



## A Comparative Study on Mental Health and Personality Dimensions among Urban Girls and Urban Boys

### KEYWORDS

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**ABSTRACT** *The purpose of the present study was to compare mental health and personality dimensions between urban girls and urban boys. A total of 150 samples (75 urban girls and 75 urban boys) were selected from urban area of sangrur district only. All the samples were selected from school going students.*

*To know the mental health, mental health inventory prepared by Dr. Agashe and Dr. Helode (1988) has been used.*

*On the other hand, to measure the personality dimensions, Junior Eysanck Personality Inventory has been preferred. Basically this inventory is in English but for the convenient of subject's Hindi version of Junior Personality Inventory prepared by Dr. Helode (1985) has been used.*

*The Result of study found that there will be no diff. found on mental health and personality dimensions of urban boys and urban girls.*

### Introduction

The concept and criteria of mental health have also been considered by Indian's in accordance with their socio-cultural system. According to Vedic seers mental equipoise is the criterion of mental health in a given individual.

The nature of the real self can be understood when the mind of an individual perfectly calm. The man obstructed in defining the term mental health is owing to the disagreement regarding the components of normal human behavior. As a result when Schneiders (1965) reflected his views on the criteria of mental health the incorporated, the following behavioral indications:-

1. Mental efficiency 2. Healthy attitudes 3. Postive, healthy feeling and emotions 4. Adequate ego identity 5. Control and integration of thought 6. Integration of motives and control of conflict and frustration.

As pointed out by Sri Aurobindo (1978) Supramental transformation of personality is considered as an indicator of perfect mental health. The effect of physical exercise in improving self concept and even IQ in mentally retarded persons are encouraging. Several studies have demonstrated that a comprehensive conditioning program can produce significant gains in IQ.

Exercise may also improve the social skills of retarded children.

Personality dimensions divided into three dimensions :-

E- extrovert

N- neuroticism

L- lie score

### Methodology

#### Participants: -

To conduct the study 75 urban girls and 75 urban boys belonging to urban areas of sangrur district only. The sample was selected on random basis.

#### Measures: -

To assess mental health and personality dimensions, mental health inventory prepared by Dr. Agashe and Dr. Helode has been used.

### Procedure: -

To measure mental health and personality dimensions, a questionnaire was used in which questions related to:-

### Results and Analysis

**Table No.1**

**Comparison between Urban Girls and Urban Boys on Mental Health**

	Urban Girls (N=75)		Urban-Boys (N=75)		M.D.	t	Level of Significance
	Mean	S.D.	Mean	S.D.			
Total Mh	18.54	4.23	18.20	3.74	.34	.53	.NS

**t value at .05=1.98 and .01= 2.61**

When comparison has been made among urban boys and girls on mental health. Result found that there is no significant difference the mean of urban girls is 18.54 and urban boys is 18.20. 't' value .53 indicate that both the groups are equal on mental health.

**Table no.2**

**Comparison between Urban Girls and Urban Boys On personality dimension**

	Urban Girls (N=75)		Urban-Boys (N=75)		M.D.	t	Level of Significance
	Mean	S.D.	Mean	S.D.			
E	13.69	2.91	13.72	2.38	.03	.06	NS
N	7.60	3.78	7.54	3.68	.06	.08	NS
L	5.12	2.25	5.82	2.05	.70	2.00	.05

**t value at .05=1.98 and .01= 2.61**

When these two urban groups once again compare on personality dimension result found that there is no significant difference on extroversion personality dimension. Mean of both the groups is 13.69 and 13.72 and 't' value .06 shows that both the groups are equal in this personality dimension. Same result has been got while comparison made on neuroticism dimension. Mean of both the groups is 7.60 and 7.54

and 't' score .08 indicate that there is no significant difference has been found. Lastly, when both the groups again compared on 'L' score dimension result found that urban boys having more tendency to tell lie ( $m=5.82$ ) compared to urban girls ( $m=5.12$ ). 't' ration 2.00 shows that both the groups are differ at .05 level

**Result:**

Result analysis and found that there is no difference between mental health and personality dimensions of urban girls and urban boys.

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