

A Comparative Investigation of Mental Health Among People

Dr. H. D. Vaghamshi

HOD, Asst. Prof., Dept. of Psychology, Kavishree Botadkar Arts and Commerce College, Botad, Gujarat

Abstract- The study was conducted to investigate the difference mental health in people. There is no particular factorial design because this data taken by google form. Data collections were done with help of "Mental Health Inventory" by Dr. D.G.Bhatt and G.R.Gida (2006). The sample was taken by Google form. Total 120 samples of Gujarat state among them 104 Male and 58 Female. The collected data statically analyzed with the help of 't' test. Result showed that A. There is significant difference in mental health between male and female ($t'=2.34$). B. There is no significant difference in mental health between rural and urban area ($t'=0.21$). C. There is no significant difference in mental health between up to 12th and graduation level (0.03). D. There is significant difference in mental health between graduation and post graduation level ($t'=3.04$). E. There is significant difference in mental health between 15 to 35 and 36 to 55 age group ($t'=3.66$). F. There is no significant difference in mental health between government and private servant ($t'=0.07$). G. There is significant difference in mental health between working persons and students ($t'=2.78$). H. There is significant difference in mental health between outdoor game player and indoor game player ($t'=1.48$).

I. INTRODUCTION

During the past 50 years, the area of mental health and its problems has generated a lot of thinking and action among the psychologists, psychiatrists and social workers. A sufficiently focused attention has been given at international level, by organizations like WHO, World Federation of Mental Health, International Psychiatric, Psychological and Psychoanalytical Societies.

18th century is called Intellectual period. 19th century is called progressive period. 20th century is called child age. But today 21st century is called struggle age. Man has made progress in computer and internet. Aids and anthrax are controlled completely. Man is preparing to live on moon. The technology progressing in missile speed has affected our social life, cultural and beliefs.

Our life is become more and more complex and narrow-minded. There are competition and struggle on every step of life. Hugh of morality are rising in us. Old standards of morality in sex-life have been broken. Whole change has become in family life and personal relations. Yet man feels loneliness among thousands of people. He feels unsafe. Mental stress, unsafely are also increased in our country like Europe and America. Mental health is also necessary with body-health. "There is a saying in English that prevention is better than cure." So in mental health mind should not become health less and careless it is necessary. The government tries to give every citizen all facilities if mental health. There are many plans are made in this matter. People become aware in the matte of health. People understand the value of health. Ye the condition enough aware in the matter of health. Person believe that the lack if dieses is a sign of health. He do not understand that mind can also become ill like body. Physically problem can be identifying quickly. Because its progress is internal. In the present matter of mental health has become very important.

For hundreds of years, until well into this century, people with mental health problems were considered outcasts. Mental disorder was not treated as just another illness; It was looked at as a personal failing or even an affliction to be mortally feared. In the words of Hass (1970), "For centuries the mentally disordered were locked away, imprisoned in asylums because they were thought evil and, therefore, feared".

"Mental health is the full and harmonious functioning of the whole personality – the three requirements or mental health being full expressing harmonization and the directing to a common end of our nature and acquired potentialities"

-
Hadfield

“Mental health may be define as the adjustment of individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and society considerate behaviour and the abilities of facing and accepting the realities of life

–White Heuse conferece(1929)

“Mental hygiene is the science and art of maintaining mental health and preventing the development of insanity and neurosis. General hygiene care for physical health only but mental hygiene includes mental health as well as physical health because mental health is not possible without physical.”

–Webster’s Dictionary “Mental hygiene is a science that deals with human welfare and pervades all fields of human relationship”

– Crow and Crow

➤ Importance of mental health at college level:

College students also need careful guidance and counselling, and with the type of violent indiscipline that prevails in colleges and universities today a suitable programmed of counselling will prove very helpful. Almost anybody who can afford to pay fees joins a college in India without any consideration of his suitability for higher education. There are students who cannot study and concentrate, who cannot make friends with others or get along with them, and who join college without any purpose or aim. There are students who are afraid of examination, who cannot talk in class and cannot write even a few sentences. There are students who shirk work and study, who are always complaining against teachers, principals and university authorities. Some students have physical defects, some are in conflict with their parents. There may be some who have special problems. All these types need advice from the psychiatrist so that they do not develop any personality difficulties. Generally interview therapy is given to students with some difficulty or problem.

The progress of mental unhealthy or mentally disturb youngsters is made in proper way suffering from mental behaviour problems can not make progress in study properly or they fall into anti-social or terrorists activities. It is mistakeful student. Family relationship become bad for unhealthy are occurred. Students often

fall into drinking and drug items. Mentally disturb student lives in stressful and excites condition. Moreover he raises problems in fields of study and family members. Culture, country, society. In this viewpoint the knowledge of mental health is necessary to every student.

Parents and teachers have responsibilities for the care of mental health of student. Social science have responsibilities to understand the necessary of students, to develop good habits in them, to realize their social, familiar and educational responsibility for development of their abilities they should give them good environment and encouragement. To give them love, safely and guidance, technology. For this they should give the students the knowledge of mental health principles and develop attitude in them. If this can be done the students with good mental health increased and every student can maintain mental health properly.

II. METHODOLOGY

(i) Hypothesis:

- A. There is no significant difference in mental health between male and female.
- B. There is no significant difference in mental health between rural and urban area.
- C. There is no significant difference in mental health between up to 12th and graduation level.
- D. There is no significant difference in mental health between graduation and post graduation level.
- E. There is no significant difference in mental health between 15 to 35 and 36 to 55 age group.
- F. There is no significant difference in mental health between government and private servant.
- G. There is no significant difference in mental health between working persons and students.
- H. There is no significant difference in mental health between outdoor game player and indoor game player.

(ii) Sample:

The sample was taken by Google form method. Total 162 sample of entire Gujarat state.

(iii) Research Design:

There is no particular research design because this data take by Google form.

Total data as per the below table.

Variable	Total	Variable	Total
Male	104	Female	58
Rural	86	Urban	76
Up to 12	49	Graduation	64
Graduation	64	Post Graduation	49
15 to 35 (Age)	130	36 to 55 (Age)	32
Govt. (Servant)	30	Private (Servant)	36
All Servant	66	Student	96
Outdoor game Player	48	Indoor game Player	113
		Grant Total	162

(iv) Tools:

(A) Individual information sheet:

Individual variable like a (1) Male and Female (2) Rural area and urban area (3) Education level up to 12th std, graduation and post graduation (4) Age group 15 to 35 and 36 to 55 (5) Sector Government and Private (6) outdoor game player and indoor game player.

(B) Mental Health Inventory:

Developed by Dr.D.G.Bhatt and G.R.Gida (2006), Reliability was found 0.94 through split half method 0.87 through spearman brown method and Validity was found 0.63.

(v) Procedure:

The scale of 'Mental Health Inventory'. The scale of made of two option. Option was in either in 'agree' and 'disagree'. This scale considered 40 sentences. The response category has been provided each question. Response 'agree' mark '1' and response 'disagree' mark '0'. The maximum possible score is '40' and the minimum possible score is '0'. High score is to be interpreted as good mental health and low score of as poor mental health.

(vi) Statistics:

Here in this study the 't'-Test was conducted as a statistical technique to prove the aim.

III. RESULT

Table:1 Showing the summary of 't' ratio on Mental Health about Gender.

Gender	N	M	SD	df	't'	Level of Significant
Male	104	28.11	5.34	160	2.34	0.05
Female	58	28.98	4.62			

Table:2 Showing the summary of 't' ratio on Mental Health about Residential Area.

Residential Area	N	M	SD	df	't'	Level of Significant
Rural	86	28.41	4.58	161	0.21	N.S.
Urban	76	28.58	5.65			

Table :3 Showing the summary of 't' ratio on Mental Health about Education Level

Education Level	N	M	SD	df	't'	Level of Significant
Upto 12th	49	27.63	4.7	111	0.03	N.S.
Graduation	64	27.59	4.89			

N.S. = Not significant

Table: 4 Showing the summary of 't' ratio on Mental Health about Education Level

Education Level	N	M	SD	df	't'	Level of Significant
Graduation	64	27.59	4.89	111	3.04	0.01
Above Graduation	49	30.51	5.21			

Table: 5 Showing the summary of 't' ratio on Mental Health about Age group

Age	N	M	SD	df	't'	Level of Significant
15 to 35	130	27.91	4.94	160	3.66	0.01
36 to 55	32	30.84	5.11			

Table : 6 Showing the summary of 't' ratio on Mental Health about Job type

Job	N	M	SD	df	't'	Level of Significant
Government	30	29.87	5.62	64	0.07	N.S.
Private	36	29.78	4.98			

N.S. = Not significant

Table : 7 Showing the summary of 't' ratio on Mental Health about Job servant and student

Group	N	M	SD	df	't'	Level of Significant
Employed	66	29.82	5.28	160	2.78	0.01
Student	96	27.57	4.78			

Table : 8 Showing the summary of 't' ratio on Mental Health about Player

Player	N	M	SD	df	't'	Level of Significant
Outdoor Game	48	27.63	4.60	159	1.42	0.05
Indoor Game	113	28.81	5.28			

IV. DISCUSSION

In Table No. 1, the mean of mental health of men is **28.11** and the mean of mental health of women is **28.98** and the 't' score is **2.34** which is **0.05** levels greater than the value of 't' given in the table. Therefore, at the level of significance, this value is significant at the **0.05** level, hence the hypothesis is rejected. That is, there is a difference between the mental health of men and women. Here it may be that men are involved in jobs and business, there is a workload, and they also have to take care of the house. Due to this double responsibility, the mental health of men is higher than that of women.

In Table No. 2, the mean of mental health of people living in rural areas is **28.41** and the mean of mental

health of people living in urban areas is **28.58**. And the 't' score is **0.21** which is **0.05** level less than the value of 't' given in the table. Therefore, at the level of significance, this value is meaningless, so the hypothesis is accepted. That is, there is no difference between the mental health of people living in rural areas and those living in urban areas. In today's era, as much development has increased in villages as urbanization has increased, most of the facilities of all kinds are also seen at the rural level. Today, everyone is aware of all kinds of information through social media. As much conflict is seen among people at the urban level, as much conflict is seen among people at the rural level. Therefore, the level of mental health is seen equally in both.

In Table No. 3, the mean of mental health of people who have studied up to standard 12 is **27.63** and the mean of mental health of people who have studied up to graduation is **27.59**. And the 't' score is **0.03**, which is **0.05** less than the value of 't' given in the table. Therefore, at the level of significance, this value is insignificant, so the hypothesis is accepted. That is, there is no difference in the mental health of people who have studied up to standard 12th and those who have studied up to graduation. The reason for this may be that since they are still of an age to study, the person is focused on their studies. Their age does not yet have social, economic, practical responsibilities, so perhaps the level of mental health is the same in both.

In Table No. 4, the mean of mental health of people who have studied up to graduation is **27.59**. And the mean of mental health of people who have studied up to postgraduate is **30.5**. And the 't' score is **3.04** which is more than **0.01** level than the value of 't' given in the table. Therefore, at the level of significance, this value is significant at the **0.01** level, so the hypothesis is rejected. That is, there is a difference between the mental health of people who have studied up to graduation and the mental health of people who have studied up to postgraduate. The reason for this may be that people studying for graduation are mature and therefore struggle to achieve their goals. They are ready to complete their studies and have not yet found a job, have not joined any profession. The responsibility of home, society, business, and economy is on their shoulders. Due to such reasons, they cannot make any adjustments. Due to these reasons, their mental health is at risk. On the other hand, a person who has studied up to postgraduate level has himself joined in job, business, and small and big works. Therefore, they do not have much to worry about.

In Table No. 5, the mean of mental health of people aged 15 to 35 is **27.91** and the mean of mental health of people aged 36 to 55 is **30.84**, and the 't' score is **3.66** which is more than **0.01** level higher than the value of 't' given in the table. Therefore, at the level of significance, this value is significant at the **0.01** level, so the hypothesis is rejected. That is, there is a difference between the mental health of people aged 15 to 35 and the mental health of people aged 36 to 55. Because people after the age of 35 are mature in all

respects. Moreover, they have made adjustments in all the necessary areas of life. They live life easily. The time of great conflict is now gone, so the level of anxiety is also less. Therefore, mental health is seen in them.

In Table No. 6, the mean of mental health of people working in government jobs is **29.87**, and the mean of mental health of people working in private jobs is **29.78**, and the 't' score is **0.07** which is less than the 't' value given in the table at the **0.05** level. Therefore, at the level of significance, this value is insignificant at the **0.05** level, so the hypothesis is accepted. That is, there is no difference between the mental health of people working in government jobs and the mental health of people working in private jobs. Most people adjust to their lives after getting a job. Most of the anxiety has eased. They adjust in economic, social, practical etc. areas, so those people have good mental health. If they are working in government jobs, their mental health is better.

In Table No. 7, the mean of mental health of employed people is **29.82**, and the mean of mental health of students is **27.57**, and the 't' score is **2.78** which is more than **0.01** level than the value of 't' given in the table. Therefore, at the level of significance, this value is significant at the **0.01** level, so the hypothesis is rejected. That is, there is a difference between the mental health of employed people and the mental health of students. The mental health of employed people is better than the mental health of students. The reason for this may be that employed people are more satisfied with their lives. Because they have become stable in every field. So they do not have any worries about studies, jobs or any other kind. Therefore, mental health is seen in those people.

In Table No. 8, the mean of mental health of people playing field games is **27.63**. The mean of mental health of people playing games indoors is **28.81**, and the 't' value is **1.42** which is more than **0.05** level than the 't' value given in the table. Therefore, at the level of significance, this value is significant at the **0.05** level, so the hypothesis is rejected. That is, there is a difference between the mental health of people playing field games and the mental health of people playing indoor games. People playing indoor games have better mental health than those playing field games.

The reason may be that players playing field games have more anxiety. They have more mental stress. The pressure of the environment affects them more. People have more expectations on the players on the field. While the mental health of players playing indoor games is good because in those games, the pressure of the environment is not on the players, people also have less expectation from these players. Such games are mostly logical and intellectual. In which more brain power is required. Therefore, such players make decisions calmly. Therefore, such players have good mental health.

V. CONCLUSION

- A. There is significant difference in mental health between male and female.
- B. There is no significant difference in mental health between rural and urban area.
- C. There is no significant difference in mental health between up to 12th and graduation level.
- D. There is significant difference in mental health between graduation and post graduation level.
- E. There is significant difference in mental health between 15 to 35 and 36 to 55 age group.
- F. There is no significant difference in mental health between government and private servant.
- G. There is significant difference in mental health between working persons and students.
- H. There is significant difference in mental health between outdoor game player and indoor game player.

REFERENCE

- [1] Kornhasure,A.W. (1965), “Mental health of the industrial worker: A Detroit Study”, New york, john wiely.
- [2] Pandya,S.K. (1997), First Edition, “Human Behaviour”, National Book Trust, New-Delhi, India.
- [3] Dave,C.B. and Other (1994), “Statistics in Psychology”, Viral publication, Ahmedabad. Pg.-45.
- [4] 4.Contractor, B.M.(1998), “Experimental Psychology and Statistics”, Viral publication, Ahmedabad. Pg.-21,117,125.

- [5] Bhatia,H.R.(1981), 3rd Edition, “Abnormal Psychology”, Oxford and IBH Publishing Co., New-Delhi.
- [6] Bhatt,D.G. and Gida,G.R. (2002), “Mental Health Inventory”, Saurashtra University, Rajkot, Gujarat.
- [7] Kamdar,N.H. and Other (1999), 1st Edition, “General Psychology”, Parsav Publication, Ahmedabad.