

Mental Health among Urban and Rural Employees

Parth Shah*, Dr. S.M. Kaji**

ABSTRACT:

The present investigation is to find out the differences in mental health of urban and rural employees of industrial area in Ahmedabad district. The sample consisted of 200 employees out of which 100 were urban and 100 were rural employees. For this purpose of investigation 'Employee's Mental Health Inventory' by Dr. Jagdish (Agra) 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 urban and rural employees, joint and nuclear family male and joint and nuclear family female employees.

Keywords: *Mental health, urban, rural, employee, joint family, nuclear family.*

INTRODUCTION

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" (WHO1948, 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 (Jadad2008). 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. Bhatia (1982) considered mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. 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.

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.

*P.G. Student, Department of Psychology, L.D. Arts College, Ahmadabad

**Associate Professor, Department of Psychology, L.D. Arts College, Ahmadabad

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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 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. For the present purpose, mental health is operationally defined as the state of mental pleasure and lacking of psycho-physiological complaints. The present study has been carried out to know whether it creates difference of mental health of personnel's working in different industrial employees with reference to habitat and family status.

OBJECTIVE:

To study differences between urban and rural, joint and nuclear family male and joint and nuclear family female employees relation to their mental health.

HYPOTHESES:

1. There is no significant difference between urban and rural employees of mental health.
2. There is no significant difference between joint and nuclear family male employees of mental health.
3. There is no significant difference between joint and nuclear family female employees of mental health.

METHOD:

Sample:

As a sample for the present study in Ahmadabad district industrial area (Maheswary Industries, Patel Industries, Gajanand Industries etc.), 200 urban and rural employees were selected. 100 were taken from urban and 100 were taken from rural employees.

Tool:

To obtain data, "Employees Mental Health Inventory" by Dr. Jagdish, Agra (2001) was used for the purpose of study. The inventory consists of 24 items with yes/no response pattern. The obtained reliability coefficient score of this test is 0.66 and Spearman-Brown formula reliability score of this inventory is 0.79 and index of reliability score is 0.89. The validity coefficient was found to be 0.57.

Procedure:

The collection of data was spread over a period of 25 days. The researcher personally visited the selected industry (Patel Industries, Gajanand Industries, Maheshwari Industries etc.), and contacted urban and rural employees in Ahmadabad district. On the schedule date, the

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researchers met the urban and rural employees and made clear to them the purpose of administration. The researchers sought their co-operation. The instructions were explained by the researchers 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 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 industrial employees in relation to their habitat and family status.

RESULTS AND DISCUSSION:

The main objective of present study was to carry out the study of mental health level of industrial employees with reference to habitat and family status. In it statistical 't' method was used.

Results discussion of present study is as under:

Table-1 Mental health of urban and rural employees

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Urban	100	16.30	2.90	0.29	0.41	1.08	NS
Rural	100	16.74	2.86	0.28			

Non-Significant (0.05=1.98)

Table no.-1 shows mental health of urban and rural employees. For the urban employees mean is 16.30 and for rural employees mean is 16.74, S.D. for male employees 2.90 and female employees 2.86. For both groups 't' value is 1.08 and level of significance is not significant. Thus the null hypothesis, number 1, which states "there is no significant difference between urban and rural employees of mental health", was accepted. It means that the mental health of urban and rural employees is of the same level.

Table-2 Mental health of joint and nuclear family male employees

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Joint-male	66	16.97	2.48	0.31	2.24	0.28	NS
Nuclear-male	34	16.35	2.17	0.37			

Non-Significant (0.05=2.00)

Table no.-2 shows mental health of joint and nuclear family male employees. For the joint family male employees mean is 16.97 and nuclear family male employees mean is 16.35, S.D. for joint

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family male employees 2.48 and nuclear family male employees 2.17. For both groups 't' value is 0.28 and level of significance is not significant. Thus the null hypothesis, number 2, which states "there is no significant difference between joint and nuclear family male employees of mental health", was accepted. It means that the mental health of joint and nuclear family male employees is of the same level.

Table-3 Mental health of joint and nuclear family female employees

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Joint-female	34	16.46	2.95	0.32	0.82	1.17	NS
Nuclear-female	66	15.50	3.22	0.76			

Non-Significant (0.05=2.00)

Table no.-3 shows mental health of joint and nuclear family female employees. For the joint family female employees mean is 16.46 and nuclear family female employees mean is 15.50, S.D. for joint family female employees 2.95 and nuclear family female employees 3.22. For both groups 't' value is 1.17 and level of significance is not significant. Thus the null hypothesis, number 3, which states "there is no significant difference between joint and nuclear family female employees of mental health", was accepted. It means that the mental health of joint and nuclear family female employees is of the same level.

CONCLUSION:

There is no significant difference between urban and rural employees, joint and nuclear family male employees and joint and nuclear family female employees. It means that the mental health of all three groups is the same levels.

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