

# THE STUDY OF RELATIONSHIP BETWEEN STRESS AND MENTAL HEALTH AMONG MEDICAL RESIDENTS

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## ABSTRACT

The present study aimed at the relationship between stress and mental health among medical residents. In this study 60 male and female medical resident samples were selected through incidental sampling. All samples were taken from Nims medical hospital, Jaipur, Rajasthan. Stress and Mental health questioner were used for measuring the level of stress and mental health of medical residents. Product moment co-relation method was used to analyse the data. Result shows that significantly highly negative relationship between stress and mental health of medical residents. I found that -0.92 correlations between stress and mental health which was significant at the level of 0.01.

*Key words: - Mental Health, Stress, Medical Residents*

## INTRODUCTION

For many of those who study stress, the categorization of stress terms has often remained a complicated process. As stress researcher, Hinkle (1987) explained in his work on Stress and Disease: The Concept after 50 Years that “a difficulty for the study of stress is that the term ‘stress’ has a different meaning for researchers in various disciplines. In the biological literature, it is used in relation to single organisms, populations of organisms, and ecosystems. Biologists refer to things such as heat, cold and inadequate food supply as being sources of stress. Human biologists add to this microbial infection and taking of toxic substances. Social scientists, for their part, are more concerned about people’s interaction with their environment and the resulting emotional disturbance that can sometimes accompany it”

The concept of stress has its origin in 1936 where it was defined as “the no-specific response of the body to any demand for change” (Selye). More detailed, stress can be defined as an organism’s response to circumstances or events (stressors) that threaten the capability to adjust to those conditions (Gerring,R.,Zimbardo,p.,2010). Speaking of stress, most of the people tend to think of it as being a negative thing , although there are two forms and different amounts of stress. The two forms of stress are called distress and eustress (Gerrig, R., Zimbardo, p.,2010), whereas the later, eustress , is a positive form and people are likely to experience it if an external event causes high arousal, for example a football game. On the contrary, distress is indeed that form of stress which has negative effects on wellbeing and health.

## MENTAL HEALTH:

According to the World Health Organization (WHO), mental health is “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”.

This definition, while representing a substantial progress with respect to moving a way from the conceptualization of mental health as a state of absence of mental illness, raises several concerns and lends itself to potential misunderstandings when it identifies positive functioning as key factors for mental health.

In fact, regarding well-being as a key aspect of mental health is difficult to reconcile with the many challenging life situations in which well-being may even be unhealthy: most people would consider as mentally unhealthy an individual experiencing as state of well being while killing several persons during a war action, and would regard as healthy a person feeling desperate after being fired from his/her job in a situation in which occupational opportunities are scare.

People in good mental health are often sad, unwell, angry or unhappy, and this is part of fully lived life for a human being. In spite of this, mental health has been often conceptualized as a purely positive affect, marked by feelings of happiness and sense of mastery over the environment.

**Materials and method used:****OBJECTIVES**

To study the relationship between Stress and Mental Health among Post Graduate medical students.

**HYPOTHESES:**

There is no significant relationship between Level of Stress and Mental Health among Post Graduate medical students.

**SAMPLING METHOD**

We were selected the 60 male and female samples of medical post graduate students through the incidental sampling.

**TOOLS USED**

In this study following tests were used:

- 1. Perceived Stress Scale' (PSS):** This test was used for the measure the Level of Stress of subjects. This scale was developed by **Cohen (1983)** to measure the degree to which situations in one's life are appraised as stressful. The **PSS** is based upon Lazarus's original transactional model of stress that argues the experience of a stressor is influenced by evaluations on the part of the person as to how well they can manage a stressor given their coping resources. The scale consists of 10 items and has  $r = 0.78$  reliability coefficient. In terms of validity it highly correlates in a predicted way with other measure of stress.
- 2. 'Mental Health Inventory' (HMI):** developed by **Bhatia (1982)** was used to measure the mental health of subjects. This inventory consisted of 56 items on **six** dimensions. viz. (i) Positive self-evaluation, (ii) Perception of reality, (iii) Integration of personality, (iv) Autonomy, (v) Group oriented attitude and (vi) Environmental competence. The reliability coefficient ( $r = 0.73$ ) of the inventory was determined by 'split-half method' using odd-even procedure. Construct validity of the inventory is determined by finding coefficients of correlation ( $r = 0.54$ ) between scores on Mental Health Inventory and General Health Questionnaire (Goldberg, 1978).

**STATISTICAL ANALYSIS**

Product moment co-relation method was used for the statistical analysis. I found that, negative relationship between the independent and dependent variables with the help of this method.

**RESULTS AND DISCUSION:****Result table:****Showing Correlation between Stress & Mental Health**

Variables	Mean	SD	Correlation	Level of Significance
Stress	15.11	5.74	<b><math>r = - 0.92</math></b>	$p > 0.01$
Mental Health	167.05	14.88		
<b>N= 60</b>		<b>df = 59</b>		

*Result table* shows that Stress and Mental health mean values are 15.11 and 167.05. SD is 5.74 and 14.88 respectively. Correlation value is - 0.92 and given at df 59. Hence, null hypothesis is rejected at 0.01 levels.

By observing the table that stress level is low then mental health is high and stress is high then mental health is low high relationship in medical residents. Hypothesis is rejected at 0.01 levels. It can state that high relationship between stress and mental health among medical residents. The study was designed to investigate how the interaction between the ability of medical residents (doctors in postgraduate training) to cope with stress and their working conditions might affect their level of job related stress. Residents' mental health was associated not only with working conditions, but also with their attitudes towards those working conditions. Enhancing residents' sense of 'reward from work' might be important in reducing their reactions to stress (Haoka.T,Sasahara.S.I,et.al2010). Stress

was prevalent in residents who were not satisfied with their job, who did not have close friends in their residency training as compared to those residents who had close friends, who were not able to spend time with their friends.

Medical postgraduate student experience considerable stress during their training, which may cause agony to the individual or affect care rendered to the patient. Stress is one of the major growing mental problems among highly educated health professional, and it should not be ignored as it can cause many other health issues (Guruprakash, Mehta, Bajpai, Prakash, Divinakumar, Khan, and Patra 2018).

## CONCLUSION

The focus of this study was to determine the relationship between stress and mental health in medical resident population. The objective was achieved, as this study found that were high relationship and significant level between stress and mental among medical residents. As the level of stress increased, the prevalence of medical residents who had workload & academic burden also increased. In addition, it was affirmed that certain variables did mediate the relationship between stress and mental health. The overall outcomes of the study imply that medical residents who have high stress likely affect to be mental health.

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