



DO WE LIVE IN A SICK SOCIETY?

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KEYWORDS :

It's no measure of health to be well adjusted to a profoundly sick society – Jiddu Krishnamurti

Yes, we do live in a sick society, because there are many social rules which are unspoken and if a particular behaviours that are expected are not met by the people or by us in a society, then that person is termed as a bad or sick. The quote which is stated above is true by Jiddu Krishnamurti because we can't measure the health to get adjusted to a sick society. If a person is not part of a sick society or who doesn't conform to social expectation or obey what they say, they can fulfil their dreams and lead a good life without being sick.

The term abnormality has been described as a deviation from the social norms within a society. The Social norms are culturally specific which means that they can differ significantly from one generation to the next and between different ethnic, regional and socio-economic groups. Some other ways of defining abnormality are: The people can be labelled as abnormal if their behaviour is different from what is accepted as the norms of society. The Unusual behaviour that are different from the norm, or that does not conform to social expectations or demands, is considered when defining abnormality. What do we mean by social norms? Norms are expected ways of behaving in a society according to the majority and those members of a society who do not think and behave like everyone else break these norms so are often defined as abnormal. Social norms may change over time and alter the classification of what is termed as 'abnormal'. For example the Same sex partnerships are still termed as 'abnormal' in some parts of the world. As recently as 1974, homosexuality was classified as a mental health disorder (Faudemer et al. 2015).

Technically we can interpret sick as in terms of physical wellbeing as well as mental wellbeing. If an individual says that he is sick, it is not necessary that he should be physically sick. It is the time for the society to normalize being mentally ill is also a sickness. Mental illness is like any other illness; psychiatric treatment is like any other treatment and psychiatry is like any other medical speciality. (myth of mental illness). For example: If a person had faced some psychological disorders in his past even after overcoming from that state the society still prefer to call him as lunatic person.

According to Chimamanda Ngozi Adichie points out " We teach girls to shrink themselves, to make themselves smaller. We say to girls, you can have ambition, but not too much. You should aim to be successful, but not too successful. Otherwise, you would threaten the man. Because I am female, I am expected to aspire to marriage. I am expected to make my life choices always keeping in mind that marriage is the most important." The society has normalized the fact that the men are superior and women are often considered inferior. As family being the first institution of the society which is moulding the mind set of the future generation is even patriarchal, so how can we bring a change to the existing phenomenon. Even though there is progress in certain aspects of the life of women, the view related to marriage is

still out of box in the perspective of many people. The society fixes ideal age criteria for a women to get married, the women are facing a lot of mental pressure from the society and family to force them to get married as like marriage is a inevitable part of life.

In our society there are a lot of individuals who are facing issues related with literacy and unemployment. In our society if a person is not educated because of inability to learn, lack of funds for education, and lack of proper schooling then the person is insecure and feel guilty to mingle with others in the society. There is a social stigma in our society that if a person is not educated to a level which is required by the society then that person may not be accepted in the society and they are always considered inferior. In some countries the job opportunities are not increasing as per the ratio of its increasing population. If a person is unemployed then that person will never be recognized as a part of the society. In some countries like India the intelligent, talented and well deserving candidates do not get apt jobs for themselves they move and settle in abroad for jobs and better life this termed as brain drain. The country like India is deprived of good talent.

The people who are uneducated, unemployed, and women are only not facing the discrimination but the people who are from different religion, caste and race are also facing discrimination in the society. In some countries race caste and religion still remains the prime ordering principle caste is one of the major categories of social stratification it further lit up into sub-castes or sub groups this also gives rise to brutal acts of prejudice of all kinds of socio cultural, economic and political. The caste is present in the everyday lives of India's people and the structure of their very existence. Race is the idea that the human beings is divided into different groups on the basis of inherited physical and behavioural differences some people has defined racism as psychopathological condition, identifiable and treatable through psychotherapeutic and pharmacological intervention there are a lot of protests by famous people's in different parts of the world against the discrimination of blacks in a society.

If a person want to accept the society's norms it would be difficult for that person because the ideologies of such societies change according to the time and the people, like homosexuality is considered abnormal and was never allowed the same gender's to be married, now the time has changed and homosexuality is accepted in different parts of world but on the other hand some societies within the country there are societies who are against the homosexuality. No matter the person try to blend into the society according to the social norms if he cannot adapt he will never be considered apart of that society. The person cannot follow the social norms because of certain aspects like: cultural – in different parts of the world they are categorised as cultures and sub cultures which have different social norms which cannot be accepted by everyone in that society, age and gender – In some societies the Different people can behave in the same way and not differentiate between the age and the gender for some people it will be normal and others it will be abnormal,

depending on the categorisation of age and gender and also some other factors. context and situation – In the societies based on the context and situation at one time a type of behaviour which is considered normal on the another time that behaviour will be considered abnormal . so the person can never please a society so it is better that we live our life which makes us happy and help us in growing .

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