

## Family Relationship and Mental Health among Urban and Rural Youth Male and Female

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### ABSTRACT

The main purpose of this study was to find out the mean difference between family relationship and mental health among urban and rural youth male and female. The total sample consisted 120 as a variation belonging to 60 urban and 60 rural youth male and female. The research tool for family relationship was measured by David Alka translated into Gujarati by Dr. Yogesh A. Jogsan and Ashara bhagyashri (2013) and mental health was measured by Dr. Jagdish and shrivastav translated into Gujarati by Dr. Yogesh A. Jogsan and Parmar Amit (2013). To check the significant difference between group t-test was applied and to check correlation between variables Karl person correlation method was used. Here t-test used result revealed family relationship and mental health is a significance difference in all groups. While the correlation between family relationship and mental health reveals 0.72 positive correlations.

**Key words:** Family relationship, mental health

Family is the environment where the children learned to use their faculties and understand and cope with the physical world. It is a time when they don't bother with trivial things, such as the family relationship, because they know they are the kingpin of their family. It is the place, where they learn how family relationships work, by observing their parents, grandparents, siblings and rest of the family members deal with each other. They enjoy meeting them on family vacations and family reunions and exchanging Family reunion gifts with them. Healthy family relationships, Home cosiness, love of the dearest people, understanding and care... everybody needs in this life.

Families can be made up of many different relationships. There can two parents, same sex parents, single parents, step parents, foster parents or adopted parents, foster parents or adopted parents, even extended family like grandparents, aunts, uncles and cousins may live together or close by. Some families have a parent or caregiver that stays home and looks after younger kids, some families have parents or caregivers that work full time. If there are younger kids in the house, often teenager will have to help out and care for the younger ones or care for adults who are unwell. There is no right or wrong way a family can be put together. The important factor is how everyone is getting on with each others, as it is usually through your family relationships that you learn how to get on with others, how you view yourself and what is appropriate behaviour. Family relationships tend to stay strong. For teenager, parents and families are sources of care and emotional support. Families give teenagers practical, financial and material help. Most teenagers still want to spend time with their families, sharing ideas and having fun. In the family we get education, learn lifetime values and obtain strength needed to become personalities. When we grow, we learn to respect people who live close to us. We observe our parents and then we either follow their example or choose our own path in life. Hence family relationships start showering their colours of family members.

Mental health is one of the most connected components of physical health through which individuals realized their cognitive, affective, and rational abilities with a balanced mental disposition. Mental health is an indicator that shows the degree to which the person is able to meet his environmental demands i.e., social, emotional or physical. Whenever, a person finds him unable to cope or deal with the situations effectively, he/she faces mental stress.

Mental health is term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder. The world health organization defines mental health as "a state of well being in which the individual realize his or her own abilities, can cope with the normal stresses of life, can work productively and faithfully and is able to make a contribution to his or her community. It was previously stated that there was no one 'official' definition of mental health, cultural differences of subjective Assessments and competing professional theories all effect how 'mental health is defined.

Mental health is a level of psychology well-being, or an absence of disorder, it is the “psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment”. From the perspective of positive or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve physiological resilience. According to World Health Organization (who) mental health includes “subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational, dependence, and self-actualization of one's intellectual and emotional potential, among others. ” WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community? However, cultural differences, subjective assessments, and competing professional theories all affect how “mental health” is defined.

#### *Review of literature*

Aashra, B. K. (2016) social maturity, family relationship and happiness in adolescents in relation to their birth order and gender. In addition, result indicates that the study revealed the significance difference family relationship between male and female.

Sahu kiran and singh D. (2013) A study of social adjustment and mental health in young in relation to their sex. In addition, result indicates that the study revealed the significance difference in mental health.

#### *Research Problem*

Family Relationship and Mental Health among Urban and Rural Youth Male and Female

#### **Objectives**

The main objectives of study were as under.

1. To measure the family relationship among urban male and rural male.
2. To measure the family relationship among urban female and rural female.
3. To measure the family relationship among male and female.
4. To measure the mental health among urban male and rural male.
5. To measure the mental health among urban female and rural female.
6. To measure the mental health among male and female.
7. To check the correlation between family relationship and mental health.

#### **Hypothesis**

To related objectives of null hypothesis were as under:

1. There will be no significant difference in family relationship among urban male and rural male.
2. There will be no significant difference in family relationship among urban female and rural female.
3. There will be no significant difference in family relationship among male and female.
4. There will be no significant difference in mental health among urban male and rural male.
5. There will be no significant difference in mental health among urban female and rural female.
6. There will be no significant difference in mental health among male and female.
7. There will be no correlation between family relationship and mental health.

#### **Method**

##### **Participants**

In the present study total 120 youth male and youth female samples has been selected. Out of 120 samples 60 youth male and 60 youth female has been selected. Out of 60 youth male samples 30 urban male and 30 rural male has been selected. Out of 60 youth female samples 30 urban female and 30 rural female has been selected. These all samples are collected from different area of Rajkot city (Gujarat).

##### *Research design*

The aim of present study was to a study of family relationship and mental health among urban and rural youth male and female. For these totals 120 urban and rural youth male and female were taken as a sample. The research tool for family relationship was measured by David Alka translated into Gujarati by Dr. Yogesh A. Jogsan and Ashara bhagyashri (2013) and mental health was measured by Dr. Jagdish and shrivastav translated into Gujarati by Dr. Yogesh A. Jogsan and Parmar Amit (2013). To check difference between group t-test methods is used. Check the correlation between family relationship and mental health Pearson ‘r’ method is used. Result and discussion of study is as under.

##### **Instrument**

Following Instrument were used for data collection:

- A. Family relationship scale :

The scale was developed by Bhogle and prakash (1995). This scale translated by Dr. Yogesh A. Jogsan and Ashara bhagyashri (2013) into Gujarati. Total 40 statements are in this scale, parting in two relation, good relation and poor relation. In good relation 2, 1, 0, marks award for always, sometimes and never. In poor relation 0, 1, 2, marks award for always, sometimes and never. Reliability coefficient of the scale was determined by half-split method and test-retest method with interval of one month and the coefficient correlation was found 0.72 and 0.76 respectively. Validity coefficient was determined by correlated with family relationship scale constructed by Dr. G. Tiwari (Agra) and correlation coefficient was found 0.52.

#### B. Mental health scale :

The mental health scale was developed by Jagdish and A. K. Srivastva (1983). This scale has total 56 sentences which measured mental health. This scale has four point scales. In this scale sentence no. 1, 2, 3, 5, 7, 10, 11, 13, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 28, 30, 35, 42, 46, 49, 55 are negative and others are positive. Which statements are positive and for always, most of time, some time, and never 4,3,2,1 score is used and which are negative sentences for always, Most of time, some time, never 1,2,3,4 score is used. Split half reliability co-efficient for the scale 0.73.

#### Procedure

According to purpose of present study for data collection the investigator explained the purpose the study to the subjects for these total 120 urban and rural youth male and female. Were taken sample from different part of Rajkot city (Gujarat). Testing was done personally with working and non-working women. The whole procedure of fill the inventory was explained to them fully and clearly. The instructions given on questionnaire were explained to them. It was also made clear to them that these scores would be kept secret. It was checked that none of the participants left any questions unanswered or that no participants encircled both the answer given against questions.

#### Results and Discussions

The main objective of present study was to measure the family relationship and mental health among urban and rural youth male and female. Result discussion of present study is as under.

Table-1 Showing mean, S.D. and t-value score of family relationship in urban youth male and rural youth male

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Urban youth male	30	42.44	9.84	4.80	S
2.	Rural youth male	30	47.20	10.20		
				Significance Level	0.05 =1.98	
					0.01=2.63	

The table-1 indicates that the mean score of family relationship in urban youth male are 42.44 and rural youth male are 47.20. The standard deviations for both urban youth male and rural youth male are 9.84 and 10.20 respectively. The t-value was 4.80 which were significant at 0.01 levels. So we can say that first hypothesis was rejected.

Table-2 Showing mean, S.D. and t-value score of family relationship in urban youth female and rural youth female

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Urban youth female	30	42.30	10.20	6.73	S
2.	Rural youth female	30	46.80	12.72		
				Significance Level	0.05 =1.98	
					0.01=2.63	

The table-2 indicates that the mean score of family relationship in urban youth female are 42.30 and rural youth female are 46.80. The standard deviations for both urban youth female and rural youth female are 10.20 and 12.72 respectively. The t-value was 6.73 which were significant at 0.01 levels. So we can say that second hypothesis was rejected.

Table-3 Showing mean, S.D. and t-value score of family relationship in youth male and youth female

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Youth male	60	44.98	11.20	5.52	S
2.	Youth female	60	43.68	10.08		

Significance Level    0.05 =1.98  
0.01=2.63

The table-3 indicates that the mean score of family relationship in youth male are 44.98 and youth female are 43.68. The standard deviations for both youth male and youth female are 11.20 and 10.08 respectively. The t-value was 5.52 which were significant at 0.01 levels. So we can say that third hypothesis was rejected.

Table-4 Showing mean, S.D. and t-value score of mental health in urban youth male and rural youth male

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Urban youth male	30	170.14	22.41	11.80	S
2.	Rural youth male	30	182.20	24.20		

Significance Level    0.05 =1.98  
0.01=2.63

The table-4 indicates that the mean score of mental health in urban youth male are 170.14 and rural youth male are 182.20. The standard deviations for both urban youth male and rural youth male are 22.41 and 24.20 respectively. The t-value was 11.80 which were significant at 0.01 levels. So we can say that fourth hypothesis was rejected.

Table-5 Showing mean, S.D. and t-value score of mental health in urban youth female and rural youth female

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Urban youth female	30	177.20	18.20	9.20	S
2.	Rural youth female	30	154.20	16.18		

Significance Level    0.05 =1.98  
0.01=2.63

The table-5 indicates that the mean score of mental health in urban youth female are 177.20 and rural youth female are 154.20. The standard deviations for both urban youth female and rural youth female are 18.20 and 16.18 respectively. The t-value was 9.20 which were significant at 0.01 levels. So we can say that fifth hypothesis was rejected.

Table-6 Showing mean, S.D. and t-value score of family relationship in youth male and youth female

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Youth male	60	178.20	24.28	7.80	S
2.	Youth female	60	164.30	22.31		

Significance Level    0.05 =1.98  
0.01=2.63

The table-6 indicates that the mean score of family relationship in youth male are 178.20 and youth female are 164.30. The standard deviations for both youth male and youth female are 24.28 and 22.31 respectively. The t-value was 7.80 which were significant at 0.01 levels. So we can say that sixth hypothesis was rejected.

Table-7 Correlation of the family relationship and mental health

Sr. No.	Variable	N	Mean	r
1	Family relationship	120	45.20	0.72
2.	Mental health	120	174.20	

According to table-7 the results obtained positive co-relation between family relationship and mental health. It was 0.72 positive co-relations between family relationship and mental health. It means family relationship increase mental health increase and family relationship decrease mental health decrease.

### **Conclusion**

We can conclude by data analysis as follows;

There were significant difference between the mean scores of two group urban youth male and rural youth male in family relationship. There were significant difference between the mean scores of two group urban youth female and rural youth female in family relationship. There were significant difference between the mean scores of two group youth male and youth male in family relationship. There were significant difference between the mean scores of two group urban youth male and rural youth male in mental health. There were significant difference between the mean scores of two group urban youth female and rural youth female in mental health. There were significant difference between the mean scores of two group youth male and youth male in mental health. The co-relation between family relationship and mental health is 0.72 which is positive correlations. It means family relationship increase mental health increase and family relationship decrease mental health decrease.

### **Limitation**

In this study taken 120 participants selected from Rajkot city only included urban and rural youth male and female. So that is limitation of this study.

### **Suggestions**

This study suggests that further needs to study of this area because in this study taken 120 participants so you can take large participant and you will be research in future.

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