



Whack of Escalating Urbanization on Psychosomatic Brutality, Socioeconomic Tribulation, Unremitting Jeopardize & Commercial Disparity

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ABSTRACT

The rapid increase in urban population worldwide is one among the important global health issues of the 21st century. The scenario in India is also affected by this trend. In accordance with the report of UNWUP 2008, in India ~ 28% of the India's population lives in cities and this is expected to increase to 41% by the year 2020. Urbanization, is not only a demographic movement but also includes, social, economic and psychological changes that constitute the demographic movement. It is a process that leads to the growth of cities due to industrialization and economic development. Urbanization brings with it a unique set of advantages and disadvantages. This demographic transition is accompanied by economic growth and industrialization, and by profound changes in social organization and in the pattern of family life. Urbanization affects psychological healthiness through the influence of increased stressors and factors such as overcrowded and polluted environment, high levels of violence, and reduced social support. Further this also decreases social support as the nuclear families increase in number. Poor people experience environmental and psychological adversity that increases their vulnerability to mental disorders. Socioeconomic stress is considered to be affecting mental health of women. Results of randomized control trials involving individual or group counseling sessions led by community health workers or nurses, either as the principal intervention or in combination with inexpensive drug therapies have indicated the role of counseling intervention among women. Analysis of community-based data from eight urban areas in the developing world indicates that mental and physical abuse of women by their partners is distressingly common with negative consequences for women's physical and psychological well being. The urbanization leads to forming set of group as "fringe population" who earn on daily basis. A study in a slum community north of Mumbai indicates high incidence of alcoholism among men and verbal abuse of women by their husbands. In both developed and developing countries, women living in urban settings are at greatest risk to be assaulted by their intimates (domestic violence). The range of disorders, deviancies and social manifestations associated with urbanization viz. severe mental disorders, depression, substance abuse, alcoholism, crime, family disintegration, and alienation, are precisely delineated in this manuscript.

Keywords: Dementia; Industrialization; Alcoholism; Contextual cultural factors; Psychoses; Sociopathy; Suburbanization; Air pollution; Basic amenities; Domestic violence; Unhygienic conditions; Social manifestations

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INTRODUCTION

Urbanization is the physical growth of urban areas which result in rural migration and even suburban concentration into cities, particularly the very large ones. Urbanization is the societal trend where the proportion of people living in cities increases while the proportion of people living in the country side diminishes. Urban refers to the geographic territory within or close to a city. Urbanization, defined as the increase in the number of cities and urban population, is not only a demographic movement but also includes, social, economic and psychological changes that constitute the demographic movement. It's a process that leads to the growth of cities due to industrialization and economic development¹. The rapid increase in urban population worldwide is one among the important global health issues of the 21st century. According to the projections of the UNPD by 2030, more people in the developing world will live in urban than rural areas; by 2050, two-thirds of its population is likely to be urban. The scenario in India is also affected by this trend. In India ~ 28% of the India's population lives in cities and this is expected to increase to 41% by the year 2020 (UNWUPs 2008)¹⁶. Urbanization brings with it a unique set

of advantages and disadvantages. This demographic transition is accompanied by economic growth and industrialization, and by profound changes in social organization and in the pattern of family life. Urbanization affects mental health through the influence of increased stressors and factors such as overcrowded and polluted environment, high levels of violence, and reduced social support. Movement of population to urban areas has led to large number of older men and women left to look after themselves in the rural areas, while the young generation lives in the cities for livelihood. This also leads to less availability of caregivers for old people. It's worth mentioning here that by 1990, majority (58%) of the world's population aged 60 years and over was already found to be living in developing countries. By 2020, this proportion would have risen to 67% (figure 1.). Over this period of 30 years, this oldest sector of the population would have increased in number by 200% in developing countries as compared to 68% in the developed world². Impact of urbanization is associated with an increase in mental disorders. The reason is that movement of people to urban area needs more facilities to be made available and infrastructure to grow. This does not happen in alignment with the increase of population Hence, lack of adequate infrastructure increases the risk of poverty and exposure to environmental adversities. Further this also decreases social support as the nuclear families increase in number. Poor people experience environmental and psychological adversity that increases their vulnerability to mental disorders³. A report by WHO has enumerated that mental disorders account for nearly 12% of the global burden of disease. By 2020, these will account for nearly 15% of DALYs lost to illness. Incidentally, the burden of mental disorders is maximal in young adults, which is considered to be the most productive age of the population. Developing countries are likely to see a disproportionately large increase in the burden attributable to mental disorders in the coming decades (WHO – MHC, 2003)¹⁰.

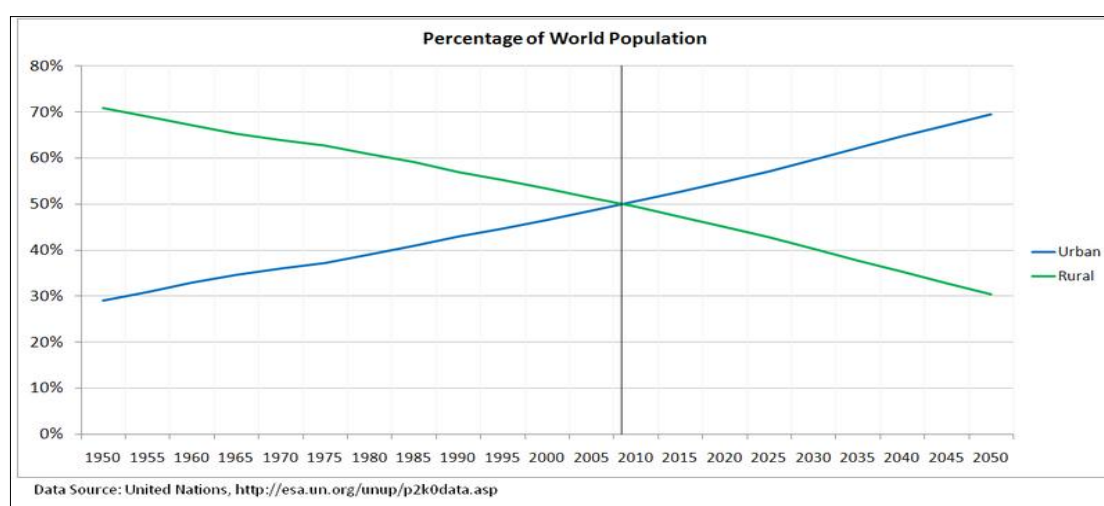


Figure 1. Percentage of World Population#

The range of disorders and deviancies associated with urbanization is enormous. Some of the disorders are severe mental disorders, depression, substance abuse, alcoholism, crime, family disintegration, and alienation. Dementia and major depression are two, dementia and major depression are the two leading contributors, accounting, respectively, for one-quarter and one-sixth of all DALYs in this group. Most people with dementia live in developing countries: 60% in 2001 is projected to rise up to 71% by 2040. Rates of increase are not uniform: numbers are forecast to increase by 100% in developed countries between 2001 and 2040, but by more than 300% in India, China, and their South Asian and Western Pacific neighbors⁴. When we refer to psychiatric disorders anxiety and depression are more prevalent among urban women than men and, are believed to be more prevalent in poor than in non-poor urban neighborhoods. The meta analysis by Reddy and Chandrashekhar (1998)⁴ revealed higher prevalence of mental disorders in urban area i.e., 80.6%, whereas it was 48.9% in rural area. Mental disorders primarily composed of depression and neurotic disorders.

Socioeconomic stress is considered to be affecting mental health of women. Results of randomized control trials involving individual or group counseling sessions led by community health workers or nurses, either as the principal intervention or in combination with inexpensive drug therapies have indicated the role of counseling intervention among women.^{3, 6} Increase of nuclear families in urban society has led to increase in cases of violence against women in general. Among them, intimate-partner violence links to alcohol abuse and women's mental health. Analysis of community-based data from eight urban areas in

the developing world indicates that mental and physical abuse of women by their partners is distressingly common with negative consequences for women's physical and psychological well being⁷. Poverty and mental health have a complex and multidimensional relationship. The urbanization leads to forming set of group as "fringe population" who earn on daily basis. An Indian study in a slum community north of Mumbai indicates high incidence of alcoholism among men and verbal abuse of women by their husbands. The WHO analysis also documented a close association between the experience of violence and women's mental health (2005)⁸. Women are particularly vulnerable and they often disproportionately bear the burden of changes associated with urbanization.

Domestic violence is also highly prevalent in urban areas. In both developed and developing countries, women living in urban settings are at greatest risk to be assaulted by their intimates. Model of cultural transformation especially from rural to modern society, is considered to be one of the reasons of psychological disorder. However stress caused by transition from rural culture to urban culture cannot be denied as one of the factors leading to stress-related problems. Cultural factors interplay with urban dynamics in a unique manner. Understanding how cultural dynamics articulate with adaptation to urban life may facilitate proper management of mental disorders in cities. In the assessment and treatment of patients living in urban areas, contextual cultural factors also play an important role⁹. There is a need to create awareness about mental illness across all sections of the society. Urbanization is thus seen as a natural corollary of growth. Awareness about its impact on health and more so on mental health will act as a facilitator of change in growing Indian economy.

DILEMMA OF URBANIZATION, ALCOHOLISM & OTHER SOCIAL MANIFESTATIONS

Urbanization has become a common feature of Indian society. Growth of Industries has contributed to the growth of cities. As a result of industrialization people have started moving towards the industrial areas in search of employment. This has resulted in the growth of towns and cities. Urbanization denotes a diffusion of the influence of urban centres to a rural hinterland. Urbanization can also be defined as a process of concentration of population in a particular territory. According to Mitchell urbanization is a process of becoming urban, moving to cities, changing from agriculture to other pursuits common to cities. Various reasons have led to the growth of cities. Industrialization is a major cause of urbanization. It has expanded the employment opportunities. Rural people have migrated to cities on account of better employment opportunities. Many social factors such as attraction of cities, better standard of living, better educational facilities, need for status also induce people to migrate to cities. In rural sector people have to depend mainly on agriculture for their livelihood. But Indian agriculture is depending on monsoon. In drought situations or natural calamities, rural people have to migrate to cities. Urban areas are characterized by sophisticated technology better infrastructure, communication, medical facilities, etc. People feel that they can lead a comfortable life in cities and migrate to cities. Urbanization can yield positive effects viz. i. Migration of rural people to urban areas; ii. Employment opportunities in urban centres; iii. Transport and communication facilities; iv. Educational facilities; v. Increase in the standard of living, if it takes place up to a desirable limit. Extensive urbanization or indiscriminate growth of cities may result in adverse effects¹¹.

Concentration of population is a major problem of cities. It has resulted in accommodation problem, growth of slums, etc. Joint family can't be maintained in cities on account of high cost of living: People prefer to live in the nuclear type of families. High cost of living is a major problem of cities. In Metro cities like Mumbai²⁴, Bangalore etc. it's very difficult for lower income groups to maintain a decent standard of living. Urban centres are known for high rate of crimes. Theft, Dacoity, Murder, Cheating, Pick pocketing, rape, etc. are common in urban centres. Urban centres are characterized by highly secondary relations. The concept of neighborhood, community life are almost absent in cities. Urban life is highly monotonous. This may have an adverse psychological effect on individuals. People are often self centred and they have no concern for the fellow human beings. In industrialized cities pollution is a major problems. It may be caused by industries or by excessive movement of vehicles. Urban life is characterized by stress which may even strain family relations. In cities employment of women is almost inevitable to meet the increasing cost of living. Changing role of women in the family creates stress in the family which may result in divorce or strained relations. Thus urbanization has its own merits and de-merits. Urbanization can't be avoided. But the negative effect of urbanization can be minimized¹².

The level of assimilation in the urban areas is concerned with the psychological aspects of adjustment acquiring the values, meanings, sentiments, prejudice or ideology of that particular community. The problem of assimilation is more for migrants as they usually come from different backgrounds and struggle to settle down in the migrated cities. The rapid changes in the economical sphere with globalization are the change in the economical; sphere, with globalization and liberalization are the

changes in the economical sphere, with globalization and liberalization in bringing about many changes influencing the life of people residing in urban areas also. Take for example, India only after 1991; many BPO companies have started functioning in almost all the major urban centres. The result is that many people have shifted to these organizations because they pay better and also the working conditions in these organizations are better, but the problem here is these organizations expect their employees to work for longer hours and sometimes in night shifts. Such changes are affecting the individual's social life, including her or his family life.

Consequently, stress caused due to competition and pressure of work, work and alcoholism have become the norm of the day in these urban centres. Alcoholism is a chronic illness, which manifests as a disorder of behavior. It's characterized by the repeated drinking of alcoholic beverages, to an extent that it exceeds social customs. *In essence, alcoholism isn't measured by the amount of alcohol consumed but rather by the way a person uses alcohol to deal with his life's problems, and its effects on his physical well being.* Chronic alcohol abuse can damage all vital organs in the body. It damages the muscles cells of the heart and leads to heart failure and ultimately death. As alcohol is broken down in the liver, whose chief function is to neutralize and remove certain toxic compounds, this organ is the most vulnerable to alcohol's harmful effects. If the abuse still continues, its damaging effect lead to brain damage and mental disorders. Certain organizations, as a part of their social gatherings, are encouraging the youth to participate in beer-drinking contests with offer of attractive prizes to the winners. Such organizations are unwittingly initiating innocent youth, many of whom have taken any form of alcoholic drink, into the growing ranks of alcoholics, which eventually will lead to all sorts of social and domestic problems to their families and the community in general. Accidents due to consumption of alcohol are becoming common in many of the cities nowadays. Some of them during the party or in the liquor shop consume too much and get on the road. Such people either hit the walls and commit accidents or hit some passerby and cause harm.

The government's current '*don't drink & drive*' policy is indeed commendable, but needs to be strictly adhered to for the safety of all road users. Pubs that have mushroomed all over towns are luring our youth to indulge in the drinking habit. For persons in the lower rungs of the social scale today provides the much indeed solace to relax. Quite a number of them, however, imbibe the brew in excess, and as a result become drunk and boisterous thus creating domestic violence at home. But what worries the authorities is the consumption of cheap illicit liquor (distilled under the most unhygienic conditions) by one way drinkers, leading to many cases of deaths. Stress is the '*wear & tear*' a body experiences as it adjusts continually to the changing environment. It has physical and emotional effects on the people and can create positive or negative feelings. As a positive influence, stress helps compel a person to act; it also results in a new awareness and an exciting new perspectives. As a negative influence, it results in feeling of distrust, rejection, anger and depression, which in turn leads to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart ailments and stroke.. Stress is a common phenomenon in urban life especially in age of globalization and urbanization. People stress in the office while commuting and also at home. Constantly living in stress has affected the life including in health of many urban people. Therefore, many urbanites are leaving their residences at a young age and are finding solace in some remote hillsides. Urban impact may occur at different parts of a region or sub-region, and in many different ways, as urban culture becomes diffused beyond a city's political boundary. The cultural content may be disseminated by human carriers, who transmit their ideas, techniques, skills and modes of behavior through interpersonal contacts or by mass transportation and communication.¹⁹

DELETERIOUS SWAYS & CONSEQUENCIES OF URBANIZATION ON DWELLERS

Any consideration of the impact of urbanism must take into account many variables. The behavior and values of persons who may be affected by urban influence the geographical location of the persons, whether residing in cities or the hinterlands (surrounding localities): the effects on the political, economic and occupational organization of the cities or the hinterlands, the health, education and general welfare of individuals involved. It must be kept in mind that the social and cultural systems of societies differ and that these differences of urbanization invariably have a bearing on the interaction between a city and its hinterland. The impact of urbanization can be seen as societies become increasingly urbanized. Social emphasis is placed on achievement rather than in ascription. Urbanization has brought about many changes in various spheres of life, namely physical, social, psychological and cultural aspects. *Industrialization* has resulted in an increase in urban population, which creates further pressure on urban land. As a result, there is dearth of space, and consequently congestion and overloading occur. The municipal authorities are now finding it difficult to even provide the basic amenities [viz. consumer goods (food & water), shelter and protection from infectious diseases] to the migrated and the existing populace of the city. Another major consequence of an increase in populace is the imbalance created between

demand and supply of goods and commodities. The prices rise exorbitantly due to inflation and lack of adequate supply. The decrease in the costs of transport and communication and the promise of better living in the cities are attracting more and more people to the cities. The result is the haphazard development of cities in all directions, including the skyward direction, in the form of taller and taller buildings that can accommodate more and more houses. In the earlier days, cities were known for their planning and better living co-conditions.¹³

But today's cities are becoming popular for their vices and lack of basic facilities. If one looks from the individual migrant's view. It's true that cities provide opportunities, and also completion. All those who come in search of these opportunities may not exceed. The result is the growth of slums, vices, drug trafficking, prostitution, beggary and robbery. Homelessness is another disturbing feature of urban life. The housing problem in the city is very acute. Many people who are unable to pay high rents remain in shelterless or squatter on public property. In some other cases, people live in crowded dilapidated apartments. Some others, who are unable to pay accommodation in the inner city area, are forced to travel long distances, which takes away most of their time and energy. Homelessness, therefore, is a crunching problem in many large cities of the world today. The continuous expansion of cities, where there is undeveloped and unoccupied land. This circumferential and radial growth has led to the growth of suburban areas. Suburbs are areas that were once villages and the cities in the spree of expansion have engulfed these villages. They are characterized by relatively low housing density. Suburbs can be identified from the fact that they are separated from the central city in the physical aspects but are also dependent on it for employment, services, goods and administration. Suburbs have been differentiated based on their functions – the residential suburbs and employment suburbs. The residential suburbs are those that provide only residential space to their inhabitants and these inhabitants commute to the urban centre for their livelihood whereas employment suburbs, which are also called satellite towns, are formed when some industrial complexes provide residences to their employees. Over a period of time, a township is built in this area thus creating a suburb¹⁴.

The social interaction pattern in these suburbs depends on the type of suburb. In the residential suburb, people spend more time in travel, hence they hardly have any time for social interaction, and commuting or travelling may keep the earning member, who usually is the male member, away from home for a longer distance time. Therefore, women may assume important roles in suburban life. The values, standards, beliefs and preferences are different for the suburbanites when compared with the urbanites. The suburbanites tend to put their family values above achievement and careers, and also aren't so keen on accumulating wealth, whereas the inner city residents are capable of doing anything to become rich. However, rapid increase in populace is affecting the suburbs also. They are facing problems of an urban centre ranging from traffic congestion to poverty, increasing crime rates, especially theft, vandalism, air pollution, despoliation, of physical environment, housing problem and financial problems. Whenever may be the problems, suburbanization seems to be new trend. Unlike the early haphazard and unplanned suburbanization process, it may become more planned and achieve an orderly growth in the days to come. Increasing number of inhabitants in a settlement beyond a certain limit affect the relationship between them and the character of the city. The greater the number of individuals participating in a process of interaction, the greater is the potential of differentiation between them whereby the personal traits, the occupations, the cultural life and the ideas, and beliefs and values get widely separated. These variations give rise to the spatial segregation of individuals. The bond of kinship, neighborliness and settlements of living together for generations are absent among these people due to such diverse origin and backgrounds. In such circumstances, completion and formal control mechanisms substitute for the bonds of solidarity that hold a folk or a village society together.

Another important outcome of an increase in populace and the consequent increase in density is that personal mutual acquaintanceship between inhabitants, which ordinarily involves an increase in a neighborhood feeling, is lacking. Thus, the increase in numbers involves changed the character of the social relationship, the absence of anonymity and the segmentalization of human relationship. The high mobility in the urban life enables an individual to assume diverse roles. This, in turn, leads to instability and insecurity in the world at large. The city dwellers thus is in a transitory habitat, doesn't generate binding traditions and sentiments and only rarely is found to be neighborly. All these have led to the growth of a number of social problems. Family as an organization is largely affected by the changes in the social structure. Changes in the social structure affects the status of the family members. Many basic functions of family are now performed by the secondary institutions and associations. For example, formerly child-rearing and education were primary functions of the family. But in today's urban centres there is a need for dual-income families. This need compels women to move out

of the house and start earning. Naturally, the function of child-rearing is then transferred to a secondary institution – the crèche or baby-care centre.

The changing status and the role of women in the present times have also brought about changes in the family structure. With the industrial development, her role isn't only confined to the 4 walls of the house, but also she has to go out and work. This has brought about changes in the relationship between husband and wife – they are now more companions or friends. This change in a woman's role has also affected the family structure. Nowadays, one can find more of single parent families, i.e., either mother or father staying alone with the children. Many other unusual types of families are also springing up rapidly – such as gay or lesbian families, and families. Urbanization, rapid economic liberalization, growing mass political upheal, violent conflict and inappropriate and inadequate policy are the basis of crime in urban area. Moreover, poverty and inequality caused due to the rising expectations and a sense of moral outrage has some members of the society are growing rich have contributed to higher and growing levels of crime.¹⁵

ECONOMIC INTENSIFICATION, UNEMPLOYMENT & POVERTY: FOREMOST CONSEQUENCES ROUSING DUE TO ESCALATING URBANIZATION

Urbanization can lead to unemployment. People are drawn to urban areas in the false hope of a better standard of living, better healthcare and job opportunities. In fact, a high influx of people to the cities only exasperates the situation and people find themselves in a world where they are worse off. Very few people make their fortunes, and the rest must still find ways to eat and sleep while they wait for their chance. This leads one of the most obvious effects of urbanization – the growth of crime and slums. Another reason why unemployed people are increasing in the urban areas is due to the mechanization. The machines are replacing persons, and only a few persons, who can learn how to use these machines, are finding employment. The rest remain unemployed. Thus, unemployment is becoming a greater problem in the cities rather than in the rural areas. As there are more people competing for fewer jobs in the city, unemployment is a constant problem. Those who are unable to find jobs find themselves wandering the slums and looking for some income-generating activity. Non-availability of any jobs will force a person to ultimately end up in poverty. Gillin & Gillin have defined poverty as, "*Poverty is that condition in which a person either because of inadequate income or otherwise expenditure doesn't maintain a scale of living high enough to provide for his physical and mental efficiency and to enable him and his natural dependents to function fully according to standard of the society of which he is a member.*" Conventionally urban poverty was defined based on economies that is, the use of income or consumption complemented by a range of other social indicators such as life expectancy, infant mortality, nutrition, the proportion of the household budget spent on food; education; school enrollment rates, access to health clinics or safe drinking water. This approach classified poor groups against a common index of material welfare. Alternative interpretations developed by social planners give importance to local variation in the meaning of poverty, and expand the definition to encompass perceptions of non-material deprivation and social differentiation. Urban poverty has a serious impact on the economic growth in India. Many people who come to city in search of livelihood end up in poverty. The result is beggary and prostitution. The government is adopting a number of plans to overcome this problem. Urbanization involuntarily leads to trafficking of women and children.

It's the social manifestations arising from the process of increasing transformation, and is further exacerbated and compounded by the phenomena of poverty, unemployment, increasing urban/rural disparities, inveterate gender discrimination and migration.

The full scale of the practice remains unknown because few women and children are prepared or able to report what has happened to them to the police or women's organizations or NGOs. While it's very difficult to estimate the number of women and children trafficked every year, it's also recognized that trafficking in women and children is a growing problem. Often, women and children are brought from poor rural areas to the economically more advanced urban areas, some abducted from their home villages and sold in large cities. Some women and children are even trafficked across the borders for prostitution and adoption. Poverty is manifesting itself in new ways, and much of the burden falls on women and children. It's not surprising that many young women have strong economic incentives to seek employment in urban areas where the living standards are higher than in their home villages, or they have to travel to large cities, which for years were inaccessible to them or they are promised marriage¹⁶.

Recent studies also indicate that sexual exploitation in the towns/cities mostly occurs in venues not established for prostitution but rather in nightclubs, bars, beer halls and other entertainment venues. Poverty, lack of education and employment opportunities are some of the primary reasons that young women are involved in prostitution. Widespread concerns about HIV/AIDS have increased the demand

for younger girls. Apart from being vulnerable to physical abuse, young women are also at very high risk of contracting STDs and HIV/AIDS. Most of them come from rural areas with low levels of education and do not have the knowledge or self-confidence to protect themselves from these diseases. In addition to the need for employment, early marriage and divorce and sexual abuse during childhood are among the factors that drive girls into prostitution. There are other patterns of trafficking through child adoption and marriages with foreigners. Most victims of this pattern of trafficking are young women, who are unaware of the problem and are unable to defend themselves. Some young women, before departure to foreign countries, are sexually abused by traffickers. The same applies to women and children, who migrate to work in sex-related jobs in cities. Their largest concern is the condition of work and the amount of remuneration. Though such women are experienced in the trade and are aware of the problem, still many of them become the victims of unscrupulous traffickers. Intermediaries, besides local agents, are sex tourists who play a vital role at the early period in luring women from the sex sector into forced prostitution. False marriages, mail-order brides are used as a camouflage to bring women into prostitution. The common stereotype of the trafficked victim is a naive young woman, who is tricked into prostitution after being offered a legitimate job as a waitress/cook' in cities or marriage to a foreigner. A glance at some newspapers would suggest that women and children are recruited quite openly by means of advertisements as they regularly contain information about jobs for women as dancers, waitresses or bar girls in night clubs. But once they become prostitutes, they are unable to escape their situation. They are frequently forced into a situation of extreme dependency, which is comparable to that of being a hostage. Violence or the threat of violence is used to control them. The victims find it difficult to either approach or seek justice in court¹⁷.

Intermediaries, who are also sometimes relatives, go into villages to contact a family, who has young daughters and offer opportunity to work in other parts of the country. Therefore, potential victims do not belong only to the poorest of the poor families. Huge profits can be made by forcing women into prostitution since the risks for the traffickers are not great and punishment given to them is not severe enough. Even with considerable awareness about this practice, there are few successful convictions. Smuggling of women and children is a much less risky activity for criminals than the other forms of crime, such as drug smuggling. The business of traffic king in women is sometimes controlled by criminal groups, operating in the recruiting as well as in the destination cities. They are highly organized, extremely violent and often involved in other criminal activities. Gambling is the wagering of money or other valuables on the outcome of a game, race, contest or other event. Although few societies in general have ever wholly approved of gambling, none has been able to eradicate it. Gambling is an organized activity in many urban centres. People living in cities have a craze to make money. So, they are ready to adopt any means to make money—gambling gives them an opportunity to make instant or quick money. The hope of making quick money easily is what gives gambling its appeal. If the appeal of gambling is winning money, the thrill of it's in the risk that the wager may be lost. For many people, gambling becomes an addiction. Gambling is not confined to any economic or social stratum; it's prevalent among all the classes of the society. It's also not confined to any particular sex, many women also gamble. Although gambling was condemned as a vice right from the Buddha's time, it's still prevalent in many cities of the world and is as popular today as it was in those days.

Many people, who migrate to the urban centres in search of better opportunities, end up as beggars. They actually are a financial burden on the country. The beggars are economically unproductive and almost remain as parasites in the society. Beggary also has social and moral aspects apart from the economic side. Most beggars stay in such unhealthy environment that they develop some or the other diseases. Thus, they become lithe which means to spread infectious diseases in the city. Beggars adopt various ways of begging. They try to depict a pitiable condition before the people to earn their sympathy and arouse their religious sentiments to go: aims. Some persons manage to get bogus certificates, which indicate that some tragedy had befallen the person carrying that particular certificate; hence alms must be given to him her. One can also find mutilated beggars on the roadside, claiming money from the passersby showing their mutilated organs. Some claim to be the victims of some calamities like earthquake or flood. In India, one can also find religious beggars—beggars who try to earn their livelihood in the name of religion. Such beggars are usually found near the temples or shrines, asking money or alms in the name of religion. Every community has some tensions and disruptions. Conflict is the basic reason for any social tension in the society. There may be three types of conflicts within the community—an individual conflicting with another individual; conflict within the family affecting the children and conflict between various groups. Rivalry between two individuals does not affect the society as long as it turns into a conflict between the groups with one individual claiming the support of one group of people and another claiming the support of another group. Group conflicts may arise due to various reasons such as social,

economic, political, religious, lingual and regional. Conflicts in some form or other always exist in a dynamic society whether between individual and the society or in the family. But as long as they do not cross the limit, the stability of the society remains unaffected. However, ethnic violence, terrorism, communal violence, and violence between different castes have become very common nowadays in almost all the cities¹⁸.

A villager, who has lived or worked in a city and returns to his/her village, is a carrier capable of transmitting to his village kin or friends some of the culture he/she has acquired through urban residence. This process of diffusion is reversed through the flow of culture into the city from the outside. As a rural hinterland becomes urbanized in a cultural and social sense, so do urban communities become realized, partly by the presence in the city of rural or village folk who take with them their values and behavior patterns when they visit or take up residence in an urban community. But the outflow of urban culture is generally greater in volume and the impact is more penetrating, at least more dramatic and apparent, than the impact of rural culture on urban people and their social life. This process remains reciprocal. Sometimes, diffusion also takes place through organized efforts of the government. Notable among them is the community development programs undertaken by some developing countries. Mass media also plays an important role in diffusing culture. Once the urban culture is accepted or incorporated into the values and institutional system, its effects become cumulative. Thus, an unanticipated chain reaction takes place. Following are some specific impacts of urbanization. As the cities and towns grow and develop, people living in these cities also change. Cities although in reality do not destroy intimate relationships or community identities, but because of commuting long distances people hardly have any time to develop any social relations. Moreover, the modern city is in fact a mosaic of communities, which provide protection and support to their members. Thus, a community-based relationship develops, to such an extent that people may not be knowing who their neighbor is, but they will be aware of new migrants or what is happening to one or the other member of their own community. Thus, neighborhood relations in an urban centre are more concerned with the members of their own community rather than on their immediate neighbors.

The migrated people maintain an impersonal relation with other people in their neighborhood, because they always feel that they may not stay for long—that is, for years together in the same neighborhood. So, the feeling of closeness that develops among the neighbors after staying together for many years is absent among the urban people. They are more concerned with their own well-being. Hence, a mechanical way of life is developed without having any sort of personal relations with anybody other than those with whom they are materially or financially concerned. Human relationship in urban centres is governed by self-interest. It's therefore only formal, and strictly guided by a particular purpose. As soon as that purpose or object is achieved or ends, the relationship also ends, and there is no further need for one person to develop relations with another person. In urban centres, everything is governed by time and no one can dare defy its dictates. The life of the city is totally dependent on time as it's very fast, so much so that no one has time to spare for friendship or association. Thus, every person in the urban area leads a mechanical way of life. In urban areas, the outlook of a person and his/her attitude towards things is not much determined by the heredity as by the environment. There is a difference in the rural and urban outlook. The changes particularly technological developments and economical factors make a person look at things from a different angle. In urban areas, the educational background, social background, profession or occupation adopted, conditions of dwelling, etc. play a prominent role in developing an attitude towards life. Chief features of urban outlook include individualism, dynamism, liberalism, tolerance and co-existence. In urban areas, an individual leads an independent life according to his/her likes and dislikes. He/she looks at things from individualistic angle; neither the family nor the society controls his/her outlook. Dynamism means acceptance of change at a quick speed. In urban society, a person changes his/her way of living and adopts new trends and fashions quite quickly. That is, city persons are ready to change according to the new types.

Urban people are liberated people; so they are more flexible and generous in their outlook. Moreover, people from different areas migrate and settle down in cities. This naturally provides them a change to intermingle with people from different regions with different cultures. Therefore, apart from being liberal, they also develop tolerant attitude: hence, they all co-exist happily in one place. Economic impact of urbanization on villages can be seen in two ways: economic impact caused due to industrialization and economic impact due to migration of inhabitants in search of livelihood. The explosion in urban growth or the rapid urbanization process that gave rise to the modern industrial city depended on the process of industrialization. Thus, one finds that urbanization was closely tied to industrialization as cities developed adjacent to the sources of cheap energy, based first on water, power and then on coal and at sites where rivers, lakes or canals permitted the assembly and dispersal of bulky raw materials and

finished products, a transportation pattern later reinforced by the rail roads. So close was the relationship between industrial production and urbanization that in a review of the 19th century American city, Goheen noted, 'Industrialization is almost synonymous with the growth of the modern city.' This assessment was shared by the 19th century American commentators such as Frederick Engels, 'Industry and Commerce attain their highest stage of development in the big towns, so that it's here that the effects of industrialization on the wage earners can be more clearly seen.' The explosive urbanization, which is the result of industrialization, has also affected the agricultural technology. It has affected farming by changing the ways that the crops and livestock are raised. Farmers with these modern methods are now able to grow enough food for the large densely populated cities also, apart from satisfying their own needs. Thus, one reason for rapid urbanization was increase in productivity. Another is the development of transport and communication systems, which are also the result of industrialization. Thirdly, the new building materials such as steel and reinforced concrete, plus the invention of the elevator, have enabled the architects to design much taller and bigger buildings that can accommodate the increasing population. The improvements in the public health and hygiene have not only cut the rate of mortality, but also increased the rate of migration to the cities. Thus, one can find a strong correlation between industrialization and urbanization. Industrialization has brought about efficiency in every field due to mechanization processes. As a consequence, the cities are attracting more and more number of people leading to the growth of urban areas and rapid urbanization all over the world²⁰.

Geographical mobility or migration of people within a country is a demographic response to disparities in the regional levels of socioeconomic development. Regions of higher economic development with higher incomes and wages tend to attract people and particularly economically active population from regions with relatively lower levels of development and consequently lower rates of wages and incomes. Migration constitutes the very foundation of the process of urbanization and is recognized as the chief mechanism by which urban areas continue to grow. Migration has led to a massive movement of people from areas of low economic opportunities, concentrated in rural areas and in smaller sized urban settlements to the centres of high economic opportunities, which are hyper-concentrated in the metropolitan cities with population exceeding 1 million. Sometimes, this uncontrolled influx of migrants into the metropolitan cities is fraught with disastrous consequences. It has resulted in a number of jobless or underemployed people, which is one reason why a number of people are living in slums or as squatter settlements or on pavements as houseless population and decline in providing the basic amenities like water supply, sanitation and health. The consequences of migration can be seen in the rural areas also. The impact is more if one male or female member of the family has migrated. These working males or females send money to their families living in rural areas and also visit them often. This results not only in the flow of wealth from urban centres to rural areas, but also the flow of urban culture to rural areas and vice versa. If a person has migrated with his/her nuclear family to the city, but the extended members of his/her family are still residing in rural areas, then the migrated family may not visit their rural relatives so often, but the impact of urbanization is felt on such facilities also. In such cases, usually money is sent to the rural relatives once in a month or when it's needed. Along with money, the urban way of living is also transferred to the rural relatives whenever the family visits the rural centres. Thus, migration will not only bring about changes in urban centres, but will also bring about changes in rural areas.

In urban areas, one can find many new immigrants. These new comers don't have the same social connections as the original inhabitants, so they increasingly resort to developing informal social workers for their survival. In the process, some rural traditional forms of organizations are formed. Various forces try to exploit these organizations for personal or political gain. Once the members of the organizations start understanding their importance, they start exercising authority collectively. In course of time, these organizations may take the form of political parties. Sometimes, the urban people may only influence the existing political party's future in a democratic country. Today's urban environment isn't urban environment isn't a natural environment. It's an artificial environment created by man. The density of population and rapid industrialization has polluted the urban environment to a great extent. The problem of environmental pollution has become a serious threat to the urban environment to a great extent. The unhygienic conditions in which majority of urban people are dwelling because of the cost of installing pollution control devices are expected to bring the paradoxical trap of poverty and pollution in the long run.²¹

CHANGING DYNAMICS OF URBANIZATION

Urbanization alters the dynamics of society at large and family in particular. Rapid urbanization has created a huge population of older men and women left to fend for themselves in the rural areas while the young make their living in the cities. This also means less availability of caregivers when older people fall

ill. By 1990, a clear majority (58%) of the world's population aged 60 years and over was already to be found living in developing countries. By 2020, this proportion will have risen to 67%. Over this period of 30 years, this oldest sector of the population will have increased in number by 200% in developing countries as compared to 68% in the developed world. This demographic transition will be accompanied by unprecedented economic growth and industrialization, and by profound changes in social organization and in the pattern of family life.

Among the neuropsychiatric conditions, dementia and major depression are the two leading contributors, accounting, respectively, for one-quarter and one-sixth of all DALYs in this group. Most people with dementia live in developing countries: 60% in 2001, rising to 71% by 2040. Rates of increase are not uniform: numbers are forecast to increase by 100% in developed countries between 2001 and 2040, but by more than 300% in India, China, and their South Asian and Western Pacific neighbors. Developing country health services are generally ill-equipped to meet the needs of older persons. Health care, even at the primary care level, is clinic-based: the older person must attend the clinic, often involving a long journey and waiting time in the clinic, to receive care. Even if they can get to the clinic, the assessment and treatment that they receive is orientated toward acute rather than chronic conditions. The perception is that the former may be treatable, the latter intractable and not within the realm of responsibility of health services. In developed countries, with their comprehensive health and social care systems, the vital caring role of families, and their need for support, is often overlooked. Conversely, in developing countries, the reliability and universality of the family care system is often overestimated; older people are among the most vulnerable groups, in part because of the continuing myths that surround their place in society²².

Children are especially vulnerable to interpersonal violence in urban areas, especially in developing countries, where cities are populated by a large percentage of children and adolescents. By 2025, 6 of 10 children will live in cities. As a result of rural-urban migration and high fertility rates, it's estimated that about 50% of the urban population in developing countries is younger than 25 years. In addition, there are approximately 30 million street children worldwide, and most of them are involved in illegal activities in urban areas. Children and adolescents in socioeconomically deprived urban areas are often drawn to antisocial behavior. Although not exclusively an urban phenomenon, it thrives in inner cities where degradation, poverty, drug use, and unemployment result in an explosive blend favoring violent solutions. Vulnerable women often disproportionately bear the burden of changes associated with urbanization. In the rural setup, they would work mostly at homes but the predominantly nuclear setup of the cities and sheer economics is forcing women to venture out. Domestic violence is also highly prevalent in urban areas. In both developed and developing countries, women living in urban settings are at greatest risk to be assaulted by intimates. A meta-analysis of 13 epidemiological studies in different regions of India revealed an overall prevalence rate of mental disorders in women of 64.8 per 1000. Women had significantly higher prevalence rates for neuroses, affective disorders, and organic psychoses than men. A survey carried out in Nepal demonstrated that women had a higher psychiatric morbidity than men, with a sex ratio of 2.8:1 in the health post, and 1.1:1 in the district hospital. A study in Bangladesh showed that the sex ratio for mental disorders was 2:1 and that for suicide was 3:1.

In deprived countries, women bear the burden of responsibilities of being wives, mothers, educator, and carers; at the same time a part of labor force. In 25-33% households, they are the prime source of income. Significant gender discrimination, malnutrition, overwork, domestic, and sexual violence add up to the problems. Social support and the presence of close relationships (more commonly observed in rural society) appear to be protective against violence. The women although have a greater role to play in the urban setup, but the rise in hierarchy in society that should rightfully accompany this increased demand on them is still missing. The rate of mental distress has been reported to be high also in working women in South-East Asian countries and cultural factors are among the contributing variables. This mental distress usually remains unacknowledged²³.

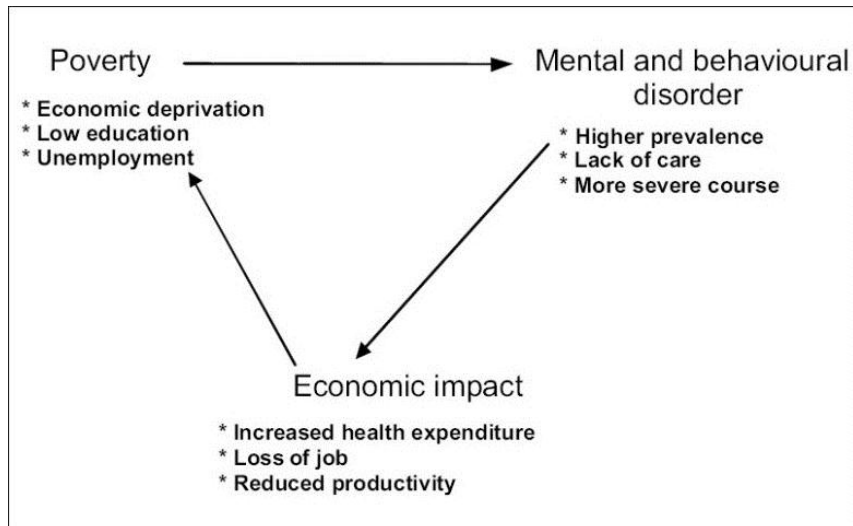


Figure 2. Interrelation among Poverty, Economic Impact & Mental Disorder

Rapid urbanization has led to creation of “fringe population” mostly living from hand to mouth which further adds to poverty. Poverty and mental health have a complex and multidimensional relationship. Poverty is understood as lack of both social and educational resources. Poor and the deprived nations (like most nations in South-Asian region) have a high prevalence of mental and behavioral disorders by either the social causation theory or the social drift theory. In the absence organized social welfare agencies, in the deprived countries, vicious cycle and impoverishment progress. Low socioeconomic status is known to be associated with a higher prevalence of major depression, substance abuse, and personality disorders as shown in figure 2.

Using a composite diagnostic interview, WHO investigators studied cross-national comparisons of the prevalence and correlates of mental disorders. They found a consistent pattern of higher prevalence of mental disorders in urban areas than in rural areas. Cultural determinants, such as attitude toward persons with mental illness, play a major role in the drifting of untreated individuals toward the lower layers of society, which may significantly hamper chances of reintegration. The relationship with social rank is also an important determinant of physical and mental health and is heavily influenced by cultural dynamics. The increased opportunities for geographic mobility have produced an unprecedented multiethnic influx to cities. The complexities of cultural aspects that impact psychopathology and mental health are producing both challenging and beneficial changes in the way psychiatry is practiced. The negative aspects of such multiethnic migration, however, may include lack of familiarity with illness presentation, culturally specific belief systems, and reluctance to rely on medical systems - all of which may significantly delay proper assessment and treatment. Research on the relationship between urban living and schizophrenia has yielded culturally intriguing findings. The international pilot study for schizophrenia compared 1200 patients in 9 countries¹⁴.

It has been found that patients with schizophrenia in developing countries tended to have a less severe course and better outcomes than those in developed countries and those outcomes may be more favorable in rural settings. Favorable outcome was associated with vertical mobility, extended families, psychiatric services that included active family participation, and absence of specific community stereotypes of mentally ill persons. These findings point to the importance of cultural expectations, support systems, and stigma. High tolerance for mental illness appears to have a significantly positive impact on patients with schizophrenia in developing countries. Similarly, in the outcome of severe mental disorders study in patients with schizophrenia, all measured indices had better outcomes in developing countries than in developed ones¹⁴. A particularly striking finding was that 41.6% of the sample from the developed-countries cohort had impaired social functioning throughout the follow-up period, compared with 15.7% of the sample from developing countries. How much of this large difference can be accounted for by the local cultural expectations for functioning remains an unanswered question that awaits further inquiry. Chronic difficulties such as poor, overcrowded physical environments, high levels of violence and accidents, insecure tenure, and poor housing have all been shown to be associated with depression. In developing countries, major depression is projected to be the leading cause of disease burden²⁴⁻²⁵.

DISCUSSION & CONCLUSION

Rapid increase in urban population as a proportion of total population is resulting in rapid urbanization of the world. The paradigm shift in the dynamics of human population is attracting attention of demographers, sociologists, scientists, and politicians alike. Urbanization brings with it a unique set of advantages and disadvantages. Though it's driving the economies of most of the nations of the world, a serious concern regarding the impact of urbanization on mental health is warranted. The range of disorders and deviancies associated with urbanization is enormous and includes psychoses, depression, sociopathy, substance abuse, alcoholism, crime, delinquency, vandalism, family disintegration, and alienation. Thus, it's a heterogenous mix of problems and categorizing them to one particular subtype seems daunting and undesirable. Urbanization is affecting the entire gamut of population especially the vulnerable sections of society - elderly, children and adolescents, and women. Rapid urbanization has also led to creation of "fringe population" mostly living from hand to mouth which further adds to poverty. Poverty and mental health have a complex and multidimensional relationship. Urban population is heavily influenced by changing cultural dynamics leading to particular psychiatric problems like depression, alcoholism, and delinquency. Judicious use of resources, balanced approach to development, and sound government policies are advocated for appropriate growth of advancing economies of South-Asian region.

Urbanization is the relative increase of the urban population as a proportion of the total population and it's occurring on a scale never before experienced. The UNFPA released their "State of the World Population 2007" report in June 2007 which mentions the fact that humanity is nearing the date when for the first time more humans will be living in cities than in rural areas. The report mentions this watershed event, which demographers predict will occur sometime in 2008, as the most important trend in human development. The vast majority of these new urban dwellers will live in developing countries (like those in the South-Asian region), and they will be poor. This will present major challenges for the nations least prepared to meet the inevitable strains of urban growth. Cities offer the lure of better employment, education, health care, and culture; and they contribute disproportionately to national economies. However, rapid and often unplanned urban growth is often associated with poverty, environmental degradation, and population demands that outstrip service capacity. These conditions place human health at risk. Reliable urban health statistics are largely unavailable throughout the world. Disaggregated intra-urban health data, i.e., for different areas within a city, are even rarer. Data that are available indicate a range of urban health hazards and associated health risks: substandard housing, crowding, air pollution, insufficient or contaminated drinking water, inadequate sanitation and solid waste disposal services, vector-borne diseases, industrial waste, increased motor vehicle traffic, stress associated with poverty and unemployment, among others.

Local and national governments and multilateral organizations are all grappling with the challenges of urbanization. Urbanization has brought its own set of problems pertaining to mental health and well-being. Mostly because of increased speed and decreased costs of communication and transportation, cities are growing increasingly diverse in their population. Consequently, cultural factors have taken center stage in the understanding of urban mental health. It's often thought whether the increased scale and proportion of the cities are exceeding human capabilities to live under conditions of security and mutual support and concern. Some feel the sheer scale of urban life is forcing individual identity to yield to anonymity, indifference, and narrow self-interest. Commentaries on the growing fear, powerlessness, and anger of urban residents are numerous. The multiculturalism of today's cities contributes to increased tolerance, better quality of life, and sociocultural stimulation; at the same time, it often contributes to heightened social tensions, interethnic striving, and cultural conflicts - all of which undoubtedly carry mental health ramifications. The range of disorders and deviancies associated with urbanization is enormous and includes psychoses, depression, sociopathy, substance abuse, alcoholism, crime, delinquency, vandalism, family disintegration, and alienation. Such negative impact often results in unreasonable means which may result in communal violence. Negative impact is also experienced by behavior constraints practiced or imposed upon the urban people. If behavior is unduly suppressive, it may result in learned helplessness leading to stress-related disorders. Migration to cities has increased dramatically over the past few decades. Most migrants come from rural areas, bringing values, beliefs, and expectations about mental health that are often very different from the ones they encounter in their new location.

In many instances, people coming from rural areas have endured years of isolation, lack of technologic connection, poor health, poverty, unemployment, and inadequate housing. They need to acculturate and adapt not only to a new challenging urban environment, but also to alternative systems of symbols, meanings, and traditions. There have been suggestions that social deviance could be traced to many of the

social processes accompanying urbanization, including competition, class conflict, accommodation, and assimilation. In an editorial on urban health issues in *The Lancet*, it was stated that "...to keep cities profitable into the 21st century more attention will need to be paid to aspects of health other than the purely physical." Mental ill-health is a growing problem and one that urgently requires attention²⁴. For the problem of mental ill-health to be successfully confronted, a broad understanding of poverty, taking into account both individual and contextual factors, is required. Such an approach is in line with current thinking in urban health research which suggests that an integrated approach, and one that acknowledges the complexity of urban health problems, is the way forward. The government of should be encouraged to adopt sound mental health policies, to allocate budget according to comprehensive assessment of the morbidity and cost of the illnesses to society, policies should be according to the needs of different populations and the use of locally available resources should be encouraged and utilized to the hilt. Urbanization is not all bad or all evil. It may be prudent to say that urbanization is driving the economies of all the countries and enabling them to surge ahead from strength to strength. The UNFPA report mentions "no country in the industrial age has ever achieved significant economic growth without urbanization." Need of the hour is judicious use of resources, balanced approach to development, and sound government policies.

ABBREVIATIONS

WHO: World Health Organization; BPR: Business Processing Outsourcing; UNFPA: United Nation's Population Fund; UNPD: United Nations Population Division; DALY: Disability-Adjusted Life-Year; STD: Sexuality Transmitted Disease; NGO: Non Government Organization; WESS: World Economic and Social Survey; UNWUP: United Nations World Urbanization Prospect; Mental Health Context; IHT: International Herald Tribune.

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