

Research Article

Mental Health among Married Women Students

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ABSTRACT

The present study was designed mainly to investigate the mental health among those married female students who stay at home and who stay outside i.e. hostel etc. To realize the main objective the study was conducted on 50 female married students in two groups of those who stay at home (Home dweller) and who stay outside in hostel or PG (Hostel dweller). For this purpose two groups were selected one of those who stays at home and other of those who reside outside of home. Each group consist 25 participants. Data was collected from Girls hostel of MDU Rohtak and Rohtak city of Haryana. Data was collected by using personal datasheet and mental health scale by Bhatt and Geeda (1992). t- test was applied to see the significance level in both groups of married female students. Results show that there are significant differences between both groups. Differences were also found in their demographic characteristics such as level of education and stream of study.

Keywords: *Mental health, Married female, Students.*

Health can be defined as the level of functioning in an individual. It is the capability to adapt in different physical, social, psychological changes with environment. According to World Health Organization (WHO, 1948) health is the state of physical, psychological and social well being and not only the absence of disease or debility. As far as mental health concerned it includes a person's psychological well being. Psychological well being affects a person's every corner of day to day life like the way he think, the way he interpret the things and the way he acts. Mental health comprises "subjective well-being, perceived self-efficacy, autonomy, competence, and self-actualization of a person's intellectual and emotional potential" according to World Health Organization. WHO also states that well being of a person comprise realization of one's ability, coping with day to day stressors, productive output and quality contribution to society. Mental health determines how a person handles the stressful situation and makes decisions. Mental health is such a quality that a person need over the course of his life at each and every stage. Thinking, decision making, and other cognitive functions are going to be affect if a person is facing mental health problems. There are many factors which can affect mental health, life experience such as trauma for instance. These factors may be biological or social in nature.

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Mental health is a state of psychological well being in which a person is functioning at a satisfactory level and his behavioral adjustments are according to social norms. In current scenario many people are living with mental health problems. Early symptoms of mental health problem includes too much or too less sleeping or eating, unusual confusion, anger, forgetfulness, yelling and fighting etc.

If we see mental health from the perspective of positive psychology, it may be defined as the ability to enjoy one's life. Emotional well being and ability to live a creative life and plasticity to deal with life challenges is generally highlighted in a mental health definition.

A sound and stable mental health is the most important factor for a person to live a fully functioning life. As far as a woman's mental health is concerned that is significantly differently affected from man. Mental health problems affect men and women differently. Certain anxiety and depression are more common in women as compared to men. Females may experience few symptoms of mental disorder at certain times of hormonal changes such as premenstrual dysphoric for instance. On the other hand when it comes to other mental disorders such as bipolar and schizophrenia, researchers suggest no differences found in the rate that men and women experience these disorders. However female are busier than males so it is important that s look after their mental health appropriately. Females have so much responsibility of taking care of the health of members of their family as well as themselves. Female often takes care of their family and keep working for them even when they feel unwell themselves. This active role in family makes it more important that they understand how the choices made by them in everyday life can affect their mental health.

It has also been suggested by researches that men and women experience the disorders differently such as some symptoms may be more common in woman. Gender differences have also been reported regarding the age of onset of symptoms, frequency of symptoms and course of the disorder. Nowadays more females are entering in the work force, they are increasingly exposed to different work environment, but with this, they are also facing unique pressure created by multiple roles and conflicting expectations (Nelson and Burke 2000; Chang 2000). It has been observed that number of females is increasing to become clinically depressed (to have dysthymia or unipolar depression). These differences are occurring almost in every country around the world. (Nolen - Hoeksema and Girgus, 1994; Whilelm and Roy, 2003; Ge and Conger, 2003).

Objectives

- The main objective of this study is to explore of the mental health of married female students who are staying at home and those who are staying in hostel.

Hypothesis

- There is significant difference between the mental health of those married female students who stay at home and those who stay at hostel.

METHOD

Sample

A sample of 50 graduate and post graduate married and unmarried female students was drawn from Maharishi Dayanand University girl's hostel and Rohtak city. The selected participants ranged in age from 20 to 26 with mean age 23 years.

Measure

The following measures were used in the present study:

1. Socio Demographic Record Sheet

A socio demographic record sheet was used to collect certain personal information about the participants. This socio demographic record sheet was prepared by the researcher to collect the personal information such as age, family background education level and residence etc.

2. Mental Health Scale

Mental health scale was used to measure the mental health of participants which was developed by Bhatt and Geeda(1992). The scale consists of 40 items which pertains to five mental health domain and items are rated on 3 point scale. Item number 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative while others are positive. Reliability of the test is 0.81 by logical similarity 0.94 by half-divided method, and test re-test reliability is 0.87.

Statistical Analysis

Appropriate statistics the t test was used for the analysis of data.

RESULTS AND DISCUSSIONS

The main objective of the study was to compare the mental health among those married female students who stay with family at home (home dweller) and those who stay at hostel (hostel dweller). Descriptive statistics were computed to ascertain the normalcy of data and the applicability of t test. T test was applied on the data through SPSS and results are reported in the Table 1. Result and discussions of the present study is as under:

Table 1 Showing the mean, SD and 't' value of mental health among home dweller and hostel dweller married female students

Group	N	Mean	SD	t
Hostel dweller	25	39.79	6.79	2.74**
Home dweller	25	34.95	5.64	

*P< 0.5 & **P<0.1

Hostel dweller female students received higher mean than those who stays at home. Mean of hostel dweller is 39.79 and SD is 6.79 while the mean and SD of home dwellers is 34.95 and 5.64 respectively. Thus it is clearly visible that mental health of those married female students who stay at hostel is far better than those who stay with family at home. The 't' value is 2.74. There is significant difference between home dwellers and hostel dwellers. The obtained results on basic area of mental health reveal that there are significant differences between the two groups and thus the hypothesis is accepted.

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It is clearly visible from the table that there are significant differences in mental health of two groups. There may be a number of reasons behind this much difference between these two groups such as direct exposure to responsibilities and workload at home, as it is well known home is place of responsibilities and workload as well, however apart from home people feel a sense of freedom and low pressure. As far as case of women concerned, in India it is well known fact that they have to face a lot of pressure and restrictions at home, this can also be a reason behind the results that hostel dwellers are high on mental health as compared to those who stay at home. Socio demographic record sheet also reveals that participants from joint family are having low score mental health test as compared to those from nuclear family. Differences on mental health are also observed between those from different streams of study.

CONCLUSION

There are significant differences on mental health in married female students those stay at home and those stay at hostel.

SUGGESTION

Findings obtained here cannot be considered generalized so it is suggested to carry out more large scale investigations across different types of samples.

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Conflict of Interests: The author declared no conflict of interests.

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