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IMPACT OF GENDER INEQUALITY ON WOMEN'S MENTAL HEALTH

HONEY C. R

Research Scholar, Department of Psychology,
Mansarovar Global University, Bilkisganj, Madhya Pradesh.

ABSTRACT

Men's and women's mental health suffers in different ways when men and women do not have equal access to opportunities as a result of the inequality that exists in our society. A system of gender disparity that gives men the advantage over women in areas like education, income, and property is considered unfair. A typical female role at home and in society is to care for others; however, this function is sometimes undervalued, underappreciated, or poorly paid. Certain mental health risk factors can have an adverse influence on people more often in women than in men. Examples of these include gender-based violence, financial difficulty, low income, income inequality, low social position and rank, and significant caring obligations. A mental disease is one of the main causes of morbidity and disability worldwide. Nearly half of the population is affected by rates of lifetime prevalence for all types of mental illness that are higher than previously thought, rising in recent cohorts. Despite the prevalence of mental illness, doctors frequently fail to diagnose it. Sadly, only approximately half of those who meet the diagnostic requirements for a mental illness actually get one. If the disproportionate percentage of women who experience depression could be minimised, it would significantly lessen the harm brought on by mental disease on a global scale. Alcoholism is another common ailment that affects men more than twice as often as it does women over the course of a lifetime. In industrialized countries, one in five men and one in twelve women will become dependent on alcohol at some point in their lives. Males are more than three times more likely than females to suffer from antisocial personality disorder. The prevalence rates of schizophrenia and bipolar disorder, which affect less than 2% of the population each, are comparable in men and women. According to reports, there are differences between the sexes in terms of the onset age of symptoms, the frequency of psychotic symptoms, the course of mental illnesses, the capacity for social adjustment, and the long-term outcome. The impairment caused by mental illness is disproportionately felt by those who suffer from three or more co-morbid disorders. Once more, women are favoured by the gender ratio.