

# Investigating youth insanity and its treatment methods

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**Abstract:** Mental illnesses are divided into two groups in terms of severity and mildness, which are psychoses and neuroses. Psychosis is a more severe mental disorder of which "youth madness" is a type. "Youth insanity" is a type of disease that manifests itself with numerous symptoms, such as disorder in thinking, perception, motivation, behavior and performance of a person. Juvenile insanity has three stages: pre-symptomatic stage, active stage and residual stage. Its most important types are: simple juvenile insanity, catatonic juvenile insanity, hyperphynic juvenile insanity, and paranoid juvenile insanity. In general, several biological, psychological, social and cultural factors are involved in it. Doctors use three separate methods to treat them: herbal therapy, psychotherapy and socio-cultural therapy.

**Keywords:** madness, simple youthful madness, catatonic, hyperphonic and paranoid

## INTRODUCTION

In the society we live in, especially in Afghanistan, people face many threats such as poverty, unemployment, homelessness, hunger, insecurity, etc. It is possible for these people to suffer from this mental disorder. There are different types of mental disorder and each of them has its own characteristics. With the help of those features, we can diagnose the mental disorder of those people. In this article, we present scientific and interesting information about the type of mental disorder (youth madness). The purpose of this article is to introduce and clarify the mental disorder (youth madness) and in this article we will answer the following questions: What is youth madness? How many types of youth madness are there? What are the stages of youthful insanity? What are the causes of this disease and how can we treat these patients? In this research, due to the lack of budget and enough time, the library method was used in a qualitative way to collect its materials. This article is important because its contents have been taken and collected from reliable scientific sources and it has been summarized in the form of direct and indirect quotations. Research in this field seems important because it can help some researchers who need such information with the necessary results and suggestions presented at the end of it.

### Young insanity disorder or youthful insanity

Usually, mental illnesses are divided into two groups in terms of severity and weakness, which are psychoses and neuroses. (6:89) the "youth madness" belongs to Which one of this, is made clear by detailing this division:

## Neurosis

Neurosis is a mental disorder in which the main function of the personality is not affected. (The patient's connection with reality is not interrupted and the person is aware of it and knows that his personality function is disturbed). Anxiety, obsession, morbid fears and hysteria can be mentioned among its most common types.

## Psychoses

Psychoses are more severe mental disorders than neuroses, in which the patient's connection with reality is interrupted. His relationship with other people is severely damaged. They are not aware of their personality disorder and create a completely exclusive world for themselves, a world in which they have absolute power. For example: He actually thinks that I am the president of Afghanistan or the great philosopher of the world. There are different types of psychoses, one of which is juvenile madness. (7:253)

## Definition of youth madness

Scientists have defined youth madness in different terms; As American experts believe: any person who cannot adapt his behavior to those around him and his environment is suffering from (youth madness). (137:2)

In another source, this disorder is defined as follows: youthful insanity is a disorder characterized by numerous signs of disorganization in thinking, perception, emotion, motivation, behavior and performance of a person (8:126).

The disorder that we now call youth insanity was first identified as a disease by the French doctor "Benedict Morel". The Swiss psychologist "Eugene Bühler" made a significant change in the name and recognition of this disorder. According to him, a more suitable name for this disorder is "youth madness" which is derived from the term "skez" (split, lack of a fragment in one's mental functioning). Blueier considered youthful insanity as one of the disorders. He identified four basic features of this disorder that are still prevalent and are used in the diagnosis of this disease. Those four characteristics are: association, affection, ambivalence and autism.

**Association:** thought disorder that can be seen in the patient's disorganized and fragmented speech.

**Affection:** disturbance in the expression of emotion, such as inappropriate laughter in a sad situation.

**Indecision:** inability to make a decision.

**Autism:** the tendency to maintain an abnormal style of self-centered thinking and behavior (8:127). Since this type of disorder is found mostly among young people, it is called "youth madness". But people may get this type of disorder in different age periods; But most of the sufferers are young people who are between 20-30 years old (4:529).

## Stages of youthful insanity

"Schizophrenia" disorder has three stages at least if it has lasted for 6 months. Those steps are as follows:

#### A - Pre-symptom stage

This stage is characterized by features such as social isolation, inability to function, being unconventional, not considering cleanliness, strange thinking and behavior, unusual ideas, strange perceptual experiences, reduced energy and initiative.

#### B- Active stage

At this stage, the obvious signs of hallucinations, disordered speech, disordered behavior and negative signs such as silence and lack of initiative occur within a period of 6 months.

#### C - The remaining stage

In many people, the active phase is followed by the residual phase, during which there is continued disturbance, similar to the behaviors of the presymptomatic phase. People suffering from this disorder have serious problems in work, social relations and personal care (8:128).

#### Types of youthful madness

In fact, the disorder of youth madness is diverse, it is seen in different ways in different people, the most important types of which are:

#### A- Simple youthful madness

This disease may start simply from the beginning, or it may be the remnant of an acute "youth madness" that has turned into this state after treatment. One of the important symptoms of this disorder is a gradual decrease in interest, loss of ambition, apathy and social isolation. The patient is not interested in his job, family and friends and does not pay any attention to them. The patient's emotional neglect and isolation is increasing every day. His speaking is partial and insignificant, he is oblivious to his personal hygiene and appearance, he has no interest in the opposite sex, he has difficulty concentrating, advice, wishes and persuasion from others are not useful for him and he resists it. Sometimes it causes stubborn and negative reaction of the patient (2:138).

#### B- Catatonic youthful insanity

This type of disease usually occurs more suddenly than other types of youthful insanity. The patient becomes motionless and loses all body movements; He may become dumb, become completely silent and refuse to eat. Usually, in this case, the patient is extremely negative and stubbornly resists any kind of effort that is used to change his condition. Sometimes the patient makes dangerous movements by accident, shouts and mutters, or suddenly attacks others or commits suicide; The said state may last a few hours, a few days and even a few weeks (2:140). In addition to the mentioned cases, speech disorders and movement disorders are also among the diagnostic features of this disease (2:136).

### C - Hebephrenic youth madness

This disorder begins with special symptoms such as obsession, extreme care about small things. The patient becomes more and more isolated day by day and busy with his imaginations, he becomes emotionally indifferent. Children's behavior along with mental retardation, disorganized thinking, movement and speech can be observed in him. Sometimes the disease has loud and crazy laughs and aggressive attacks, and sometimes it stares at something for hours. Lack of shame was one of the prominent characteristics of such patients; Because of this, insolent behaviors (shameless and modest) are seen in them. In real life, he is completely indifferent, nothing is alarming, terrible and important for him (2:139).

### D- paranoid youth madness (Paranoid)

Sufferers of this type of youth madness are evasive from society and become indifferent to the real events of life, they get delusions. The disease is suspicious of the surrounding people, especially the family, and believes in the figures of conspiracies against him. Illusion in these patients creates a great impression of the secretary in them, as they think, he is the greatest economist or philosopher of the world or the president of a country. The patient's judgment is disturbed, and unpredictable and dangerous actions occur, he may attack and harm others (2:140).

### Causes and agents of youth madness

Several biological, psychological, social and cultural factors play a role in contracting a mental illness, which we will briefly discuss below:

#### A - Biological factors

In biological factors, we can mention heredity, organ damage and endocrine glands, abnormality of the brain, blows to the brain during birth and the effects of drugs.

#### Inheritance

The research of scientists in this field has shown that there is a high relationship between heredity and suffering from youth insanity; As these scientific studies have revealed, the number of patients whose father or mother suffered from juvenile insanity was 19 times that of normal people, and the number of patients whose father and mother suffered from juvenile insanity was 80 times that of healthy people. Is. In terms of the heredity of people prone to this disease, when they are under more intense pressure, the "schizophrenic" reaction appears; If they are not under extreme pressure, the reaction of youthful insanity may not occur at all (2:141).

#### Organ lesions and the functioning of endocrine glands

Numerous studies have shown that organ diseases and lesions, especially heart diseases, nervous system and blood biochemistry changes as a result of glandular disorders, make the conditions favorable for young insanity (2:141).

#### Abnormality of the brain

Today's advanced equipment in the field of medicine has enabled researchers in the field of "youth madness" to take pictures of the brain and examine it quantitatively, the result was that the brains of people suffering from youth madness have larger ventricles (holes inside Brains that hold cerebrospinal fluid). The accumulation of this fluid causes the brain to enlarge and usually some brain cells are corrupted, which leads to a decrease in the volume of the brain in the frontal lobe. (8:152).

#### Blows to the brain at birth

The pressures and blows that occur in the child's brain during difficult and abnormal births, especially in cases where "forceps" are used action has taken place; Because the baby in such a situation is suffocated due to the lack of oxygen on the one hand, and on the other hand, the child's brain is compressed, the development of the nervous system is disturbed, which makes the ground favorable for young insanity in the future. (2:141)

#### Effects of drugs

Drug addiction; Like opium, heroin, marijuana, etc., it has an effect on the central nervous system, causing the addicted person to not pay attention to his cleanliness, to be heartless and pessimistic towards others. He imagines himself in such a way that everyone is standing in front of him and against him. Mental imbalance deprives him of any activity and dealing with problems, and prepares the ground for youthful insanity. (2:142).

#### B - Psychological factors

Psychologists believe that psychological factors, especially conflict and failure, family relationships and trauma during childhood are effective in the occurrence of youth insanity:

#### Struggle and failure

In the stages of personality development, a person learns different ways to deal with his problems and problems, some of them have made effective compromises by dealing with these problems, and some have made other compromises in the face of problems, such as self-deception, imaginary satisfaction, withdrawal and heartlessness. It shows gayness. Willingly or unwillingly, it leads to defeat and personal humiliation, it leads a person to withdraw from the world that he thinks is hostile and deprived. This withdrawal will undoubtedly lead to failure and disappointment. It has caused more motivation to isolate and withdraw from the real world, encouraging to use imaginary satisfaction to compensate for the failures of real life. When this child reaches puberty, he is too serious and careful about his behavior and movements, he is not able to express his personal feelings. In the face of problems, he takes refuge in his inner world, entertains himself with his imagination, is very sensitive and easy to suffer. He is severely hurt due to deprivations and obstacles, which with such a situation is favorable for the disease of youthful insanity. (2: 143).

## Mental blows in the family environment

In the first months of a child's life, the child's personality has not yet been formed, hugs have an important effect on the child's mental development. Deprivation of the child from mother's emotions in the first few months of life is one of the causes of youth insanity during puberty. During childhood and adolescence, the family environment should be calm, full of love and encouragement; Because most of the young people suffering from insanity are from families where due to hypocrisy, incompatibility and lack of understanding between the children's surroundings, the violent behavior of the parents leaves unfortunate effects on the child's psyche. Due to the lack of mental peace, the child becomes disinterested in his studies and work, and is always anxious, distracted and isolated. Most "schizophrenics" are among those who did not have a guardian or supporter in their early childhood and were deprived of family affection. (2: 143).

### C - Social and cultural factors

Scientific research has shown that youth madness mostly originates from the lower and strange classes. Especially the strange classes that live in the far corners of the city. Homelessness brings immense pressures and anxiety. Also, people who do not have economic advantages are always exploited by others. Like having an unfair boss. As a result, they don't have opportunities to make the most of their lives. Encountering such cultures and society makes the ground conducive to contracting this disease. (3: 985).

### Treatment and treatment

Three methods are used to treat these patients, which are drug therapy, psychotherapy, and social and cultural therapy.

### A - Medicinal herbs

Several classes of anticonvulsant and mental balance drugs, which are called major tranquilizers or neuroleptics, have been considered for the treatment of this disorder. Neuroleptic is derived from Greek words which means to overcome the nerves. Neuroleptics, in addition to being sedative, reduce the severity of psychotic symptoms. (168:8)

### B - Psychotherapy

The most common psychological interventions for people suffering from juvenile insanity are those obtained from a behavioral perspective. This point of view pretends that most of the problems faced by young insanity sufferers are caused by learning abnormal and incompatible behavior patterns. This type of treatment focuses on symptoms that interfere with adaptation and social functioning. Psychologists strengthen the desirable behaviors of these patients and either ignore their undesirable behaviors or lose something in return. Psychologists can also help treat these patients with another behavioral intervention called (social skills training); If the psychiatrist

observes the patient's undesirable behaviors; Such as speaking in a loud and unusual voice or showing strange-strange movements, feedback from others was given. By being punished by others, a person learns to behave in a more appropriate way. This method can be implemented in direct training and in a group setting where participants are encouraged to comment freely on each of the other's behaviors. (8:169).

#### C - Social and cultural therapy

It is a method of treatment that focuses on interactions and relationships; So that the social process is used as a means to change a person's behavior. In this process, all employees and patients cooperate in the treatment environment as a therapeutic community to create the right performance in patients. Employees encourage patients to cooperate with other people and spend their time with them. The members of this community participate in various group activities from occupational therapy to educational classes. Every employee, be it a nurse or a doctor, is responsible for the overall mission of providing an environment that supports positive change and appropriate behavior. The effect of normalization of this environment helps the person to transition more calmly and effectively to life outside the therapeutic community. Providing awareness about symptoms, clarifying goals, planning, aftercare and coordination with family members and other social supports are useful and healing.

If doctors use these three treatment methods (psychotherapy, medicinal herbs, and social and cultural therapy) at the same time, it will be very promising and helpful in their recovery. (8:171).

#### CONCLUSION

Every teenager does not experience "youth madness" at the beginning of adolescence, "youth madness" is a severe mental disorder, some people are affected by it due to several factors; But it is better to treat the disease before it occurs, before people get infected and seek treatment. Therefore, the following suggestions will be a good guide in the prevention and treatment of these patients:

As soon as the symptoms of mental disorder appear, i.e., isolation, preoccupation with personal thoughts, social withdrawal, lack of correct thinking, indifference and apathy, disturbed behavior and speech, refer to psychologists.

In general, young insane patients should be hospitalized so that the treatment can be carried out under strict scientific conditions; Because the impact of the environment in which the patient lives is the main factor for the progress of the treatment. It should be tried for the patient to do their favorite light work in the hospital. This work is very helpful in their treatment.

Although some people are genetically susceptible to this disease; But if the right environment is provided for his life that is free from any kind of fear, worry and anxiety, despair, this disease may not occur. Therefore, respectable families should pay attention to their behavior at home so that they do not create an inappropriate

environment for their children. Do not make children feel hopeless, worried and anxious, because such places are the basis for contracting this disease.

Deal with mental disorder patients as a mental patient, not to be the cause of annoyance to the people around them; Because such a situation increases the severity of the disease.

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