

GENDER BASED COMPARISON OF MENTAL HEALTH AMONG THE STUDENTS IN UTTARAKHAND STATE

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ABSTRACT

The purpose of this study was to compare the Mental Health of Male & Female Senior Secondary level School students of hilly region in Uttarakhand state. The researchers conducted a questionnaire survey among the school going students aged between 15 to 17 years, from eight hilly areas' districts in Uttarakhand state. From each district one Jawahar Navodaya Vidyalaya and one Government Model School was selected. From each selected school 10 male and 10 female students were selected. Total 320 (160 male & 160 female) students were selected. The mental health was assessed by Mental Health Scale, developed by Talesara and Banao (2017). The data was statistically analyzed with the help of SPSS v-22, descriptive and inferential statistics were applied for interpretation of research data. The result of the study revealed that there is no significant difference in the total mental health of male and female senior secondary level students of hilly region in Uttarakhand state. However, the mean score of male students was higher than that of the female students.

Keywords: Mental health, senior secondary level students, hilly region.

1. INTRODUCTION

Public health policy now places a high premium on mental health. The World Health Organization (WHO) issued a resolution at the 2013 World Health Assembly calling for a comprehensive national mental health action plan (WHO, 2014). Late teenagers and young adults need extra consideration in this respect. By the time people reach the age of 14, three-quarters of all mental health illnesses in adults have already begun (OECD; 2014). According to the most current figures, 20% of teenagers globally encounter mental problems each year, with anxiety or depression being the most frequent (WHO, 2012). Some of the most prevalent and yet stigmatising disorders are thought to be mental health issues (Williams & Pow, 2007). Along with physical, spiritual, and economic wellbeing, mental health is a crucial component of human life. It is true that having a healthy mind is a powerful factor in achieving happiness in life. When our minds are in good shape, we appreciate our lives, our surroundings, and the people that inhabit them. A person with a good mental state can use creativity to explore new ideas and take chances to achieve more. He is capable of handling issues in both our personal and business lives (Kaur, 2018). The term mental health is constituted by two words- mental and health. It is cognitive or intellectual power of human. In specific, it is wellness or goodness or well-functioning of a system. In general, according to WHO, "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity". In previous stage, mental health was considered as free from mental illness. But mental illness is not a guarantee of good mental health. It is totally negative aspect of mental

health. Later positive aspects of mental health were considered and defined in different way. So, the simplest meaning of mental health is the ability of the mind to work well or appropriately. Mental health was once thought to be the absence of mental illness. But being mentally unwell does not often imply being mentally healthy. It is completely adverse phase of mental health. Later optimistic aspects of mental health were reflected and defined in altered way. Other definitions of mental health pertain to skills like decision-making, taking on duties in accordance with one's ability, finding success, enjoyment, and fulfillment in completing daily chores, living successfully with others, and acting in a socially responsible manner (Baburao, 2017).

“WHO” defined mental health as - “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.” (Singh et al., 2006). “Crow and Crow (1951) defined mental health as a science that deals with human welfare and pervades all fields of human relationship” (Jeoung, Hong, & Lee, 2013). Mental health is all about how well the one's mind responds in each one of the following as a whole, Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self-concept and Intelligence (Singh, Valsaraj, & Mohammad, 2013). Many researchers have faith, these are important factors of mental health (Bano, & Mohammad, 2019). Present time these appear in the field of education, psychology, social science and in other fields (Archana, 2011). The period of teen age is deeply related with emotional development. But good emotional development is not possible in the absence of good mental health. Many researchers have found that the teen age boys are more mentally strong than the teen age girls. After reviewing the literature related to gender based Mental Health there is a little bit difference between boys and girls. The boys are mentally stronger than the girls in their teen age period (Bolognini, Plancherel, Bettschart, & Halfon, 1996; Bhatia, & Dey, 2011; Pant, & Srivastava, 2019).

2. METHODS AND MATERIALS

2.1 Participants in study

For the purpose of the study total 320 senior secondary male and female students of hilly region namely Almora, Bageshwar, Champawat, Pithoragarh Nainital, Rudraprayag, Pauri, Chamoli and Tehri in Uttarakhand state were selected as subjects by using random sampling technique. The selected subjects were aged between 15 to 17 years studying in 11th and 12th classes. The data was collected in the month of March 2022 by going to the different Jawahar Navodaya Vidyalaya and Government Model schools in the above-mentioned districts of the states and filling up the questionnaire by the selected students on face-to-face mode.

2.2 Tool and Procedure for Data Collection

Keeping the feasibility aspect in the mind and importance of Mental Health, the researchers used Mental Health Scale. This scale was developed and validated by Talesara and Banao in the year 2017. There are 54 items in this scale. Out of these items 1 to 29 are negative statement and from 30 to 54 are positive statement. The scoring for positive statements is 4 for always, 3 for frequently, 2 for occasionally, 1 for rarely and 0 for never and for negative items scores are as vice versa. The researcher went to the schools and got questionnaires filled by the students. For the purpose of this study the researcher selected 160 male and 160 female students from different schools located in hilly regions of Uttarakhand state.

2.3 Statistical Analysis

The data was analyzed by using SPSS version 22.0. Independent sample t-test was used to compare the population means by using various descriptive and inferential statistics. The level of significance was set at 0.05.

3. RESULTS

This section is dedicated to the presentation of results along with the discussion of present study.

Table 1: Descriptive statistics on Mental Health status (Peer group related causes) of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	Std. Deviation	Minimum	Maximum	Std. Error
Male	160	43.42	8.23	30	56	0.820
Female	160	42.94	6.32	27	55	

From Table 1, it is evident that the Mean and S.D. of senior secondary level Male and female students of Uttarakhand state on their Mental Health (Peer group related causes) are 43.42 ± 8.23 and 42.94 ± 6.32 respectively.

Table 2: Comparison on Mental Health (Peer Group Related Causes) of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	St. D	t-Value	df	P-Value
Male	160	43.42	8.23	.586	318	0.558
Female	160	42.94	6.32			

Tab $t_{0.05}(318) = 1.646$

From Table-2 it is indicated that the t-value is 0.586 which is not significant at 0.05 level of significance with 318 degree of freedom (p-value is .558).

Further it shows that the Mean scores of senior secondary level Male and female students of Uttarakhand state on their Mental Health status (Peer group related causes) of Male students (43.42) is higher than the Female students (42.94).

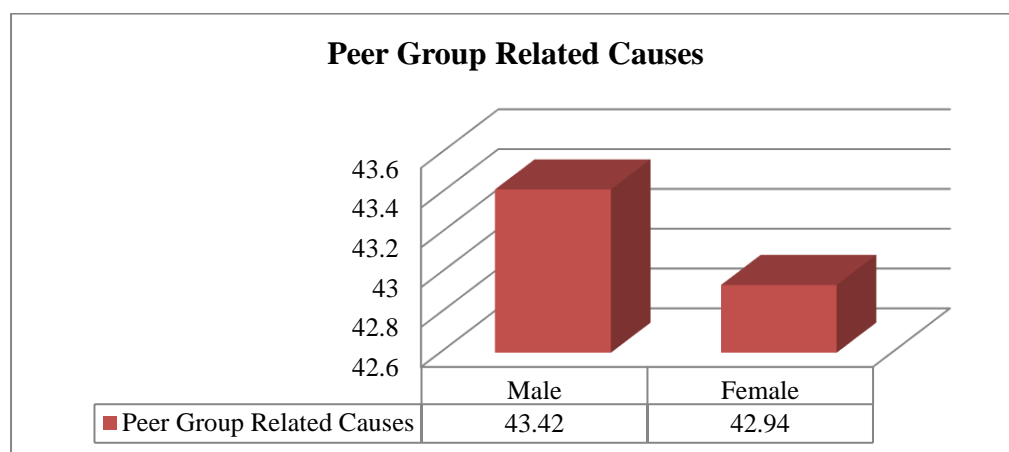


Figure 1: Mean difference of peer group related causes between senior secondary level male & female students

Table 3: Descriptive statistics on Mental Health (Home Related Causes) of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	Std. Deviation	Minimum	Maximum	Std. Error
Male	160	65.77	11.04	52	87	1.358
Female	160	63.63	13.16	31	88	

From Table-3, it is evident that the Mean and S.D. of senior secondary level Male and female students of Uttarakhand state on their Mental Health (Home Related Causes) are 65.77 ± 11.04 and 63.63 ± 13.16 respectively.

Table 4: Comparison on Mental Health (Home Related Causes) of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	St. D	t-Value	Df	P-Value
Male	160	65.77	11.04	1.573	318	0.117
Female	160	63.63	13.16			

Tab $t_{0.05}(318) = 1.646$

From Table 4 it is indicated that the t-value is 1.573 which is not significant at 0.05 level of significance with 318 degree of freedom (p-value is .117)

Further it shows that the Mean scores of senior secondary level Male and female students of Uttarakhand state on their Mental Health status (Peer Group Related Causes) Male students (65.77) is higher than the Female students (63.63).

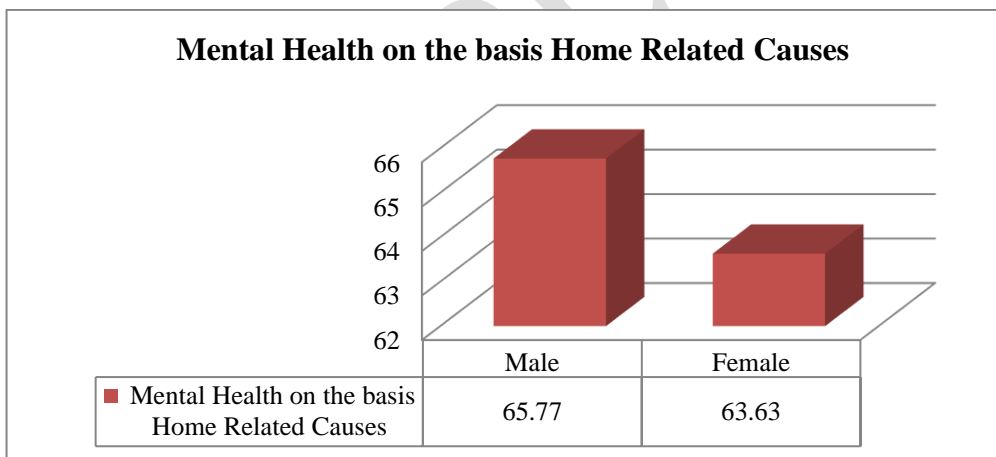


Figure 2: Mean difference of home related causes between senior secondary level male & female students

Table 5: Descriptive statistics on Mental Health (School Related Causes) of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	Std. Deviation	Minimum	Maximum	Std. Error
Male	160	50.73	9.52	30	63	1.115
Female	160	49.02	10.41	32	64	

From Table 5, it is evident that the Mean and S.D. of senior secondary level Male and female students of Uttarakhand state on their Mental Health (School Related Causes) are 50.73 ± 9.52 and 49.02 ± 10.41 respectively.

Table 6: Comparison on Mental Health (School Related Causes) of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	St. D	T-Value	Df	P-Value
Male	160	50.73	9.52	1.530	318	0.127
Female	160	49.02	10.41			

Tab $t_{0.05}(318) = 1.646$

From Table 6 it is indicated that the t-value is 1.530 which is not significant at 0.05 level of significance with 318 degree of freedom (p-value is .127).

Further it shows that the Mean scores of senior secondary level Male and female students of Uttarakhand state on their Mental Health status (Peer Group Related Causes) Male students (50.73) is higher than the Female students (49.02).

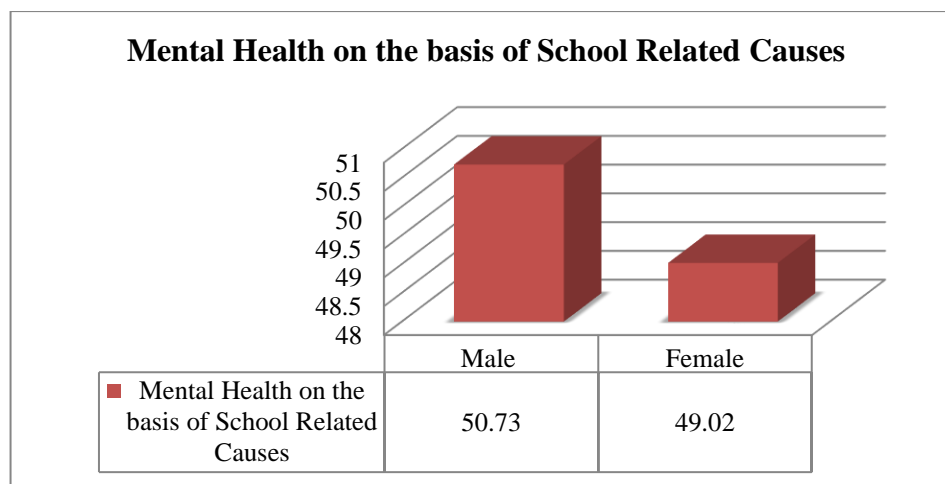


Figure 3: Mean difference of school related causes between senior secondary level male & female students

Table 7: Descriptive statistics on overall Mental Health of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	Std. Deviation	Minimum	Maximum	Std. Error
Male	160	160.43	22.20	116	204	2.42
Female	160	156.45	21.24	101	208	

From Table-7, it is evident that the Mean and S.D. of senior secondary level Male and female students of Uttarakhand state on their Mental Health are 160.43 ± 22.20 and 156.45 ± 21.24 respectively.

Table 8: Comparison on overall Mental Health of senior secondary level Male and female students of Uttarakhand state

Gender	N	Mean	St. D	T-Value	Df	P-Value
Male	160	160.43	22.20	1.641	318	0.102
Female	160	156.45	21.24			

Tab $t_{0.05}(318) = 1.646$

From Table 8 it is indicated that the t-value is 1.641 which is not significant at 0.05 level of significance with 318 degree of freedom (p-value is .102).

Further it shows that the Mean scores of senior secondary level Male and female students of Uttarakhand state on their overall Mental Health status, Male students (160.43) is higher than the Female students (156.45).

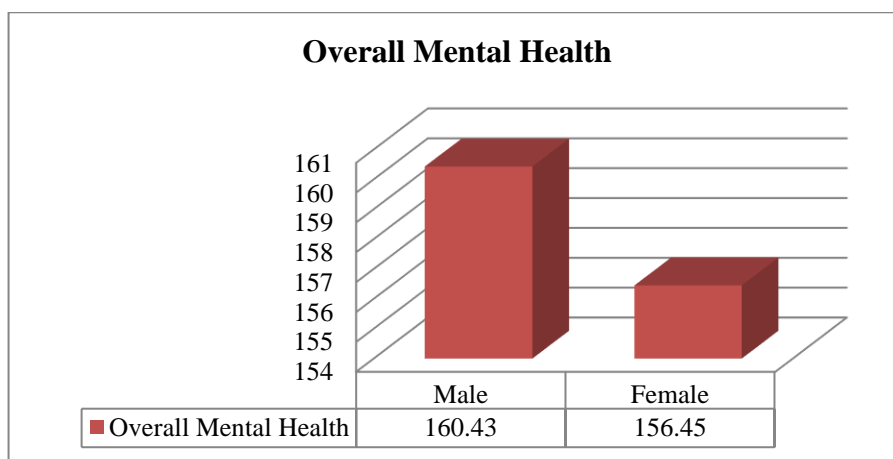


Figure 4: Mean difference of mental health between senior secondary level male & female students

4. DISCUSSION

The statistical analysis of data revealed the fact that there is no significant difference on Mental Health status of senior secondary level male and female students of Uttarakhand. The t-value for peer group related causes (0.586), home related causes (1.573) and school related causes (1.530) are not significant at 0.05 level, as the values were lesser than require value to be significant. The statistical insignificance pertaining to Mental Health status could be attributed to the fact that total number of subjects are 320, but if we look into the subject of each district, it is only 40 which would be one of reason for statistical insignificance as only 20 boys and 20 girls were selected in the sample. The comparison of mean further revealed that male students possess higher mental health status than their other counter part because of their basic nature in their adolescent age. Girls are more conscious & committed to pertaining their basic in stipulated time period. On the other hand, boys are Happier, Go-Lucky, easy-going, carefree do not face much tension for doing their tasks given. They are least affected by the work premise due to their un-involvement in other extra co-curricular activities were Physical activities & sports. Participation of girls in sports and Physical activity are less in compare to boys could be one reason for being on lesser side times of peer-related, home related and school related causes. Also at home related causes are a bit inherent and be in their self in compare to their male siblings and cousins. At the nutshell one can say that may be higher sample size might explore different results as far as the mental health status is concluded. Bashir and Paju (2008) conducted a study on mental health among senior secondary school students in relation to life style and self-efficacy. The result showed that there is significant difference on mean score of mental health among senior secondary school boys and girls. Van Droogenbroeck, Spruyt and Gil (2018) conducted a study on Gender differences in mental health problems among adolescent and the role of social support. The result showed that the girls having poor level of mental health because of the lack social support than the boys. Boys reported less psychological distress, anxiety and depression than girls. These results are important especially if one takes into account the fact that mental health problems that manifest themselves during late adolescence and young adulthood prove to be good predictors for mental health disorders in adulthood (van Droogenbroeck, Spruyt, Gil, 2018).

5. CONCLUSION

Within the limitations of the present study and based upon the findings we may conclude that there is no significant difference of Mental health between Male & Female senior secondary level students of JNV & GMS in Uttarakhand state. However, the mean score of Mental Health for Male senior secondary level students is higher than the Female senior secondary level students of hilly region in Uttarakhand state. The data was collected after the reopening the schools after covid-19 pandemic. So, the males feel more comfortable in the outside of the home whereas the females feel more comfortable at home. This may be the reason for higher mean score of male students than the female students.

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