



The Development of Behavioral Disorders amongst the Adults

Radhika Kapur*

Pedagogy and Organizational Culture in Nursery Schools, Delhi University, New Delhi, India

***Corresponding Author:** Radhika Kapur, Pedagogy and Organizational Culture in Nursery Schools, Delhi University, New Delhi, India.

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Abstract

The prevalence of emotional and behavioral disorders amongst the adults is a common ground; behavioral disorders can assume a major form as well as a minor form. A major form of a behavioral disorder even requires medical treatment, if it is diagnosed, whereas a minor form of a behavioral disorder is experienced by each and every individual at some point of their lives; for example, anger is also a behavioral disorder, it can assume a major form such as getting involved in a murder case or a minor form such as screaming at a worker. In this research manuscript, it has been analyzed how behavioral disorders develop amongst the adults; the main areas that have been highlighted are identification of disorders, classification of behavioral disorders amongst the adults, depression as a major cause of a behavioral disorder, types of depression, effects of behavioral disorders, prevention of mental, emotional and behavioral disorders amongst the adults, and treatments for mental and behavioral disorders. Measures and steps are required to get implemented on time before the disorder assumes a major form and inflicts dire consequences upon the life of an individual. In some cases, mental and behavioral disorders occur due to some calamitous situation, case or a circumstance; these may be unavoidable and develops a disorder within an individual, than in most cases, it is up to the individual himself to formulate the measures and the procedures to overcome his mental or a behavioral disorder.

Keywords: Behavioral Disorders; Adults; Depression; Prevention; Treatments

Introduction

Mental and behavioral disorders are widespread, affecting more than 25% of all individuals at some point of time during their lives. They are also considered to be worldwide, affecting individuals of all countries and societies, all age groups, men and women, the rich and the poor, high caste and low caste as well as people from urban and rural environments. The developments of behavioral disorders amongst the adults have an economic impact on communities and upon the value of life of individuals and their families. Mental and behavioral disorders are present at any point of time in about 10% of the adult population. Around 20% of all patients seen by primary health care professionals have one or more mental and behavioral disorders; one in four families is likely to have at least one member with a behavioral or mental disorder. These families not only provide physical and emotional support to the member, but also bear the negative impact of dishonor and prejudice. Behavioral and mental disorders are due to number of reasons and when an individual or his family faces discrimination due to this then it even leads to augmentation of behavioral disorders. By 2020, it is projected that the burden of these disorders will be increased to 15%. Common disorders, which usually cause severe disability, include

depressive disorders, substance use disorders, schizophrenia, epilepsy, Alzheimer's disease, mental retardation, and disorders of childhood and adolescence which sometimes even persist when a person turns into an adult. Factors associated with the pervasiveness, inception and course of mental and behavioral disorders include poverty, sex, age, conflicts, calamities, disasters, major physical diseases, and the family and social environment [1].

Identification of disorders

Mental and behavioral disorders are understood as clinically significant conditions characterized by modifications in thinking, moods, emotions, views, beliefs, ways of communication with people or the behavior correlated with personal misery and/or damaged functioning. Mental and behavioral disorders are not just discrepancies within the range of normal, but are clearly signified as abnormal or pathological phenomena. A single occurrence of abnormal behavior or a short period of abnormal mood does not, of itself, indicate the presence of a mental or behavioral disorder. In order to be categorized as disorders, such abnormalities must be prolonged or recurring and they must result in some personal misery or damaged functioning in one or more areas of life. Mental and

behavioral disorders are also characterized by specific symptoms and signs, and typically follow a more or less predictable natural course, unless involvements are made. Not all human misery or damaged functioning is regarded as behavioral disorder. Individuals may be distressed because of personal or social circumstances; unless all the necessary criteria for a particular disorder are fulfilled, such distress is not a behavioral disorder. There is a difference, for example, between a depressed mood and a diagnosable depression. Varied ways of thinking and behaving across cultures may influence the way behavioral disorders are apparent but they are not, of themselves, investigative of a disorder. Thus, culturally determined normal variations must not be labeled as behavioral disorders; nor can social, religious, or political beliefs be taken as verification of a behavioral disorder [1].

Classification of behavioral disorders amongst the adults

The behavioral symptoms and mental disorders are associated with physiological dysfunctions and hormonal changes such as eating disorders, sleep disorders and sexual dysfunctions. Amongst the adults, behavioral disorders depict even acts like fire-setting, stealing, gambling, using inappropriate language, getting addicted to drug abuse and alcohol and getting involved into criminal acts. There have been certain factors that depict behavioral disorders amongst the adults: [2].

1. **Impairment, disability, and handicap:** When an individual has suffered any kind of impairment or a disability, he experiences trauma and feels highly distressed and, in his attitude, and behavior, he portrays a disorder that has arise as a result of the impairment or disability that he has suffered.
2. **Schizophrenia:** The diagnosis of schizophrenia depends upon the presence of delusions, hallucinations or other symptoms; it is an uncommon disorder in which there is a subtle but progressive development of oddities of conduct, inability to meet the demands of the society and a decline in the totality of ones performance; with an increase in social impoverishment, an individual may become idle, self-absorbed and aimless.
3. **Mood Disorders:** Mood disorders are characterized by diagnostic use of the incongruence of delusions with mood; an individual's mood keeps changing from one form to another, it depicts variations within an individual's frame of mind, disposition, atmosphere and temper.
4. **Agoraphobia and panic disorders:** This type of disorder has been regarded as primary, it means when an individual turns to be hysterical and suffers panic attacks as a result of a particular situation, case or a circumstance.
5. **Anxiety and Depression:** Factors such as apprehension, worry, concern, nervousness, fretfulness, fear, misery, melancholy, dejection, hopelessness and despair empower the feelings and mindsets of an individual in case of anxiety and depression.
6. **Stress:** Stress can be any kind of worry, anxiety, hassle, trauma, tension, pain or pressure. Stress is sometimes avoidable but sometimes it is unavoidable; the kind of stress that an individual experiences can assume a major form as well as a minor form and if it assumes a major form it can lead to a mental or a behavioral disorder.
7. **Anger:** Anger is a natural thing that occurs amongst all human beings, but one should learn to control and prevent it from assuming an extreme form. Anger has different meanings such as fury, antagonism, resentment, rage, annoyance and irritation. When anger assumes a major form it can lead to a mental or a behavioral disorder, for example, beating someone in anger is a mental and a behavioral disorder and such kind of an attitude is not considered to be normal.
8. **Culture-specific disorders:** Descriptions of these kinds of disorders emphasize that they may be regarded as local variants of anxiety, depression, somatoform disorder and adjustment disorder; under this disorder, an individual experiences problems in getting adjusted with specific cultural factors and their regular implementation develops a disorder amongst their mindsets.
9. **Psychiatric problems:** Under this kind of disorder, an individual depicts certain behavioral traits that are not considered to be standard; for instance, an adult who has psychiatric problems may talk things that are meaningless or in some cases adults develop habits of repeating certain things on a continuous basis such as constantly asking for food.
10. **Mental Retardation:** Under this category, individuals suffer from a marked degree of motor impairment or other associated deficits, indicating the presence of clinically significant damage to or mal development of the central nervous system. Most of the individuals suffering from mental retardation develop immobility, incontinent, they possess extremely little ability to care for their own needs, non-verbal communication, and require constant help and supervision.

Depression as a major cause of a behavioral disorder

Depression is a common mental disorder that shows the symptoms of a depressed mood, loss of interest in activities that were once enjoyed, decreased energy, feelings of guilt or low self worth, isolation, lack of communication with the people around as well as those who are at a distance, disturbed sleep or appetite and poor concentration and performance in all the activities undertaken. These problems can become chronic and take a major form if they are not treated on time, these problems can cause detriments in individuals abilities and responsibilities. Almost one million lives are lost yearly due to suicide, which means that there has been occurrence of 3000 suicide deaths every day; suicide also occurs due to depression [3]; for example, students who are not able to score higher grades in school end up commit suicide due to depression,

in India, domestic violence within the house compels a woman to take up her own life out of depression; these are the examples of cases of depression that take an extreme form. There has been availability of effectual and lucrative treatments to improve the health conditions and life styles of millions of people around the world who are suffering from depression. An individual should educate himself about depression and on personal, societal as well as national level, support those people who are suffering from this mental disorder [3].

Types of depression

There are several types of depressive disorders: [4].

- **Major Depressive Disorder or Major Depression:** This kind of depression is immobilizing and prevents a person from functioning in a normal way; some people may experience this kind of depression just once in their lifetime but in most cases, the experience is more than once. The symptoms of this kind of depression interfere with the person's ability to sleep, eat, work, study and performing recreational activities.
- **Dysthymic Disorder or Dysthymia:** This kind of depression is characterized by long term symptoms which may be of two years or even longer; the symptoms may not be severe to immobilize a person but can inhibit normal functioning or feeling well. People with dysthymia may also experience major depression once or more than once during their lifetime.
- **Minor Depression:** This kind of depression is not the same as major depression, the symptoms of minor depression may be for two weeks or longer. Individuals who experience minor depression are at the risk of developing a major depressive disorder if they do not undergo proper treatment.
- **Bipolar Disorder:** This is also called manic depressive illness and is not familiar as the major depressive disorder or dysthymia. This kind of disorder is characterized by cycling mood changes from extreme heights that is mania to extreme lows that is depression.
- **Psychotic Depression:** This kind of depression occurs when a person is suffering from severe depression and also some form of psychosis, such as having false beliefs that are upsetting, delusions or hallucinations.
- **Postpartum Depression:** This kind of depression is experienced by many women after giving birth, they get overwhelmed by the new responsibilities and the hormonal and physical changes that they have experienced, such as some women gain too much weight. Around 10-15 percent of the women undergo postpartum depression after giving birth; they feel depressed because they have to learn to cope with new tasks and errands.

- **Seasonal Affective Disorder (SAD):** This kind of disorder occurs with the commencement of depression during the winter season, when there is less natural sunlight. Depression begins to take place during spring and summer; effective treatment of seasonal affective disorder is characterized with light therapy, but it has been found out that light therapy alone is not effective for the treatment of SAD for more than half of individuals. SAD symptoms can be reduced by antidepressant medication and psychotherapy, either alone or in combination with light therapy.

Effects of behavioral disorders

Adults are the persons who are above 18 years of age and they develop understanding, maturity and wisdom as they grow, but there have been number of adults all over the world who depict numerous kinds of behavioral disorders and these disorders impose certain effects upon their lives as well as the lives of others associated with them such as their families, other caregivers etc. [5].

1. If an adult goes to school or college then his behavioral disorder certainly has negative consequences upon his studies, he will be able to face problems in understanding the concepts and his mental and behavioral disorder could impair his concentration and learning abilities.
2. His or hers personal, social, academic and vocational skills and abilities gets adversely affected due to the behavioral and mental disorders.
3. Disorders such as mental retardation makes an individual entirely dependent upon others and he is unable to accomplish activities and functions on his own.
4. Emotional and behavioral disorders may co-exist with other disabilities such as schizophrenic disorders, affective disorders, anxiety disorders, or other sustained disturbances of conduct or adjustment.
5. An adult individuals with behavioral disorders experiences loneliness, which is a chronic and a distressful state of mind; an individual feels marginalized, alienated and neglected with a mental and a behavioral disorder.
6. Another negative effect is adults with behavioral disorders are even abused and mistreated by their family members and other relatives; this mostly takes place due to the longing for money and property. They try to take undue advantage of their malfunctioning in seizing the property rights and finances.
7. Adults who suffer behavioral disorders are even likely to face obstacles during the course of their jobs or employment; if they suffer from mental stress, trauma, depression or any kind of illness, they will not be able to perform their job duties well.

8. The ultimate outcome of any kind of a behavioral disorder is that it makes a person sad, upset and gloomy; an adult individual develops a pessimistic attitude towards living and loses all his optimism.
9. Another effect is those individuals who are associated with the adult person such as his family members, close friends and relatives too feel depressed and frustrated seeing their condition; hence it affects the lives of others as well in an unconstructive manner.
10. Behavioral disorder such as anger, if it assumes a major form can inflict dire consequences upon an individual, he may commit a murder or harass somebody or even hit somebody, which will launch him into a devastating situation.

Prevention of mental, emotional and behavioral disorders amongst the adults

The measures that should be implemented in order to prevent mental, emotional and behavioral disorders amongst the adults have been classified as follows: [6].

1. In some cases, mental and behavioral disorders begin early in life and prolong till a person reaches his or her adulthood and in some of the cases, it is also a possibility that there is no cure for it, for instance, if a child is suffering from autism, if it is not cured then it may continue to exist till a person reaches his adulthood.
2. Young adults are endowed with the greatest prevention opportunity; for instance, if they are determined that they have to get rid of a particular behavioral disorder, they are able to accomplish it effectively on the basis of their determination.
3. Multiple preventive involvements are required on reducing substance abuse, conduct disorder, antisocial behavior, aggression and maltreatment.
4. Pregnant women do develop depression; hence measures need to be initiated on the reduction of depression amongst pregnant women.
5. Violence and aggression that takes place within the schools and colleges should be reduced by the formulation of appropriate norms, policies, rules and principles; in higher education, adults have been enrolled and they need to be disciplined within an educational institution.
6. It is vital to indicate preventive interventions focusing upon schizophrenia.
7. Adults should implement their family functioning and positive parenting in an effective manner; parents have responsibilities towards their children as well as other family members concerning their well being, education, health, diet and nutrition, jobs, employment and so forth. In order to prevent a behavioral disorder, it is vital that they fulfill their responsibilities in an effective manner.
8. When adult individuals are enrolled in higher education institutions and they face problems in academic learning and performance, then this leads to the development of a behavioral disorder such as anger, frustration, depression etc. therefore, they should be aimed at the enhancement of social and emotional outcomes that may lead to improvement in their academic performance.
9. Effective communication, broadmindedness, patience, adjustability, the attitude of caring and sharing are some of the factors that helps in developing effective relationships with ones parents, friends, relatives and other members of the society and minimize the development of a behavioral disorder; for example, if an individual does not have good terms with his spouse, he may develop depression, hence, it is vital to inculcate the above stated attributes.
10. An individual should develop within himself an awareness about other cultures, traditions, and lifestyles, for instance, in the present world, adult individuals move out of their homes to other places, areas, cities or even other countries, hence they need to recognize and adjust accordingly with the lifestyles of the areas where they are residing.
11. In education, employment and other areas, it is a fact that an individual encounters other individuals who are very difficult to deal with and try to impose problems during the course of his pathways, it is up to the individual to frame his mindset in such a manner to cope with such individuals and develop the abilities to work under stress.
12. Work load and other kinds of pressure develops a behavioral disorder amongst the adult individuals, therefore, they need to implement effective time management skills so that they do not feel overburdened due to work.
13. Medical treatment, counseling and therapies are normally taken by the adult individuals when they are undergoing behavioral disorders; these kinds of treatments helps in decreasing stress, tensions and anxieties.
14. Loneliness develops a behavioral disorder amongst the adults in some cases; therefore, they should always maintain a social network and effective relationships with their family members, relatives, friends and community members.
15. Diet and nutrition is an important aspect in curbing a behavioral disorder; if an adult individual is obese, he may develop depression or a behavioral disorder, an individual's mindset gets framed on the basis of what he eats; therefore, a healthy and a nutritious diet is recommended in order to be a normal and an organized human being.

Treatments for mental and behavioral disorders

1. **Cognitive Behavior Therapy (CBT):** Individuals suffering from behavioral disorders form negative viewpoints about themselves and the world around them. CBT depicts how the thoughts and ideas of an individual affect their mood and this therapy teaches them to correct the negative thinking that they have formed. CBT has proved to be advantageous for some individuals whereas for others it has not proved to be beneficial.
2. **Mindfulness Meditation:** Mindfulness is about becoming aware of what is happening in the present on a moment by moment basis; judgments are not to be made about whether a person likes or does not like what he sees around him. Mindfulness meditation is used to assist people in curbing some of the symptoms of a behavioral disorder such as anger, grief, worry, anxiety, concern and so forth [7].
3. **Interpersonal Therapy (IPT):** In most cases, the causes of a behavioral disorder or vulnerabilities to the development of behavioral disorders is due to social functioning of an individual; under social functioning the areas that are, his work, employment, studies, career, education, family, relationships, social roles, performance, activities and personality. The main objective of IPT is to help individuals in understanding how their vulnerabilities can lead to existing behavioral disorder or the jeopardy of developing behavioral disorders in future [7].
4. **Psychotherapy:** Psychotherapy usually extends to several months or years, during this time period a relationship is built up between a therapist and his patient; this relationship is used to investigate what kind of events, occurrences and experiences a person went through during his past that have led to behavioral disorders.
5. **Counseling:** Counseling is related to many diverse areas and is a set of approaches and goals that are essentially aimed at helping an individual to seek solutions to his problems. There are many kinds of counseling such as career, crisis, relationship, marital, depression, trauma, anger management and so forth.
6. **Self-Help and Alternative Therapies:** There are wide range of self help and alternative therapies which can be useful for some types of behavioral disorders; either they can be used alone or in combination with physical treatments, antidepressants or psychological treatments. Melancholic or psychotic depressions are very unlikely to respond to self help and alternative therapies alone. Self-help and alternative therapies that may be useful for behavioral disorders are yoga, meditation, relaxation techniques, good nutrition, alcohol and drug avoidance, physical exercise, Bibliotherapy, Omega-3, St. John's Wort, light therapy and acupuncture [7].

Discussion and Conclusion

It is commonly observed that behavioral disorders are prevalent amongst the children all over the world; they experience disorders such as autism, cognitive disability, emotional behavioral disability, hearing impairment, visual impairment, specific learning disability, orthopedic impairment, other health impairment, significant developmental delay, speech or language impairment, and traumatic brain injury. These disorders are prevalent amongst 25% of the adults as well around the globe, besides these disorders there have been other disorders that normally are regarded as the behavioral disorders, these are impairments, disabilities and handicap, schizophrenia, mood disorders, panic disorders, anxiety and depression, stress, anger, culture-specific disorders, psychiatric problems and mental retardation. Depression has been regarded as one of the most common behavioral disorder that every individual experiences at some point of their lives; there have been various types of depression, major depressive disorder, dysthymia, minor depression, bipolar disorder, psychotic depression, postpartum depression and seasonal affective disorder.

These kinds of behavioral disorders never prove to be positive or constructive upon an individual's life and are always considered to be negative or unconstructive; such as impairing concentration, learning abilities, personal, academic, and social skills, individual becomes dependent upon others and is unable to implement any of his functions by himself, individuals with behavioral disorders keep confined to themselves and do not like to communicate with others or go out in a social gathering, individuals are often mistreated by their family members and face obstacles during the course of their education or employment, an individual who has a behavioral disorder loses interest in number of things, the ones he used to enjoy at some point of life, he even gets involved in the commitment of criminal acts and faces dire consequences.

The behavioral disorders amongst the adults can be prevented from taking a major shape; it is mostly vested within the hands of the individuals themselves to keep themselves pleased, happy and satisfied and so that they do not develop a behavioral disorder such as depression, anxiety disorder, anger, or a learning disability. When adult individuals are acquiring education, they go to the universities to attend classes, then they are required to pay complete attention to what the instructor is teaching, when they do not concentrate they are not able to perform effectively and experience a behavioral and a mental disorder, similarly an individual should be motivated, conscientious and diligent within his employment setting as well so that he remains contented, an individual should be able to grasp the time management skills, he should maintain a social network, effectively communicate with family members, relatives and friends so that he does not undergo depression, for instance, strained relations with spouse, mother, father, brother or

a sister also plunges a person into depression. An individual should get engaged in physical exercises at least thrice a week, consume a healthy diet, get good sleep and even get engaged in entertainment activities such as listening to music, watching television, or playing a sport; these are even considered to be relaxation techniques.

There have been certain treatments for mental and behavioral disorders; these are cognitive behavior therapy, mindfulness meditation, interpersonal therapy, psychotherapy, counseling and self-help and alternative therapies. Individuals whose behavioral disorders are diagnosed, they undergo these treatments so that they can find solutions to their problems with the help of proficient individuals and their expertise. Finally, it can be stated that sometimes mental and behavioral disorders are unavoidable and an individual has to confront them, for example, visual impairment as a result of a disaster in ones factory, on the other hand, there are some mental and behavioral disorders that are avoidable such as getting hysterical, shouting at people around without any particular reason, hence some of the problems can be solved by the individual himself by staying calm, full of activity and developing positive thinking, some problems can be controlled by seeking advise and assistance from medical practitioners or counselors or therapists. Therefore, there have been measures to manage the behavioral disorders and when they are effectively controlled; the lives of adults can be full of happiness, fulfillment, pleasure and performance.

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