



## Mental Health in Relation to Gender and Marital Status

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### ABSTRACT

The main purpose of this present study of mental health in relation to gender and marital status. The total sample consisted of 120 people in which 60 Male (30 Married and 30 Unmarried) and 60 Female (30 Married and 30 Unmarried) were taken in Mahisagar district, Gujarat. The research tool for mental health Developed by Dr. D. J. Bhatt and G. R. Gida (1992) was used for data collection. In this questionnaire total 40 items. The data was analyzed by Mean, SD and t test and check the significance of mental health. Results showed that there is no significant difference between the mental health in relation to gender. Female have better mental health than male. There is no significant difference between the mental health in relation to marital status. Unmarried group have better mental health than married group. The 't' value obtained is not significant.

**Keywords:** Mental Health, Gender, Marital status

### INTRODUCTION:

Every person wants to live a happy and peaceful life. In which Physical and Mental health is important. Just as physical health is related to a person's bodily organs and functions, mental health is related to the mind and its functions. A person feels the need for mental health more than physical comfort. Good mental health is necessary to live a good life. When a person's mental health deteriorates, he suffers from many Disease and disorders.



WHO (2005) defined mental health as “A state of well being in which the individual realizes his/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/her community” (WHO, 2001, p.1).

Mental health is defined by the mental health foundation (MHF, 2008) as how and what a person thinks and feels about themselves and their lives. How can a person cope with the situation and manage in adverse times.

In samples from a national health survey conducted by Norway showed that married people have better mental health than unmarried people (Palner and Mittelmork, 2009). Other research also shows that mental health illnesses are less common in married people than unmarried people (Gove 1972; Horn et al. 2013). But in married people when after marriage family and social problems like divorce and other conflicts threaten mental health to such an extent that one suffers from various disorders and eventually leads to suicide. Mental health status is assessed long after marital status because men and women are adjusting to marriage changes.

## **Problem statement**

Mental Health in Relation to Gender and Marital status

## **Objectives:**

1. To study of mental health in relation to gender
2. To study of mental health in relation to marital status

## **Hypotheses:**

1. There will be no significant difference between mental health in relation to gender.
2. There will be no significant difference between mental health in relation to marital status.



## Method

### Participants:

The sample of the present study constituted a total 120 people out of which 60 Male (30 Married and 30 Unmarried) and 60 Female (30 Married and 30 Unmarried) people was randomly selected from Mahisagar district in Gujarat.

### Tool:

Mental health Questionnaire developed by Dr. D. J. Bhatt and G. R. Gida. Then its revised version developed by Dr. D. J. Bhatt and S. Sidpara in 2007 was used. The scale has 40 items. Statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37 are negative and other are positive. Minimum 1 to maximum 120 marks with agree, disagree and neutral.

### Reliability and Validity:

This test Reliability: Test re-test method is 8.87, half divided method is 0.94 and logical similarity is 0.81.

The Validity is 0.63.

### Variables:

Independent variable

1. Gender: Male and Female
2. Marital Status: Married and Unmarried

Dependent variable

1. Mental health

### Procedure:

After finalizing the instruments, the questionnaire was filled after obtaining the consent of the married and unmarried people. Data was analyzed by Mean, SD and 't' value.

### Statistical technique:

The 't' test was used to analyze obtained data.



## Result and Discussions:

**Ho.1.** There will be no significant difference between mental health in relation to gender.

**Table no.1**

Showing Mean, SD and t value of mental health in relation to Gender.

Gender	N	Mean	S.D	't' Value	Level of Significant
Male	60	44.98	30.06	1.95	NS
Female	60	56.42	32.83		

Table no. 1 shows the mental health level of male and female. The Male group received Mean score is 44.98 and S.D is 30.06. The female group mean score is 56.42 and S.D is 32.83. It means the female group mean and S.D score higher compared to male group. For both groups 't' value is 1.95 and it is not significant. So hypothesis HO.1 is accepted.

**Ho. 2.** There will be no significant difference between mental health in relation to Marital status.

**Table no.2**

Showing Mean, SD and 't' value of Mental health in relation to marital status.

Marital status	N	Mean	S.D	't' value	Level of Significant
Married	60	45.58	28.58	1.83	NS
Unmarried	60	55.82	34.31		



Table no. 2 shows the mental health level of married and unmarried groups. The married group received a mean score is 45.58 and S.D is 28.58. Unmarried group mean score is 55.82 and S.D is 34.31. It means unmarried group score higher compared to married group. For both groups 't' value is 1.83 and it is not significant. So hypothesis HO.2 is accepted.

### **Conclusion:**

Significant differences not found between the mental health in relation to gender. Results indicate female have better mental health than male. Significant differences not found between the mental health in relation to marital status. Results indicate unmarried group have better mental health than married group.



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