

A Brief Study on the Mental Health vs. Mental Disorders in China, Suicide and the Entertainment Media

Authors : Patricia Portugal Marques de Carvalho Lourenço

Abstract : Mental Health, mental illnesses, and suicide are old topics made young. While broadly addressed on a global scale to various extents and degrees, mental health, mental disorders, and suicide remain to a large extent a taboo in a number of societies such as the Chinese. The country's report on mental health was scrutinized for an in-depth understanding of the prevalence of mental disorders domestically, emphasizing depression, which is more accentuated in rural settings than urban, affecting a significant number of students, retired individuals and that unemployed country-wise. Depression in China is linked to anxiety in younger years, both decreasing as the population grows in age. Mental health, mental disorders and suicide remain for the most part, "forgotten", despite statistically significant and the media's yet small efforts in educating the population about the terms i.e. through online/television dramas that approach the topics, trying to demystify them. Whereas crucial to openly address mental health, mental disorders, and suicide, the issues remain an ongoing challenge in China, where series draw light into a reality the media and the population do not broadly converse about. The media in general and the entertainment media, in particular, have a vital role in helping China acknowledge mental health, mental disorders and suicide, albeit having a long way to go in assisting the Chinese population in dealing with the health of their inner minds.

Keywords : mental health, mental disorders, suicide, media, China, Chinese entertainment

Conference Title : ICACPHIC 2022 : International Conference on Advances in Communication and Public Health and Interpersonal Communication

Conference Location : Boston, United States

Conference Dates : April 21-22, 2022