

IJPSL

Volume 2, Issue 1

Serious Implications of Globalisation on the Mental Health of the Populace of India

Jigisha Sharma ¹

Shivani Sharma ²

Disclaimer: The opinions expressed in this publication are those of the authors. They do not purport to reflect the opinions or views of Project uP or International Journal of Policy Sciences and Law or their members. The statistics, figures, and tables employed in this publication and the presentation of material therein do not imply the expression of any opinion whatsoever on the part of Project uP or International Journal of Policy Sciences and Law or their members. The Author and editors of the material herein have consulted sources believed to be reliable in their efforts to provide information that is complete and in accordance with the standards accepted at the time of publication. However, in view of the possibility of human error by the authors, editors, or publisher, nor any other who has been involved in the preparation of the work warrants that the information contained herein in every aspect accurate or complete, and they are not responsible for any errors or omissions or the results obtained from the use of such information. Readers are advised to confirm the information contained herein with other sources.

Read more scholarly articles at <https://ijpsl.in/>

¹ B.A. Hons. Economics, Maitreyi College, University of Delhi

² B. A. Hons. Psychology, Graphic Era University

Abstract

Globalisation being a multi-dimensional concept has dealt with prosperities as well as drawbacks in the past. However, to this day the repercussions of globalisation are felt to the core in India. One such vital aspect has been mental health issues. This paper aims to highlight the plight of people suffering from mental illnesses because of the harsh implications of globalisation. The authors attempt to bring into the light how mental health issues have become a serious subject amongst the population of India and the way forward so as to improve the situation by promoting mental health protection to cope better with stressors created by the globalised world. The very foundation of globalisation is biased in nature, which is evidently clear in the difference of international trade laws imposed on third world countries and developed countries. This paper seeks to present a critical overview of globalisation on mental health and delves into the fact that although globalisation has been projected fruitful and “good for all”, the same has not applied to the global south nations in general, and specifically in India.

Keywords: *globalisation, mental health, developing countries, developed countries, India*

1.0 Introduction

“Marvel Studios’ Avengers: Endgame movie released in April 2019 did a whopping business of Rs.225 crore in just 4 days of its release in India.” (India Today, 2019)

“FIFA World Cup is one of the most-watched sports that has attracted viewers from all over the world.”(Wood, 2021)

“Apple saw its highest iPhone sales ever in Q4 of 2020.” (Rushe, 2021)

All these examples illustrate different aspects of globalisation. The Avengers: Endgame movie, despite being a Hollywood production made profits worldwide. Even though a few countries participate in The FIFA World Cup, it has a major global fan following. Apple is considered to be the world's largest technology company which has loyal global users of its various products. The words “worldwide”, “global fan”, and “global users” used in the above sentences refer to only one ideological process—Globalisation.

The advent of globalisation has had repercussions in almost every area of a person's life, and thus it is imperative to understand the mental health outcomes of the same as it plays a vital role in ensuring a person's overall wellbeing. There is a need to delve into the mental health outcomes of globalisation which are often overlooked and brushed aside in order to prevent tarnishing the unblemished image of globalisation. This paper attempts to shed light on the crucial aspects of mental health in one of the developing nations—India. Moreover, the paper also tries to substantiate that globalisation's massive impact on mental health by analysing the key determinants of mental health in light of the repercussions of globalisation.

2.0 Globalisation: A Dynamic Concept

Globalisation refers to the integration of the markets in the global economy, leading to an increased interconnectedness of national economies. In simpler terms, it is all about the flows of ideas, capital, commodities and people from one place to another. Though the pace at which it has accelerated has been commendable, the term actually gained its popularity after the Cold War in the early 1990s, as these cooperative arrangements shaped modern everyday life. "Theodore Levitt" is often credited for popularising the word "globalisation" in the late 1980s. It revolves around technological and social advances, which further leads to advances in trade and cultural relativism throughout the world (Feder, 2006). Globalisation is a dynamic concept of flows that brings its shares of consequences to the table. They are broadly categorised into political, economic and cultural consequences.

2.1 Political Consequences

The globalisation of politics refers to the growth of the worldwide political system. Ideally, globalisation should emphasize the interdependence and interconnectedness among the nation-states. Unfortunately, it has created an imbalance of power amongst different nations states with some having decision making and sanctioning powers. The globalisation era has allowed some states to use their undue power to subjugate others. Globalisation has only given way to an economic culture totally invested in making profits and the old "welfare state" that was primarily committed to economic and social well being is now superseded by the entry of multinational companies. Opinion polls registered their strong levels of anxiety

and insecurity and the political effects were becoming more visible. The Harvard economist Dani Rodrik foresaw that the cost of greater “economic integration” would be greater “social disintegration”. The inevitable result would be a huge political backlash (Saval, 2020).

2.2 Economic Consequences

This particular dimension shapes a large part of the content and direction of contemporary debates surrounding globalisation. This process in itself started a race between the countries trying to gain an advantage in trade. The most common approach by these countries has been that of Quantitative Easing- in the desire to increase the liquidity in the financial system, they start printing money only to face high inflation and lower value of the currency relative to other currencies at the end (Pettinger, 2018). Prices of imports become very high in a debased currency. Not only this, but it also causes asset bubbles, such as artificially high market prices and artificially high bond prices (because the interest rates on bonds are so low). These asset bubbles lead to investment crashes. Also, if the printing ever stops (and perhaps even if it doesn't), interest rates will rise, greatly raising costs to governments, corporations, and even individual citizens (Investopedia, 2020). The developed countries establish certain norms in order to sustain the global structure.

2.3 Cultural Consequences

Globalisation represents the exchange of ideas, values and artistic expression among cultures. However, according to developed countries, it is all about “manufacturing consent” (Lippmann, 1922). This aspect deals with the individuals on a personal level. The dominant country tries to imply a class ascendancy over other dominated countries in order to persuade them to view the world in a manner that is favourable to the dominant countries. Here, it is for us to understand that hegemony imposes its power onto other weaker nations through an ideological process because this is a much better method to influence the countries than fighting wars. Globalisation has lionized the uniform culture throughout the world but what some fail to recognize is that it is just the imposition of western culture over the rest of the world. It is not only a way for powerful nations to control us but also a great threat to the existing cultural practices in other countries. In today's scenario, it is evident from the

above-stated examples of how the so-called “American Culture” has become everyone’s dream. This aspect of cultural homogenisation is sometimes also referred to as ‘McDonaldisation’ of society or the world (Ritzer, 1993).

3.0 Comparison between the Developed and Developing Countries

3.1 Global North and Global South

The terms Global North and Global South were decided in the 1980s with the Brandt Line in accordance with the rise of the industrialisation era post-World War II. Countries that were richer and more developed were recognised as a part of Global North and the rest of the countries (both developing and underdeveloped) were categorised under Global South. This step was taken in the context of globalisation or global capitalism. Even though globalisation proved to be rewarding in certain development parameters, it could not raise millions of people out of absolute poverty, especially in the Global South. In fact, the level of development and wealth widened. The Global South have cited many inequalities like availability of natural resources, different levels of health and education, the nature of a country’s economy and its industrial sectors as a major argument for the Global North/South divide.

3.2 International Organisations and their Laws

It is no more a secret as to how the World Bank and various other International Organisations have been biased towards the superpowers for years. It became even more evident when the former World Bank chief economist, Paul Romer, attacked the World Bank’s Report in 2018 for its lack of integrity (Bakvis, 2018). It has been always criticised for following western ideology and serving the superpowers. Its self-interested policies have started a debate over how biased they are, seeing that the World Bank’s very foundation is based on western norms and values.

The World Bank is made up of two key bodies, the International Development Association (IDA) and the International Bank for Reconstruction and Development (IBRD) (World Bank, 2021). First of all, The Bank has distributed voting shares unevenly. The more developed, western states hold more weight in decision making as they are predominantly the

largest shareholding members (the UK, USA, Germany, France and Japan). It is therefore evident that states with more money wield more political influence in the policymaking of the Bank. Third world countries are almost forced into 'liberalizing their economies and opening up to trade and foreign investment' in return for aid or debt relief (O'Brien and Williams 2010, 125). It also further supports the idea that the World Bank is a hegemonic tool used in spreading western, liberal ideals such as neo-liberalism or democracy to the Global South, for the benefit of the dominant political class, the West (Hobden and Jones 2008: 150).

3.3 Globalisation: A New Form of Imperialism?

Over the years, developed countries, particularly the USA, have been interfering in other countries affairs in the name of globalisation. Today, globalisation is criticized for preventing local development in poor countries. It has thus paved the way for a Unipolar World. It has become a form of neo-colonialism which refers to a "process through which the developed world controls the territory of developing nations through economic domination" (Watters, Marston and Cleaver 2008, 68). Neo-liberalism argues that not only does free trade and a market or capitalist economy pave the way for economic prosperity, but that being politically democratic also enhances the chances for economic development (Lamy 2008: 131). The western world benefits from the Global South's political, as well as economic liberalism as it usually comes democratisation, and a certain level of Americanisation, leading to political hegemony, as well as economic hegemony of the West.

4.0 Mental Health: A General Elaboration

As defined by the World Health Organisation, mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community" (Mental Health: Strengthening Our Response, 2018). Mental health can be defined as being free from mental illness or it can be defined as a condition that also includes psychological or biological factors that contribute to the state of mind within the environment. Various sources may provide disparate definitions of mental health. Some definitions of mental health stretch further and attempt to describe mental health as consisting

of various other aspects such as intellectual, emotional, physiological and spiritual advancement, a positive self-image, increased self-worth, alongside interpersonal and intrapersonal congeniality; while others define mental health as a state including emotional, carnal and social contentment. Mental health determines the behaviour and response of an individual to a stimulus in the environment.

For the past few years, mental health has been recognized as a crucial factor in one's life. It is now often considered by the populace, government and healthcare organizations that mental health is as significant as physical health. Although looking at the current scenario in the developing and underdeveloped countries, it is apparent that there is a long way to go in order to impart the right position to mental health, the developed countries are way ahead and quite well-versed with the concept of mental health and mental illness. Over time, the emphasis has been given to the connotations of mental health.

Wrongfully though, the terms 'poor mental health' and 'mental illness' are oftentimes used interchangeably; hence, it is crucial to make a discrete distinction between the two. Mental illnesses are health problems that involve changes in feelings, thoughts or behaviours (or a combination of these) (R. Parekh, 2018). Mental illnesses are associated with distress and/or problems with functioning in social, occupational, or family activities. Poor mental health does not have a distinct definition. Yet, it can be seen as a mental state that is not in line with the aspects of mental health. A healthy mind is a residence to high self-esteem and increased self-worth. While poor mental health is subjected to demonstrate a state of disappointment, distress and difficulty in routine functioning of the mind and body.

Mental health has been a subject of discussion in light of globalisation. Though not catered to satisfactorily yet, the subject holds utter significance in the life of an individual. Mental health has various attributes and at the same time, it can be affected by a number of factors. It is crucial to comprehend the determinants of mental health in order to proceed in the direction of the impact of globalisation on mental health.

4.1 Determinants of Mental Health

Manwell et al. (2015) proposed the definition of mental health as “A mentally healthy community offers people the ability to thrive. It is one in which people feel a sense of connectedness and there are also networks that link people from all walks of life to each other. There is a strong community identity but despite this, the community is welcoming of diversity. People participate in their community, organize to combat common threats, and offer support and aid for those in need” (Manwell et. al, 2015).

Humans are designated as “social animals”, thus, in order to survive optimally, a human being requires the presence of others alike, along with their interpersonal interactions being intact. The definition of mental health mentioned above focuses discriminantly on the social aspect of the life of an individual. A person is in control of this social aspect in all walks of life. The social determinants of mental health have a notable impact on the mental health of an individual over time. The stress of destitution has a greater impact on mental health and well-being than substantial deprivation. Although the social structure contains individual psychological resources such as resilience, cognitive, optimism and emotional maturity, it also makes an important contribution to its own mental health.

There has been enough evidence of social determinants altering the mental state of an individual. The determinants of mental health involve the extensive contribution of individual experiences and individual attitudes, family, education, occupational environment, and societal determinants (Allen et al., 2014)

4.1.1 Individual Experiences and Disposition

A person’s individual identity and attitude are the most fundamental aspects that determine the status of their mental health. It includes the experiences one has in life over time, the attitude developed due to those experiences and individual personality traits to some extent. Adverse life conditions, perceived inequality, unemployment, anxiety, learned helplessness, downfall in resilience and self-esteem, a deteriorated self-image, confrontational attribution of emotional immaturity values have a significantly negative influence on the mental health of an individual. Not just this, idiosyncrasies like disruption, confusion and spread of style identity, unhealthy living, poor physical health, psychosocial

stress, genetic risk coping with disability are also major determinants of mental health.

4.1.2 Family

The first real and immediate environment of an individual after birth is one's family. Family dynamics have a substantial role to play in the determination of health status of mind. A growing body of research shows that negative family relationships can cause stress, affect mental health and even cause physical symptoms. Disturbing living environment, inequality, food insecurity, poverty, discrimination, helplessness, deprivation of fundamental necessities, etc. that are central to the family unit can have harmful effects on the mind of a person. Challenging interpersonal relationships with family members, alterations in norms/values or physical or verbal abuse and cumulative stress are also very strong decisive factors in the mental well-being of an individual.

4.1.3 Education

Another crucial factor that has a massive role to play in the well-being state of mind of an individual is the education and schooling a person acquires. The environment of the school, teachers who are primarily the role models for many students, competitiveness with peers, discrimination, workload from school, substance abuse, peer pressure, bullying, technical addiction, can make or break an individual. Satisfactory education and a healthy environment would lead to an increase in self-worth and confidence of the individual which further secures the career and future of the person making them feel secure and stable in life. On the other hand, inadequate resources and skills to deal with the disturbing events of life result in lost self-esteem in later stages of life.

4.1.4 Occupational Environment

In the later stages of life, when an individual establishes a position concerning career, the aspect of occupations emerges as yet another determinant of mental health. Hasty changes in the organisation, high competitiveness among colleagues, work-life balance, job insecurity, diversity, management shape, altering needs of skills, burnout, inadequate support from the organisation and unsatisfactory behaviour of the higher authorities at the workplace can have

serious implications on the life of an individual by affecting adversely the mental status.

4.1.5 Societal Determinants

Economic and financial deprivation, community disparity, violence, instability, perceived social injustice, lack of exposure to fundamental necessities and healthcare services, are all culprits of the impoverished mental health of an individual living in a society. The above-mentioned factors stimulating mental health are crucial when individual and collectivistic growth of a community is taken into consideration. Talking of the development of a country, the workings of that country and democratic rights also do affect the freedom of an individual which further emerges as a determinant of mental health and can have adverse effects if not catered to properly.

5.0 Globalisation and its Implications on Mental Health

Globalisation has a tangible prominence in determining the mental health of the population of a country. Sufficient evidence and previous research indicate that globalisation can have a sustained consequence on the mental state of individuals (Antonia Lopez Villavicencio & Maria Cervini, 2019). The aforementioned factors fall prey to the effects of globalisation and contribute to deteriorating the mental health of an individual. Globalisation has taken turns to worsen the situation for the population of developing countries over time in different facets of life. Globalisation impacts the mental health of an individual indirectly by exploiting the determinants of mental health. It influences public health and provides a pivotal context for evaluating the consequences of alteration in health determinants on mental well being. There is a pressing need to link the quintessential variable of globalisation together with the mental health determinants in India.

Globalisation induces multidisciplinary transitions in developing and underdeveloped countries like India. Right from the essential clothes preferences to language, to inclinations towards western performing arts, India and its people have changed enormously over several years of globalisation (Impact of Globalisation on India – Civilsdaily, 2017). These alterations have proven, sometimes, to take the wrong turn thereby manipulating the mental health and well-being consequently of the same populace.

5.1 Indian Aspect

5.1.1 Poverty and Inequalities

Globalisation has had an uneven impact on countries for a long time. The constant suffering due to impoverishment has resulted in a lack of respect and confidence. Even if the economic systems have thrived globally, the benefits have been relished the most by the developed countries. Because of fierce competition between the countries, the goods and services are sold at as low a price as possible and the workers are exploited; they have no choice but to accept lower wages or else they lose their jobs. This has caused a constant sense of threat and danger to their livelihood. As a result, it has promoted very violent and aggressive behaviour in them. Here, technology also plays an important part as it has been a crucial element for the flourishing of globalisation. But the disadvantaged and poor beings entirely unaware of such technological advances have lost out on jobs. Risk factors for many common mental disorders are heavily associated with economic and social inequalities, whereby the greater the inequality, the higher the prevalence of mental illness (Pickett, James, & Wilkinson, 2006; Wilkinson & Pickett, 2007, 2009).

Studies have proven that the low-income groups who have been deprived of various basic necessities have shown the highest results of anxiety and depression (Friedlie, 2009). The Multi-National Companies (MNCs) in India have crippled the Indian farmers to such an extent that some have ended their life over the fear of repayment of debts as well as expensive seeds and equipment. While the benefits of globalisation go to the seeds and chemical corporations through expanding markets, the cost and risks are exclusively borne by the small farmers and landless peasants (Shiva et al., 1999). It is needed to be understood that not only an individual but rather an entire class of destitute are perceived unequally.

5.1.2 Migration and Identity Issues

Globalisation has changed the lifestyle of many families and here, MNCs play an integral role in creating an urban-rural divide. Salient features like overcrowded and polluted environments, changing family dynamics, violence and unemployment have caused a range of disorders and deficiencies associated with urbanisation—depression, alienation, anxiety, rage, substance abuse and alcoholism (Sharma, 2016). It also promotes the flow of rural poor

to urban areas and diversion of potential fertile cultivable land to urban mechanized activities. It is in this context that reduced social capital is considered a significant mediator of the connection between urbanisation and mental health (Mckenzie, 2008).

The worldwide interconnectedness has not only caused internal migration but also external migration. Many skilled workers migrate to another country for better economic purposes causing a “brain drain” in India. These migrant groups have also suffered from regular bouts of psychological disorders owing to vast cultural differences. Continuous and incessant discrimination has remained a major challenge for the migrants. Moreover, acculturative stress is most likely to occur when there is a mismatch between the personal orientations and the cultural orientations of the host country (Coldwell-Harris & Aycicegi, 2006). In this corporate race, there is a perception that many have lost their identities owing to western cultures. Studies prove that people show signs of identity issues when exposed to different cultural and ethical practices. Disruptions in identity formation at the individual level can be ascribed to combined effects of globalisation on the one hand, and to the new and extreme forms that individualism has acquired in the modern age on the other (Bornman, 2003). Globalisation plays a primary role in the deprivation of self-esteem and confidence.

5.1.3 Socio-Cultural Factors

Globalisation has had various complex and profound consequences in the essence of society. It is created by individuals in the face of new opportunities and risks that challenges emotional stability and integrity (Melluish, 2014). It is evident that over years, the populace of India is getting inclined towards westernization in light of the prevalent globalisation over years. The western culture seeping in through the crevices of cultural disparity and a passion for modernization encourages an individualistic culture as opposed to the collectivistic culture prevailing for ages in the country. The emergence of new technologies and inventions from western countries such as the USA have led to the alterations in various developing countries, including India, in the context of cultural and social factors. There are claims that the youth is now more inclined towards using the technology invented in the west rather than their own country because of the mindset that those countries have had efficient development since notably early times.

The amplification of individualistic culture in India has led to the emergence of nuclear families that provide less support and affection than joint families; marital life discrepancies due to the imitation of the western culture subconsciously increased divorce rate, major alteration in spoken language, use of slang and rude language as contrasted to the old, valuable culture of the country. Culture is often seen as an effort resource that provides anxiety-relieving self-esteem. With globalisation, cultures in developing countries may be denied psychological protection coverage (Sharma & Sharma, 2010).

Urbanization in the country led to an anxiety-provoking state among the various people who migrate to the cities leaving behind their villages in search of employment. This change results in cultural and social differences sometimes resulting in the phenomenon called “cultural shock” having an extremely negative effect on the mental health of an individual. Financial independence of an individual that emanated as a result of globalisation has had several people spending their days at therapy because of the anxiety and difficulties that come with it. Reduction in social security as an outcome of globalisation is another major influence. People choose to form groups with like-minded people who want an identity that is not contaminated by global culture and its values. The value of world culture, including freedom, freedom of choice, individual rights, the openness of change and tolerance of difference, based on individualism, free-market economics and democracy, is part of the value of Western culture (Impact of Globalisation on India – Civildaily, 2017). Individualism leads to major psychological disorders and increased possibility of suicidal behaviours among youth and the middle-aged group.

5.1.4 Impact on Women and Children

According to the 2011 census, the total population stood at 121.06 crores, among which 48.5 per cent were women. It is worth mentioning that in addition to doing housework and raising children, women also participate in production activities (Naidu, 2006). It is feared that globalisation might lead to displacement, capitalization and slavery of the contemporary world in Asian countries, especially India. Globalisation has added up to the already prevailing impoverished situation of women in the country continuing for ages. Migration has resulted in a proliferation of trafficking of women as asserted by Naidu in 2006

in his paper, *Globalisation and its impact on Indian society* (Naidu, 2006). As the world “shrinks” and evolves toward a sort of global community, the transfer of people both voluntary and coerced is becoming more prevalent (Cho, 2012). With changing the social and cultural outlook of the country, the women of India have been observed to face more abuse than in the past. Abuse in terms of physical, mental and verbal is proliferating with time due to the individualistic pattern of living where the family constraints have been removed.

As far as children are concerned, they are being exposed to age-inappropriate content on social media. They are also being subjected to issues in their families: the relationship issues among parents reduced attention of parents and gaps in child-rearing patterns leading to increased vulnerability to psychological disorders (McLeod et al., 2007). Children are more prone to be affected by globalisation since they are not capable of using high levels of cognitive skills, they are extremely influenced by the happenings in their environment. Technologies and new interventions that emerged due to globalisation have impacted the children of the new age at substantial levels. Inclusion of junk food, negligence towards parents, adopting western styles more than the traditional ones have come to affect the mental health of children.

By living in social institutions and being in contact with their words every day (for example, through television), children are brought up in a value system. Children are subjected to an environment that promotes individualism, high competitiveness, the one which renounces the arrangement of authority. Moreover, the children are often exposed to circumstances arising as a result of fluctuating family structures that ultimately form such distorted ideologies. The incidences of psychological problems such as anxiety, criminal inclinations, substance abuse and prolonged unhappiness increase dramatically among the children in western developed countries (Timimi, 2005).

5.1.5 Occupational Discrepancies

With the advent of multinational companies and the intervention of big-name companies in India, there has been a tremendous change in the corporate and service sectors.

Although India is predominantly an agrarian country, globalisation has had a huge influx of international companies and the youth were promoted to take up jobs in these companies and work for the officials from the developed countries.

Globalisation impacts the mental health of employees as a fact that they are more prone to burnout and increased levels of stress along with anxiety-provoking states. Employees in such big companies are more likely to develop psychological disorders than the ones working in smaller businesses. With the increased demand, irrespective of the physical and environmental conditions of the employee, the workers are now forced to meet stringent deadlines. This leads to a decreased level of job satisfaction thereby harnessing the mental health of the employees.

6.0 Amelioration of Mental Health: The Need of the Hour

An appendage of globalisation, a crisis that once ignited in the region and then struck immediately after igniting now risks setting off an international fire. Surely, there have been certain achievements that can be credited to the advent of globalisation, but there has been an exodus of complications that now possess a threat at a global level (Goldin, n.d.). The issues that globalisation brought as a by-product have been discussed so far, it is time now to consider the remunerations for the same. Globalisation's adverse impact could have been tackled back when it was brought into this world; they can be considered now with righteous policies and manoeuvres to bring about changes in the lives of those whose mental health has been directly and severely affected by globalisation.

There is an extensive need of implementing measures that are public-centred so as to emphasize growth in the direction of people's welfare instead of investing in approaches that are concentrated on the business front. This goal can be achieved by implementing structural policies in the field of education, innovation, skill development, vocational training, and physical infrastructure (Gurria, 2017). Carrying out these alterations in policies will ensure that the mental health of the populace of India is not compromised. The implications of an impoverished education system, lack of skill training, and compromised policies affect mental health severely in adulthood years.

Introduction of institutive actions to ensure that the welfare of digitization and technological advancement reaches all (Gurria, 2017). Admittance of migrant population, gender involvement in all sectors, educational reforms, measures to connect the rural with urban population shall be the conjecture applied for development in the country (Gurria, 2017).

We must construct protocols such that trade becomes inclusive of the medium, small, and micro-enterprises in the country to include those who are not able to avail the benefits of globalisation as a whole (Gurria, 2017). This would safeguard the rights of small business owners resulting in a better condition for the rural Indian population as well. Averting resistive techniques and reforms which pay heed to only a particular fraction of the society. Rather, developing dynamic measures that can potentially accept change according to the need of the hour. (for example, Global Value Chains) (Gurria, 2017). Disposition of resolutions so as to equip people of the country with required skills through an across-the-board education system and vocational training.

Creating a levelled playing field for all types of businesses and strengthening the mental health care sector by deploying a competent budget for the sector is of the utmost importance. Also making the mental health sector approachable for all sections of the society. There also needs to be an inclusion of the rural population in mental health policies and laws along with a provision for awareness about mental health so as to identify issues at the root. There is also an intense need of safeguarding the rights of the uneducated population by deploying stringent policies against their exploitation.

7.0 Conclusion

Taking into consideration the present study, it is detected that the Indian population, especially the rural populace has been severely affected by the arrival of globalisation. Being a developing country, Indian citizens have fallen victim to several miserable outcomes of globalisation. It has led to the exploitation of third-world countries (here, India) as a consequence of the arrival of huge MNCs. It also highlights the economic, political and cultural discrepancies caused by globalisation. In India, the exploitation of small businesses by procuring raw material at minimal costs, applying huge processing and delivering taxes on

the final product, have aided in making the consumers miserable and caused the loss of opportunities and profitability for several small business owners.

Globalisation has resulted in an increased rate of unemployment due to the exodus of human labour as an outcome of mechanization; thereby benefiting the big companies and rich population and demeaning the poor (and rural) population. This has led to an increase in mental health disorders due to fierce competition, burnout at work and a stressful environment. Globalisation has left no stone unturned in severely affecting the mental health determinants of an individual. It has impacted people on individual levels, their families, education system, societal norms, etc.

Globalisation has brought about poverty and inequality in the country as an outcome of impoverished circumstances of the economically weaker sections which have led to a decrease in their confidence and self-esteem. It has mocked the identity of people as a result of migration further directed towards identity confusion. Emergence of nuclear families and constant pressure to adapt to western culture has put the mental health of Indian society at stake. Ramifications of social media, globalized culture, obliteration of old, traditionally proven child-rearing practices have resulted in increased vulnerability to psychological disorders.

There is a pressing need to rectify the issues that globalisation has brought along by providing a few measures to be implemented. Framing policies which entail inclusive measures can be helpful in amending the current situation of the country and its people.

References

Allen, J., Belfour, R., Bell, R., & Marmot, M. (2014). Social determinants of mental health. *International Review of Psychiatry*, 26(4), 392–407.

Bakvis, P. (2018, January 19). *It's Time to End the World Bank's Biased Business Regulation Ratings*. Inequality.Org. <https://inequality.org/research/end-world-banks-biased-business-regulation-ratings/>

Bose, P., & Wood, E. M. (2004). "New" Imperialism? On Globalisation and Nation States. *Social Scientist*, 32(3/4), 71. <https://doi.org/10.2307/3518026>

Cho, S. Y. (2012). Integrating Equality - globalisation, Women's Rights, and Human Trafficking. *SSRN Electronic Journal*. Published. <https://doi.org/10.2139/ssrn.2099326>

Feder, B. J. (2006, July 6). *Theodore Levitt, 81, Who Coined the Term "Globalisation", Is Dead*. *The New York Times*. <https://www.nytimes.com/2006/07/06/business/06levitt.html#:~:text=Theodore%20Levitt%2C%20a%20former%20professor,He%20was%2081>.

Goldin, I. (n.d.). Global Solutions for globalisation's Problems — BRICS Business Magazine. *BRICS Magazine*. Retrieved June 25, 2021, from <https://bricsmagazine.com/en/articles/global-solutions-for-globalisation-s-problems>

Grassi, K. W. (2013, June 23). *Is the World Bank Partisan?* *E-International Relations*. <https://www.e-ir.info/2013/06/21/is-the-world-bank-partisan/>

Gurria, A. (2017, September 12). Challenges and Solutions for Globalisation - OECD. <https://www.oecd.org/social/challenges-and-solutions-for-globalisation.htm>

Impact of Globalisation on India – *Civildaily*. (2017, August 23). *Civildaily*. <https://www.civildaily.com/impact-of-globalisation-on-india/>

India Today. (2019, May 4). *Avengers Endgame box office collection Day 8: Marvel film wreaks havoc, charges towards Rs 300 crore*. <https://www.indiatoday.in/movies/hollywood/story/avengers-endgame-box-office-collection-day-8-marvel-film-wreaks-havoc-charges-towards-rs-300-crore-1516754-2019-05-04>

Investopedia. (2020, September 2). *How Do Asset Bubbles Cause Recessions?* <https://www.investopedia.com/articles/investing/082515/how-do-asset-bubbles-cause-recessions.asp>

Learn About Mental Health - Mental Health - CDC. (2018, January 26). *CDC Gov*. <https://www.cdc.gov/mentalhealth/learn/index.htm>

Manwell, L. A., Barbic, S. P., Roberts, K., Durisko, Z., Lee, C., Ware, E., & McKenzie, K. (2015). What is mental health? Evidence towards a new definition from a mixed methods multidisciplinary international survey. *BMJ Open*, 5(6), e007079.

<https://doi.org/10.1136/bmjopen-2014-007079>

McLeod, B. D., Wood, J. J., & Weisz, J. R. (2007). Examining the association between parenting and childhood anxiety: A meta-analysis. *Clinical Psychology Review*, 27(2). <https://doi.org/10.1016/j.cpr.2006.09.002>

Melluish, S. (2014). globalisation, culture, and psychology. *International Review of Psychiatry*, 26(5), 538–543.

Mental Health. (2021, May 4). Medline Plus. <https://medlineplus.gov/mentalhealth.html>

Mental health: strengthening our response. (2018, March 30). World Health Organization.

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

Naidu, Y. G. (2006). Globalisation and its impact on Indian society. *The Indian Journal of Political Science*. Published.

Parekh, R. (2018, August). What is mental illness? American Psychiatric Association. <https://www.psychiatry.org/patients-families/what-is-mental-illness>

Pettinger, T. (2018, January 18). *Problems of Quantitative Easing*. Economics Help.

<https://www.economicshelp.org/blog/4682/economics/problems-of-quantitative-easing/>

Rushe, D. (2021, January 28). *Apple records the most profitable quarter ever as sales soar amid pandemic*. The Guardian. <https://www.theguardian.com/technology/2021/jan/27/apple-profits-latest-quarter-surge-pandemic#:~:text=Apple%20finished%202020%20with%20its,the%20same%20period%20last%20year>.

Saval, N. (2020, February 3). *Globalisation: the rise and fall of an idea that swept the world*. The Guardian. <https://www.theguardian.com/world/2017/jul/14/globalisation-the-rise-and-fall-of-an-idea-that-swept-the-world>

Sharma, S. (2016). Impact of Globalisation on Mental Health in Low- and Middle-income Countries. *Psychology and Developing Societies*, 28(2), 251–279. <https://doi.org/10.1177/0971333616657176>

Shiva, V., Emani, A., & Jafri, A. H. (1999). *Globalisation and Threat to Seed Security: Case of Transgenic Cotton Trials in India on JSTOR*. Jstor. <https://www.jstor.org/stable/4407732>

Timimi, S. (2005). Effect of globalisation on children's mental health. *BMJ*, 331(7507), 37–39. <https://doi.org/10.1136/bmj.331.7507.37>

What Is Mental Health? | MentalHealth.gov. (2020, May 28). Mental Health Gov. <https://www.mentalhealth.gov/basics/what-is-mental-health>

Wood, R. J. (2021, May 18). *World's Most Popular Sports by Fans*. Topend Sports. <https://www.topendsports.com/world/lists/popular-sport/fans.htm>

World Bank. (2021). *About the*. <https://www.worldbank.org/en/about>