

Psychopathology in postmodernity

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Objectives

Late Modernity or Postmodernity has been characterized by some specific features from sociology. These rapid changes developed in the second half of the 20th century, influence and determine the way in which people suffer a mental disease and its expressions.

Methods

A review of sociology texts (A. Giddens, Z. Bauman, K. Gergen), extraction of some concepts and categories, and their application to the psychopathological field in the light of referenced articles.

Results

The reviewed authors analyse the social processes that have led to a decrease in the external anchorage of the individuals' life. With the technological development, the modern forms of production, the new labor relationship and the new forms of diffuser authority, among other factors, there has been a process of reflexivity and individualization in all areas that carry consequences on the psychopathological field.

Some examples are the identity fluidization (according to the author, diffusion, liquidity, multiphrenia), the identity shift to the body support (with the promotion of diets, exercise, body-art, cosmetic, plastic surgery, as samples of it) and the rise of a kind of "pure relationship" or normative regulations of the individual conduct based on ideals or examples rather than on the possibility of punishment (regulation by shame against regulation by guilt). The sociological contributions in the borderline personality disorder, anorexia or alteration in the expression of the depressive symptoms according to culture or historical moment are interesting in psychiatry.

Some features of postmodernity

- Technological development and extension and generalization of their applications
- Outsourcing of the labor market
- Abstraction of job
- Manufacturing relocation
- Privatization of public space
- Generalized reflexivity
- Changes in social interaction because of the relationship virtualization
- Legislation/regulation of more areas of life
- New labor relationships and new forms of diffuser authority

Some psychopathological changes in postmodernity

- Identity fluidization (diffusion, liquidity, multiphrenia)
- Identity shift to the body support
- Rise of a kind of "pure relationship"
- Normative regulations of the individual behavior based on ideals or examples rather than on the possibility of punishment (regulation by shame instead of guilt)

Conclusion

Psychopathology, as a tool that tries to make intelligible the experiences and behaviors of the subject, should not be isolated from sociology as a discipline that is responsible for studying the societies and their changes.

Concepts and categories from sociology are useful in the interpretation and understanding of psychopathological phenomena. The social changes of the last century have conditioned the way in which subjects as individuals and as a community think, live and relate. The increase observed in some types of personality disorders or anorexia or depressive disorders may depend on social changes, at least partly.