

Hello this is Ridhima Shirodkar from from Government College of Art Science and Commerce Khandola, today will be doing understanding psychological disorders and the module name is historical views or the 19th century views. The outline would be the military and people with mental illness. And mental hospital care in the 20th century. At the end of this module, you should be able to examine the views of causes and treatment of mental disorders in the 19th century and explain the changes that took place in mental health care in the 19th and 20th century. So let's look at how mental health was viewed in the military section and how people and soldiers were basically treated. So mental health treatment was advanced also by military medicine. The first mental health facility for treating mentally disordered war casualty was opened by the Confederate Army in the American Civil War. So we were looking at how war casualties were treated and the Confederate Army in the American Civil War happens to be one of the first units which was opened. And even more extensive and influential program off military

psychiatry evolved in Germany during the late 1800s between the Franco Prussian War in 1870 and the First World War in 1914.

You see a lot of development that is taking place now. Emil Kreplin Richard 1, Kraft Ebbing and other experts worked with the military administration, conducting research and training doctors. So we are at a point where research is being conducted to try to understand why individuals have mental illness or how individuals in the war can be helped. Because what is a condition which is quite adverse condition?

Where you see your own platoon being born bomb sometimes and you also have to kill people and things like that. And as we know World War brought about with a lot of distractions so the actual soldiers faced a lot of psychological distress. Now the research which was conducted at that time, for instance, was that to try to see how alcohol adversely affected the soldiers ability to fire a rifle. So when alcohol is consumed, how is a rifle shot? OK, so when an individual is. Under the consumption of alcohol under the influence of alcohol, does it influence his ability to fire effectively. So this is one of the research which was taken up at that particular point of time. So the main point, and

this is that military two was contributing in its own way to help better understand medical mental illness and what caused mental illness. Moving on, let's look at the 19th century views. Now at that point of time, or not much was known about mental disorders and the hospitals which were there were controlled by lay people lay people are those who are not experts. OK, so because of model management which was there so model management is nothing but the treatment which focused more on the individual social needs. Occupational needs an individual needs and more spiritual domain was emphasized upon the lay people who are looking after hospitals. The alienist had no significant role, and what the alienist alien is for the psychiatrists at that point. So they were called as alien is because they were not much accepted at that point of time, so they were aliens. OK, so these people who are actually trained people did not have a significant role and the way people were coming in and taking on the role as a result effective treatment was not available at the latter part of the 19th century the alienist started coming forward and saying that you know this is not the job of the lay persons and

they started. Taking control and they also incorporated model management into their physical medical procedures, so they did not only have medical procedures as such, they did look into and taken to the physical, the social occupational and individual needs of the patients, which is the main aspect of model management.

They emphasized on the importance of morality in mental health. OK, so the illness or the psychiatrist at that point also believe that you know, apart from just medication or apart from just looking after the physical needs. Model needs also have to be looked after.

They believe that melancholy or depression or feeling low was thought to be as a result of nervous exhaustion, so they said that you know when an individual was very distressed, that means that he or she had spent a lot of their energy, and they considered this to be something called as a shattered nerve condition called as neurasthenia. OK, so neurasthenia is basically means shattered nerves where you have expect expanded and you know a lot of your energy has gone because of which you tend to feel very tired and you are very physical symptoms feeling low.

An you know you're not feeling up to it and lack of interest, so they said that this was caused because of neurasthenia and this was a treatable condition. Now let's come to the 20th century. Understand now we're moving forward and we're seeing a lot of development taking place by the end of the 19th century. Asylums were just considered to be like fortresses or big houses on the Hill and then become quite a landmark in America. OK, so all over America in the USA, that's the United States. Or we see that these asylums were like in a very faraway place. They were just like, you know, fortresses. And everybody felt that these places were monstrous places or endless places, and they were considered to be places nobody wanted to go. So if you notice that the people were just so called mental eel, Burgess kept there for years and years together. Some of them even died in those circumstances, and nobody from the public wanted to go and be there for them. These are places of harsh condition and public awareness was not there regarding mental illness. So there's a lot of stigma at that point of time attached to the so called asylums which were very far away from the social strata. Ran away and

kind of in the outskirts where nobody wanted to actually go.

Now, under these very deplorable conditions you have a lot of revolutionary figures who basically came up, and one of them was Clifford Beers. At this point of time, people were afraid of the mentally ill. OK, so as they were afraid they did not want to go near them. Now Clifford Beers was very much moved by Dorothy Dix. Is movement Dorothy Dix? What'd she do? She basically was the champion here for the poor where she taught women in prisons and she realized that you know the conditions are very very bad and so she. In 1841 to 1881 she had this huge campaign where she kind of built and tried to have awareness. Do how to treatment el. Also, she authored a lot of bills to, you know, kind of improve the conditions of asylums, hospitals, and things like that. So \*\*\*\*\* movement was followed by this man called us. Clifford Beers, now Clifford Beers himself, or had a mental breakdown for which he was kept in one of the hospitals. And here realized how bad and poor the treatment was. And he wrote this book called As a Mind that found itself now Clifford Beers by himself was lucky enough to kind of, you know he was treated and.

Taken care of very, very kind attendant at his home and he recovered very well. But not everybody was so lucky enough.

So Clifford beer after obvious after he basically got.

After he recovered and he moved on, he went on to launch campaigns to build up awareness to build up hope among the people and to kind of tell them that this is not the way to treat the so called mentally disturbed individuals that these two are people and they were suffering from some sort of an illness which is just like a physical illness.

So if we require to come up with a solution for them, abandoning them, isolating them, giving them hard, harsh treatments, being afraid of them is not the way out.

Moreover, because of these various campaigns which were launched by Clifford Beers, he caught the attention of the Dean of the American Psychiatry, William James, an adult male. So through this particular module, what we have tried to understand is that how there is a change in the attitude towards mental illness. We also have seen how the military has facilitated how people like Emil kept Kreplindid a lot of research among the war veterans, and you know, among the soldiers and how alcohol. Are influenced the writing shooting ability. We

look at 19th century by laypeople mainly or in the hospitals and the aliens or the cycle psychiatrist had no rules at the latter part of the 19th century, the aliens and the psychiatrists actually came and took over, and they emphasized on morality apart from the other treatment methods, they started believing that you know shattered nerves and neurasthenia is a condition where people were expanded of their energy and they feel low. They feel sad. They have physical symptoms. They feel tired. Early 20th century we see how these asylums are there and how they're just fortresses. People are afraid of these asylums. You're staying away from them and then you have Clifford beers. Who writes this revolutionary book? Who launches campaigns because he himself has gone through it and he wins the attention of various so important people like James. Send Mail through this module. I hope you have been able to figure out how mental illness was viewed in the military and how the 20th century views. Well, thank you.