



Mental Health and Stress among Male and Female Doctors

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Abstract

The present study is investigating the difference of male and female doctors on mental health and stress. The sample consisted of 80 subject selected through the random sampling method. The sample is consisting of total 80 subjects including two groups i.e. 40 male and 40 female doctors. For the purpose of these study two psychological tests is used. Mental health inventory developed by Dr. Jagdish and Dr. A.K. Srivastava and Personal Stress Source Inventory is a measure of stress developed by Sinha and colleagues are used for this study. There is significant difference is found among male and female doctors on mental health and stress.

Keywords: Mental health, Stress and Doctors.

Introduction:

Mental health is a crucial aspect of overall well-being, encompassing emotional, psychological, and social dimensions. It affects how individuals think, feel, and act, as well as how they handle stress, relate to others

The mental health of doctors is a significant concern that has gained increasing attention in recent years. The high-stress nature of the medical profession, combined with long working hours, paperwork, and the emotional demands of caring for patients, can take a toll on doctors' mental well-being. Here are some key issues and statistics related to the mental health of doctors:

Factors contributing to mental health issues:

Workload and work-life balance: Long working hours, heavy patient loads, and administrative tasks can leave doctors with little time for self-care and personal activities. **Emotional demands:** Caring for patients with complex or terminal illnesses can be emotionally draining, leading to compassion fatigue and empathy exhaustion. **Lack of support:** Doctors may feel isolated or unsupported by their colleagues, hospital administration, or family members. **Fear of error:** The high-stakes nature of medical decision-making can lead to fear of making mistakes, which can contribute to anxiety and burnout.

Stress is a natural response to challenging or demanding situations, often referred to as stressors. It can manifest in various ways, including physical, emotional, and behavioral symptoms. Here are some key points about stress:

The stress experienced by doctors is a well-documented issue, influenced by various factors related to their profession. Here are some key aspects of the stress that physicians face: **Workload and Hours:** Doctors often work long hours, including nights, weekends, and holidays. This demanding schedule can lead to physical and mental exhaustion. **High Responsibility:** The healthcare profession carries significant responsibilities, as doctors are tasked with making critical decisions that impact patients' health and lives. The pressure to perform and achieve positive outcomes can be overwhelming. **Patient Expectations:** The high expectations from patients and their families can create added pressure for physicians. The



desire to meet these expectations can contribute to stress and burnout. Work-Life Balance: Many doctors struggle to maintain a healthy work-life balance, which can lead to personal stress and strained relationships. The demanding nature of the profession can make it difficult to find time for self-care and family.

Addressing doctor stress requires systemic change, including better support systems within healthcare institutions, emphasis on mental health, manageable workloads, and a culture that prioritizes physician well-being. Solutions might include providing access to mental health resources, promoting work-life balance, and encouraging open conversations about Understanding these differences is crucial for developing targeted interventions and policies that support the well-being of both male and female physicians, ultimately improving patient care and professional satisfaction in the healthcare workforce.

Methodology:

Objectives:

1. To investigate the status of mental health among male and female doctors.
2. To investigate the status of stress among male and female doctors.

Hypotheses:

1. There will be significant difference between male and female doctors respect to their mental health.
2. There will be significant difference between male and female doctors respect to their stress.

Participants:

For this research work a simple random sampling technique is used. All participants included in this study from Jalna city. The sample is consisting of total 80 subjects including two groups i.e. 40 male doctors and 40 female doctors. Age range of the sample between 25 to 45.

Variables:

Various independent and dependent variables which is taken into consideration in the present investigation is described in Following Table;

List of Independent variable

| NO | Name of Variable | No. Of level | Name of Level |
|----|------------------|--------------|-----------------|
| 1 | Doctors (A) | 2 | Male and Female |

List of Dependent variables

| NO | Name of Variable |
|----|------------------|
| 1 | Mental Health |
| 2 | Stress |

Research Design:

Descriptive research design is selected for this study. First stage of this research mean and SD is calculated from the data. Second stage independent sample t test method is used for statistical analysis.

Psychological Devises:

The following psychological devises is used in the present research work.

1. Mental Health Inventory:

This inventory developed by Dr. Jagdish and Dr. A.K. Srivastava. The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was .73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire. It was fond to be .54. it is not worthy here that high score on the general health questionnaire indicates poor mental health besides the inventory was validated against ‘personal adjustment scale. The two inventory scores yield positive correlation of .57 reveling moderate validity.

2. Personal Stress Source Inventory:

In order to assess the stress of teacher educators, many types of scales have been used by the researchers. For the present study, Manual for Personal Stress Source Inventory PSSI was used for measuring the stress of teacher educators.

The scoring of PSSI is very simple. Eve is given a score of 1, marked ‘Sometimes’ ‘frequently’ a score of 3. Unmarked items scores earned by the testers on every marked item are added together to yield a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. PSSI has both test-retest reliability and internal consistency reliability. For calculating test-retest reliability the inventory was administered twice with a gap of 14 days on an unselected sample of 200. The test-retest reliability was found to be .79 which was not only high but also statistically significant. The coefficient of concordance (correlation), among the ranking of 10 judges was .62 which, in terms of chi-square test of significance, was significant ($X^2 -K(N -1) W$). Therefore, the PSSI also possessed a sufficient degree of content validity.

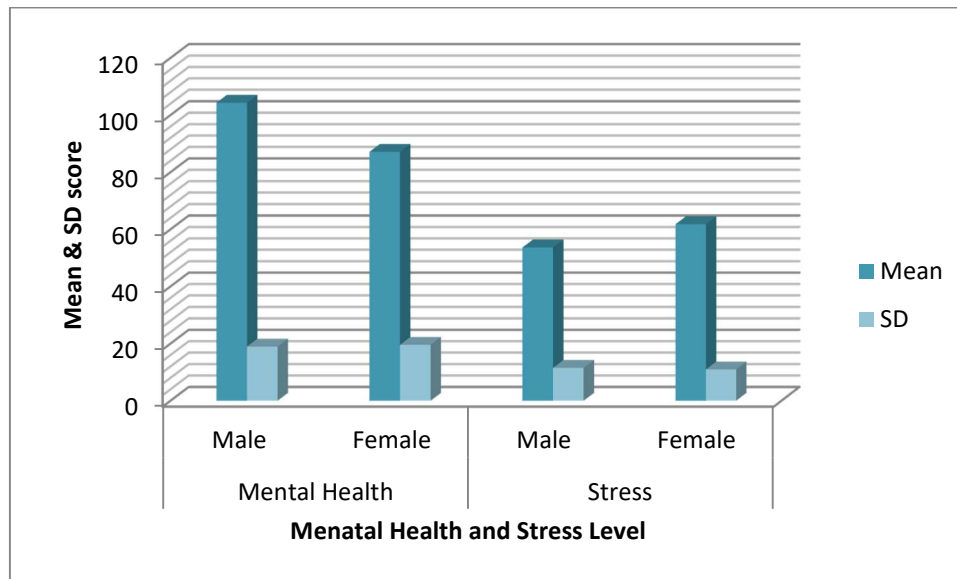
Statistical analysis:

While preparing the computer data file from master chart, extreme care was taken with respect to the accuracy of the input of data. The data file was completely checked till an errorless check trial was obtained. For the each subjects initially data of age group were separately tabulated by employing frequency distribution and descriptive statistics. Find out the gender wise differences using a mean scores comparison and ‘t’ test were carried out with the help of calculated and SPSS software was used.

Table No. 1
Mean SD and T value of the Male and Female Doctors

| Variable | Gender | N | Mean | SD | t value | Sig. |
|----------|--------|----|--------|-------|---------|------|
| | Male | 40 | 104.30 | 18.96 | 3.98 | 0.01 |
| | Female | 40 | 87.12 | 19.58 | | |
| Stress | Male | 40 | 53.67 | 11.52 | 3.24 | 0.05 |
| | Female | 40 | 61.80 | 10.96 | | |

Graph No. 1
Mean SD and T value of the Male and Female Doctors



Above table and graph shows mean differences of dependent variable mental health and stress among male and female doctors. The result shows that the mental health means score of the male and female doctors respectively (Male = 104.30 and Female = 87.12) and SD score of the male and female doctors respectively (Male = 18.96 and Female = 19.58). The difference between two Mean is highly significant at the level of 0.01 ($t = 3.98$, $df = 78$) that's means Hypothesis No. 1. 'There will be significant difference between male and female doctors respect to their mental health' is accepted. That's mean male doctors mental health level is better than the female doctors.

The result shows that the stress means score of the male and female doctors respectively (Male = 53.67 and Female = 61.80) and SD score of the male and female doctors respectively (Male = 53.67 and Female = 61.80). The difference between two Mean is highly significant at the level of 0.05 ($t = 3.24$, $df = 78$) that's means Hypothesis No. 2. 'There will be significant difference between male and female doctor's respect to their stress' is accepted. That's mean male doctores level of stress is better than the female doctores. Previous study done by the Parmar Keyur, Solanki Chintan, Parikh Minakshi and Vankar GK (2015) and Passey Sumiran, Singh Jaspal Sandhu and Shenoy Shweta (2015).findings shows that the there is significant difference between the male and female doctors on stress.

Conclusion:

There is significant difference is found among male and female doctors on mental health. There is significant difference found among male and female doctors on stress.

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