

comparative study

Mental well-being, depression & anxiety among male and female: a comparative study

Kuldeep^{1*}, Neha Sehrawat²

ABSTRACT

Depression is a state of low mood and aversion to activity. It can affect a person's thoughts, behaviour, motivation, feelings, and sense of well-being. It may feature sadness, difficulty in thinking and concentration and a significant increase or decrease in appetite and time spent sleeping. Mental well-being is an integral part of our overall health. Society often thinks of health as something biological and physical: the condition of our bodies, how healthy we eat, the physical exercise we do. A key component of health is missing from this, though. It is mental well-being, which encompasses our inner workings and the way we describe how we are in our lives. Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events. The aim of the current study is to study the effect of male and female on mental well-being, depression and anxiety. For collecting the data, a sample of 100 participants belonging to age group 18-25 years those who are male and female were taken. Data was analysed with the help of t-test. Following questionnaire were given for the collection of data i.e. The Warwick-Edinburgh Mental Well-being scale, beck depression inventory and self-test for anxiety. There would be significant difference among male and female in relation mental well-being, depression and anxiety.

Keywords: Mental Well-Being, Depression, Anxiety, Male, Female

Mental health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioral adjustment". (Princeton university, 2014) From the perspectives of positive psychology or of holism, mental health may include an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience. Snyder, C. R; Lopez, Shane J; Pedrotti, Jennifer Teramoto (2011) According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others". WHO. Retrieved 4 May 2014. The WHO further states that the well-being of an

¹Student, Department of Applied Psychology, Gurugram University, Gurugram, India

²Student, Department of Applied Psychology, Gurugram University, Gurugram, India

*Responding Author

Received: August 24, 2020; Revision Received: September 21, 2020; Accepted: September 25, 2020

Mental well-being, depression & anxiety among male and female: A comparative study

individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work, and contribution to their community. Cultural differences, subjective assessments, and competing professional theories all affect how one defines "mental health". WHO. Retrieved 4 May 2014. (Hasnain and Khan), (2004) results indicated that both orphan male and females had significantly poorer psychological well-being than their counterparts. The results were discussed in terms of the importance of emotional warmth and psychological care given by parents in the development of psychological feelings of well-being in children.

Depression is a state of low mood and aversion to activity. It can affect a person's thoughts, behavior, motivation, feelings, and sense of well-being. It may feature sadness, difficulty in thinking and concentration and a significant increase or decrease in appetite and time spent sleeping. People experiencing depression may have feelings of dejection, hopelessness and, sometimes, suicidal thoughts. It can either be short term or long term. (de Zwart PL, Jeronimus BF, de Jonge P, et al. (October 2019). Women commonly experience depression in response to interpersonal life events, and also, they contribute to the occurrence of stressful events and life contexts. Hammen (2003) studied child rearing and parenting; romantic and marital relationship; generation of stressful life events; enduring social dysfunction even when not depressed. He found that depressed women are often locked into maladaptive interpersonal environments that contribute to the reoccurrence or chronicity of depression. The core symptom of depression is said to be anhedonia, which refers to loss of interest or a loss of feeling of pleasure in certain activities that usually bring joy to people. Gilbert, Paul (2007) Depressed mood is a symptom of some mood disorders such as major depressive disorder or dysthymia; American Psychiatric Association. 2013. it is a normal temporary reaction to life events, such as the loss of a loved one; and it is also a symptom of some physical diseases and a side effect of some drugs and medical treatments.

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour such as pacing back and forth, somatic complaints, and rumination. Seligman ME, Walker EF, Rosenhan DL. It is the subjectively unpleasant feelings of dread over anticipated events. Davison GC (2008) Hemamalini (2010) conducted a study on English Language Anxiety in relation to English Achievement among the High School Students. The major finding of this study was that there was significant relationship between anxiety and English achievement among the high school students of Ramanagaram city. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. Bouras N, Holt G (2007) It is often accompanied by muscular tension, American Psychiatric Association (2013) restlessness, fatigue and problems in concentration. Normally considered to be appropriate, when anxiety is experienced regularly the individual may suffer from an anxiety disorder. American Psychiatric Association (2013) Anxiety is closely related to fear, which is a response to a real or perceived immediate threat; anxiety involves the expectation of future threat. American Psychiatric Association (2013) People facing anxiety may withdraw from situations which have provoked anxiety in the past. (Barker P (2003) Sharma and Sud (1990, pp. 183-201) found that female students experience higher levels of test anxiety than do males irrespective of cultural background. The study involved students from four Asian cultures. The conclusion drawn from these findings was that a major causal factor involved in the gender-related differences in test anxiety among students was a greater role expectation conflict among females than among males. Sud (1991, pp. 131-136) examined test anxiety among students in India and the United States. This study found no differences in levels of test anxiety experienced by female and male students; however, the study did

Mental well-being, depression & anxiety among male and female: A comparative study

find that, in the United States, levels of test anxiety were higher among high school students of both genders than among college students.

Purpose of the study

The main aim of the present study is to discover the significant difference between male and female on the scale of the mental well-being, anxiety and depression.

Objective of the Study

1. To study the significant difference between male and female on anxiety.
2. To study the significant difference between male and female on depression.
3. To study the significant difference between male and female on Mental well-being.

Hypotheses of the Study

1. There would be significant difference between male and female on anxiety.
2. There would be significant difference between male and female on depression.
3. There would be significant difference between male and female on mental well-being.

Research Design

A two-group design was used for the present study.

METHODOLOGY

Sample

A purposive sample of 100 participants (male and female) belonging to age group of 18-25 years old were taken for the present study living in Gurugram city.

Tools used

1. **THE WARWICK-EDINBURGH MENTAL WELL-BEING SCALE (WEMWBS, 2006)** it was developed by Warwick and Edinburgh (2006). It consists of 14 items which are scored on 5-point rating scale. Test-retest reliability was 0.83 and has a good content validity.
2. **SELF TEST FOR ANXIETY, (GAD-7, 1995)** it was developed by Dr. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues (1995). It consists of 7 items which are scored on 4-point rating scale. It shows good test-retest reliability.
3. **BECK DEPRESSION INVENTORY (BDI), it was developed by Aaron T(1961).** It consists of 21 items which are scored on 4-point rating scale. Test-retest reliability was 0.93. Construct validity is high.

Procedure

For the collection of the data, all the participants were individually contacted and rapport was established with the participants by making them feel comfortable. After the establishment of rapport, the questionnaire was handed over to the participants. After the completion of the questionnaires, questionnaires were taken back and the participants were thanked for their precious time devoted and for the cooperation. The data was analyzed with the help of t-test.

Statistical Analysis

SPSS-21 version was used for statistical analysis. The t-test was employed to found out the difference between male and female on mental well-being, depression and anxiety.

RESULTS & DISCUSSION

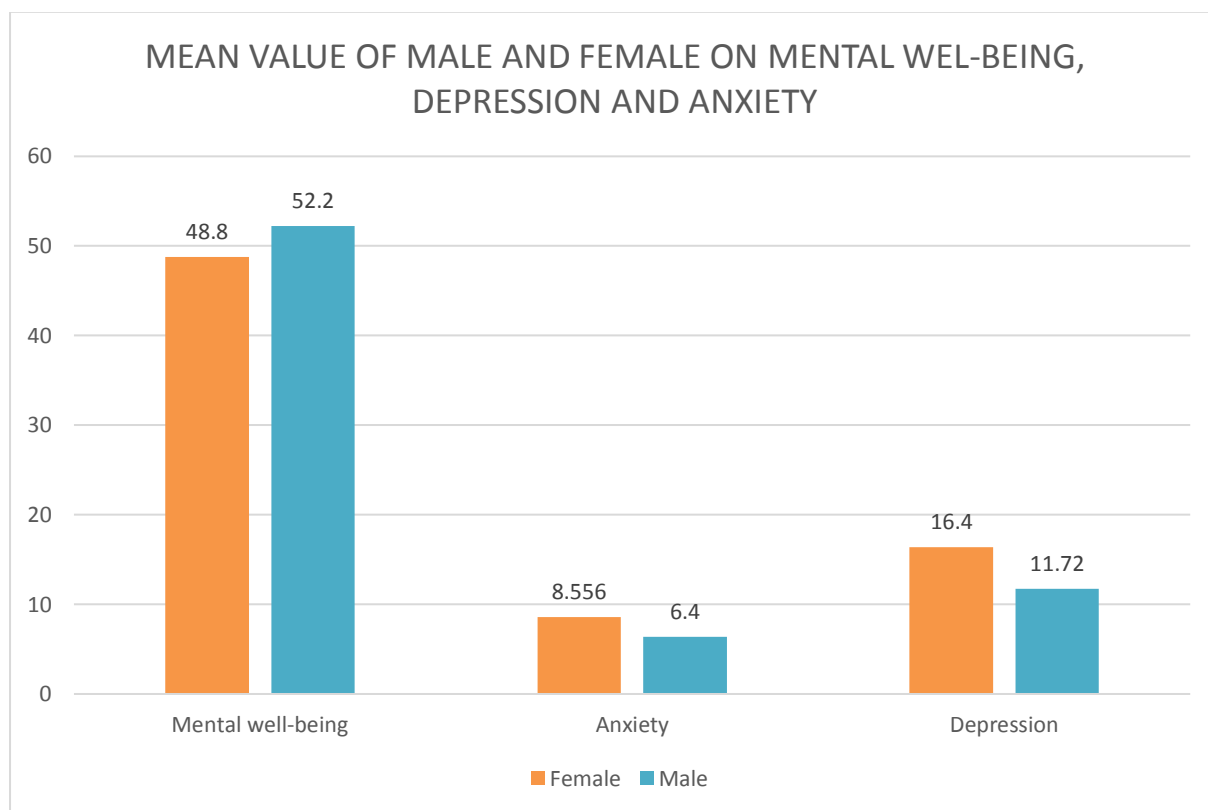


Figure 1: Mean value of male and female on mental well-being, depression and anxiety.

Table 1: Comparison of mean, SD and t-values of mental well-being, depression and anxiety.

Variables	Group	N	Mean	S.D	t	Df	Sig (2 tailed)
Well-being	Female	50	48.88	7.479	2.069	98	.041
	Male	50	52.2	8.533		96.346	
Anxiety	Female	50	5.56	3.860	2.284	98	.009
	Male	50	6.4	4.179		97.389	
Depression	Female	50	16.4	9.233	2.450	98	.016
	Male	50	11.72	9.856		97.586	

Column 1 exhibits the obtained value for mean (SD) and t-value for females and males on the dimension of well-being. On the scale of well-being female students scored a mean of 48.88 (SD = 7.47), whereas male students scored a mean of 52.2 (SD = 8.53). The obtained t-value is 2.069 which is significant at 0.05 level. It means that a significant difference exists between female and male on the dimensions of well-being.

Column 2 exhibits the obtained value for mean (SD) and t-value for females and males on the dimension of anxiety. On the scale of anxiety female students scored a mean of 8.56 (SD=3.86), whereas male students scored a mean of 6.40 (SD = 4.17). The obtained t-value is 2.684 which is significant at 0.01 level. It means that a significant difference exists between female and male on the dimensions of well-being.

Column 3 exhibits the obtained value for mean (SD) and t-value for females and males on the dimension of depression. On the scale of well depression female students scored a mean

Mental well-being, depression & anxiety among male and female: A comparative study

of 16.40 (SD = 9.23), whereas male students scored a mean of 11.72 (SD = 9.85). The obtained t-value is 2.450 which is significant at 0.05 level. It means that a significant difference exists between female and male on the dimensions of well-being.

By comparing the mean difference on the dimension of well-being of females and males, we can say that male have higher mean than female, which means that the well-being of males is higher than females.

By comparing the mean difference on the dimension of anxiety of females and males, we can say that female have higher mean than males, which means that the anxiety of females is higher than males.

By comparing the mean difference on the dimension of depression of females and males, we can say that female have higher mean than male, which means that the depression in females is higher than males.

LIMITATIONS

1. It was a very small study; the sample taken was very small.
2. Some other variables would have been taken as urban or rural background of the sample for study to make the comparison.

REFERENCES

- "Mental Health". medlineplus.gov. Retrieved 2019-11-20.
- "The world health report 2001 – Mental Health: New Understanding, New Hope"(PDF). WHO. Retrieved 4 May 2014.
- Bouras N, Holt G (2007). *Psychiatric and Behavioral Disorders in Intellectual and Developmental Disabilities* (2nd ed.). Cambridge University Press. ISBN 9781139461306. [page needed]
- Davison GC (2008). *Abnormal Psychology*. Toronto: Veronica Visentin. p. 154. ISBN 978-0-470-84072-6.
- Davison, G. C. (2008). *Abnormal Psychology* (3rd ed.). Toronto: Veronica Visentin. p. 154. ISBN 978-0-470-84072-6. De Leo, J. A., & Wulfert, E. (2008).
- De Zwart PL, Jeronimus BF, de Jonge P, et al. (October 2019). "Empirical evidence for definitions of episode, remission, recovery, relapse and recurrence in depression: a systematic review". *Epidemiology and Psychiatric Sciences*. 28 (5): 544–562. doi:10.1017/S2045796018000227. PMID 29769159.
- Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). American Psychiatric Association. 2013.
- Hammen, Constance: Dept of Psychology, U California, Los Angeles, CA, US. Source. Luthar, Suniya S. (Ed). (2003).
- Hasnain,R., & Khan ,S.H.(2004). Psychological well-being. *Journal of Indian Academy of Applied Psychology*, 30(1-2), 144-148.
- Jump up to:a b c American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders* (Fifth ed.). Arlington, VA: American Psychiatric Publishing. p. 189. ISBN 978-0-89042-555-8.
- Jump up to:a b c Barker P (2003). *Psychiatric and Mental Health Nursing: The Craft of Caring*. London 0: Edward Arnold. ISBN 978-0-340-81026-2.[page needed]
- Jump up to:a b Gilbert, Paul (2007). *Psychotherapy and counselling for depression* (3rd ed.). Los Angeles: SAGE. ISBN 9781849203494. OCLC 436076587.

Mental well-being, depression & anxiety among male and female: A comparative study

Seligman ME, Walker EF, Rosenhan DL. Abnormal psychology (4th ed.). New York: W.W. Norton & Company. [page needed]

Sharma and Sud. (1990) [18], drawing samples from four Asian cultures found that female students ... difference in test anxiety (Chapell et al., 2005 & Sharma & ... 2007; Costello et.al, 2003 & Soffer, 2008) [16, 6, 19]

Snyder, C. R; Lopez, Shane J; Pedrotti, Jennifer Teramoto (2011). Positive psychology: the scientific and practical explorations of human strengths. SAGE. ISBN 978-1-4129-8195-8. OCLC 639574840. [page needed]

Volume 28, Issue 5; October 2019, pp. 544- ... P. L. de Zwart (a1), B. F. Jeronimus (a1) (a2) and P. de Jonge

WordNet Search. Princeton university. Retrieved 4 May 2014.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Kuldeep & Sehrawat N. (2020). Mental well-being, depression & anxiety among male and female: A comparative study. *International Journal of Indian Psychology*, 8(3), 1585-1590. DIP:18.01.160/20200803, DOI:10.25215/0803.160