

A Novel Reflection on Stigmatization

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Introduction

A mental health disorder, which can be also indicated under the terms of psychiatric disorder or of mental disorder, indicates a set of affections and disorders of origins very different involving difficulties in the life from an individual, sufferings and behavioral problems [1-6]. The mental health disorders touch all the populations, irrespective of sex or of age. These disorders can be chronic or permanent. The individual concerned, or his close relations, can address to their attending physician, with a psychologist, a psychiatrist, a neuropsychiatrist or a psychoanalyst.

The depression, the addictions and the disorders dependent on the drug taking or of alcohol, the anxiety and the phobias, the food disorders of behavior, the schizophrenic, bipolar disorders or borderlines are examples of mental health disorders [7-10]. In certain cases, there can be a hospitalization without assent or assigned, when the legislation allows it, within the framework of psychiatric hospitals or specialized private clinics. The diagnoses are made there by psychiatrists or psychological clinicians using of many methods, often founded on questionnaires or observations of the patients, after which are proposed psychotherapeutic or medical treatments [1-5]. The comprehension of the mental health differs according to the times and the cultures, just as its definition, its classifications and its criteria. Social stigmatization and discrimination are added to the suffering associated with the disorders, which led to the creation of social movements and fight campaigns against the prejudices. The social stigmatization associated with the psychiatric disorders is a largely widespread problem and a source of suffering for many mentally ill for the patient who feels lower and even decreases his regard of oneself finds a hatred of oneself which worsens the disorders of the identity. Certain individuals or companies believe that others, reached of a severe psychiatric disorder, cannot cure, or are regarded as a problem. Discrimination at the time of recruitment plays a significant part in the statistics of unemployment among the individuals reached of mental health disorders or mental [11-15]. These attitudes have in certain cultures or civilisation results in locking up the mentally ill, still adding to the distress of some of them, while causing sometimes perturbing secrecies of families for the following generations.

The concept of social discrimination makes its appearance following the political struggles for the equality of right between the men who end in most Western countries to the beginning of second half of the 20th century with the progressive abolition of the legal differences in treatment (fine of colonization, the segregation with the United States, etc.). In a context where the company evolves in the direction of a generalization of the mechanisms of competition, certain social groups do not profit objectively from the same chances as the others, in spite of the equality of right which they enjoy in theory. It is the case of the visible minorities, the cultural minorities, the women, the handicapped people, the seniors, of the lesbians, gays, bisexual and transgenres, etc.

To restore a balance of the chances, these States engage of the policies to fight against discriminations. This fight takes several ways. Initially right: from the point of view of the right, discrimination does not consist in injuring a group, but an individual, while being melted on an illegitimate criterion. It is a question of protecting the individuals by sanctioning discrimination. It is also a question of preventing discriminations for example while making anonymous the candidatures for employment. Then, policies of rebalancing, called "positive discrimination", which aim at rebalancing the chances between the groups. Lastly, in a more general way, there exist economic measures, social and cultural.

Certain collective discriminations are created of all parts by groups religious or ethnic which practise them and draw pride from it. Thus, the sexual mutilations discriminate the individuals who are victims. They are the auto-discriminations selected and asserted by these groups. These companies discriminate the individuals of the group who refuse there and the close communities which do not practise them.

This stigmatization appears in West Africa by various forms of abuse: forced sequences, tortures, fasts and other forms of violence. The patient is regarded as one had and potentially dangerous and contagious.

The efforts to eliminate stigmatization towards the psychiatric disorders were mean until these last years, although these methods were highly criticized. Canadian Association for the mental health estimates that about half of the individuals reached of a mental health disorder do not seek the assistance which they need. Stigmatization is so

oppressive that some find courage to reveal their psychological state with their entourage [16-18]. The young individuals, old of about twenty years, apparently would be touched concerning the mental disorders and the psychological stress during work.

Conclusion

Many investigations should be made to understand stigmatization and his link with mental health and suicidal behavior. Hopefully their mechanisms are linked to a plenty of symptoms and diseases emerging from environmental stressors. More studies should be made in this sense to confirm or denied current literature on neurological deficits related to sleep disorders and mood disorders.

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