

PSYCHOPATHOLOGICAL DIAGNOSIS: INTERFERENCES IN THE HAPPINESS OF THE INDIVIDUAL AND ITS SOCIAL RELATIONS

DIAGNÓSTICO PSICOPATOLÓGICO: INTERFERÊNCIAS NA FELICIDADE DO INDIVÍDUO E DE SUAS RELAÇÕES SOCIAIS

DIAGNÓSTICO PSICOPATOLÓGICO: INTERFERENCIAS EN LA FELICIDAD DEL INDIVIDUO Y SUS RELACIONES SOCIALES

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ABSTRACT: This manuscript is about individuals diagnosed with a mental illness. The question is: What would be the effects of a psychopathological diagnosis on the individual's happiness and on their social relationships? Faced with the problematizations regarding the theme, in view of the possible repercussions of the psychopathological diagnosis, scientific articles on psychopathological diagnosis were identified, verifying possible correlations regarding the happiness of individuals and their social relationships. For this purpose, the CAPES platform, the Psychology Electronic Journal Portal (PePSIC) and the Scientific Electronic Library Online (SciELO) were used, with the descriptors “happiness” AND “mental disease” and/or “happiness” AND “mental health” AND “diagnosis” in scientific articles published from 2000 to 2020. Aspects around relation losses and impairment in quality of life were investigated, understanding that the perception of unhappiness before the diagnosis occurs. A misguided diagnostic result can negatively affect the happiness of individuals who receive it and their surroundings.

KEYWORDS: Quality of life. Mental disease. Psychopathology.

RESUMO: *Este manuscrito versa sobre indivíduos diagnosticados com uma doença mental. Questiona-se: Quais seriam os efeitos de um diagnóstico psicopatológico na felicidade do indivíduo e de suas relações sociais? Frente às problematizações quanto à temática da felicidade face à possíveis repercussões do diagnóstico psicopatológico, identificou-se artigos científicos sobre diagnóstico psicopatológico, verificando-se possíveis correlações quanto à felicidade dos indivíduos e de suas relações sociais. Para tanto, foi utilizada a plataforma CAPES, o Portal de Periódicos Eletrônicos de Psicologia (PePSIC) e o Scientific Electronic Library Online (SciELO), com os descritores “felicidade” AND “doença mental” e/ou “felicidade” AND “saúde mental” AND “diagnóstico” em artigos científicos publicados no período de 2000 a 2020. Averiguou-se aspectos em torno das perdas relacionais e prejuízo na qualidade de vida, compreendendo-se que a percepção de infelicidade ante o diagnóstico*

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ocorre. Um resultado diagnóstico mal orientado pode interferir negativamente na felicidade dos indivíduos que o recebem e seu entorno.

PALAVRAS-CHAVE: *Qualidade de vida. Doença mental. Psicopatologia.*

RESUMEN: *Este manuscrito trata sobre personas diagnosticadas con una enfermedad mental. La pregunta es: ¿Cuáles serían los efectos de un diagnóstico psicopatológico en la felicidad del individuo y en sus relaciones sociales? Frente a las problematizaciones en torno al tema, ante las posibles repercusiones, se identificaron artículos científicos sobre diagnóstico psicopatológico, verificando posibles correlaciones en cuanto a la felicidad de los individuos y sus relaciones sociales. Para ello se utilizó la plataforma CAPES, el Portal de Revistas Electrónicas de Psicología (PepSIC) y la Biblioteca Electrónica Científica en Línea (SciELO), con los descriptores “felicidad” Y “enfermedad mental” y/o “felicidad” Y “salud mental”. Y “diagnóstico” en artículos publicados entre 2000 y 2020. Se investigaron aspectos en torno a pérdidas relacionales y deterioro en la calidad de vida, entendiendo que la percepción de infelicidad antes del diagnóstico, y que esta, equivocado, puede afectar negativamente la felicidad de las personas y su entorno.*

PALABRAS CLAVE: *Calidad de vida. Enfermedad mental. Psicopatología.*

Introduction

Foucault (1997), in the work "The History of Madness" finds elements that refer to intense social exclusion to individuals who were considered crazy, since madness was accompanied by the idea of unreason, while the period valued reason. The author also portrays that the Ship of the Mad - the so-called ships that were represented in various paintings of the time, such as that of Hieronymus Bosch from 1500 to 1510 - were not only allegories and at least one existed: the Ship of Narrenschiff, responsible for removing the sick and unproductive from the city, leading them to a destination full of uncertainties.

The group of lepers of the time suffered from social exclusion as much as the so-called "mad". With the increase of leprosy cases, the cities built hospitals for patients with the disease, but over time, the cases decreased and the investments made were lost, since there were no more lepers to occupy the hospitals, which were unused. However, states still did not know what to do with those who called crazy and continued to expel them from society, but now within their own city, trapped inside hospitals, who gained a new function (FOUCAULT, 1997).

For Foucault (1997), madness holds the power to be closer to happiness and truth than any reason for being "madness", that is, to what was considered normal, and that in a certain way reason exists only, because madness exists. Thus, it indicates that madness also has its

academic games pointing out to be the object of discourses, sustaining discourses about itself; it is denounced, because it defends itself, claiming for itself to be closer to happiness and truth than reason, being closer to reason than reason itself.

Perhaps madness is the desire to be right constantly, rationalize what it does not need and bring to objective reality what is subjective. Perhaps happiness is in what is not said, but expressed in the simplicity and beauty of life. Since the idea of happiness is problematized by different thinkers and philosophers, it is worth adding Bauman (2009), who approaches it from the perspective of consumption, revealing how frustrating it is to identify people adapting in their context, in search of a "subjective happiness".

In contemporary times, happiness becomes the object of investigation, being delimited in a construct, but would it be possible to use terms such as satisfaction, quality of life and joy as correlated to happiness? Such elements, promoters of a good life, would not be leading to a possible confusion of what happiness is about? In view of the possible materialization of happiness, we consider what the effects of this are, individually and also collectively. Would consumption be rampant, accentuating the unsustainability of life on the planet?

The incessant search for a good life has generated the need for new means of production and consumption. In this content, Oliveira (2012) mentions that humanity has developed technically and scientifically, however, has left behind moral issues that qualified her as human. In addition, it can affect mental health. Would it be a new form of insanity coated by modernity?

If, for Foucault (1997), madness alone can refer to happiness and is accompanied by it, for Bauman (2009) the modern world in a way materialized it. In his perception, happiness, the way it has been presented, does not necessarily depend on the subject, but on what belongs to him. Has happiness been contemplated as the Having instead of being?

However, Bauman (2014) points out that consumption cannot be escaped because it is part of metabolism. The problem, for him, is not to consume, but the insatiable desire to continue consuming. Moreover, it points out that since the Paleolithic humans denote pursuing happiness, in a movement in which desires seem to be infinite. If so, what drives the human being to seek happiness? The incompleteness of life?

Consumption, search, insatiable desire, would ideas be socially constructed that model behaviors? Leading to a possible madness before the rationalization of what should not be rationalized? In a complex scenario, Bauman (2014) points out that human relations denote having been kidnapped by this mania to appropriate as many things as possible.

Although the terms used in terms of happiness are questioned, it is recognized that based on correlations regarding well-being, satisfaction, quality of life and other terms, research has been conducted to help understand positive emotions. Ferreira and Guerra (2014), state that there is a relationship between happiness, perceived social support and quality of life. The state of health and the three terms mentioned above are related to positive emotions, such as happiness (CLONINGER; ZOHAR, 2011).

For the authors, happiness changes the way in which the subject sees himself and observes others, altering his satisfaction of his relationships, his/her ability to resolve conflicts and even how he observes his/her day-to-day life (PASSARELI; SILVA, 2007). It also involves more sociable people and generally with longer-lasting affective relationships (PINT, 2010), besides being tied to the meaning and purpose of life.

When investigating issues around unhappiness, it is verified in Twenge, Martin and Campbell (2018) that the absence of human contact accentuates this condition, as well as socioeconomic issues.

In this sense, in view of the professional experience of this author, the social exclusion experienced in many individuals with mental illnesses is highlighted, which are commonly excluded from the social and professional environment, with their autonomy removed, occurring situations that restrict and deprive the patient of contact with family, friends, access to environments such as their home, including cases that require hospitalization. However, and, perhaps more relevant, is the patient's perception of unhappiness. Further investigations are in this regard.

Therefore, it is understood that it is necessary to seek to understand the context in which this individual is inserted and aspects around his happiness For Almeida, Felipes, Dal Pozzo (2011), mental illness is like an obstacle that arises between the individual and the environment in which he is inserted. This obstacle ends up leaving him in a state of alienation and removing his freedom and social interaction.

The authors state that to deconstruct prejudices and modify imposed ideologies it is necessary to seek more knowledge and, from this, propose a new vision for a transformation of culture, values, concepts and even how mental health and mental pathologies are seen and discussed, as occurred through the Psychiatric Reform in 2001 (ALMEIDA; FELIPES; DAL POZZO, 2011).

In the search for more knowledge, an investigation was carried out in scientific articles on psychopathological diagnosis, verifying possible correlations regarding the happiness of

individuals and their social relationships. For this, the CAPES platform, the Portal of Electronic Journals of Psychology (PePSIC) and the Scientific Electronic Library Online (SciELO) were used, with the descriptors "happiness" and "mental illness" and/or "happiness" and "mental health" and "diagnosis" in scientific articles published in the last 20 years (2000 to 2020).

Initially, a survey of the articles was carried out through the CAPES platform using the descriptors "happiness" and "mental illness" (a total of 243 articles as identified) and/or "happiness" and "mental health" (a total of 499 articles). When restricting to articles Portuguese a total of 158 and 313 searches were selected, respectively.

For the inclusion criteria of primary studies, we selected the scientific articles available in full on the CAPES platform, without date restriction, and may be available in different bases, having as main PePSIC and SCIELO. The article should have its version in Portuguese and addressing the issues related to the objective proposed by the research, contributing with relevant information and data.

Articles that did not address the reflections proposed by this research, which were not fully available in the CAPES platform, which did not approach the proposed objectives with similarity were excluded. Scientific articles without a version in the Portuguese and that did not have relevant information and data to complement the research were disregarded.

In order to identify the effects of a psychopathological diagnosis on the happiness of the individual and his/her social relations, in order to understand what difficulties an individual with mental illness faces, the titles and abstracts of the articles were analyzed, so that, appropriate to the descriptor, they were analyzed in greater depth. We sought to relate, mental illness and happiness, in its historical and contemporary forms, aiming to intensify the search on the subject, so that it becomes something of greater relevance and knowledge.

Content analysis was applied to this research, proposed by Bardin (2011), opting for the categorization of the identified data. Four categories of analysis were elaborated, which were: happiness, quality of life, influence of mental illnesses on relational and diagnostic losses.

In the articles investigated there was mention of the effects of psychopathological diagnosis directly in an article, however, it was possible to identify problematizations regarding it. In one article, questions about happiness were identified, as well as mention of quality of life. The effects of a psychopathological diagnosis on the happiness of the

individual and his/her social relationships, denotes that it is a still incipient subject that should be better explored.

Regarding the effects of the psychopathological diagnosis, although no questions were pointed out about the individual's happiness in a direct way, aspects were investigated around relational losses and impairment in quality of life, understanding that the perception of unhappiness before the diagnosis occurs. Figueiredo *et al.* (2009) point out that diseases that affect the symptomatic level of the subject, such as schizophrenia and bipolar disorder, end up generating functional losses in the family, socio-professional and even personal relationships, impacting on quality of life.

In Carnavaro (2010), the concept of quality of life was encompassed, pointing it as a subjective and multidimensional element, involving the sense of well-being and life satisfaction and incorporating existential aspects, such as professional success when reaching a goal or desires. Quality of Life is a means of evaluating the influence that diseases have on the lives of people with mental illness, it covers the person's senses about themselves, about what damage the disease triggers in their personal and social life, revisiting their values and their culture.

With regard to happiness, Ferraz, Tavares, Zilberman (2007), do not perform correlations regarding the effects of psychopathological diagnosis on the happiness of the individual, but mention how they understand it, relating it to psychic traits, such as personality, gratitude, optimism, resilience and even religious issues. These authors also state that happiness is a phenomenon linked to the temperament and posture with which the individual has in relation to life, being protective elements of mental health.

As for the diagnosis, Severo and Dimenstein (2009) state that, by rationalizing the problems of that subject, it ends up being placed in a position of dependence on the doctor and the social context. Thus, it tends to be deprived of reason and will, since by legal-legal means it is seen as incapable and irresponsible due to a disturbance.

The authors point out that the diagnosis is a controversial topic, since some authors argue that the diagnosis only labels individuals and others claim to be necessary for the advancement of science and treatment of the patient. It is recognized that the diagnosis is a tool that guides the treatment of the patient and for the necessary care, and it is necessary to be careful how, how it is performed and how the results are presented to the patient and his/her family members and/or guardians.

Bringing diagnostics to a new context, as Dunker (2011) points out, is something necessary. After all, every diagnosis names and sanctions life forms. And in this sense, to diagnose is to reconstruct a way of life, to deal with the loss of experience and with the experience of loss, dealing with the uniqueness of each one, evidencing a concept that is suitable for a relationalism and not for a relativism.

Final considerations

The diagnosis of a psychopathology commonly generates different changes in the life of the individual and those with whom he relates, and it is important to highlight his impacts in the face of this experience. It is worth pointing out the relevance of a well-elaborated orientation regarding the psychopathological diagnosis, since it can negatively interfere in the happiness of the individuals who receive it and its surroundings.

It is expected that this research can bring positive contributions to the process of improvement of professionals working in the area of mental health, putting the subject addressed here in relief, since these professionals are essential in the process. It is recommended the need to problematize these issues to undergraduate students, preparing these professionals since their academic background.

The promotion of reflections on the importance of an adequate and well-conducted orientation before the communication of the diagnosis of a psychopathology, can lead the individual and his/her social environment to seek strategies that enable the reversal of the condition or the minimization of the same.

Tied to this, knowing the influence on happiness of diagnosed individuals can bring good contributions in treatment, since elements that relate to happiness are commonly protective of mental health.

The promotion of interdisciplinary dialogues on the subject is necessary, as well as the investment in research and studies regarding the correlation between psychopathological diagnosis and happiness. Being still incipient, more relevance, knowledge and intervention are envisaged.

Knowing better the effects of a psychopathological diagnosis on the happiness of the individual and his/her social relationships may bring positive contributions to the treatment. And, although it has been determined that relational losses and impairment in quality of life

tend to be negative side effects of the diagnostic result, these can be minimized and or even eliminated, given the social support received from all involved.

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