

A Study of Mental Health among Medical Representative

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ABSTRACT

The present study aims at assessing A study of Mental health among medical representative. The sample included total of 240 medical representatives. Data was collected with help of the inventory of Dr.D.J.Bhatt`s(1992) mental health scale, This research design adopted 2x2x2 factorial design with type of area, experience level and marital status. 1-There is significant difference of mental health among medical representative of living in urban and rural area. 2- There is no significant difference of mental health among medical representative having job experience of 5-10 and 11-15 years.3- There is significant difference of mental health among married and unmarried medical representative. 4- There is no significant difference of mental health among M.R of living in urban and rural areas and having job experience of 5-10 and 11-15 years.5- There is significant difference of mental health among M.R of living in urban and rural areas of married and unmarried. 6- There is no significant difference of mental health among medical representative of having job experience of 5-10 and 11-15 years and married and unmarried.7-There is no significant difference of mental health among M.R of living in urban and rural areas, having job experience of 5-10 and 11-15 years and married and unmarried.

Keywords: *Mental Health, Medical Representative.*

Menninger (1945): "Mental health is the adjustment of human being to the world and to each other with a maximum of effectiveness and happiness"

Mental health is a psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment. The mental health can be defined as adjustment of individuals to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate behavior and ability effecting and accepting the realities of life.

In 1950, a WHO experts committee on mental health reviewed the various definition of mental health and observed. "Mental health, as the committee understands it is influenced by both biological and social factors. It is not a static condition but subject to variations and fluctuations of degree; the committee's conception implies the capacity in an individual to form harmonious relation with others and to participate in, or contribute constructively to changes in his social and physical environment. It implies also his ability to achieve a

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harmonious and balanced satisfaction of his own potentially instinctive drives in that it reaches an integrated synthesis rather than the denial of satisfaction to certain instinctive tendencies as a means of avoiding the thwarting of others.

Elements of mental health

Following are the elements which constitute an individual's mental Health (MacDonald et al., 1998).

Physical Health

Sound physique is essential to keep good mental health. Persons who have some physical defects or deformities may develop various types of complexes and frustrations and the result is ill mental health.

Intellectual Health

Intellectual health is another important element of mental health. Intellectual persons can adjust well to the changing and challenging situations. Thus, good intelligence helps to keep the mental health of an individual intact.

Emotional Health

Under mental health, emotional health is also very important. An emotionally stable individual enjoys a good mental health, whereas an emotionally unstable person faces maladjustment and variety of mental disorders.

Interests and Aptitudes

It is essential that an individual should be healthy in his interests and inclinations. The work assigned according to interests and aptitudes ensures success and development of a wholesome and balanced personality. If the work assigned to an individual is above his/her capacity, or not according to his/her interests and aptitudes, then he/she will lack confidence and suffer from frustration, leading to ill mental state.

Objectives of the study

The main objectives of the present study are as under:

- 1) To study mental health among medical representative of living in urban and rural Areas,
- 2) To study mental health among M.R. having job experience of 5 to 10 years and 11 to 15 years.
- 3) To study mental health among married and unmarried M.R.
- 4) To study mental health among living in urban and rural areas M.R. of having job experience of 5 to 10 and 11 to 15 years.
- 5) To study mental health among M.R. having job experience of 5 to 10 years and 11 to 15 years of married and unmarried.
- 6) To study mental health among M.R. of living in urban and rural areas and married and unmarried
- 7) To stud mental health among living in urban and rural areas, and having job experience of 5 to 10 years and 11 to 15 years M.R. of married and unmarried,

Hypothesis

- 1) There will be no significant difference between medical representative of living in urban and rural Areas with regard to mental health.

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- 2) There will be no significant difference between medical representative having job experience of 5 to 10 years and 11 to 15 years with regards to mental health.
- 3) There will be no significant difference between married and unmarried medical representative with regards to mental health.
- 4) There will be no significant interaction effect between medical representative of types of areas and experience level with regard to mental health.
- 5) There will be no significant interaction effect between medical representative of experience level and marital status with regard to mental health.
- 6) There will be no significant interaction effect between medical representative of types of areas and marital status with regard to Anxiety, mental health and Adjustment.
- 7) There will be no significant interaction effect among medical representative of types of areas, experience level and marital status with regard to mental health

Tools

Personal Data Sheet.

- 1) A personal data sheet developed by investigator was used to collect information about types of area, experience level and marital status.

Mental health.

- 1) The Mental health questionnaire was developed by Dr. D. J. Bhatt in 1992. The questionnaire contains 40 statements.
- 2) in this questionnaire there are responses i.e. yes or No. An individual has to tick those responses that he prefers most.
- 3) If an individual response 'Yes' to the statement numbers like 2, 4, 5, 6, 7, 10, 11, 12, 13, 15, 16, 17, 18, 21, 23, 27, 29, 30, 31, 32, 34, 36, 39, 40 then the score '1' is given. If an individual response 'No' to the statement numbers like 1, 3, 8,9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 35, 37 and 38 than the score '1' is given. The minimum score will be '0' and the maximum score will be '40'.
- 4) Reliability of the test is 0.94 .
- 5) validity of the test.0.63

MATERIALS AND METHOD

VARIABLE

The Variables of the present research are given in the following table

Table-1.

NO	Name of Variable	Nature of variable	Number of Level	Name of Level
1	Area	Independent Variable	2	Urban and Rural Area
2	Experience	Independent Variable	2	5 to10 and 11 to 15 years
3	Marital Status	Independent Variable	2	Married and Unmarried
4	Mental health	Dependent Variable	5	Score of Mental Health

Control Variables

- 1) In this study researcher has taken of medical representative only from Bhavnagar district.
- 2) only 240 subjects were selected in this study.
- 3) in these study only male medical representative respondents include

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Table -2 Research design

	A1		A2		TOTAL
	B1	B2	B1	B2	
C1	30	30	30	30	120
C2	30	30	30	30	120
TOTAL	60	60	60	60	240

Sample

The main aim of the present research was to study of adjustment, anxiety and mental health of medical representative .For this purpose 252 medical representative were selected randomly from urban and rural area and having job experience 5 to 10 and 11 to 15 years of married and unmarried medical representative of Bhavnagar District. Finally 240 medical representatives were selected and categorized as under.

Procedure of work

In the present research, the researcher will be selected 252 units by sample random technique. Finally 240 subjects will be selected for this study. Information was collected from Bhavnagar district for various urban and rural areas. The primary information will be gathered by giving personal information from to each medical representative were provided the Anxiety, Mental health and Adjustment inventory. To fill the inventories subjects will given general instructions belong to each test. Data were obtained by using particular scoring pattern standardized for each test. And further studies data analysis and interpretation by F-ANOVA and Karl Pearson product movement correlation method were used. And again present research work are major findings, implication of the research, suggestion of the study and limitation of further research is concluded for whole research work.

Statistical Analysis

The data obtained from 240 samples are arranged in a 2 X 2X 2 factorial design were subjected to adequate technique of statistical analysis, techniques of analysis of variance (ANOVA) and correlation.

RESULT AND DISCUSSION

Showing results of analysis of variance on mental health in relation to medical representative.

Variables	Sum of squares	DF	Mean sum of square	F	Sig.level
Area-A	52.27	1	52.27	4.45	0.05
Ex.level-B	60.00	1	60.00	2.05	N.S
M.status-C	576.6	1	576.6	49.12	0.01
AXB	10.42	1	10.42	0.89	N.S
AXC	126.6	1	126.6	10.75	0.01
BXC	6.08	1	6.08	0.51	N.S
AXBXC	29.40	1	29.40	2.50	N.S

$Df1=0.05=3.86$ $0.01=6.70$

DISCUSSION

Above the hypothesis be formulated by researcher when "F" test was used to verify the impact of mental health on types of area, experience level and marital status. It was found that the 'F' value was 4.45 for the types of area which was significant at 0.05 level. Therefore the above null-hypothesis was not accepted and it was regard that the livings in urban & rural area M.R. have shown difference in mental health it mean.

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'F' value was 2.05 for the experience level which was no significant. Therefore the above null hypothesis was accepted and it was regard that the 5 to 10 and 11 to 15 years experience level of M.R. have shown not different in mental health it mean.

'F' value was 49.12 for the marital status which was significant at level 0.01 level. Therefore the above null hypothesis was reject and it was regarded that the married and unmarried M.R. have shown significant different in mental health it mean.

'F' value was 0.89 for types of area and experience level which was no significant. Therefore the above null hypothesis is accepted. And it was regard that the types of area and experience level of M.R. have shown not different in mental health it mean.

'F' value was 10.75 for the types of area and marital status which was significant at 0.01 level. Therefore the above null hypothesis was reject and it was regard that the types of area and marital status of M.R. have shown different in mental health it mean.

'F' value was 0.51 for the experience level and marital status which was no significant. Therefore the above null hypothesis was accepted and it was regard that the experience level and marital status of M.R. have shown not different in mental health it mean.

'F' value was 2.50 for the types of area, experience level, marital status which was no significant difference. Therefore the above null hypothesis was accepted and it was regard that the types of area, experience level, and marital status of M.R. have shown not different in mental health it mean.

CONCLUSIONS

- 1-There is significant difference of mental health among medical representative of living in urban and rural area.
- 2- There is no significant difference of mental health among medical representative having job experience of 5-10 and 11-15 years.
- 3- There is significant difference of mental health among married and unmarried medical representative.
- 4- There is no significant difference of mental health among M.R of living in urban and rural areas and having job experience of 5-10 and 11-15 years.
- 5- There is significant difference of mental health among M.R of living in urban and rural areas of married and unmarried.
- 6- There is no significant difference of mental health among medical representative of having job experience of 5-10 and 11-15 years and married and unmarried.
- 7-There is no significant difference of mental health among M.R of living in urban and rural areas, having job experience of 5-10 and 11-15 years and married and unmarried.

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Conflict of Interest

The author declared no conflict of interests.

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