



STUDY OF MENTAL HEALTH BETWEEN MALE AND FEMALE STUDENT

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Abstract

The purpose of the present study was to investigate the impact of gender and location of the college students on Mental Health. The sample for the study comprised of 100 college students from jalna city. In each 50 male students (25 urban and 25 rural male students) and 50 female students (25 Urban and 25 rural female college students). The scale was used for data collection Mental health battery by Arun Kumar Singh and Alpana Sen Gupta (2005). Where gender and location were considered as independent variables and Mental Health as dependent variables. 2x2 factorial design was used and data were analysis by Mean, SD and 'F' values. Results revered Female Students better Mental Health than Male Students and Urban Students better mental health than Rural Students.

Key words – Mental Health, Gender, Location.

Introduction:

Mental health is a concept that refers to a human individual's emotional and psychological well-being. Merriam-Webster defines mental health as "A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life."Mental health is the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. Not just efficiency, or just contentment or the grace of obeying the rules of the game cheerfully.

The World Health Organization conceptualized mental health separate from mental ill-health and defined the concept 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 own community. On the other hand better mental health outcomes in adolescents are characterized by greater adaptation in family, society, and school environment, improved quality of life.

REVIEW OF THE LITERATURE

Gupta and Kumar (2010) reported male students were better Mental Health than female. Chawla (2012) reported that females were better in terms of their mental health. Bangale and Patnam (2013) found no significant difference of mental health status between male and female. Lakhan (2015) revealed that age is an important predictor of mental illness in the population irrespective of where people live, rural or urban. Sanwal et. al (2006) who inferred that girls were mentally healthier than boys as they have more patience, tolerance and were better adjusted than boys in their environmental set up. Bandhana, Darshana P.Sharma, (2010) found that there are significant sex differences in mental health among secondary school students. Furthermore, girls are more mentally healthy in comparison to boys. Ramesh Singh Bartwal(2014) indicated that there was no significant difference in rural and urban male and female students which shows that the mental health is present in same amount in both sexes and locales. Jarraniya (1996) depicts there that was significant variation seen between boys and girls in the matter of mental health.

Vyas (2007) sees no significant difference between boys and girls with respect of mental health.

Singh (2011) found no significant gender difference in mental health of the students. Students residing in urban area had significantly better mental health than those residing in rural area.

NEED AND SIGNIFICANCE

The present study examines the importance of Mental Health among college students. The experience of positive emotions helps the resilient individuals in their ability to recover stress effectively in his/her daily life. This study helps to understand the process of Mental Health in the development of an individual. Mental Health is also determined by the complex interactions between individual characteristics, social and economic factors and the physical environment. This study is an attempt to understand the process of resilience and psychological wellbeing in development among college students.

STATEMENT OF THE PROBLEM

The Problem for the purpose of investigation may be stated as:

“A Study of Mental Health between Male and Female Students”

OBJECTIVES OF THE STUDY

- 1) To study of mental health of Male and Female.
- 2) To study of mental health of Urban and Rural.

HYPOTHESES OF THE STUDY

- 1) There will be no significant difference between Male and Female with mental health.
- 2) There will be no significant difference between Urban and Rural with mental health.

METHOD

Participants

The present study sample 100 was selected from college students of Jalna district in Maharashtra. The effective sample consisted of 100 subjects out of which 50 male students (25 urban and 25 rural students) and 50 female students (25 urban and 25 rural students). Stratified random sampling method was employed to select the unit of sample. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean-18.63 and SD- 1.90) and Ratio 1:1. Thus total sample includes as shown in the following table.

Gender

	Male	Female	Total
Urban	25	25	50
Rural	25	25	50
Total	50	50	100

Location

Research design

Research design to be implemented in the present research is as follow:

2x2 factorial designs use for the present study.

A

	A1	A2
B1	A1, B1	A2, B1
B2	A1, B2	A2, B2

B

A- Gender A1- Male A2- female

B- Location B1- Urban B2- Rural

Variables of the Study

Variable	Type of variable	Sub. - variable	Name of variable
Gender	Independent	2	1) Male 2) Female
Location	Independent	2	1) Urban 2) Rural
Mental Health	Dependent	-	-

Instruments

Aspect	Name of the Test	Author
Mental Health	Mental health battery (2005)	Arun Kumar Singh Alpana Sen Gupta

Mental health battery (2005)

In the study the investigator employed English version of Mental Health Battery which was developed and validated by Arun Kumar Singh and Alpana Sen Gupta (2005). (Original Hindi version translated by Mrs. Gulnaz in English version). MHB intends to assess the status of mental health of persons in the age range of 13 to 22 years. As it is a battery of six tests. There are set of 130 items in the MHB with six dimensions- emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self -concept (SC) and Intelligence (IG). Reliability of various dimensions of the battery varied across 0.72 to 0. 87. It also has high level of concurrent and constructs validity.

Procedures of data collection

The following research methodology will be use in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale.

Data analysis

The data were analyzed as follows.

The Mean and SD with graphical representation for Gender (Male and Female College Students) on Mental Health was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on students Mental Health.

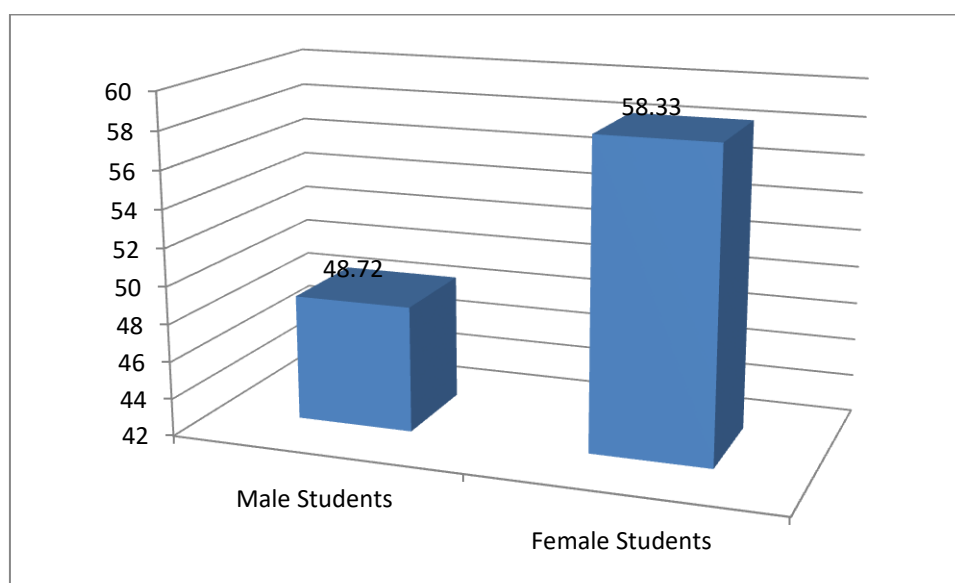
Results and Discussion

Table No.01 Show the mean, SD and F value of Mental Health and Gender.

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	48.72	4.32	50	98	9.61	10.75	0.01
Female Students	58.33	6.01	50				

(Critical value of "t" with df 98 at 0.01 = 3.94 and at 0.05 = 6.90)

Graph No.01 show the mean of Gender and Mental Health



Observation of the table No.01 and Graph No.01 indicated that the mean value of two classified groups seems to differ from each other on Mental Health. The mean and SD value obtained by the male college students 48.72, SD 4.32 and Female College students was 58.33, SD 6.01, but on the basis of mean observation it would be that the mean difference 9.61. Both groups' 'F' ratio was 10.75. At a glance, those female college students show a high score than male college students.

In the present study, the first hypothesis related to Mental Health and Gender. It was "There is no significant difference between male and female college students on mental health." Gender effect represents the mental health was not significant (F= 10.75, 1 and 99, P<0.01). This is significant at 0.05 and 0.01 levels because they obtained 'F' values are high than table values at 0.05 and 0.01. In the present study, it was found that male and female college students significantly differ from mental health. The findings do not support the first hypothesis; they are the first hypothesis rejected in the present study. The finding was found that there is a significant

difference between male and female on Mental Health. Female Students better Mental Health than Male Students.

An Opposite finding was found that Gupta and Kumar (2010) , Jarraniya (1996) reported male students were better Mental Health than female. And Bangale and Patnam (2013), Vyas (2007), found no significant difference of mental health status between male and female.

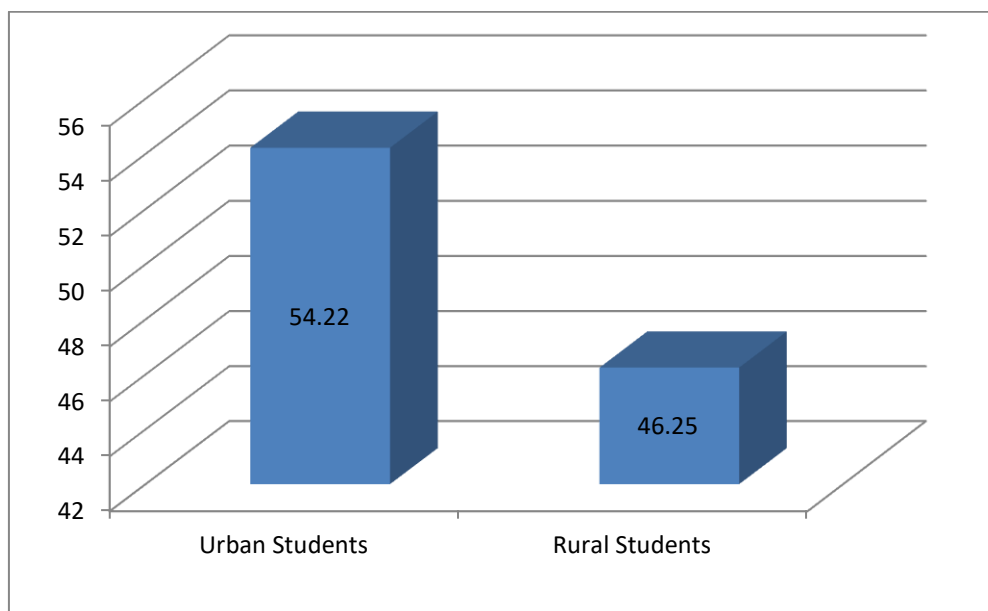
A similar finding was found that Sanwal et. al (2006) , Chawla (2012), Bandhana, Darshana P.Sharma, (2010), found that Female Students better Mental Health than Male Students.

Table No.02 Show the mean, SD and F value of Mental Health and Location.

Location	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	54.22	5.90	50	98	7.97	6.90	0.01
Rural Students	46.25	4.52	50				

(Critical value of “t” with df 98 at 0.01 = 3.94and at 0.05 = 6.90)

Graph No.02 show the mean of Location and Mental Health



Observation of the table No.02 and Graph No.02 indicated that the mean value of two classified group seems to differ from each other on Mental Health. The mean and SD value obtained by the urban college students 54.22, SD 5.90 and rural College students was 46.85, SD 4.52, but on the basis of mean observation it would that mean

difference 7.97. Both group 'F' ratio was 6.90 at a glance those Urban college student shows high score than Rural college students.

In the present study was second hypothesis related Mental Health and Location. It was "There is no significant difference between Urban and Rural college students on demotion Mental Health". Location effect represent the Mental Health was significant (F- 6.90, 1 and 99, $P < 0.01$). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students Significant differ from Mental Health. The findings of the no supported the second hypothesis, they are second hypothesis Rejected the present study. Finding was found that there is significance difference between Urban and Rural college students on Mental Health. Urban Students better mental health than Rural Students.

An Opposite finding was found that Ramesh Singh Bartwal(2014) indicated that there was no significant difference in rural and urban male and female students which shows that the mental health is present in same amount in both sexes and locales.

A similar finding was found that Singh (2011) found that Students residing in urban area had significantly better mental health than those residing in rural area.

Limitations of the study

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Jalna city in Maharashtra.
- 3) The study was restricted to only B.A. arts college students (arts facility) only.
- 4) The study was restricted students are only 18-21 years only.

Conclusion

- 1) Female Students better Mental Health than Male Students.
- 2) Urban Students better mental health than Rural Students.

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