



Mental Health among Working and Non-Working Women in Aurangabad City

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Abstracts:

Present research has been done to know the impact of **working and non-working women's mental health**.. For this all of sample was 60 in which 30 working women from the age gathering of 20 to 40 years, and 30 non-working women were taken from a similar age bunch. For the information assortment MHI (Mental Health Inventory) by Dr. A K Shrivastav was utilized for information investigation and closed outcome, "t" test was utilized. For this measurement infers that in positive sense that there is a huge distinction among working and non-working women. The outcome demonstrate that working women a ton vary on psychological wellness score when contrasted with non-working women, working women have indicated better mental health in contrasted with non -working women.

Keywords: Mental Health, Working and Non-Working Women

Introduction:

In recent years the proportion of the working women is increasing tremendously. Indian women have been bitten by bit leaving customary jobs and going into the male ruled regions. As of late the job and status of ladies have been changed hugely. womens in India today have more chances to seek after their advanced education and more have fired taking up the activities outside their homes. womens are existing under social standards and qualities so the working womens need to make a change with their relatives. So this understudy prompts the quantity of anxiety among working women. WHO characterizes wellbeing as a condition of 'complete physical, mental and social prosperity, and just the nonattendance of infections or sickness' Mental wellbeing has been accounted for as a significant factor in impacting a person's different practices, exercises, joy, and execution. Mental weight is an essential reason for the psychological wellness issues which emerge because of different conditions. On the off chance that the state of mind is great, a lady

Mental Health among Working and Non-Working Women in Aurangabad City

can take different obligations of a family and herself, comprehend the intricacies, attempt to illuminate them, plan for future and alteration with others by getting rationally solid. Psychological wellness can be characterized as the capacity to make a satisfactory social and passionate change following the earth, on the arrangement of the real world. As such it is the capacity to confront and acknowledge the substances of life (Bhatia, 1982). Mental illnesses like pressure, nervousness, melancholy and so forth are consuming issues of this zone in each general public and each nation. Anyway, time is the time of " Hurry and Worry". The impact of rush and stress is uncertainty, eagerness, strain, and stress can be felt to a great extent. In this cutting edge times, individuals lose their mystic quality as a result of that in any event, losing their emotional wellness as well and turned out to be progressively mindful forgotten patients of psychosomatic issues. Due to that, all are gotten progressively mindful of mental health as a contrast with physical wellbeing. To discover the response to these inquiries, the present research is done to know the impact of working and non-working womens on psychological wellness.

Problem of study:

The problem of the present study is under:

“A comparative study of mental health among working and nonworking women in Aurangabad”.

Objectives of the study:

The main objectives of the present study are as under:

1. To study of the mental health among working and nonworking women.
2. To study and think about the different elements of mental health of working and non-working women in Aurangabad city.

Hypothesises:

The main hypothesis of present study is as under:

1. There will be significant difference between working and non working in various dimensions of mental health.

Mental Health among Working and Non-Working Women in Aurangabad City

2. There will be significant difference between working and non working in positive self evaluation.
3. There will be significant difference between working and non working in perception of reality.
4. There will be significant difference between working and non working in integration of personality.
5. There will be significant difference between working and non working in autonomy.
6. There will be significant difference between working and non working in oriented attitudes.
7. There will be significant difference between working and non working in environmental mastery.

Variables:

The variables of present study are given in following.

Independent variable

Working and non working in Aurangabad city

Dependant variable

Various dimension of mental health are measured by M.H.I.

Sample

The main aim of present research is “A comparative study of mental health among working and nonworking women in Aurangabad”. For this total no of sample were 60 in which 30 working women from the age group of 20 to 40 years, and 30 non-working women were taken from the same age group.

Tool

In the present research for the data collection Mental Health Inventory (M.H.I.) by Dr. Jagdish and Dr. A K Shrivastava was used. Mental Health Inventory (M.H.I.) measure various

Mental Health among Working and Non-Working Women in Aurangabad City

dimension of mental health. They are Positive Self Evaluation (PSE), Perception of Reality (PR), Integration of Personality (IR), Autonomy (AUTNY), Group Oriented Attitude (GOA), Environmental Mastery (EM), and overall in M.H.I. it has four alternative responses. They are “always” “often” “rarely” and “never” different sentences measure different dimension of mental health. Total score of every sentence measure overall mental health reliability of the test is 0.54 and validity of the test is 0.79

Procedure:

After establishing report mental health inventory were administered individuals to every subject. All the instruction were strictly following which are been given the manual of inventory. The responses of inventory have scored as per scoring keys, which has given in the manual of inventory. The data was categories and arranged in the respective table according to the stoical technique appraised.

Statically Analysis

The main aim of the present research is to study and to compare to mental health between working and non working women. Scoring was done as per scoring key of the inventory to examine significantly difference between working and non working women. For data analysis “t” test was used.

ResultTable**N=60**

Show in Mean, SD, and “t” ratio of various group of age on score of various dimensions of mental health

Dimension of mental health	Group	N	Mean	SD	“t”	Significant level

Mental Health among Working and Non-Working Women in Aurangabad City

Positive self evaluation	Working women	30	33.73	3.32	2.29	0.05
	Non working women	30	31.80	3.19		
Perception of reality	Working women	30	27.47	3.52	3.07	0.01
	Non working women	30	24.77	3.30		
Integration of personality	Working women	30	34.97	5.52	1.16	NS
	Non working women	30	33.43	4.84		
Autonomy	Working women	30	17.97	2.25	5.35	0.01
	Non working women	30	14.60	3.71		
Group oriented Attitude	Working women	30	32.40	4.40	4.90	0.01
	Non working women	30	27.90	2.44		
Environmental mastery	Working women	30	30.40	3.57	1.24	NS
	Non working	30	29.17	4.11		

Mental Health among Working and Non-Working Women in Aurangabad City

	women					
Overall mental health	Working women	30	17.57	9.51	2.87	0.01
	Non working women	30	17.17	10.45		

Discussion

In result table an attempt is to find out the different between working and non working women in various dimension of mental health score with “t” test.

“t” value of working and non working women of positive self evaluation score is 2.29, which is significant at 0.05 level. It means working women are significant differ on Positive Self Evaluation by getting high mean score $M=33.73$ then non working women mean $M=31.80$.

“t” value of working and non working women of perception of reality is 3.07 which is significant at 0.01 level. It means working women are significant differ on Perception of Reality score as compare to non working women. Working women have shown better Perception of reality by getting high mean score $M=27.47$ then non working women mean $M=24.77$.

“t” value of working and non working women of Integration of Personality is 1.16 which is not significant. Working women have shown better Integration of Personality by getting high mean score $M=34.97$ then non working women $M=33.43$.

“t” value of working and non working women of Autonomy is 5.35 which is significant at 0.01 level. It means working women are significant differ on Autonomy score as compare to non working women. Working women have shown better Autonomy by getting high mean score $M=17.97$ then non working women $M=14.60$

“t” value of working and non working women of Group Oriented Attitudes is significant at 0.01 level. It means working women are significant differ on Oriented Attitudes by getting high mean score $M=32.40$ then non working women $M=27.90$

Mental Health among Working and Non-Working Women in Aurangabad City

“t” value of working and non working women of Environmental Mastery is 1.24 which is not significant. It means working women have shown better Environmental Mastery by getting high mean score $M=30.40$ then non working women $M=29.17$.

“t” value of working and non working women of Overall Mental Health is significant at 0.01 level. It means working women are significantly differ on overall mental health score as compare to non working women shown better overall mental health score. Working women have shown better overall mental health score as compare to non working women by getting high mean score $M=17.57$ then non working women $M=17.17$.

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