

OPEN ACCESS

Manuscript ID:
ASH-2024-12028159

Volume: 12

Issue: 2

Month: October

Year: 2024

P-ISSN: 2321-788X

E-ISSN: 2582-0397

Received: 20.08.2024

Accepted: 25.09.2024

Published Online: 01.10.2024

Citation:

Haspe, Vikas Dnyandeo.

“The Role of Language in Forming Identity Crisis in Belgaum District of India.” *Shanlax International Journal of Arts, Science and Humanities*, vol. 12, no. 2, 2024, pp. 68–74.

DOI:

<https://doi.org/10.34293/sijash.v12i2.8159>




This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License

A Study on Mental Health Problems faced by the People of the Coastal Areas of Uvari, Tamilnadu, due to their Living Conditions

Disny Soosai Jeyafred

Lecturer, DMI - St. Eugene University, Zambia

 <https://orcid.org/0009-0000-0113-480X>

Abstract

This study explores the mental health challenges faced by people living in coastal areas due to their unique living conditions. Performance attainments relational to mental health encompasses emotional, psychological, and social well-being, influences cognition, perception, behavior, and the management of stress, relationships, and decision-making. It involves aspects such as subjective well-being, self-efficacy, autonomy, competence, and self-actualization. This research explores how cultural differences, subjective assessments, and varying theoretical perspectives shape the definition and experience of mental health. The study focuses on the impact of climate change, natural disasters such as tsunamis high tidal impact on the shore line, and other environmental factors on the mental and economic health of coastal communities. However, it examines early signs of mental health issues, including sleep disturbances, work-stress and fatigue, further, assessing how these factors interplay with the economic challenges faced by residents in these vulnerable areas.

Keywords: Performance Attainments, Psychological, Autonomy, Self-actualization, Natural Disasters, Economic Challenges, Vulnerable Areas

Introduction

Mental health is a multifaceted concept that encompasses emotional, psychological, and social well-being. It affects how individuals think, perceive, and behave, playing a crucial role in their ability to handle stress, form relationships, and make decisions. Integral to mental health are aspects such as subjective well-being, perceived self-efficacy, autonomy, and the capacity for self-actualization. The definition and experience of mental health can vary widely, influenced by cultural contexts, subjective assessments, and evolving theoretical perspectives. Common early signs of mental health issues include disturbances in sleep, decreased energy levels, and general fatigue.

Historically, the understanding and treatment of mental health have evolved significantly. In the mid-19th century, pioneers like William Sweetser and Isaac Ray introduced concepts such as mental hygiene, laying the groundwork for modern mental health practices. Early approaches often involved harsh treatments and stigmatization, as seen in the punitive attitudes towards mental illness and the deplorable conditions faced by patients. Scholarly work of Dorothea Dix played a crucial role in advocating for better treatment and facilities for those with mental disorders, highlighting the need for humane and effective care.

Background of Study

The background of study reflects on the geographical identity of the place taken for relational identities of the condition of the mental health of the people of the area. Undoubtedly, this relevance will support the identity of the

research writing through the direct observational references that can be taken as evidences to the study on mental health. Henceforth, the dimensional relation to the coastland of Uvari to the mental health status quo of the people involved in fishing is proportionate to the express of this paper writing. The background will relate to the global coastal history of Uvari and the occupational stances from the ancient past to the present.

Global Coastal History

The history of coastal regions is intertwined with human civilization. Coasts have been centers of trade, settlement, and cultural exchange due to their strategic locations and resources.

Ancient Trade: Ports like Uraiyur, Korkai, and Poompuhar were vital for trade with the Greco-Roman world.

Chola Dynasty: Under rulers like Raja Raja Chola I (985-1014 CE) and Rajendra Chola I (1017-1044 CE) their naval expeditions expanded into Southeast Asia, including parts of Malaysia and Indonesia.

Their cultural influence and heritage of these mighty kingdoms established the existing work related occupations as in practice from the age old past. The paper is sure to throw light on this linkage and pertinence of the past to the present and the psychological variations that is observed in the present scenario.

Historical and Cultural Heritage

The coast of Tamil Nadu played a significant role in ancient trade routes as few referred below: This study is inclusive of the coastland of Uvari of the ancient past a significant port and trade route. The reminiscence of the past is the main ideological relevance to the concern of occupational impact and what it exists at present.

Silk Route and Spice Trade: Tamil Nadu was a key player in the spice trade with Western empires.

Historical Ports: Cities like Poompuhar were integral to maritime trade.

Chola Expeditions: The Chola Dynasty's naval campaigns reached as far as Sri Lanka, the Maldives, and Southeast Asia.

Study of the Coast Land of Uvari

Historical Background

Uvari, located in Rathapuram Taluk of Tirunelveli district in the state of Tamil Nadu, is a coastal village with historical significance:

Historical Name: Formerly known as Obeer Pattanam.

Portuguese Influence: The village saw Portuguese and Spanish missionaries arrive in the 1530s, leading to conversions and cultural changes.

Legend of St. Anthony: A miraculous story involving a statue of St. Anthony, which is now a shrine visited by both Hindus and Christians.

Modern Geographical Context

Uvari's total geographical area is approximately 3 square kilometers (1.2 square miles). The village's rich history and cultural heritage continue to influence its contemporary identity. Yet the reflexive relevance of the present day scenario does not talk about the rich heritage in the livelihood of the people as their occupational stress and fatigue is filled with disappointments and challenges.

Research Focus

This study aims to explore the mental health challenges faced by coastal communities, particularly how environmental factors such as climate change and natural disasters impact their psychological and economic well-being. By examining these issues, the research seeks to provide insights into the broader implications of coastal living conditions on mental health.

Objectives

1. Identify and explore Mental Health Issues commonly faced by people in Uvari, Tamil Nadu.
2. Evaluate and assess the living conditions and in relation to the coastal areas that are impacted with mental health.
3. Recommend Improvements and Propose strategies to enhance mental health support and living conditions.

Problem Statement

The problem statement of this research paper revolves around the livelihood of people around

the coastal areas and the influence of the climate, climatic changes and related health issues. The main concern of the study is to identify the limitations to living, challenges faced due to climatic crisis, work fatigue of fishing clans as well as the related health issues of the coastal hamlets.

Research Questions

1. What are the most common mental health issues reported by individuals living in the coastal areas of Uvari, and how do these issues correlate with different aspects of their living conditions?
2. How do economic hardships along with climatic change in Uvari affect the mental health of residents living in coastal areas?
3. How do economic stressors, such as unemployment or low wages, influence mental health outcomes in Uvari's coastal communities?

Review of Literature

Review of literature is a supportive identity to the research done on mental health issues of Uvari. The scholars referred reflect on the main core concept of the topic sentence taken for discussion. The content analyzed is apt to the concerns of this paper deliberated to deal with the issues of mental health of an individual. The scholarly works referred are needed relevance to the research gap of this writing. It suffices the intention ideas of this paper related from the previous works to assimilate the necessity to comprehend the research gap as taken to reference in this writing.

Relatedly in general aspects of life and occupations done by an individual the work environmental factors should also be taken to concern in the study of mental health. However, this aspect can be rendered in two identities as what a job demands and as job resources. Of course, on researching it is found that 'Job demands' comprise pressure from contractors/customers/time, working hours, ship department, job title, voyage episodes, period of seafaring, noise, and vibration while the 'job resources' included instrumental support, team cohesion, shipboard caring and effort-reward imbalance.

However, mental health issues in coastal communities are increasingly recognized as significant which are influenced by environmental

and socio-economic factors. A notable study by (Asugeni et al.) in East Malaita, Solomon Islands, highlights how sea-level rise impacts mental health. This research, involving a survey of 60 residents, revealed that 90% had observed changes in weather patterns, leading to widespread fear and anxiety about the future. In fact, the study identified four key themes which fall into the category of physical impacts of climate change, worry about the future, community adaptation efforts, and a need for government intervention. These findings underscore the urgency of addressing mental health concerns related to environmental changes. As far as the coastal hamlet of Uvari of Tamil Nadu has similar environmental stressors like flooding and sea-level rise that is evidently a sure cause for causing comparable mental health issues. Lessons from the Solomon Islands study suggest that Uvari might benefit from targeted research and policy responses to mitigate the mental health impacts of environmental challenges.

In exploring the mental health impacts of coastal areas on exposure to a post-disaster context, scholar (Tashiro et al.) in their writings investigated whether sea visibility and coastal proximity influenced mental health recovery following the 2011 Great East Japan Earthquake and Tsunami. Referential work taken from their study to relate the need of this paper writing shows 15 coastal municipalities in Miyagi Prefecture with data collected from 2,327 respondents was analyzed for further resultant values. It is to be mentioned that multilevel mixed-effects models was used to analyze Kessler Psychological Distress Scale (K6) scores to the data taken for study.

The results indicated that neither sea visibility nor coastal proximity significantly affected overall mental health recovery. However, a notable finding was that individuals living alone with a sea view initially experienced worse mental health but showed a trend of recovery over time. This study suggests that while immediate mental health impacts may be negative due to constant reminders of the disaster, the effects can diminish over time, providing valuable insights for understanding how coastal exposure influences mental health recovery in post-disaster scenarios. This is a positive outlook to the study and gives an optimistic outlook to the resultant values of

negation which can be revived to normalcy overtime. Nevertheless is the nature's realism that enlivens life and living of every individual of the coastal areas.

The study by (Devadason and Jackson) reflects the thematic concern of this paper wherein their analysis is an examined report of the impacts of sea-level rise, a consequence of anthropogenic climate change, on coastal areas. They have explained that rising greenhouse gas emissions lead to global warming, which in turn causes sea-level rise through thermal expansion and melting ice. Undoubtedly, the coastal sea-level changes can deviate significantly from global averages due to local factors such as subsidence or groundwater extraction, as seen in cities like Jakarta in Indonesia. While extensive research exists on the economic impacts of sea-level rise on physical infrastructure, there is a growing but still limited body of evidence on its effects on human well-being, particularly mental health. The study highlights the need for more research on mental health impacts in less-studied regions beyond the well-documented areas of Northern Europe and the US, emphasizing the broader implications for communities facing rising sea levels.

Research Methodology

The empirical relatedness created is through quantitative method and case study implied relevance as in this case. The coastal hamlet of Uvari of Tamilnadu is taken to observational and experimental analysis of needed identity. The methodology is a patterned sequence of research framework which has evidenced the information as needed for the expressiveness of this paper. The viability and the reliability of the information are strengthened through this methodology taken to relevance to derive the required resultant value for the findings and interpretations.

Study Population: Sample space

The research will focus on coastal areas in Uvari, Tamil Nadu. You plan to include at least 100 participants to ensure a representative sample. A stratified random sampling method will be used to capture various demographics, although purposive sampling could be employed depending on specific characteristics of the population.

Collection Methods

For quantitative data, you will design a structured questionnaire that includes validated scales to assess mental health and living conditions. This survey will be administered face-to-face to participants in community areas, local events, or through home visits. The questionnaire should be translated into Tamil and be easy for respondents to understand.

For qualitative data, semi-structured interviews will be conducted with a selected subset of participants. The interview guide will focus on personal experiences with living conditions and mental health challenges. Additionally, focus group discussions will be organized to gather collective perspectives. Small groups of 5-8 participants will be ideal for facilitating in-depth discussion. Sessions will be recorded with consent for later analysis.

Data Collection Procedure

It was the engaged work of the researcher with data collectors who were well-trained in the survey and interview protocols. Their supported the data collection for the scholar and to pattern the statistical analysis. A pilot test was conducted to refine the questions and procedures. Data collected were systematized to maintain consistency.

Data Collection Tools

In this study, the researcher utilized the Priya-Daniel Mental Health Scale, which is a well-established instrument designed to evaluate various dimensions of mental health, including emotional well-being, anxiety, and psychological distress. The researcher selected this scale because of its comprehensive nature, which is believed to be essential for capturing the nuanced experiences of participants at the basic level of interpretative analysis. This derivative has been of good support to identify the scale as required and compensated the usage of any other scale as existing in a research platform. The questions in the questionnaire were interpreted using the scale measurement already been used by scholars in varied research studies on mental health.

To facilitate data collection, the researcher used a structured questionnaire that included the 'Priya-Daniel Scale' along with the demographic questions

and specific inquiries related to environmental factors. The scale taken to practice is well-addressed as ‘Scales - 29 item Mental Health Questionnaire’ developed by Priya Daniel to measure the status quo of mental health. Nevertheless, the structured questionnaire allowed the scholar to ensure that the participants could provide clear and consistent responses. However, this structured questionnaire was translated into the local native language for the respondents to provide effective responses and could be authentically taken for analysis. The scholarly receptiveness was extracted by the scholar in the most effective precision as expected of a research work. In fact the scholar conducted the survey in a controlled setting to minimize distractions, and provided participants with clear instructions to enhance the accuracy of their responses. By using this combination of tools, it was aimed to gather rich, actionable data that reflected the participants’ mental health status in relation to their environmental circumstances.

Data Analysis Techniques

For the data analysis the scholar chose to use SPSS (Statistical Package for the Social Sciences), a powerful software tool that facilitates a wide range of statistical analyses. The researcher started with descriptive statistics to summarize key characteristics of the sample, such as age, gender, and mental health scores. This initial step provided a foundational understanding of the participant demographics.

To investigate the relationships between environmental factors and mental health outcomes both regression analysis and correlation techniques were employed. Regression analysis helped to determine the extent to which specific environmental variables predict mental health outcomes, allowing for a more nuanced understanding of these dynamics. Correlation analysis, on the other hand, provided insight into the strength and direction of relationships between variables, highlighting areas of potential intervention or further study.

By applying these statistical methods, the desired aim to strengthen the empirical rigor of research work was enhanced. The findings from these analyses are intended to inform future interventions aimed at improving mental health outcomes, particularly

in contexts where environmental factors play a significant role. The empirical rigor of research was based on the authenticity of the concepts identified on doing the survey and the derived values are likely to be true.

Findings and Interpretation

Samples derived out of the questionnaire Distribution of the respondents who wake up early for fishing have higher income levels

Variables	Values	Respondents	
		N	Percent
Wake up early for fishing have higher income levels	Few weeks ago	7	11
	Few months ago	22	36
	Few years ago	29	47
	I don't remember	4	7
	Total	62	100

This table shows that respondents who wake up early for fishing have higher income levels, with 47% reporting increased income a few years ago, 36% a few months ago, 11% a few weeks ago, and 7% unable to recall.

Findings: Residents in Uvari who wake up early for fishing have higher income levels compared to those who do not, due to the competitive nature of fishing in the coastal area.

Interpretations: Early risers are able to catch more fish and secure better earnings, which positively affects their economic stability. This early waking aligns with the necessity of fishing before others, thus directly influencing their income.

Distribution of the Respondents on Climate Change that affects Fishing

Variables	Values	Respondent	
		N	Percent
Climate change affects to catching fishing	Once a while	10	20
	About half the time	25	40
	Always	25	40
	Total	62	100

This table shows that 40% of respondents believe climate change affects fishing catches about half the time, while 40% of respondents always think it affects fishing catches, and 20% think it affects fishing catches only occasionally.

Finding: The necessity of climate change for fishing is associated with both increased stress and reduced mental peace among Uvari’s residents.

Interpretations: While climate change decreases income opportunities, it also contributes to physical and mental exhaustion. The constant pressure to rise early and compete for limited resources can lead to stress and affect overall mental well-being.

Distribution of Respondents Rising Sea Levels are Disrupting Fishing Activities in Uvari, leading to Changes in Residents’ Lifestyles and Negatively Impacting their Mental Health

S. No	Mental Health	Respondents	
		N	Percent
1	Low	29	48
2	Moderate	30	45
3	High	3	7
	Total	62	100

This table shows the mental health levels of respondents, with 48% reporting low levels, 45% reporting moderate levels, and 7% reporting high levels of mental health.

Finding: Rising sea levels are disrupting fishing activities in Uvari, leading to changes in residents’ lifestyles and negatively impacting their mental health.

Interpretations: When sea levels rise during fishing times, it affects sleep patterns, leading to potential issues like chronic fatigue and heightened anxiety. These demanding routine impacts fishermen’s quality of life and mental peace, as the stress of maintaining this schedule take a heavy toll on their psychological health.

Suggestions

To help address mental health issues in coastal areas like Uvari, consider implementing a community-based mental health support program. This program could integrate several components:

Local Support Networks: Establish peer support groups and local counseling services to provide emotional and practical support. Training community members as mental health advocates can also help reduce stigma and increase awareness.

Education and Training: Offer workshops and resources to educate residents about mental health, coping strategies, and available services. This can empower individuals to recognize and manage their mental health better.

Disaster Preparedness and Resilience Training: Provide resources and training to help residents prepare for and cope with natural disasters. Building community resilience can alleviate some of the stress and anxiety associated with these events.

Access to Professional Care: Work on improving access to mental health professionals, either by setting up mobile clinics or tele-health services, especially in remote areas.

Economic Support and Development: Advocate for or create programs that provide economic assistance, job training, or alternative livelihoods to reduce financial stress.

Recreational and Social Activities: Organize community events and activities that promote social connection and relaxation, which can improve overall well-being.

Suggestion for Future Researcher

A ‘Longitudinal Study’ on the Impact of Environmental and Economic Changes on Mental Health can be pursued at Uvari repeatedly in order to derive variables from the same area for another aspect of study under the same pretext. This would make interesting analysis on differential variables of an area taken to research..

Conclusion

Addressing mental health issues in coastal areas like Uvari requires a nuanced understanding of how environmental and economic factors influence well-being. Common mental health challenges in these regions, such as anxiety, depression, and stress, are intricately linked to the instability of local industries, exposure to environmental hazards, and limited access to mental health resources.

Economic fluctuations, natural disasters, and the effects of climate change contribute significantly to the mental health burden experienced by residents. Moreover, isolation and limited access to healthcare services further exacerbate these challenges, making it essential to develop targeted interventions that address both immediate and long-term needs.

Future research should focus on longitudinal studies that explore the evolving impacts of these factors on mental health over time. By integrating both qualitative and quantitative methods, researchers can gain a comprehensive understanding of the interplay between environmental and economic conditions and mental health outcomes. Engaging with local communities in the research process will ensure that findings are relevant and actionable. Implementing community-based support programs, enhancing disaster preparedness, and improving access to mental health services are crucial steps towards mitigating the mental health challenges faced by coastal populations. By addressing these factors, we can foster resilience and well-being in communities vulnerable to the pressures of environmental and economic changes.

Henceforth, the study on mental health is an interesting aspect of human livelihood which expresses the relational proportionality of emotional and spiritual resilience to balance life and help overcome challenges of life. The pursuance of this study was to enhance the well-being and establish an ascendance to the positive beliefs to life with dignity and placid work ethics.

References

- Asugeni, James, et al. "Mental Health Issues from Rising Sea Level in a Remote Coastal Region of the Solomon Islands: Current and Future." *Australasian Psychiatry: Bulletin of Royal Australian and New Zealand College of Psychiatrists*, vol. 23, 2015, pp. 22-25.
- Bratman, Gregory N., et al. "Nature and Mental Health: An Ecosystem Service Perspective." *Science Advances*, vol. 5, no. 7, 2019.
- Devadason, Caroline Anitha, and Luke Jackson. *Climate Change, Flooding and Mental Health*. University of Oxford, 2019.
- Garrett, Joanne K., et al. "Coastal Proximity and Mental Health among Urban Adults in England: The Moderating Effect of Household Income." *Health and Place*, vol. 59, 2019.
- Hayakawa, M. "Increase in Disaster-related Deaths: Risks and Social Impacts of Evacuation." *Annals of the ICRP*. vol. 45, no. 2, 2016, pp. 123-28.
- Makwana, Nikunj. "Disaster and its Impact on Mental Health: A Narrative Review." *Journal of Family Medicine and Primary Care*, vol. 8, no. 10, 2019.
- Nakaya, Tomoki, and Yuri Ito. *The Atlas of Health Inequalities in Japan*. Springer, 2020.
- Pasanen, Tytti P., et al. "Neighbourhood Blue Space, Health and Wellbeing: The Mediating Role of Different Types of Physical Activity." *Environment International*, vol. 131, 2019.
- Raj, E. Sathia. "Mental Health and Level of Adjustment among School students - A Comparative Study." *Cross Research*, vol. 13, no. 2, 2022.
- Tashiro, Ai, et al. "Coastal Exposure and Residents' Mental Health in the Affected Areas by the 2011 Great East Japan Earthquake and Tsunami." *Scientific Reports*, vol. 11, 2021.
- Ursano, Robert J., et al. "The Impact of Disasters and their Aftermath on Mental Health." *Primary Care Companion to the Journal of Clinical Psychiatry*, vol. 8, no. 1, 2006, pp. 4-11.

Author Details

Disny Soosai Jeyafred, Lecturer, DMI - St. Eugene University, Zambia, **Email ID:** disnyjeyafred@gmail.com