

# Effect of Gender on Positive Mental Health of Career Oriented Young Adults

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## ABSTRACT

This study was conducted to assess the positive mental health among career oriented young adults. The aim of the study was to explore the influence of gender on Positive mental of young adults. It was hypothesized that males have better positive mental health than females. The sample data collected was 40 with equal samples of male and female young adults pursuing career oriented courses .The tool used was positive mental health Inventory by Dr C.D. Agashe and Dr R.D. Helode. The mean and SD were calculated. A 't' test of significance was carried out to find whether there is a difference between the positive mental health among males and females. The results indicate that there is no significant difference in positive mental health of male and female among career oriented young adults.

Conclusion drawn on the basis of the result was that gender has no significant effect on positive mental health of career oriented young adults.

**KEYWORDS:** Positive mental health, Gender, Young adults , Education, Psychology.

## INTRODUCTION

In this new era of technological development with emergence of service industry and rise in career opportunities, more and more women are being employed by the industry, working shoulder to shoulder with their male counterparts. Subsequently, traditional roles of men and women are also changing. Therefore, study on equality, competition and consequently positive mental health among career oriented males and females needs to be looked at with a fresh perspective.

Mental health represents one of the basic components within entire health of an individual. According to the World Health Organisation (WHO), "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". WHO further has defined mental health as a state of well-being in which an individual realizes his or her own abilities, can cope with the common

stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. (WHO, 2012).

This results in the study focusing more on the effect of gender in context with positive mental health. Further research would provide more insight regarding the connection between the mental health and gender. Study of positive mental health is about reaching higher potential and living a healthy lifestyle. It is about having a sense of positive well being. It is an approach of prevention; greater enjoyment and satisfaction with one's life. Psychotherapists increasingly understand that they can only deliver optimal therapy and care if taken these differences into account. (Anita Riecher-Rössler,2018).

Research reveals that along with biological differences between the sexes, differences between women and men in socially acceptable roles and responsibilities, status and power contribute to differences in the nature of mental health conditions. Study further says that, although there do not appear to be sex differences in the overall prevalence of mental and behavioural disorders, there are significant differences in the patterns and symptoms of the disorders. (WHO, 2002).

It was found that mental health problems affect women and men equally, but some issues are common among women. Though various social factors put women at greater risk of poor mental health than men, women's readiness to talk about their feelings and their strong social networks can help protect their mental health. (ramh.org).

It is therefore, Sex and gender aspects that must be addressed more rigorously in research. This includes more research on gender differences in behaviour, coping, help-seeking, and compliance as well as gender-sensitive issues. (S Malhotra and R Shah, 2015).

Studies have shown that, education and employment have a positive impact on the mental health of both genders. Studies have indicated that women's education should be one of the priorities for improving the mental health of the population. (Svetlana KVRGIC et al., 2013).

### **AIM OF THE STUDY**

The aim of the study is to examine the influence of gender on positive mental health among career oriented young adults.

### **HYPOTHESES**

Positive mental health is significantly higher in males than females.

**SAMPLE**

Simple random sampling method was used to collect the data from 40 career oriented young adults, pursuing higher studies. Each of the participants answered the questionnaire of positive mental health by choice and in a comfortable environment with no time limit for the test.

**TOOL**

The tool used was positive mental health Inventory by Dr C.D Agashe and Dr R.D Helode The test consists of 36 valid items that comprises of 12 for tapping self acceptance, 12 for assessing ego strength, 12 for philosophies of life which gives a composite score of Positive mental health. The test reliability and validity scores are significant as per the norms.

**RESULTS AND DISCUSSION**

The mean and SD were calculated of both the Genders. To measure the significance of difference between two groups 't' test was employed. It was to find out whether the Positive Mental Health of both the Gender differ significantly.

**Table:** Mean, SD and t - ratios of Male and Female Positive Mental Health.

Gender	Mean	SD
Male	18.5	4.01
Female	17.9	3.91
<b>T TEST</b>	<b>0.63</b>	

$p > 0.05$ .

In present study two groups were tested. The first comprised of male adults and another one was of female adults. A 't' test of significance was carried out for finding out whether those two groups differ significantly from each other with respect to positive mental health. It was hypothesized that Males have better Positive mental health than women. As shown in table above when mean and standard deviation were computed, it was found that the males obtained a mean value of 18.5 and the associated standard deviation 4.01, while, the females obtained a mean value of 17.9 and the associated standard deviation 3.91. Even from the face values of the means one can easily find that there is no significant difference. However, we cannot draw correct conclusion only on the basis of means and standard deviations. Hence the data was treated by 't' test of significance for uncorrelated means. The computed value of 't' is 0.63 which is less than the 't' value required being significant at 0.05 level. It tells us that the difference between means of the career oriented young adults had occurred by chance only. The Males and the Females genuinely do not differ from each other significantly with respect to positive mental health. ( $t = 0.63$ ,  $df = 38$ ,  $p > 0.05$ )

Hence, the hypothesis "Positive mental health is significantly higher in males than females" is rejected.

This may be because, in the modern world women are as competitive as men therefore there is no difference between the mental health of males and females. The concept of gender neutralization is growing and gender bias stereotypes are changing. Both the genders are interplaying into multiple roles and responsibilities.

As discussed in introduction above, education and employment have a positive impact on the mental health of both genders. Women alike males are more career oriented and thinking competitively as their male counterparts.

### LIMITATION OF THE STUDY

The sample size is less and it is that among of young career pursuing individuals. The results may vary if validated by more samples size.

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