



Mental Illness in Today's Scenario: Glamorization, Trivialization or Stigmatization

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Falling in love can cure the bipolar disorder. Many Television programs depicted the mental disorder and making a relationship, can cure the individual completely from the disorder.

Glamorization signifies glorifying, Romanising or idealizing the mental illness which can be inaccurate or unrealistic.

There are basically two mass communication theories which are giving basis to the mental illness and its different impacts. These are: 1. Cultivation theory 2. Social learning theory.

Cultivation theory focuses on the total time spend in virtual world. It mainly give attention to the persons who are living in virtual world may perceive real world as per the imagery or as per the portrait depicted on the screen. Social learning theory depicts that learning is accomplished by observation. Most of the individuals acquire behavior by social influence like T.V. series, movies, and information shown on Television or social media.

Mental illnesses are represented in different ways in social media like malformation of images, gender inequity, falsification of causes of mental illness and treatment options. Many television shows conceal the actual signs and symptoms of mental illnesses. Several new shows made misconception that psychiatric disorders are beautiful and influence the wish of those fighting with psychiatric disorders to look for and find the assistance they want to feel well again.

Sometimes, people make statements like "*I am so OCD*" just because they are like to clean or keep everything organized. Sometimes, individuals make rationales like "*I am having anxiety disorder*" to give a wide berth to go to the social events or parties. Person just wants to watch movies at home alone. Sometimes, they just say or make excuses like, "*I am having Bipolar Disorder*", if they were just having mood swings. These alibis are offending to the individuals who were not able to leave their rooms to go supermarkets because they were actually having Anxiety disorders and the people who are in real states of mania.

There are several disorders which are been trivialized in today's era. For example, Sadness or angst has been said to depression, Fatigue or irritability as stress, Fear, palpitation or Breathlessness as panic disorder, Attention to small details or routines as Obsessive compulsive disorder and mood swings as Bipolar disorder.

Using those terms, downplay the seriousness of mental conditions, perpetuating confusion approximately the road among normal emotional unrest and conditions that require professional assistance.

Trivialisation is the keeping down behavior where disease a condition is gestates as being facile to obtain, hurt with, or manage. It may also discern as an arrangement of disgrace and has repercussions.

Although, if we say about stigma and trivialisation, these both terms are not equally distributed across different mental illnesses. Many theories demonstrated that schizophrenia is one of the most negatively viewed conditions due to its misinterpretation of irregularity and unpredictability.

Stigma has been spread by media for the surge of mental illness. Many times criminals are automatically assigned the tag of "crazy" that is giving great unconfident labels to the people who are living with mental illness daily. In real life, person with mental illness are more likely to be the sufferers rather than malefactor. It creates a composite association between criminality and mental illness whenever we are calling aggressive criminal as 'insane'.

If we conclude mental illness in three parameters, whether it is glamorized, trivialized or stigmatized, it is very much obvious to say that mental health is glamorized in media or in reel world. But, it is completely different in real world. Many people are been stigmatized and many are been avoided for their mental illness. Media is impacting really hard every generation in this age. We need to focus on the content that we are showing to the individuals in this age.