

An Analytic Study to Prove that Acceptance Surpasses Education in Curing Anxiety

Bhawna Dahiya*

Department of Biotechnology, Maharishi Dayanand University, Rohtak, India

*Corresponding author: Bhawna Dahiya, Department of Biotechnology, Maharishi Dayanand University, Rohtak, India, E-mail: ishudahiya96@gmail.com

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Abstract

Educating people about mental health issues is not the exact need of hour. Mental health needs acceptance before education. Educating people about mental health without inculcating a sense of acceptance in them is like changing yarns back into cotton. All the efforts go in vain. There do exist such people who have in-depth knowledge on these matters but still judge people on the basis of outdated stereotypes. A mental illness is always overlooked by the society and people with such illnesses are characterized as maniacs. This perception needs to be changed. This research paper basically aims at the implementation of basic and foundation step that needs to be taken to address the mental health problems and solve them from their roots.

Keywords: Anxiety; Mental Health; Acceptance; Escapism

Description

Many resources indicate that the average reading speed of most adults is around 200 wpm to 250 wpm. So accordingly even before the reader would think of leaving this paragraph to head on to the next one someone amongst us would have already left the world and till the time he reaches at the end of this paper many more would have already marked their departure. According to World Health Organization (WHO) one person dies by suicide every 40 seconds every year. That accounts up to 8,00,000 people worldwide [1]. Every year 90% of whom end up taking their lives owing to any sort of mental disorder [2].

What is a mental disorder?

A mental disorder can be defined in two complete contradictory ways. One, according to Wikipedia-A mental disorder is a behavioural or mental pattern that causes significant distress or impairment of personal functioning and second according to the outdated norms set up by society years ago-A mental disorder is an illness that a person chooses for himself on his personal will [3]. Mental disorders according to them are nothing but reflections of personal weaknesses and poor decision making capabilities on various life related aspects of an individual [4].

To find out the most fundamental and necessary explanation and solution to anxiety caused by an anxiety disorder alone or by other deeper rooted mental illnesses [5]. The analytic study was conducted within 1.5 years by questioning and interviewing other people suffering from mental health issues as well as by volunteering to lend people an ear to know about their experiences with such disorders [6].

The research is also based on the firsthand experience of defeating an anxiety disorder. Data for analysis- The data for the present researches was collected personally through interview method [7]. More than 85% of people who underwent the analytic survey agreed to have been trapped in a cycle similar to this- (Figure 1).

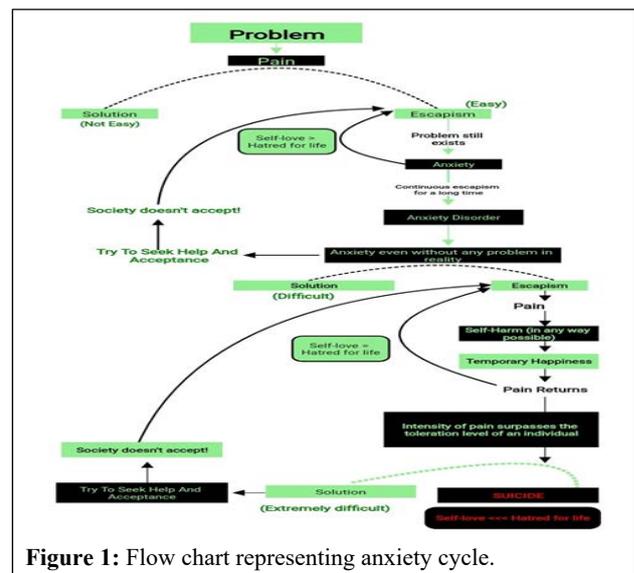


Figure 1: Flow chart representing anxiety cycle.

Strategy to scope

On the basis of the research performed a healthy and effective strategy to cope with an anxiety disorder has been devised [8]. This strategy can be shortly classified as 'The ABCD strategy'. Neither is

the name difficult to learn nor is the strategy. It just requires a great amount of patience and trust to prove to be effective. Here it is in an elaborated form;

Analyse (A): Look at the flow diagram once again and evaluate your emotions and situations with firmness. Analyse them and decide your position in the diagram. Come to a definite conclusion as to where you stand in the cycle.

Break (B): Now that you have analysed and finalized your position in the cycle it's time for you to break it. No procrastination anymore. You'll have to start the process right now from this very split second [9].

Change (C): Breaking a habit requires change. The change should involve brawn and brain equally. Brawn represents physical changes while brain aims at changes in the thinking process of the brain. Healthy lifestyle changes need to be inculcated which include physical as well as mental exercises [10].

Unhealthy coping mechanisms should be ceased then and there. The more you get involved with such mechanisms the more deeper you get yourself caught up in a rut. Owing to all this the cycle becomes more and more difficult to break.

Dare (D): According to the law of inertia, also called Newton's first law of motion an object resists change in its state of motion. To put it simply, an object in motion tends to stay in motion while an object at rest tends to stay at rest unless and until the object is acted upon by an unbalanced force.

Similarly people who have an unhealthy mental state will continue to have that similar state of mind unless and until an external unbalanced force is applied over it. So, in order to break the vicious cycle of an anxiety disorder you'll have to apply the brakes and change the path. You'll have to analyse each and every activity that you perform. You'll have to dare yourself to do somethings and simultaneously dare yourself to cease some of the harmful activities also (Figure 2).

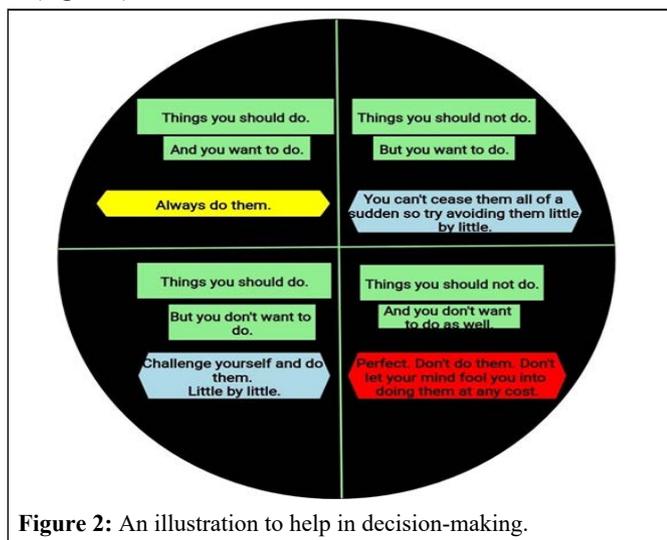


Figure 2: An illustration to help in decision-making.

Conclusion

The most important step to overcome an anxiety disorder is therefore the initiative to prioritize acceptance over escapism. Not

everybody has an in-depth knowledge of various physical diseases like Cancer etc. but the patients of such diseases are mostly accepted by the society and therefore receive enough empathy and acceptance whereas even after having sufficient knowledge of mental illnesses people still consider them a taboo. Education is definitely necessary for the welfare of people with mental health issues but according to the need of hour they need acceptance way more than education.

All this can be very well understood by analyzing anxiety caused amongst people owing to the lockdown announced in various parts of the world due to the Corona pandemic. People had been using 'Escapism' as their coping mechanism for so long that now when they are locked inside their houses without any escape from their thoughts they feel stuck and suffocated.

The stigma attached to mental health should be removed and instead of shifting and bouncing the topic 'Mental Health' from the field of science to philosophy and vice-versa it should be accepted as the common field of interest.

Acceptance is therefore the fundamental solution for an anxiety disorder and other mental health issues - Acceptance by an individual of his own mental state as well as the acceptance by the society of all mental disorders and their survivors.

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