

A COMPARATIVE OF MENTAL HEALTH AMONG WIDOWS AND MARRIED WOMEN

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ABSTRACT

The aim of the present investigation is to analyze the mental health of the widows and married women 30 widows and 30 married women (15 working and 15 non working women) from surendranagar district and data collection were done with help of mental health inventory by Dr. D.G Bhatt and G.R Gida (2006). The collected data statically analyzed with the help of 't' test Result show that there is significant difference between widow and married women. There is significant difference working and non working married women. There is no significant difference between married working and non working women.

Keywords:

Introduction

Mental health is a state of well – being in which a person understands his of 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 of her community. Both physical and mental health are the result of a complex interplay between many individual and environmental factors, including;

- Family history of illness and disease/genetics
- Lifestyle and health behaviours (e.g., smoking, exercise, substance use)
- Exposure to toxins
- Exposure to trauma
- Personal life circumstances and history
- Access to supports (e.g., timely healthcare, social supports)

Widow accompanies countless life style change. After spending several years side by side with someone, sharing smiles and stories, tears and troubles, growing and adjusting together as a unit, Once a spouse die, the left behind widow will never feel the same. The Loss of spouse has a severe impact on the psychological and social well-being of women. Windows are likely to feel a great deal of overall negative felling and depression characterized by sadness, anger, grief of resentment and loneliness. The physical health may also deteriorate. It may be associated with poor eating habits. In the scenario of present day India, with the advent of modernization, liberalization, competition and technological advancement the problems of widows have increased, which can lead to intense frustration among them, resulting in stress, depression and other forms of mala daptive behaviour if their patterns of reactions imperative to look into the individual psychology factors which determine the pattern of reaction to frustration amongst widows in comparison married women and the difference in the reaction pattern of widows and married women.

Objective

1. Is there any effect of widowhood on mental health
2. Whether widows and married women differ on mental health.
3. To find out different on mental Health working widows and non working widows
4. Find out different on mental Health working married women and non working married women.

Hypothesis

1. There is no significant difference between the mean value of mental Health of windows and Married women.
2. There is no significant difference between the mean value of mental Health of working windows and non working windows women.
3. There is no significant difference between the mean value of mental Health of working Married women and non working married women.

Sample

Various areas of surendranagar district was selected as the area of sample in the present study. The sample in the present study. The sample was taken according the use of accidental selection method for sampling total of 60 women in Which 30 of each widows and married women were respectively selected.

Tools

Mental Health Inventory: Developed by Dr. D.G.Bhatt and G,R, Gida (2006) Reliability was found 0.94 Through split half method 0.87 through spearman brown method and validity was found 0.63.

Procedure

The scale of Mental Health Inventory. The scale of made of two made of two option was in either in agree and disagree. This scale considered 40 sentences. The response category has been provided each question Response agrees mark and response disagree Mark 0.The Maximum possible score is 40 and minimum possible score is 0. High score is to be interpreted as good mental health and low score of as poor mental health.

Statistical Analysis

In the present study the available information and data were scored on the basis of reviewing scoring key from the manual. Below mentioned statistical techniques were used.

't' test is analyses the significance of difference of two means. It is also used to finalize the view that the difference found between the samples also exists between both the populations.

Result and Discussion:

Table showing the average and "t" value of mental health of widows and married women.

Table no 1

Showing of mental health of widows and married women

Sr No	Source	N	Mean	S.D	t	sig
1	Widows	30	27.50	5.89	4.91	0.01
2	Married women	30	23.50	4.84		

*Significant 0.01 Level

Table shows the statistics of the mental health. The Mean of widows 27.50 and for married women 23.50, where as for widows S.D.5.89 and S.D.for married women 4.84 obtained t-value is 4.91 which is found significant at 0.01 Levels. There for it can be concluded that the Ho1 There is no significant difference between the mean value of mental Health of windows and Married women. It is rejected.

Table no 2

Showing of mental health of working and non working widows

Sr No	Source	N	Mean	S.D	T	sig
1	Working Widows	15	27.30	4.90	3.10	0.01
2	Non working widows	15	24.30	5.34		

*Significant 0.01 Levels

Table shows the statistics of the mental health. The Mean of working widows 27.30 and for non working widows 24.30, where as for working widows S.D.4.90 and S.D.for non working widows 5.34 obtained t-value is 3.10 which is found significant at 0.01 Levels. There for it can be concluded that the Ho 2 There is no significant difference between the mean value of mental Health of working windows and non working windows women. It is rejected

Table no 3

Showing of mental health of working and non working married women

Sr No	Source	N	Mean	S.D	t	sig
1	Working married women	15	25.38	5.04	0.87	NS
2	Non working Married women	15	26.54	5.37		

Table shows the statistics of the mental health. The Mean of working married women 25.38 and for non working married women 26.54, where as for working married women S.D.5.04 and S.D.for non working married women obtained t-value is 0.87 There for it can be concluded that the Ho 3 There is no significant

difference between the mean value of mental Health of working married women and non working married women is retained.

Conclusion:

The study was under taken to see the effect of widowhood on mental health.

- ❖ There was significant mean difference between the widows and married women and mental health.
- ❖ There was significant mean difference between the working widows and non working widows and mental health.
- ❖ There was significant mean difference between the working married women and non working married women.

With the social inequalities which a women has to suffer throughout her life. It is not surprising that it leaves a deep psychological impact on her life. Especially the loss of spouse has a severe impact on the psychological and social well being of women. Loss of spouse has a strong impact on their personal and social adjustment health and life satisfaction.

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