

A Study of Mental Health among Old People Living In Old Age Home and Within Family Set-Up

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ABSTRACT

The study was intended to examine the effect of mental health of Old people. The sample consists of 120 old people from different old age home in Anand district area. The sample was selected from randomly. Mental Health was measured through a questionnaire developed by Bhatt and Geeda (1992) were used for data collection 2×2×2 factorial design was used. There will be no significant difference between Gender and Types of family in relation to Mental Health. The data was analyzed by the t test.

Keywords: *Mental Health, Old Age Home and Family Setup*

Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave. Mental health, if somebody has it, can also mean an absence of a mental disorder. Approximately 25% of people in the UK have a mental health problem during their lives. The USA is said to have the highest incidence of people diagnosed with mental health problems in the developed world.

According to *Med lexicon's medical dictionary*, mental health is "emotional, behavioral, and social maturity or normality; the absence of a mental or behavioral disorder; a state of psychological well-being in which one has achieved a satisfactory integration of one's instinctual drives acceptable to both oneself and one's social milieu; an appropriate balance of love, work, and leisure pursuits".

According to *WHO (World Health Organization)*, mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". WHO stresses that mental health "is not just the absence of mental disorder".

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Traits of Mental Health

Mental health like physical health is also a condition. And this condition can be recognized by its characteristics features. Roughly speaking a mentally healthy individual would exhibit the following symptoms.

Self-evaluation

A mentally healthy individual evaluating himself properly is aware of his limitation. He easily accepts his faults and makes efforts to get rid himself of them. He introspects so that, he may analyze his problems, prejudices, difficulties etc and reduces them to a minimum.

Adjustability

It has been painted out earlier also that one special characteristics of a mentally healthy individual is that he adjusts to a new situation with least delay and disturbance. He makes the fullest possible use of existing opportunities and adjusts to every new situation that presents itself. This does not mean that he is a rolling stone that gathers no moss, but has his own ideas, notions, opinions, is a cool individual who deals coolly and patiently with every novel circumstance, without fear, disturbance, anxiety, complaint or desire to avoid them. He is aware of the fact that change is the principle of life; he is ever prepared for change and always finds some suitable mode of adjustment.

Maturity

Intellectual and emotional maturity is another peculiar sign of mentally healthy individual. The mature mind is constantly engaged in increasing his fund of knowledge, behaves responsibly, expresses his thoughts and feelings with clarity and is prepared to sympathize with others feeling and viewpoints. The healthy individual behaves like a balanced, cultured and sensible adult in all matters.

Regular Life

Habits are an important element in maintaining mental health forming proper habits in matters of food, clothing and the normal routine of daily life leads to their becoming systematic and regulated, which in the long run, economizes upon energy and time healthy persons performs most of the common functions of life with quick assurance and show of neutrality, without any bother and fuss. Their life is a model of regularity, balance and measured calculation.

Absence of Extremism

Aristotle believed that the ideal man lacks excess in any and every direction and the principle that excess of anything is bad is a golden rule as far as mental health is concerned. Whatever the instinct, if it is allowed to dominate an individual, it will bring him to harm and endanger his mental health. Hence, in order to maintain mental health, one's life should be integrated, interests should be wide and the personality balanced extremism is no well wishes of mental health.

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Satisfactory Social Adjustment

A healthy individual maintains good adjustment with social situations, and is engaged in some or the other project intended to benefit society. And this is because in modern society the proper development of everyone's personality can take place only if there is mutual cooperation. The greater the balance of these social relationships and the greater simplicity the better will be the individual's mental health.

Satisfaction from Chief Occupation

For mental health it is essential that everyone should find satisfaction from his chief occupation, his vocation. Money is the result of work but if one works only for it, that much time is obviously a waste. If the work interests an individual, it will yield more money, but the same time, a proper illustration of time will bring an increase in his pleasure and happiness. In fact, if one works for interest, and maintains it even in the event of a loss in trade or at least the pain of loss is considerably lessened. Health is always, in a given context, dependent upon existing condition, which are they related to the changes taking place in the environment.

Problem Of The Study

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METHODOLOGY

For the purpose of the study descriptive research design was used. The tool used was structured questionnaire. The method of obtaining responses was personal interview with convenience sampling of non-probability sampling method. The responses obtained were then further analyzed using SPSS24 version.

Objectives

In this research paper Independent variable are Educational Gender and Types of family & dependent variables is Mental Health. Following main objective are kept in this research paper.

1. Investigation of difference between Mental Health of Male and Female towards old People.
2. To examine of Mental Health among institutionalized and non-institutionalized old people.

Hypothesis

Ho1 There will be no significant difference between male and female old People in relation to Mental Health.

Ho2 There will be no significant difference between old age home and family setup old People in relation to Mental Health.

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Variable

In the study major variables as per following:

No.	Variable	Types of Variable	Level	Name of the Level
1.	Gender	2	Independent	Male Female
2.	Types of Family	2	Independent	Old age home Family Setup
3.	Mental Health	1	Dependent	

Sample

To select the sample Type of Gender and Type of Family were considered as per independent variable taken in this research. Stratified random sampling method was old people of select the unit of sample. Total sample of the present investigation comprised 120 old People, in which 60 men were from Male and 60 Female. Both groups entail equal number of old age home and Family setup old people. Thus total sample as shown in the following table.

Old Age People			
Male 50		Female 50	
Old Age Home 25	Family Setup 25	Old Age Home 25	Family Setup 25
Total 100			

Design

In this way, the research design happens of 2x2 factorial, which appends upon sample.

Tools

Quite often questionnaire is considered as the heart of a research operation. Hence it should be very carefully constructed. If it neither is not properly set up, then the research is bound to fail. This fact requires us to study the main aspects of a questionnaire viz., the general form, question sequence and question formulation and wording.

1. Mental Health Inventory by Dr. D. J Bhatt, Miss. Geeta R. Geeda; 1992

The mental health scale was developed and standardization by Dr. D. J. Bhatt and Miss. Geeta R. Geeda. In this scale 40 statements pertaining to five domains aim of mental health, three five dimensions include perception of reality, integration of personality, positive self-evolution, group oriented attitudes and environmental mastery to be rated a 2-point scale. In this scale statements no. 1, 3, 7, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, 0, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half-divided method, and test, re-test has 0.87

RESULTS & DISCUSSION

Table 1; There will be no significant difference between male and female old People in relation to Mental Health.

Group	N	Mean	SD	SEM	t
Male	60	23.07	4.01	0.52	0.3627
Female	60	22.80	4.04	0.52	

df= 118, Standard error of differences= 0.735

It is revealed in table no.1 that Mean score of mental health in male and female belonging to old age people are 23.07 and 22.80 respectively. These means indicate that old people male of the highest level of mental health (23.07). As compared to the old people female (22.80).The result indicate this as first sight when 't' value was calculated to know statistical significant of mean difference, insignificant difference was observed between male and female. 't' value is 0.3627 show table no.1. This is statistically insignificant? Hence the null hypothesis (No.1) was accepted. Thus the results show that type of sex has no significant effect on mental health.

Table 2; There will be no significant difference between old age home and family setup old People in relation to Mental Health.

Group	N	Mean	SD	SEM	t
Old age home	60	22.67	3.96	0.51	0.4414
Family setup	60	22.98	3.89	0.50	

df= 118, Standard error of differences= 0.717

It is revealed in table no.2 that Mean score of mental health in old age home and family setup belonging to old age people are 22.67 and 22.98 respectively. These means indicate that family setup of the highest level of mental health (22.98). As compared to the old age home (22.67).The result indicate this as first sight when 't' value was calculated to know statistical significant of mean difference, insignificant difference was observed between old age home and family setup. 't' value is 0.4414 show table no.2. This is statistically significant. Hence the null hypothesis no.2 was accepted. Thus the results show that type of family has significant effect on mental health.

CONCLUSION

1. There is no significant difference between male and female old people in relation to Mental Health.
2. There is significant difference between old age home and family setup old people in relation to Mental Health.

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Conflict of Interests

The author declared no conflict of interests.

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