

Mental health of Hindu and Muslim people in Ahmedabad

Meghna Gajjar¹, Dr. S. M. Kaji²

ABSTRACT:

The present study examined the effects of mental health of Hindu and Muslim people in Ahmedabad. The sample consisted of 120 people out of which 60 were Hindu and 60 were Muslim. For this purpose of investigation 'Mental Health Analysis Inventory' by A. B. Jansari, Harkant Badami, Charulata Badami was used. The data obtained were analyzed through 't-test' to know the mean difference between the two groups. The result shows that there is no significant difference in the mental health of Hindu and Muslim people and Hindu male-female. There is significant difference in the mental health of Muslim male and female at 0.05 Levels.

Keywords: *Mental health, Hindu, Muslim, Male, Female, Ahmedabad*

Health is the level of functional or metabolic efficiency of a living being. In humans, it is the general condition of a person's mind, body and spirit, usually meaning to be free from illness, injury or pain (as in "good health" or "healthy"). The World Health Organization (WHO) defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" (WHO 1948, 2006). Although this definition has been subject to controversy, in particular as lacking operational value and because of the problems created by use of the word "complete", it remains the most enduring (Jadad 2008). Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health. Mental health is about the ability to work and study to realize your full potential, cope with day-to-day life stresses, be involved in your community, and live your life in a free and satisfying way. A person who has good mental health has good emotional and social well-being and the capacity to cope with change and challenges. Mental health problems can affect your feelings, thoughts and actions, and cause difficulties in your everyday activities, whether at school, at work, or in relationships.

¹U.G. Student, Department of Psychology, L.D. Arts College, Ahmedabad

²Associate Professor, Department of Psychology, L.D. Arts College, Ahmedabad

Mental health problems

Feeling down, tense, angry or anxious are all normal emotions, but when these feelings persist for long periods of time, or if they begin to interfere with daily life, they may become mental health problems. Most mental health problems are not very severe or long-lasting. However, it is important to get support from your friends and family, and to ask for help early, for example by visiting your local doctor (general practitioner - GP) or your local headspace Centre.

Mental illness Mental illness can occur at any age, but anxiety disorders and depression are quite common problems for young people Mental illness can affect your thoughts, feelings, actions and memory. A mental illness is usually longer-lasting than mental health problems, and causes more distress and disruption to life. There are a number of mental illnesses. In the present study, the aim of the researchers is to compare the mental health level of Hindu and Muslim people in Ahmedabad.

OBJECTIVES

1. To study differences between Hindu and Muslim people in relation to their mental health.
2. To study differences between Hindu male and female in relation to their mental health.
3. To study differences between Muslim area male and female in relation to their mental health.

HYPOTHESES

1. There is no significant difference between Hindu and Muslim people of mental health.
2. There is no significant difference between Hindu male and female of mental health.
3. There is no significant difference between Muslim male and female of mental health.

METHOD

Sample:

The sample for the present study in Ahmedabad 120 Hindu and Muslim people Selected. 60 was taken from Hindu people and 60 were taken from Muslim people.

Tool:

To obtain data, "Mental Health Analysis Inventory" by A. B. Jansari, HarkantBadami and CharulataBadami (2011) was used for the purpose of study. The inventory consists of 100 items with yes/no response pattern. The test-retest reliability score of this test 0.92 and split half reliability score this of inventory is 0.90. Validity of this test was seen to be 0.71 which significant at 0.01 level.

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Procedure

The collection of data was spread over a period of 15 days. The researcher personally visited the selected Hindu and Muslim area in Ahmedabad. On the schedule date the researcher meet the Hindu and Muslim people and made clear to them the purpose of administration. The researcher sought their co-operation.

The instructions were explained by the researcher and the doubts were clarified. They were assured that their response will be used for research purpose only and will be kept confidential. They were suggested to give free frank and honest responses without any hesitation. The scales were administered to the people. The scales were collected only after they were responded by the subject. After the completion of the administration, the investigator conveyed her gratitude and thanks to the all subject for their kind co-operation. The raw scores were statistically analysed in terms of means; standard deviation and t-test were used to compare mental health level of the Hindu and Muslim people and relation to their Gender.

Results and Discussion

The main objective of present study was to carry out the study of mental health level among Hindu and Muslim people. In it statistical 't' method was used. Results discussion of present study are as under:

Table-1 Mean, SD, SED and 't' scores of mental health of Hindu and Muslim people

Group	N	Mean	SD	SE	SED	't'	Sign.
Hindu	60	67.43	12.37	1.60	2.14	0.26	NS
Muslim	60	66.87	10.97	1.42			

Non-significant. (0.05=1.98)

Table-1 depicts that the value of mean and SD of mental health of Hindu people were 67.43 and 12.37 respectively and those of Muslim people were 66.87 and 10.97 respectively. The 't' value came out to be 0.26 which is non-significant, Thus the null hypothesis, number 1, which states "there is no significant difference between Hindu and Muslim people of mental health" was accepted. It means that the mental health of Hindu and Muslim people is of the same level.

Table-2 Mean, SD, SED and 't' scores of mental health of Hindu male and female

Group	N	Mean	SD	SE	SED	't'	Sign.
Hindu-Male	30	69.23	13.16	2.40	3.16	1.14	NS
Hindu-Female	30	65.63	11.24	2.05			

Non- Significant. (0.05=2.00)

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Table-2 depicts that the value of mean and SD of mental health of Hindu male were 69.23 and 13.16 respectively and those of Hindu female were 65.63 and 11.24 respectively. The 't' value came out to be 1.14 which is non-significant, Thus the null hypothesis, number 2, which states "there is no significant difference between Hindu male and female of mental health" was accepted. It means that the mental health of Hindu male and female is of the same level.

Table-3 Mean, SD, SED and 't' scores of mental health of Muslim male and female

Group	N	Mean	SD	SE	SED	't'	Sign.
Muslim-Male	30	69.87	12.88	2.35	2.76	2.17	0.05
Muslim-Female	30	63.87	07.93	1.45			

Significant at 0.05 levels (2.00)

Table 3 depicts that the value of mean and SD of mental health of Muslim male were 69.87 and 12.88 respectively and those of Muslim female were 63.87 and 7.93 respectively. The 't' value came out to be 2.17 which is significant. Thus the null hypothesis, number 3, which states "there is no significant difference between Muslim male and female of mental health" was rejected. It means there is significant difference between Muslim male and female of mental health. The conclusion is that the mental health condition of Muslim male is better of close ties, interpersonal relations, community participation, satisfaction with work and entertainment, fixed goals and viewpoint.

CONCLUSION

Major findings of the present study are,

1. There is no significant difference between Hindu and Muslim people in Ahmedabad.
2. There is no significant difference between Hindu male and female in Ahmedabad
3. There is a significant level of difference in the mental health of Muslim male and female in Ahmedabad. The mental health level of Muslim male better than that of female.

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