



Effect of Sex Differences on Mental Health

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ABSTRACT

The variable mental health has been used generally in two ways 1. Absence of mental illness, and 2. Positive mental health. This article is related to positive mental health. Positive mental health refers to behaviors, attitudes, the feelings that represent an individual's level of personal effectiveness, success and satisfaction.

The aim of this work is to discuss why sex matter in mental health, to explain the relationship of sex and health seeking behaviour as a powerful determinate of sex differences, to examine the sex differences in common mental health problems. The study examined the effect of sex differences on mental health. A sample consisted of 60 students of B.A.I semester. Data were obtained through a mental health questionnaire from 30 male and 30 female of different colleges. Statistical analysis was accomplished by t-test. The result showed that null hypothesis was rejected. There is a significant difference on mental health of male and female. Conclusion could be drawn that males are still enjoying superiority on mental health due to prevalent advantage in Indian Society, nevertheless claim in equality and women improvement is modern time.

Keywords :

In every individual were healthy attitude that habitable part of the earth would become better habitat. However, for healthy attitude one need a healthy mind and a healthy mind need a healthy body. Thus one can realize the potency of commonly used and widely neglected saying health is wealth.

Mental health is a concept that refers to a human individual's emotional and psychological well-being. A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community – WHO.

Mental health is generally equated with happiness satisfaction and normal behaviour. It shows one way of thinking and adjustment in life, relationship with other and effective functioning in the different roles of daily life. Mental health means a harmonious working of mind which results in well adjusted person. Mental problems are common to all countries, causes immense human suffering social-exclusion, disability and poor life quality. One in every four person going to health service has at least one mental, neurological or behavioural disorder. Most often these are neither diagnosed nor treated.

The capacity of each and all of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face, a positive sense of emotional and spiritual well-being that respects the importance of personal dignity, culture, equity, social justice and interconnections (Hood et al., 1996).

Sex denotes biologically determined characteristics which gender indicates culturally and socially shaped variations between male and female. Gender is related to how we are perceived and expected to think and act as male and female because of our biological difference. Absence of discrimination on the basis of a person's sex in opportunities and the allocation of resources or benefits, or access to services, is gender equality. Therefore, gender equality refers to the fairness and justice in the benefits and responsibilities between

male and female (See Affi, 2007; Vlassoff & Garcia, 2002).

The aim of this work is to discuss why sex matter in mental health, to explain the relationship of sex and health seeking behaviour as a powerful determinate of sex differences, to examine the sex differences in common mental health problems.

Hypothesis:

"There will be no significant difference between male and female on mental health."

Sample:

The sample of the study consisted of 60 student of which 30 girls and 30 boys studying in different colleges located at sagar (M.P.).

The purposive sampling was used to draw the sample attempt were made to control different relevant variables such as socio-economic status, age, education through matching. There were 30 subject in each group.

Tool : Dr. Kamlesh Sharma's Mental Health Scale was used to measure mental health.

Result and Interpretation :

The scores obtained on the measurement of mental health among male and female. The sample was examined separately in terms of mean scores; SD and t-value were computed. The results from this analysis are presented separately in table.

Table: Showing means, SD and t-value of male/female

Group	Total Scores	Mean	SD	t-test
Male	2676	89.2	12.50	3.10*
Female	2394	79.8	11.8	

* Significant at 0.01 level of significance.

In the table the total scores of male is 2676 and total scores of female is 2394. Mean score of male is 89.2 and female is 79.8. The SD of male is 12.50 and female is 11.8 respectively. It is evident from the above table that male score more than female. The t-test of male and female is 3.10 this shows that there is significant difference between male and female on mental health. So here hypothesis is rejected.

The findings of present study show that male and female differs on mental health. As physically both male and female differ each other. They play different roles in day to day life. As women are playing triple roles in care taking, job productive work and reproductive work. Women are over balanced with responsibility and facing stress which is affecting the mental health. Male were considered as earning members of the society but now women are also playing the same role that

is why male and female are experiencing same problems. Differential mental health is reflected in different type of mental illness e.g. Depression, anxiety, obsessive-compulsive neurosis is more in female than is male. As woman can not express her emotion and tolerate every pain so his mental health suffer more.

In 2002, World Health Organization (WHO) passed its first gender policy, acknowledging the gender issue as important on its own.

Gender based differences may emanate from a biomedical (genetic, hormonal, anatomical & physiological); Psychosocial (personality, coping, symptom reporting); epidemiological (population-based risk factors); or even a more global perspective.

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