

**MENTAL HEALTH OF PEOPLE ACCORDING TO THEIR
LIVING AREA**

Presented by

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ABSTRACT

An attempt has been made to measure the mental health of people according to their living area. The sample comprised 120 males and 120 females, 20-30 years and 50-60 years of age from different urban and rural areas. Dr.Ashwin Jansari, Dr. Harkant Badami, Dr.Charulata Badami's Mental health analysis questionnaire was given to the 120 males and 120 females to measure there level of mental health. The results of the study show that there is no significant difference between the level of mental health of people living in urban and rural area. The outcomes of the study also indicated that there is no significant difference between the level of mental health of males living in urban and rural area. The outcomes of the study also indicated that there is no significant difference between the level of mental health of females living in urban and rural area. The outcomes of the study also indicated that there is no significant difference between the level of mental health of people of 20-30 years of age living in urban and rural area. The outcomes of the study also indicated that there is no significant difference between the level of mental health of people of 50-60 years of age living in urban and rural area.

Key words : Mental health, people, male, female .

INTRODUCTION

Health is very important for human being. From the earlier days our rishimunies,acharyas tell us about the important of health through vedas,upnishads and charaksanhitas etc.But in 21st senctuary we all are forget about the thoughts that our old books taught us.Old people worshipped environmental objects,they took care of it and now a days we are wasting,spoiling,harming environmental objects.Because of our this kind of mischief with environment we are facing too many problems such as pollutions,flood, earthquake,tsunami,cyclons etc.Many people are affected through this kind of event,and lost dearones,properties,bodyparts etc.These loses affected people physically and mentally both.Even in our routine life we are facing environmental problems like noise pollution,air pollution,heat waves etc.Due to these problems we get head ache,eyesburn,skinburn,stress etc.Thus our mental n physical health affected by environment.

In the mid of 15th century **William Sweetzer** was the first to clearly define the term mental hygiene. **Dorothea Dix (1802 – 1887)** was important figure in the development of "mental health" movement. Drothea Dix developed the concept of mental health during the 20th century .**Clifford Berrs** founded the ‘National committee’ and open first mental health clinic in U.S.A. ‘Center for Addition and mental health’ is one of Canada's largest facilities .

“Health is a state of complete physical,mental,social,spiritual well being and not merely the absence of disease or infirmity.”

-WHO(2001)

“Mental Health is state of well being where by individuals recognize their abilities or able to cope with their normal stress of life,work productivity and fruitfully make a contribution to their communities.”

-Agarwal(2007)

Mentally healthy people can handle the life problems and changes easily. A person who is mentally ill, he or she has that for short term period or long term period. When a person facing long term mental problems he or she need help of counselors, therapists, psychologist etc to get their mental health back.

The purpose of the present research is to find the level of mental health of people according to their living area

OBJECTIVES

The present research has been carried out to find out the level of mental health of people with their relation to their gender, living area and age group.

HYPOTHESIS

Ho₁: There is no significant difference in the mental health of people living in urban and rural area.

Ho₂: There is no significant difference in the mental health of males living in urban and rural area.

Ho₃: There is no significant difference in the mental health of females living in urban and rural area.

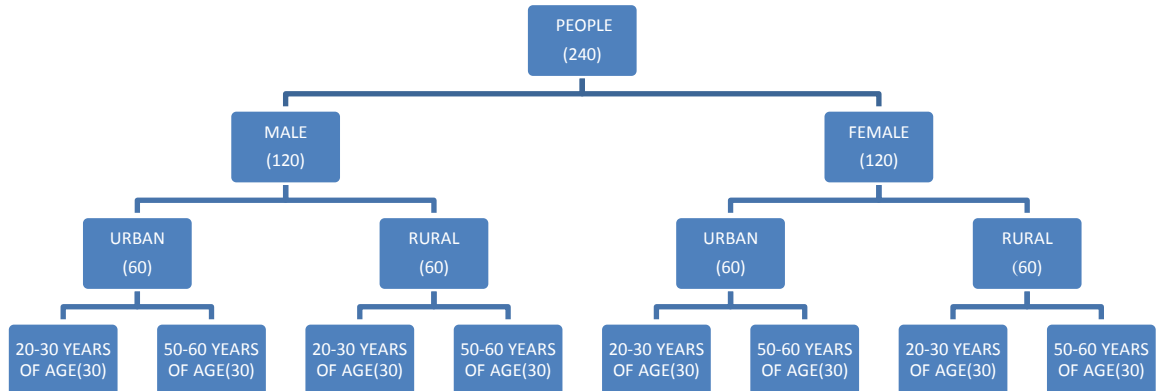
Ho₄: There is no significant difference in the mental health of people of age 20-30 years living in urban and rural area.

Ho₅: There is no significant difference in the mental health of people of age 50-60 years living in urban and rural area.

SAMPLE

The sample consisted of 240 people, with equal number of males and females, with equal number of age group of 20-30 years and 50-60 years, with equal number of urban and rural area.

SAMPLE DESIGN



TYPES OF VARIABLES

In the present research variables are as below

Sr no.	Name of variables	Type of variables	Grade of variable	Name of the levels
1.	Type of gender	Independent	2	1. Male 2. Female
2.	Type of living area	Independent	2	1. Urban 2. Rural
3.	Type of Age group	Independent	2	1.20-30 years of age 2.50-60 years of age
4.	Mental health	Dependent	2	1. Positive 2. Negative

TOOLS

Mental health analysis questionnaire by Dr. Ashwin jansari, Dr. Harkant badami and Dr. Charulata badami will be used to measure mental health . There are 100 items (10 for each area) in this inventory . There are two areas (positive and negative) . Both have five sub areas . Reset reliability is at the rate of 0.9212 , and split half reparability is at the rate of 0.9034.The validity of the scale is found out by correlation method and is was reported to be significant.

PROCEDURE

The sample of 120 people was randomly selected who were administered mental health analysis questionnaire. ‘t’ test was applied to know the significant diffence between level of mental health of males and females,age group of 20-30 years and 50-60 years, living in urban and rural area.

RESULT AND DISCUSSION

Table -1

Mental health score of people living in urban and rural area

Group	N	Mean	S.D.	‘t’ value	Level of significant
Urban people	120	71.55	9.94	0.81	NS
Rural people	120	70.25	9.65		

Table – 1 shows mental health of Urban and Rural people .For the urban people mean is 71.55 , S.D. is 9.94 and For the rural people mean is 70.25 ,S.D. is 9.65.For both group ‘t’value is 0.81 which is not significant at 0.01 level of significant.That’s why the fact of hypothesis is accepted and

it can be said that there is no significant difference between the mental health of people living in urban and rural area.

Table -2

Mental health score of males living in urban and rural area

Group	N	Mean	S.D.	't' value	Level of significant
Urban male	60	71.28	9.71	0.97	NS
Rural male	60	69.5	10.38		

Table – 2 shows mental health of males living in urban and rural areas. For the urban males mean is 71.28 , S.D. is 9.71 and For the rural males mean is 69.5 ,S.D. is 10.38. For both group 't' value is 0.97 which is not significant at 0.01 level of significant. That's why the fact of hypothesis is accepted and it can be said that there is no significant difference between the mental health of males living in urban and rural area.

Table -3

Mental health score of females living in urban and rural area

Group	N	Mean	S.D.	't' value	Level of significant
Urban female	60	71.81	10.14	0.47	NS
Rural female	60	71	8.80		

Table – 3 shows mental health of females living in urban and rural areas. For the urban females mean is 71.81 , S.D. is 10.14 and For the rural females mean is 71 ,S.D. is 8.80. For both group 't' value is 0.47 which is not significant at 0.01 level of significant. That's why the fact of

hypothesis is accepted and it can be said that there is no significant difference between the mental health of married females live in urban and rural area.

Table -4

Mental health score of 20-30 years age people living in urban and rural area

Group	N	Mean	S.D.	't' value	Level of significant
Urban People	60	68.28	10.41	0.72	NS
Rural People	60	66.91	10.29		

Table – 4 shows mental health of 20-30 years age people living in urban and rural areas. For the urban people mean is 68.28 , S.D. is 10.41 and For the rural people mean is 66.91 ,S.D. is 10.29. For both group 't' value is 0.72 which is not significant at 0.01 level of significant. That's why the fact of hypothesis is accepted and it can be said that there is no significant difference between the mental health of 20-30 years age people living in urban and rural areas .

Table -5

Mental health score of 50-60 years age people living in urban and rural area

Group	N	Mean	S.D.	't' value	Level of significant
Urban People	60	74.81	8.23	0.85	NS
Rural People	60	73.58	7.62		

Table – 5 shows mental health of 50-60 years age people living in urban and rural areas. For the urban people mean is 74.81 , S.D. is 8.23 and For the rural people mean is 73.58 ,S.D. is 7.62. For both group ‘t’value is 0.85. Which is not significant at 0.01 level of significant. That’s why the fact of hypothesis is accepted and it can be said that there is no significant difference between the mental health of 50-60 years age people living in urban and rural areas.

CONCLUSION

- There was no significant difference in the mental health of people living in urban and rural area.
- There was no significant difference in the mental health of males living in urban and rural area.
- There was no significant difference in the mental health of females living in urban and rural area.
- There was no significant difference in the mental health of 20-30 years age people living in urban and rural area.
- There was no significant difference in the mental health of 50-60 years age people living in urban and rural area.

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