MENTAL HEALTH AMONG MALE AND FEMALE YOUTH

Mr.Rahul Vasant Savdekar

Abstract

The present study is design to study of mental health among employed and unemployed youth. Total 200 youths were included in the study 100 male and 100 female youths. Working status and Gender are independent variables and mental health is dependent variable in this study. Purpose of this study mental health inventory developed by Dr.Jadish and Dr. A.K. Srivastava. is used. The two way analysis of variance was used for compare the group of working status and gender. The result shows that there is significant difference of mental health among employed and unemployed youth. There is significant difference of mental health between male and female youth.

INTRODUCTION:

The World Health Organization (WHO) defines mental health as a 'state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community'.

The term Global Mental Health refers to the international perspective on different aspects of mental health. It has been defined as 'the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide' Taking into account cultural differences and country-specific conditions, it deals with the epidemiology of mental disorders in different countries, their treatment options, mental health education, political and financial aspects, the structure of mental health care systems, human resources in mental health, and human rights issues among others. The overall aim of the field of Global Mental Health is to strengthen mental health all over the world by providing information about the mental health situation in all countries, and identifying mental health care needs in order to develop cost-effective interventions to meet those specific needs.

The mental environment refers to the sum of all societal influences upon mental health. The term is often used in a context critical of the mental environment in industrialized societies. It is argued that just as industrial societies produce physical toxins and pollutants which harm humans physical health, they also produce psychological toxins (e.g. television, excessive noise, violent marketing tactics) that cause psychological damage. This poor mental environment may help explain why rates of mental illness are higher in industrial societies than in the developing world. The idea has its roots in evolutionary psychology, as the deleterious consequences of a poor mental environment can be explained by the mismatch between the mental environment humans evolved to exist within and the one they exist within today.

Theories of development provide a framework for thinking about human growth, development, and learning. If you have ever wondered about what motivates human thought and behaviour, understanding these theories can provide useful insight into individuals and society. Behavioural psychology, also known as behaviorisms, is a theory

of learning based upon the idea that all behaviour are acquired through conditioning. Advocated by famous psychologists such as John B. Watson and B.F. Skinner, behavioral theories dominated psychology during the early half of the twentieth century. Today, behavioural techniques are still widely used in therapeutic settings to help clients learn new skills and behaviour. Theorists: Watson, Skinner, Pavlov. Albert Ellis's cognitive therapy is called Rational Emotive Behavior Therapy (REBT). He believed peoples' intense suffering from negative emotions was caused by their irrational core beliefs. Core beliefs refer to the basic beliefs people have about themselves and the world around them. For instance, in the previous example my thought "I'll probably fail this test" may stem from a core belief "I must always achieve complete success or else I am a complete failure." Irrational core beliefs cause the negative emotions that lead to dysfunctional behaviors.

Around this same (1950's), Aaron Beck was practicing as a psychoanalyst. He realized that people's internal thoughts and perceptions had a large influence on their emotions. He also believed that a more active and directive approach to modify thoughts would positively influence behavioral change. His theory takes a slightly different approach than REBT, and the terminology is somewhat different. Nonetheless, both Beck and Ellis sought to modify an individual's dysfunctional thoughts, in order to produce a change in emotions and behavior.

OBJECTIVES:
1. To study the mental health of employed and unemployed youth.
2. To study the mental health of male and female youth

HYPOTHESES OF THE STUDY:
1. There will be significant differences among employed and unemployed youth on Mental health
2. There will be significant differences among male and female youth on mental health.

METHDOLOGY
Participants:
For this study a simple random sampling technique is use. The sample consist of total 200 subjects including two groups first group gender i.e. male (n=100) and female (n=100) and second working status i.e. employed (100) and unemployed (100) youth. The age level, educational status and nativity of the subjects had controlled to a certain extent i.e., age ranges between 21-35 years, educational status above graduation.

Variable:
Independent variable: 1) Working status 2) Gender
Dependent variable: 1. Mental health

Research Design
In this study 2x2 factorial research design is use.

2 X 2 Factorial Design

Working status (A)	Gender (B)	
	Male (B1)	Female (B2)
Employed (A1)	A1B1	A1B2
Unemployed (A2)	A2B1	A2B2

TOOLS:

1.   Mental Health Inventory:

This inventory developed by Dr. Jadish and Dr. A.K. Srivastava. The preliminary format of the MHI was tried out administered on a sample of 200 subjects belonging to various socio culture, age, and sex and education groups. On the basis of significance out of 72 items, 56 items including 32 'false-keyed and 24 'true keyed have been selected to constituted the final format of the inventory. Mental health is defined as person's ability to make positive self-evaluation, to perceive the reality, to integrations the personality, autonomy, group oriented attitudes and environmental mastery.

The reliability of the present inventory is determined by the method of spilt half 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. 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.

In the present scale four alternative responses have been given to each statement i.e. always, often, rarely and never. 4 score to always, 3 score to often, 2 score to rarely and 1 score to never mark responses as to be assigned for true keyed (positive) statements were as 1,2,3 and 4 scores for always, often, rarely and never respectively in case of false keyed (negative) statements.

Results and Interpretations:

Table No. 1
Summary of ANOVA for dependent variable mental health.

Source of variance	Type III Sum of Squares	df	Mean Square	F	Sig.
Working status	2436.02	1	2436.02	6.07	0.01
Gender	4474.58	1	4474.58	11.15	0.01
Working status X Gender	1383.38	1	1383.38	3.44	N.S.
Error	18658.80	196	401.32		
Corrected Total	86952.78	199			

Table No. 2
Shows that Mean and SD

	Employed	Unemployed	Male	Female
Mean	77.68	70.77	69.46	78.92
SD	17.66	23..68	16.04	20.63
N	100	100	100	100

Table 1 shows that the mean, SD and ANOVA summary of the dependent variable mental health among male and female youth. Table No. 1. Shows that the analysis of variance of factor A (working status) F= 6.07 are significant for $p< 0.01$. The second factor B (Gender) F = 11.15 are significant for $p< 0.01$ and Working status x Gender F = 3.44 are not significant both the level of confidence.

The results related to the hypothesis have been recorded. Employed youth (Main effect of A1) mean value on the mental health is 77.68 and SD is 17.66 and Unemployed youth (Main effect of A2) mean is 70.77 and SD is 23.68. The difference between the two mean is highly significant (F= 6.07, df = 1, 196, P < 0.01) Its mean employed and unemployed youth Differ Significantly From each other from the mean scores. It concluded that the employed youth level of mental health is better than the unemployed youth. That's way hypothesis No. 1 is, there will be significant difference between employed and unemployed youth on mental health is accepted.

Second independent variable in this study is a gender. Male youth (Main effect of B1) mean score on mental health is 69.46 and SD is 16.04 and female youth (Main effect of b2) mean is 78.92 and SD is 20.63. The difference between the two mean is significant (F= 11.15, df = 1, 196, P < 0.01) Its mean male and female youth differ significantly From each other from the mean scores. It concluded that the significant difference between male and female youth on the mental health. That's way hypothesis No. 2 is, there will be significant difference between male and female youth on mental health is accepted.

Conclusion:
1. There is a significant difference among employed and unemployed youth on mental health.
2. There is a significant difference among male and female youth on mental health.

References:
- Arun Kumar Singh (1993). Tests, Measurement and Research Methods in Behavioral Science, 1st reprint 1993, *Tata McGraw Hill Publishing,* New Delhi-110002.
- Bhargava, V and Bhargava, R. (2002), "Indicators of Sound Mental Health Souvenir", *the 113th Annual Conference of All India Bhargava Sabha*, Agra.
- Deoli, C.P. & Dimri jaya (2014). "Mental Health of Students at Different Level of Socio- Economic States," *Indian Journal of Psychometrics and Education*. 45 (1), pp. 51-53.
- Garima Gupta and Sushil kumar (2010), "Mental Health in relation to Emotional Intelligence and Self Efficacy among college students", Kurukshetra University, Kurukshetra. *Journal of the Indian Academy of Applied Psychology*, Vol.-36, No.1, pp. 61-67.
- Irandokht Asadi Sadeghi Azar (2006). Hardiness: A comparative study of employed and unemployed married women in Iran, *Iranian Journal of Psychiatry,* 1(2), 70-75.
- Mohanty, S., (1992), "The Occupational Stress and Mental Health in executives: a Comparative study of the public and private Sectors. Ph.D., Psy. Utkal University. *In Fifth Survey of Educational Research,*(1988-92). New Delhi
- Taylor, S.E. (1995): Health Psychology, New York: McGraw-Hill.