



Environment, Education and Challenges

Edited by :
Jayashri Roy
Ratna Biswas



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DISASTER AND WOMEN'S MENTAL HEALTH

Kamala Kanta Kar

Abstract

Disasters are inseparable part of human life and left some drastic memory. Effect of disasters physically, socially, psychologically on men and women, there are no gender biasness. But some factors like social, cultural, rituals and economical are also responsible more vulnerable effect of disasters in women than men. Here we discuss why women are vulnerable than men and found how disaster effect on women's mental health and also found how to prevent the Women's mental health related problem occurrence by disaster.

Keywords: *Disasters, Gender biasness, women's, mental health*

Introduction

Disasters are inseparable part of life and it is an inevitable truth. It is a sudden calamitous event that disrupts the functioning of a society and causes human, things, and economic or environmental losses that exceed the community's and society's ability to cope using its own resources. Though often caused by nature, disasters can have human origins (Nations et al., 2002). It is a calamitous event which affected on human life around the world.

Man-made disaster or natural disaster both are seriously disrupts the functions of daily lifestyle, and every year we are affected by disasters, which disrupts our mental health and well being. Economic and social development throughout