India women bear the burden of responsibilities of being wives, mothers, and care givers; at the same time a part of labor force. In 25-33% households, they are the prime source of income. Significant gender discrimination, malnutrition, overwork, domestic, and sexual violence add up to the problems. Social support and the presence of close relationships (more commonly observed in rural society) appear to be protective against violence. The rate of mental distress has been reported to be high also in working women in India and cultural factors are among the contributing variables. This mental distress usually remains unacknowledged.

Mental health care of children and adolescents

Due to modernization and migration people get in touch with different cultural orientations and values. "Cultural invasions", cultural pluralism and clashes between cultures are inevitable consequences. Children are especially vulnerable to interpersonal violence in urban areas, especially in developing countries, where cities are populated by a large percentage of children and adolescents.

Development of mental health legislation

During the last few decades, there have been significant developments in the field of mental health, mental health care and organization of mental health services. Similarly, considerable

Developments have taken place in the field of human rights and social expectations in relation to the care of the mentally ill. People with mental illness have benefited significantly from these developments.

Community-based rehabilitation of those with mental illness

Rehabilitation and community integration of persons with mental illness and associated disabilities (particularly those in the early years of life) is effectively done at home or in a community setting, such as the school. This not only minimizes cost of rehabilitation, but also permits service provision in a familiar and caring environment. A major problem with the community-based approach in the past has been that the knowledge about rehabilitation was often thought to be the exclusive preserve of professionals who were senior and available only in hospitals. Families and community bodies responsible for the care of persons with disabilities often feel the need for guidance from trained personnel to implement even the existing programmers. A major difficulty faced by most member countries in the region appears to be the lack of trained personnel. Training community workers for basic disability work in an attempt to expand services and improve the quality of life for persons with mental illness and associated disabilities requires urgent consideration. There is a need to develop and implement a course for holistic training in the community for people with changing needs over the course of time, make the content user-specific and more relevant to the 'trainer and the trained' for the community.

Conclusion

Alternative ways and means have been found by families to balance increasing Expenses due to welfare reductions and ever growing high inflation levels are increasing. The newly embraced global life styles require more and more income. The dual forces of globalization, namely economic and socio-cultural, have not only put pressure on the families living in this region but also have introduced almost new, alternative, methods of income generation for the house hold units for their benefit. Foreign employment opportunities, free trade zones and huge expansion of tourism are some of the areas offering employment due to modernization, a process that has intensified in recent decades. There has been an increased demand for female labor. India have facilitated foreign investment through economic policy, legislation and provision of infrastructure and establishments such as free trade zones with attractive incentives for the investors. India currently gain a major part of their foreign earnings through the overseas labor force, a majority of whom are women. The tourism industry has become a major income generator, and one of the most influential agents of change in the process of socio cultural globalization. On the other hand working daughters in families are no longer dependents in those family units but they actively participate in fulfilling the material needs of that unit. Most of their income is essential for the unit as a means for getting better care for the sick members, educating younger members and getting access to the material items such as

television and hi-fi sets. Families the world over have undergone rapid changes in their structure, functions and responsibilities during the last two decades and this is no less true in India where predominately traditional value systems with patriarchal customs and beliefs prevailed. Poverty, privatization, promotion of open market economies, advances in technology and science, effects of advances in health and epidemiological transition, changes caused by demographic transition, modernization and industrialization, urbanization, globalization are common trends affecting families.

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