



## Mental Health among Married Urban Women in Relation to type of Family

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### Abstract:

*The aim of the present study is to focus on difference between joint and nuclear family of married urban women on mental health. The total random sample consisted of 30 are joint family and 30 are nuclear family married urban women were taken from difference areas of Mehsana city. The Revised Mental Health Analysis Questionnaire prepared by Dr. Ashwin Jansari, Dr. Harkant Badami and Dr. Charulata Badami was administered as a tool for the study. The 't'- Test was used to analyses the data. The interpretations of the results indicate that there was no significant mean difference between mental health of the married urban women in relation to type of family.*

**Keywords:** *Mental health, Married urban women*

### 1. Introduction

Mental Health in the elderly is a serious problem that often goes misdirection, or is not treated properly many factor need to be taken in to consideration, such as what cases mental health, what environmental factors are involved and what can be done to health treat mental health. In India, it is difficult to convince the people concept of mental health, where the problem of physical health has not yet been solved to sufficient level. The problem of physical health has been solved to some extent in India among the people of literate society. One fact is worth drawing attention to that many problem of the Indian culture can be solved by itself.

### 2. Definition of Mental Health

Since last few years, the concept of mental health has been accepted at the international level.

"Mental Health is defined as a state of well being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community"

**-WHO (August, 2014)**

"Mental Health is a level of psychological well being or an absence of a mental disorder"

**-Wikipedia encyclopedia**

"Mental Health may be defined as the adjustment of individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and society considerate behaviour and the abilities of facing and accepting the realities of life."

**-White House Conference (1929)**

According to this definition, mental health is not absence of diseases, but is a positive situation. Mental health is such a situation in which healthy mental attitudes and healthy personality can be developed. Individuals with healthy personality can effectively face their own problems in life and successfully come out of the common conflicts and emergencies of life instead of getting trapped in them.

The world 'Mental Health' is used in context to the individual's situation and also social situation. It is

understood as "Mentally Healthy Individual" and is also meant as "Mentally Healthy Society" or "The mental health of a social group." What is expected of a mentally healthy person shall be discussed later in this chapter. The meaning of mental health is so broad that physical and moral health is automatically included in it.

As far as previous study are concerned Long P.W(1996) given emphasis is upon mental hygiene previous study showed that mental hygiene of working women was found better. Raval Dharti (2009) has concluded that there is significant mean difference working and non-working women. Chocha (2014) made attempt to study that no significant mean difference marital adjustment of working women living in joint family and nuclear family. Patel Ashok (2014) revealed that significance difference between joint and nuclear family urban women on marital adjustment and mental health.

## **2. Problem of the study**

The problem of present study is as under:

"Mental health among married urban women in relation to type of family."

## **3. Objective of the study**

The objective of the present study is to measure mental health among married urban women in relation to type of family.

## **4. Hypothesis**

There is no significant mean difference mental health among married urban women in relation to type of family.

## **5. Variable of the study**

Following variable were selected for the present study.

### **5.1 Independent Variable**

Married urban women living in joint and nuclear family.

### **5.2 Dependent Variable**

Mental health is studied as a dependent variable.

## **6. Method**

The survey method was used in this study.

### **6.1 Selection of the sample**

The total sample of 60 urban married women from joint and nuclear families.

### **6.2 Tool**

A tool for the present study Revised Mental Health Analysis Questionnaire by Dr. Ashwin Jansari, Dr. Harkant Badami and Dr. Charulata Badami was used here. Total 100 statements were given to urban married women living in joint and nuclear family. The response category has been provided, a person have to give answers by the sign '√' on 'Yes' or 'No'. High score is to be interoperated as good mental health and low score as poor mental health.

### **6.3 Procedure**

After establishing rapport Revised Mental Health Analysis Questionnaire was administered individual to every subject. All the instruction was strictly followed which were given in the manual of inventory.

### **6.4 Statistical Strategy**

To analysis the achieved data, the following statistical devices were used

1. Mean, 2. Standard Deviation (SD) & 3. 't'-Test

## 7. Result & Discussion

The obtains results are shown in the following table.

**Table : The obtains results**

No.	Type of Group	N	Mean	SD	df	't'-value	Level of significant
1	Joint Family	30	73.6	12.37	58	0.11	NS*
2	Nuclear Family	30	73.9	11.53			NS*

*Insignificant at 0.01 & 0.05 level.*

As above mentioned table shows that there is no significant difference mental health among married urban women in relation to type of family. The result is non-significant so null hypothesis is accepted. It may be due to changing life of women. **Girishkumar Mishra (1999)** has written in his book ' Stress and Health' : "Recent years have increasingly brought a great change in the life of Indian women influencing their attitudes, values, inspiration, felling, as well as participation in various walks of life." The mean difference shows that there is little difference between living in joint family women (73.6) and nuclear family (73.9).

## 8. Conclusion

We can draw conclusion for this present study that there is no significant mean difference mental health among married urban women in relation to type of family.

## 9. Suggestion

- (1) This study is limited for only 60 married urban women. I suggest that large sample should be taken for the further study.
- (2) The study is confined to the women only in Mehsana city.

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