

Mental Health of East and West Area People in Ahmedabad

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ABSTRACT:

The Present investigation is to find out the differences in mental health of East and West area people in Ahmedabad. The sample consisted of 120 people out of which 60 were east area people and 60 were west area people. For this purpose of investigation 'Mental Health Analysis Inventory' by A.B.Jansari, HarkantBadami, 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 mental health of east and west area people and east area male-female in Ahmedabad. There is significant difference in mental health of west area male and female people at 0.05 Levels.

Keywords: *Mental health, East, West, Male, Female, Area, 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"(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. 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.

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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 east and west area people in Ahmedabad.

OBJECTIVES

1. To study differences between east and west area people Ahmedabad in relation to their mental health.
2. To study differences between east area male and female in relation to their mental health.
3. To study differences between west area male and female in relation to their mental health.

HYPOTHESES

1. There is no significant difference between east and west area people of mental health.
2. There is no significant difference between east area male and female of mental health.
3. There is no significant difference between west area male and female of mental health.
- 4.

METHOD

Sample:

The sample for the present study in Ahmedabad 120 east and west area people was Selected. 60 was taken from east area people and 60 were taken from west area people.

Tool:

To obtain data, “Mental Health Analysis Inventory” by A. B. Jansari, Harkant Badami and Charulata Badami (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 20 days. The researcher personally visited the selected east and west area society in Ahmedabad. On the schedule date the researcher meet the east and west area 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 students. 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 theist and west area 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 east and west area people. In it statistical 't' method was used. Results discussions of present study are as under:

Table-1 Mean, SD, SED and 't' scores of mental health of east and west area people

| Group | N | Mean | SD | SESD | 't' Sign. | | |
|-----------|----|-------|-------|------|-----------|------|----|
| East area | 60 | 70.98 | 11.72 | 1.47 | 2.22 | 0.27 | NS |
| West area | 60 | 70.47 | 12.67 | 1.63 | | | |

Non-significant. (0.05=1.98)

Table 1 depicts that the value of mean and SD of mental health of east area people were 70.98 and 11.72 respectively and those of west area people were 70.47 and 12.67 respectively. The 't' value came out to be 0.27 which is non-significant, Thus the null hypothesis, number 1, which states "there is no significant difference between east and west area people of mental health" was accepted. It means that the mental health of east and west area people is of the same level.

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

| Group | N | Mean | SD | SE | SED | 't' | Sign. |
|-------------|----|-------|-------|------|------|------|-------|
| East-Male | 30 | 70.33 | 11.10 | 2.03 | 2.43 | 0.53 | NS |
| East-Female | 30 | 71.63 | 11.61 | 2.12 | | | |

Non- Significant (0.05=2.00)

Table 2 depicts that the value of mean and SD of mental health of east area male were 70.33 and 11.10 respectively and those of east area female were 71.63 and 11.61 respectively. The 't' value came out to be 0.53 which is non significant. Thus the null hypothesis, number 2, which states "there is no significant difference between east area male and female of mental health" was accepted. It means that the mental health of east area male and female is of the same level.

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

| Group | N | Mean | SD | SE | SED | 't' | Sign. |
|-------------|----|-------|-------|------|------|------|-------|
| West-male | 60 | 73.67 | 11.09 | 2.02 | 3.17 | 2.01 | 0.05 |
| West-female | 60 | 67.27 | 13.44 | 2.45 | | | |

Significant at 0.05 levels (0.05=2.00)

Table 3 depicts that the value of mean and SD of mental health of west area male were 73.67 and 11.09 respectively and those of east area female were 67.27 and 13.44 respectively. The 't' value came out to be 2.01 which is significant. Thus the null hypothesis, number 3, which states "there is no significant difference between west area male and female of mental health" was rejected. It means there is significant difference between west area male and female of mental health. The conclusion is that the mental health condition of west area 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 east and west area people in Ahmedabad.
2. There is no significant difference between east area male and female in Ahmedabad
3. There is a significant level of difference in the mental health of west area male and west area female in Ahmedabad. The mental health level of west area male better than that of west area female.

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