



Surprising effects of telling lies on our mental health

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Abstract

In this article the author calls attention to the general neglect of lying as a topic for psychiatric research and marks the systematic attempt to understand the role plays in normal everyday life as well as in specific psychiatric problems. While recognizing that lying is a universal lubricant of social life, it is necessary to determine when it becomes destructive and just which kinds of mental problems it can typify.

Keywords: telling lies, mental problems (like: mental stress, anxiety, depression, Feeling of insecurity etc.).

Introduction

Many researchers have shown that telling lies has an increased risk of cancer, Obesity, anxiety, depression, addiction gambling, poor work satisfaction and poor relationship with others. So the liars create physical and emotional problems for themselves and for others also. Because lie leads to another, you can be forced into nerve wracking cycles of lies that becomes harder and harder to keep track of. Long term exposure to stress can lead to serious health problems.

Surprising Effects of Telling Lies on Our Mental Health: 1: Lying changes your Brain in such a way in short period of time: (By Anna Almendrala)

We all tell little fib now and then to help ourselves get through awkward social situations or stressful workweeks. But the more lies you tell, it becomes easier to tell them. And although the fibs may start off small, don't be surprised if you find yourself easily telling big whoppers. In effect, each new fib appeared to de-sensitize the brain, making it easier and easier to tell more lies. Secondly, the parts of brain most strongly linked to emotions lit up at the first few lies, but over the time and with more lies, these regions responded less and less to the dishonesty.

If someone is repeatedly enchanting with dishonest behavior, it is likely that the person has emotionally adapted to their own lie.

2: Lying requires lot of mental efforts

Lying changes one's body language for an instance and his brain efforts increases. A person who is lying has to keep in mind at the same time the lie – that it to say, and the truth – in order to hide it. As a result, he uses simple sentences and finds

it more difficult to cope up with mental tasks. Researches indicate that when we lie, it stimulates three major parts of our brains. Lying activates the frontal lobe for its role in the truth-suppressing process, the limbic system due to the anxiety that comes with deception and the temporal lobe because it is responsible for retrieving memories and creating mental imagery. It's like a sophisticated team of con men all working together inside of your head.

3: Lying affect your sleep

Telling lies may even start to keep you awake at night, the lack of sleep can actually make other mental health issue, such as anxiety and depression.

4: Lying creates sense of insecurity

The net effect of telling lies, over the time, is a deep sense of insecurity and that collapse all of our relationships.

5: Lying lower your self-esteem

Habitually lying can snowball into a personality trait and because you know you are not able to be honest, you can start to think less of yourself.

6: Lying can create trust issues

Due to always telling lies the net result is that we start to trust ourselves less and trust others less as well. By simply telling lies you are already creating a trust issue with yourself, and others.

7: Lying might start to feel isolated

Instead of simply relaxing and going about your life, lies

demand that you keep a constant running list of who knows what, and what you said to whom. And that can be incredibly isolating.

8: Lying can wear you out emotionally

If you tell even a small lie once, you then have to remember what you said, in order to maintain the story and you will always be emotionally disturbed and this can feel like an exhausting charade.

9: Lying can point to Mental Disorder

Psychiatrist sees lying as pathological when it is so persistent as to be destructive to the liar's life, or to those to whom he lies. While lies could be told by anyone, they are far more likely in those with the personality problems, According to Dr. King, each kind of lie springs from the pressing psychological needs.

10: Telling lies may become a cognitive load

Cognitive load is typically increased when unnecessary demands are imposed on a liar, the liar have to suppress nervousness which creates a load on the mental process of the liar. Cognitive dissonance may lead to motivated forgotten information that doesn't align with the lie, hiding truth may lead to confusion and create burden on mind which may become cognitive load.

11: Lying damages relationship

Without trust there is no intimacy. Lying increase the distance between people, sometimes irreparably. Lying quickly erodes that trust, hurting both the persons in the process and lying destroys one of the fundamental pillars of a healthy relationship – trust.

Conclusion

People learn to tell lies early in life. Lying children may be following the examples of their parents or may be lying to avoid their parent's anger. Even telling lies can become habit forming. And it's true – truth is the much better long – term strategy and can lead to greater longevity. You will avoid the physical and emotional stress that comes from telling lies. So we can live a Lie-free life as follows;

- Recognize and teach the value of the truth and set a good example of truth telling for your children.
- Actively practice and talk about making good choices when it comes to telling the truth. Just like lies, telling the truth becomes habit forming.
- Be actively engaged in your relationships with children and other adults so that you can demonstrate trust and recognize truth.
- Think long-term instead of short-term. Lies may be effective in the short-term, but help children and others see that they have many long-term negative consequences.

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