

## A highlight on estimate of mental illness in Manipur

*(Based on State Sample data of NSS 76<sup>th</sup> Round)*

**Khuraijam Shitle Kumar**

*Assistant Director*

*Directorate of Economics & Statistics*

*Government of Manipur*

### Introduction

The concept 'No one is left behind' in the Sustainable Development Goals (SDGs) has brought the vision of Disability Inclusive Societies clearer. The United Nations (UN) acknowledged the burden of Mental Illness by including it in the Sustainable Development Goals (SDGs) in September 2015.

Mental illness is characterized by alterations in mood or behavior associated with distress and impaired function, the US Department of Health and Services defined. It is a global public health concern. According to the World Health Organization, one out of four (25%) persons is affected with some kind of mental illness.

The presence of mental illness does not affect only the individual and his personal, social, educational and occupational life, but also his family from negative results. Poverty, genetic and environmental factors: Stress and abuse in childhood stage are common associates of mental disorders.

Manipur being a state in the international border, and with the long issues of insurgency in the state, conflict in interest between various ethnic groups, corruption, unemployment, inflation, and poor resources etc., it is highly crucial to obtain estimates of

mental illness.

### Objective

The main objective of this article is to highlight the prevalence of mental illness in rural and urban of Manipur, the out-of-pocket expenditure on disability.

### Materials and Methods

Data from State Sample of National Sample Survey (NSS) 76th Round 2018 are used for analysis. Mental illness and intellectual disability were covered by NSS in this round for the second after NSS 58th Round (2002).

The entire survey was conducted in 6 months, beginning from July to December 2018. Data were collected by gender and rural or urban setting on several variables. Readers are referred to Instructions to field staffs volume-I for further details.

### Results

Table-1: Estimated (in 00) number of persons only with Mental illness in Manipur

Sector	Male	Female	Person
Rural	5	3	8
Urban	2	3	5
Manipur	8	6	14

Table-2: Estimated (in 00) number of persons with Mental illness in Manipur

Sector	Male	Female	Person
Rural	5	3	9
Urban	3	3	6
Manipur	8	7	15

Table-3: average monthly out-of-pocket expenses (in whole number of Rupees) per person with disability incurring expenditure on disability

Sector	Male	Female	Person
Rural	1674	1291	1527
Urban	1739	2077	1854
Manipur	1691	1464	1606

## Conclusion

The estimated number of persons with mental illness in Manipur is about 1500 while that of the National level is 15363<sup>1</sup>.

The out-of-pocket expenditure per person with disability in Manipur is less than that of National level<sup>2</sup>.

Further detailed analysis using the Unit Level Data for both Central Sample and State Sample Data is recommended after the release of State Report by the Directorate of Economics & Statistics, Manipur. In contrast to the report of National Mental Health Survey of India 2015–2016<sup>3</sup>, the prevalence of mental illness in Manipur was found lower than the National level. However, it may be noted that mental retardation/ intellectual disability is treated out of Mental illness in the National Sample Survey.

## References

1. [Report 583 Final 0.pdf \(mospi.nic.in\)](#)
2. Murthy, R Srinivasa. "National Mental Health Survey of India 2015-2016." *Indian journal of psychiatry* vol. 59,1 (2017): 21-26. doi:10.4103/psychiatry.IndianJPsychiatry\_102\_17
3. **Report of National Mental health Survey 2015-16**

<sup>1</sup> Figure is obtained from reference 1.

<sup>2</sup> In comparison with the figures given in Reference no 1.

<sup>3</sup> Refer reference no. 3