



EFFECT OF GENDER AND LOCALITY OF RESIDENCE LEVEL ON MENTAL HEALTH STATUS AMONG MARRIED AND UNMARRIED PEOPLE

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ABSTRACT

Aim of the research is to find out the Effect of gender and locality of residence level on mental health status among married and unmarried people. So investigator selected two groups one is boys and girls people. Other is married and unmarried people and last rural and urban people. Three groups have 240 peoples. 2x2x2 factorial design was used. Mental Health Status Inventory developed and standardized by Jagdish and Srivastava was used to asses Mental Health status of the subject. Result show, There is difference found on Mental Health among Boys and Girls. There is difference found on Mental Health among married and unmarried people. There is difference found on Mental Health level among rural and urban area. Girls are mentally healthier than boys. Unmarried people are mentally healthier than married people.

KEYWORDS

Introduction:

Mental Health is a state of balanced personality and emotional equilibrium that allows a person to live happily and harmoniously with his fellowmen and without causing unhappiness to anyone but appropriately is not a static quality in anyone's private possession. It is not self-sustaining. It can also be maintained by continuous exertion and with emotional togetherness and support of others. Thus, mental health means maturity, realism, altruism, sense of social responsibility, effective integration in work and in human relations, confidence and courage to face new experience and a common for common good, (Trivedi, C.R. 2007).

Why do some people have better mental health than others? Why do some people are more successful in their life than others? What are the factors bringing these differences?

One of the parameters of mental health is life satisfaction, which despite its importance has been considered less. Well-being sensation or life satisfaction is one of the important mental features which a healthy person should have it. Some studies have shown that life satisfaction is one of the fundamental determiners of mental health. Neglecting life satisfaction and its basic skills will disturb an individual's adjustment to living conditions. Problems which today some people have in social interactions, environmental adjustment and not observing the rights of others is due to disregarding the mentioned issue (Extrermera & Fernandez, 2005).

Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is the expression our emotions and adapt to a range of demands (Kaplan & Sadock, 1993). The World Health Organization defines mental health as "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" (Bolde-ro & Fallon, 1995). It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how mental health" is defined (Meadows, 2007).

Across the globe women are stepping out of their home into the world of organizational challenges. Recent years have increasingly brought a great change in the life of Indian women

too. They have come out of the four walls of their homes in search of economic gains as well as fulfillment of their personal hopes and desires as human beings. It may intensify their family responsibilities too. In Indian society no fixed pattern or redefinition of role of women in terms of the changed context has yet been achieved.

Over the past few decades a number of studies have shown that the gender, locality and marital status adversely effects on Mental Health. The inhabitation environmental conditions are chief instruments of positive Mental Health programme. An unmarried person has to take care of all family members and they have burden of works too. So stress is experienced by a working married people. Compared to married people, unmarried people face fewer demands from the family. Family role related stress is lesser than in unmarried people. The present study aims to assess effect of gender and locality of residence level on mental health status among married and unmarried people.

2. Objective:

- To study of Mental Health of people in relation to their gender.
- To study of Mental Health people in relation to their living area.
- To study of Mental Health of married and unmarried people.

3. Hypothesis:

There is no significant difference in people's Mental Health in relation to their gender.

There is no significant difference in people's Mental Health in relation to their living area.

There is no significant difference in married and unmarried people's Mental Health.

4. Methodology:

Research design:

This research was adopted 2x2 factorial designs with 2 types of gender (man and woman), two type of area (Urban and Rural), and two type of people's status (married and unmarried)

2x2x2
(N = 240, n = 30)

	A1 boys		A2 Girls	
	B1	B2	B1	B2
C1	30	30	30	30
C2	30	30	30	30

A-Gender

A1- Boys A2- Girls

B- Area

B1- Urban B2- Rural

C-Marital Status

C1- Married C2- Unmarried

Sample:

In this present research three group were randomly select-ed as sample. One is boys and girls. Other is married and un-married people and last rural and urban people. Three groups have 240 peoples. 2x2x2 factorial design was used.

Tools used:

The following tools were used in the present study:

Personal Data sheet:

A personal data sheet developed by the investigator was used to collect information about gender and family and their living area.

Mental Health Scale:

Mental Health Status Inventory developed and standardized by Jagdish and Srivastava was used to asses Mental Health status of the subject. The Scale consisted 56 item and the items were classified into six subcategories (positive Self-evaluation, Perception of reality, Autonomy, Group-oriented attitudes and Environmental mastery)

Statistical Analysis:

In this study 't' test was used for statistical analysis.

5. Result and discussion:

Table-1: Mental Health and Gender

	Boys	Girls	Remark
Mean	160.60	165.68	Significant at 0.01
SD	16.64	17.58	
T value	2.56		

Table no.1 that the mean of boys is 160.60 and that of Girls is 165.68. The SD for same group is 16.64 and 17.58 respectively. The t-value was found to be 2.56 and it is significant at 0.01 levels. Hence the null hypothesis is rejected. There is significant difference in Mental Health of boys and girls. However, from the Mean values, it is conclude that girls have better Mental Health than boys.

Table-2: Mental Health and Area

	Urban	Rural	Remark
Mean	166.76	156.73	Significant at 0.01
SD	17.54	15.65	
T value	5.65		

Table no.2 that the mean of urban area is 166.76 and rural area is 156.73 The SD for same group is 17.54 and 15.56 respectively. The t-value was found to be 5.65 and it is significant at 0.01 levels. Hence the null hypothesis is rejected. There is significant difference in Mental Health among people of urban and rural area.

Table-3: Mental Health and Status

	Married	Unmarried	Remark
Mean	159.85	164.59	Significant at 0.05
SD	15.78	16.77	
T value	2.00		

Table no.3 that the mean of married people is 159.85 and un-married people is 164.59. The SD for same group is 15.78 and 16.77 respectively. The t-value was found to be 2.00 and it is significant at 0.05 levels. Hence the null hypothesis is rejected. There is significant difference in Mental Health of married and unmarried people.

6. Conclusion:

- There is difference found on Mental Health among boys and Girl.
- Girls are mentally healthier than boys
- There is significant difference in Mental Health among people of urban and rural area.
- People of urban area have better Mental Health than rural people.
- There is significant difference in Mental Health among married an unmarried people.
- Unmarried people are mentally healthier than married people.

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