Research Paper Psychology

A Psychological Study of Mental Hygiene of Heart Patients

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ABSTRACT

The purpose of this research is to investigate some of the factors affecting on mental hygiene of the heart patients. Respective scientific hypothesis was framed regarding the heart patients from the rural and the urban area. Sex of male and female; and living in nuclear and joint family. Hypothesis was converted into their null form of verify them. A random sample of 120 heart patients was selected. Along with the respective personal data sheet, I gave mental to hygiene inventory to heart patients to be filled up. Then with the help of statistical analysis 't' test was used and the results were found. In this research I can see there is no any significant difference in the type of sex, area and family on heart patients.

KEYWORDS

Introduction:
Years ago the meaning of 'health' was only 'the physical health'. But the concern of physical health is not different from the mental hygiene. Even the medical science has accepted that mental factors are more or less responsible for every kind of physical illness. If one has to bring about the complete solution to the physical health, he has to plan every activity keeping in view the decisive factors of the mental hygiene. The term "mental hygiene" includes the totality of the health of the society.

For last several years, the concept of mental hygiene has been accepted at the international level. Almost all the countries of the world have accepted the importance of the mental hygiene and the many institutions related the mental hygiene have been established in America and the European countries.

The mental hygiene of the person is the relative state rising from the context of the social environment he has got and his abilities. Because of this, the mental hygiene is not an invaluable ideal, but the 'real state' which can be evaluated in the specific context.

PROBLEM:
"A psychological study of mental hygiene of heart patients"

DEFINITION:
"Mental health means the development, in the persons of the society, of the individual and social behavior pattern having the highest capacity of ~~preventing~~ or saving from the mental illness."

-Callman

4. OBJECTIVE OF THE RESEARCH :
The present study has been conducted with the following objectives:

- To study the mental hygiene of the male and female heart patients.
- To study the mental hygiene of the heart patients from the rural and urban area.
- To study the mental hygiene of the heart patients coming from the joint and the nuclear family.

5.HYPOTHESIS :
First of all hypothesis have been framed and converted of their null form and verified through 't' test.

Ho.1 There is no significant mean difference between scores of mental hygiene of sex of heart patients.

Ho.2 There is no significant mean difference between scores of mental hygiene of heart patients from urban and rural area.

Ho.3 There is no significant mean difference between scores of mental hygiene of heart patients coming from the joint and nuclear family.

6. Instruments:
(1) Personal Data Sheet.
(2) Mental hygiene inventory designed by Dr.D.J.Bhatt.

7. SAMPLE:
The sample consisted of 120 heart patients.

Independent variables:
1. Type of Sex,
2. Type of Residence,
3. Type of family,

Dependent variable:
Mental hygiene inventory scores.

8. Result:
The data is systematically presented in tabulated form in table.

Table no. 1
Score obtained between below type of sex male and female for their mental hygiene concept scale

Subject	N	Mean	SD	SED	T	Sign.
Male	60	94.41	6.93	0.82	0.56	NS
Female	60	93.73	6.38	0.89		

Result and discussion:-
Difference between below type of sex male and female group mental hygiene scores of means 94. 41 & 93.73 and significant difference between means t- value is 0.56 and DF is 118 which is not significance at 0.05 level.

Table no. 2
Score obtained between below type of residence urban and rural area for their mental hygiene concept scale

Subject	N	Mean	SD	SED	T	Sign.
Urban	60	95.08	6.71	0.86	1.71	NS
Rural	60	93.08	6.41	0. 82		

Result and discussion:-
Difference between below type of residence urban and rural area mental hygiene scores of means 95.08 & 93.08 and significant difference between means t- value is 1.71 and DF is

118 which is not significance at 0.05 level.

Table no. 3
Score obtained between below type of family joint and nuclear family for their mental hygiene concept scale

Subject	N	Mean	SD	SED	T	Sign.
Joint	60	94.25	7.53	0.97	0.28	NS
Nuclear	60	93.90	5.68	0.73		

Result and discussion:-
Difference between below type of family joint and nuclear mental hygiene scores of means 94.25 & 93.90 and significant difference between means t- value is 0.28 and DF is 118 which is not significance at 0.05 level.

9. CONCLUSIONS:
1) The type of sex does not effect on mental hygiene of heart patients.
2) The type of residence does not effect on mental hygiene of heart patients.
3) The type of family does not affect on mental hygiene of heart patients.