

MENTAL HEALTH AMONG WORKING WOMEN

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ABSTRACT

The purpose of the present research was to examine the mental health of employee women aged above 40 years and below 40 years. It sought to examine the impact on mental health of working women in the struggle with dual responsibilities and balance. Women above 40 years and below 40 years of Bhavnagar city work randomly selected and a sample of 60 was taken. Data were collected by "Mental Health Inventory" developed by Dr A. K. Shrivastav & Dr. Jagdish (1982). The translation of the original Hindi questionnaire into Gujarati was validated by Bhavna Thummar (2009). The collected data were analysed statistically. The results showed that there was no significant difference in executive self-rated mental health between employed women above 40 years & below 40 years ($t = 1.40$). There is no significant difference between perceived reality of mental health in employed women age above 40 years & below 40 years ($t = 0.25$). The difference between mental health in personality integration among employed women age above 40 years and below 40 years is significant ($t = 2.31$). There was no significant difference between self-reported mental health among employed women above 40 years & below 40 years ($t = 1.37$). There was no significant difference between group attitudes towards mental health among employed women aged above 40 years & Below 40 years ($t = 0.26$). There is no significant difference between working women aged above 40 years & below 40 years in environmental perception of mental health ($t = 0.87$). There is no significant difference between employed women above 40 years of age & below 40 years of age in overall mental health ($t = 1.20$).

Keywords: Working Women, Age, Mental Health.

Introduction

In today's changing global situation and age of technology, the prevalence of problems and challenges is increasing before one. Especially when women play dual roles, it is very difficult to be equally punctual between family and work place. Along with economic self-reliance and respect received from outside world, along with responsibility of the home, planning with the family and society, children have to live in accordance with the norms prevailing in the society in addition to responsibility. Even today, due to the discrimination between men and women, women continue to accept the duties of the house as well as the job. Women who do not work only at the table and chair also express their creativity to get employment tailoring. Arts such as weaving, embroidery, cottage industries are still undervalued. Women experience physical as well as mental stress not due to constant activity but due to increased burden of responsibilities and insufficient cooperation. Sometimes they don't get much salary even though they have merit. Not getting enough sleep due to workload also puts their mental health at risk. Women who learn to balance family and work and manage time. She is able to balance the responsibilities. There are many women in India who have excelled in family and various work. For example vrinda (first women umpire), Geeta Gopinath (chief economist), Tulsi Gobard (first Hindu Member of Parliament in America) thus see success as a combination of struggle and balance.

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What is Mental Health?

According to Herbal Carroll (1969), "Mental health is the creation of conditions in which a healthy emotional life is possible and the treatment of milder mental illnesses makes it possible to prevent more serious and acute mental illnesses." We call the modern age as the age of worry. When we do not keep pace with the increasing changes in it, the feeling of dissatisfaction affects our mental health. Sometimes a situation also arises in which we become directionless. Every year "10th of October" is celebrated as World Mental Health Day by who and different themes are also kept so that people's illnesses do not remain undiagnosed and untreated. Psychological well-being is associated with mental health which refers to the subjective enjoyment of one's optimal functioning. Mental health is the harmony of body and mind. Happiness is not found only in material possessions, but in the balance between body and mind depends on mental health. Mental health is at risk when a person experiences intense competition with the external world, depression or mental stress.

Review of Literature

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Positive memories increase the chances of generating positive emotions in the human brain. This is also effective in the treatment of anxiety or depression. This is conclusion of the research done by the researchers of the University of Liverpool in Britain. The researchers used the social Broad Minded Effective coping BMC technique to measure the emotional reactions of the participants in the research. Based on this technique positive effects and emotions can be measured through mental imagery of positive memories, it can effectively strengthen the mind of stress and depression patients, the research participant's feelings of social security were found to increase positive effects and peace of mind.

"Mental Health, Job-Satisfaction and Occupational Stress among Government and Private Employees".

Poonam Kanojia and Dr. Pragna Parikh (2018): The purpose of the present research was to study the mental health job satisfaction and job satisfaction among government and private sector employees from Ahmedabad city. Result show that government employees have better mental health and job satisfaction compared to private employee's government employees have less job stress than private employees.

"Occupational Stress and Job Satisfaction In High School Teachers"

Rajeshkumar and Babubhai Patel (2021): The present study aims at occupational stress and job satisfaction among school teachers had to study. For the present study, a total of 356 teachers were sampled from the schools of Sabarkantha district of Gujarat state. The results indicated that moderate to strong correlations existed between most of the job satisfaction and job satisfaction variables.

Objectives

- Measuring Legislative Self-Evaluation among Employed Women.
- To Measure Perception of Reality among Working Women.
- Measuring Personality Integration in Employed Women.
- To Measure Autonomy among Employed Women.
- To Measure Group Attitudes among Employed Women.
- To Measure Environmental Perception among Employed Women.
- Measuring Mental Health among Employed Women.

Research Methodology

Variables

The implications of the present research are as follows.

- Independent Variable

| | | |
|---------|-------------------------|-------------------------|
| (A) Age | (A1) Age above 40 years | (A2) Age below 40 years |
|---------|-------------------------|-------------------------|

Dependent Variable

Achieved mental health scores among employed women.

Hypothesis

The independent variables of the present study are age (age above 40 years and below 40 years null calculations have been made keeping in mind age) as follows.

- Ho-1:** There is no significant mean difference between academic self-evaluation among employed women.
- Ho-2:** There is no significant mean difference between perceptions of reality among employed women.
- Ho-3:** There is no significant mean difference between personality integration among employed women.
- Ho-4:** There is no significant mean difference between significant autonomy among employed women.
- Ho-5:** There is no significant mean difference between significant group attitudes among employed women.
- Ho-6:** There is no significant mean difference between environmental perceptions among employed women.
- Ho-7:** There is no significant mean difference between mental health's among employed women.

Scope and Pattern

Bhavnagar city was included as the scope of the present research. The researcher selected a sample from the working women of Bhavnagar city from all over the world using simple purposive sampling method. In order to eliminate its effect, a representative sample was selected from among the employed women through voluntary method. A total sample of 60 was selected. The table below shows the number of employed women included in the sample.

Table 1: Table showing the number of selected employed women included in the Sample

| Numbers of working Women | Independence Variable | | Total |
|--------------------------|-----------------------|---------------|-------|
| | Above 40 year | Below 40 year | |
| | 30 | 30 | 60 |

It can be seen from Table 1 that a total of 60 samples were taken in the present research. In which 60 working women were taken. On the basis of age 30 women aged above 40 years and 30 women aged 40 years were selected using simple random sampling method.

Tools

The main objective of the present research is to examine the mental health among working women. The following instrument was used to collect the information from the respondents.

- **Personal Information Sheet**

A personal data sheet was used to collect information related to the personal variables of the employed women such as name, age and type of work etc.

- **Mental Health Inventory**

This inventory developed by Dr. A.K. Srivastav and Dr. Jagdish in 1982. A Gujarati translation was authenticated by Bhavna Thummar (2009) of the original Hindi research. In this research, six important areas of mental health are divided. It has 56 questions. Each question has four options. They are respectively one of the options always, often, sometimes and never has to be selected after which it is analysed and a solution is found.

- **Reliability**

Reliability of mental health survey is $r = 0.73$ (N=600) by split half method to determine was reliability of this survey by Dr. A.K. Srivastav and Dr. Jagdish (1982). The original Hindi research was translated into Gujarati by Bhavna Thummar (2009). They took 100 samples and determine the reliability of this experiment by the split-half method. The reliability of the dimensional mental health survey is $r = 0.74$.

- **Validity**

By Dr. A.K. Srivastava and Dr. Jagdish (1982) to determine the validity of this research construct validity of mental health research is $r = 0.57$ (N = 600). The original Hindi research was translated into Gujarati by Bhavna Thummar (2009). Language expert and inter-departmental subject help were taken while translating the thesis. The construct validity of the mental health survey is $r = 0.68$.

Multiplication and Interpretation

This questionnaire has six sub-sections (1) Positive self-evaluation, (2) Knowledge of reality, (3) Personality integration, (4) Autonomy, (5) Group-oriented behaviour, (6) Environmental skills if they are

related to this mental health questionnaire (Right tick mark) has to be done. Each statement has four options including 'always', 'most of the time', 'sometimes' and 'never'. The survey consists of 56 positive and negative questions. The marks of stimulator are 1, 2, 3, and 4 while the marks of inhibitor are 4,3,2,1. The maximum marks in this paper is 224 and the minimum marks are 56. It is interpreted that the higher the obtained value area, the lower the level of mental health, and the lower the obtained value area, the higher the level of mental health.

Result Table

Table showing 't' value of mental health for legislative self-assessment among employed women aged above 40 years and below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|-------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 31.27 | 6.50 | 1.47 | 58 | 1.40 | N.S |
| Below 40 years | 30 | 33.33 | 3.04 | | | | |

N.S = Not Significant

Table showing 't' value of mental health for perception of reality among employed women aged above 40 years below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|-------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 25.97 | 2.80 | 0.79 | 58 | 0.25 | N.S |
| Below 40 years | 30 | 26.17 | 3.27 | | | | |

N.S = Not Significant

Table showing 't' value of mental health for integration of personality among employed women aged above 40 years and below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|-------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 34.27 | 3.57 | 0.98 | 58 | 2.31 | 0.05 |
| Below 40 years | 30 | 36.53 | 4.07 | | | | |

Table showing 't' value of mental health for autonomy among employed women above 40 years and below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 17.7 | 3.28 | 0.73 | 58 | 1.37 | N.S |
| Below 40 years | 30 | 18.7 | 2.30 | | | | |

N.S = Not Significant

Table showing 't' value of mental health for trend towards group among employed women aged above 40 years and below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|-------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 32.63 | 3.43 | 0.94 | 58 | 0.26 | N.S |
| Below 40 years | 30 | 32.87 | 3.86 | | | | |

N.S = Not Significant

Table showing 't' value of mental health for environmental perception among working women aged above 40 years and below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|-------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 32.63 | 3.43 | 0.94 | 58 | 0.26 | N.S |
| Below 40 years | 30 | 32.87 | 3.86 | | | | |

N.S = Not Significant

Table showing 't' value of overall mental health among employed women aged above 40 years and below 40 years

| Age Group | N | M | SD | SED | df | 't' value | Level of Significance |
|----------------|----|-------|------|------|----|-----------|-----------------------|
| Above 40 years | 30 | 32.63 | 3.43 | 0.94 | 58 | 0.26 | N.S |
| Below 40 years | 30 | 32.87 | 3.86 | | | | |

N.S = Not Significant

Result Discussion

The main objective of the present research was to examine the mental health of working women aged above 40 years and below 40 years. The result show that seven hypotheses out of six proposals have been accepted and one proposal has not been speaker. Differences in subjective self-assessment of mental health between employed women above 40 years and below 40 years were not significant. Hence the hypothesis is accepted. Legislative self-assessment is a part of employee's life. Self-evolution becomes very important in every achievement one gets and self-evolution is also a part of personality change. There is no significant difference in perception of reality between employed women above 40 years and below 40 years hence the hypothesis is accepted. One always moves forward considering one's own benefits but awareness of both benefits and harms brings one closer to reality. Identifying the real situation is essential to get the right solutions to the problems. Differences in personality integration between employed women above 40 years and below 40 years are significant. Because every person's personality is different, mental health is closely related to that personality. If the mind and body become one form and can work, then the balance of health of the person can be maintained. The difference in mental health autonomy among employed women above 40 years and below 40 years is not significant, hence the hypothesis is accepted. If we are morally mature, our reaction to any situation is found to be appropriate, and that is the reason why we consider autonomy as an important issue in personality formation. Differences between group attitudes and environmental perceptions among employed women above 40 years and below 40 years are not significant so the hypothesis is accepted. From birth to death person forms their personality amidst the social environment in which family, society, friend circle and work place have a profound effect on mental health.

When women have dual responsibilities, they experience conflict and sometimes feelings of inferiority make them depressed. Overall, the hypothesis is accepted that there is a difference between mental health of employed women above and below 40 years of age. By trusting the above concept, it is known that every women above 40 years or below 40 years of age has to adapt difficult situations and relationships in their life. Also, they have to provide their own unique role in social and family work. Sometimes the worries about the future and the responsibility of the workplace go on for too long and the vulnerable women breaks down. Age, types of work, place of work, interest of working women affect their interest, but as every women works with some responsibilities in her life so there is no difference between mental health of women above 40 years and below 40 years of age.

Conclusion

- Difference is legislative self-assessment of employed women above 40 years and below 40 years is significant.
- Actually among employed women aged above 40 years and below 40 years the distinction between the senses is meaningless.
- Personality among employed women aged above 40 years and below 40 years the difference in integration is significant.
- Between autonomy among employed women aged above 40 years and below 40 years the difference is significant.
- Group attitudes among employed women aged above 40 years and below 40 years the difference between is meaningless.
- Atmospheric orientation among employed women aged above 40 years and below 40 years the distinction between the senses is meaningless.
- Overall among employed women above 40 years and below 40 years the difference in mental health is significant.

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