Chapter 22
Statistical Resultant Analysis of Psychosomatic Survey on Various Human Personality Indicators: Statistical Survey to Map Stress and Mental Health

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ABSTRACT

Machines are getting intelligent day by day. Modern science has gifted us many boons but simultaneously the mental, physical and spiritual disorders have surprisingly disturbed smile, peace and definite attitude and lifestyle of individual and all human beings. The stress has been the biggest challenge against mankind like nuclear weapons, global warming, and epidemics. It leads towards tension, frustration, and depression and ultimately in extreme cases towards the suicide or murder of innocents. The happiness index, safety of individual, living parameters have drastically challenged us and India specially has pathetic situation among global quality of life (QoL) index. This chapter is an effort to define a simulated model and framework for the subjective quality of stress into quantitative parameters and mathematically analyzing it with help of popular machine learning tools and applied methods. Using machine intelligence, authors are trying to establish a framework which may work as an expert system and may help the individual to grow self as better human being.

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INTRODUCTION

Young People’s Health Is Vital and Crucial

Most young people are presumed to be healthy but, as per WHO10, an estimated 2.6 million young people aged 10 to 24 year die each year and a much greater number of young people suffer from illnesses ‘behaviors’ which hinder their ability to grow and develop to their full potential. Since from many years a behavioral patterns established during the time period of the development, this pattern indicates the health problem of the upcoming youth in the future. As we show from 1990 to till date, many things change like morality, morbidity and the sense of communication. Now we have shifted the focus towards the health and safety scheme. We have to understand the problems of the youth and decide the suitable mechanism for providing the solution for these problems.

COMMON MENTAL DISORDERS

In present time 20% young people are suffer from the mental problems, such as substance abuse, suicidal behaviors, eating disorders, depression and other. 10A meta-analysis of five psychiatric epidemiological studies yielded an estimated prevalence of mental morbidity including 16 mental and behavioral disorders (classified into eight groups of organic psychosis, schizophrenia, manic affective psychosis, manic depression, endogenous depression, mental retardation, epilepsy, phobia, generalized anxiety, neurotic depression, obsession and compulsion, hysteria, alcohol/drug addiction, somatization, personality disorders and behavioral/emotional disorders) of 22.2 per 1000 population among 15 to 24 years.

Data available from community based studies on common mental disorders in India depict a high prevalence among the young people, but comparisons and extrapolations need to be cautiously made due to variations across studies. The prevalence of overall psychiatry morbidity (depression, conduct disorder, social anxiety, panic disorder) among adolescents has varied from 12 to 16.5%. Pillai, et.al. observed a low prevalence of 1.8% of DSM-IV disorders among adolescents aged 12-16 yr. which was attributed to methodological factors and the presence of protective factors. A six years follow up study in Chandigarh showed the incidence rate of psychiatric disorder to be 0.18% per year among the 10-17 yr. old adolescents. Among the few specific common mental disorders, the prevalence of depression has varied from 0.1 to 18.5%, conduct disorders from 0.2 to 9.2%, and anxiety from 0.1 to 24.4% across different studies. Two studies showed prevalence of severe and extreme grade of depression in 11.2% of the school dropouts and 3% among the school going adolescents aged 13 to 19 yr. and 18.4% among the 9th standard students using Beck’s depression Inventory. For responding to a problem and promoting mental health we require counseling services in communities and adolescent-friendly.

TO HEAL YOURSELF THROUGH THOUGHTS ALONE

Today science is trying to explore in every field. Scientists are trying to minimize the use of the drugs and the surgery. Thought in alone about yourself and memorize the positive thoughts is one of the best method to regain the energy and prepare for the upcoming problems.

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