



Stigma – Mouthpiece of Humans

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Letter to Editor

Most of us would have come across situations where people saying like, do not go with him he was in jail, do not mingle with her she ran away with some other caste guy, do not make friendship with that boy his father is a drunkard, stay away from that family they belong to lower caste, do not sit and play with that kid he is dark you may also become like him, girls should not come home late, but it is okay for guys, maintain yourself they are poor, stay far from that boy he is weak at studies, they have some disease without knowing even whether it is contagious or not... all these keeps occurring on in our day to day life so, as humans along with norms we do are follow some unwanted acts as ritual what we call it as a stigma.

What is the stigma? It is a mark of disgrace associated with a particular circumstance, quality, or person.

When it is pertaining to society it is called a social stigma.

Social Stigma is the disapproval of, or discrimination against, a person based on perceivable social characteristics that serve to distinguish them from other members of the society. Social stigmas are commonly related to culture, gender, race, intelligence, and health.

Social stigma has become the part and parcel of human life; in each and every act we do some quantity of stigma creeps irrespective of one's education/qualification.

Recently, have come across one friend's mother saying her son do not roam with his friend as his sister got divorced, if he sits with him, his sister do not get a good proposal as

people think you are his friend and even your sister of his sister types only...do we really have substantiation for all these statements? or it just popped up in people mind by their imagination or through experience? From where to where the connection has been established? Should we believe this or ignore? To what extent it affects people?

Yes! It's truly serious issue one should give attention to as it is affecting lots of people, family and relations too. Are we not humans?. Is there any family which is without problem? Can all humans behave in a similar way when they are brought up, thought, education, and people they mingle with, caste, creed, status, and IQ everything is different?

From birth till death humans are wrapped with their own mentalities which are affecting the survival of mankind with peace. Soon after birth whether the child is a girl or boy? Whether dark or bright in color? Beautiful or ugly to see? Which school he/she is studying? What is the IQ? Good average or poor? What is his/her performance in exams? Whether joined professional or normal degree courses? How about marriage? Married or not if married whom? What is their financial status? Whether he/she comes by car or bus or two-wheeler? Whether they have kids or not? How are their kids and their behavior?. Children family like this story is never-ending. It just goes on and on...where is the end for this? Is it okay for all of us to suffer or really require change? Even though people s' their own daughter or son is also at fault still they peep in others family and try to find out mistakes and make fun? Is this behavior accepted? Till when? As a human is it not our duty to see each

and every person with concern and care show sympathy or empathy when required instead of hurting each other and die suffering from mental illness? This is time for us to say not enough! But to put a full stop and end this drama.

Help each other, if you cannot let them live themselves, never put your couch at their home to gossip about their family matters. Stigma has not only affects physical health but also mental and social too.