

## **Psychological study on mental health**

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### **ABSTRACT**

The present study's the main aim to study the mental health of the polis coming from the rural and the urban areas of Palanpur district and study the mental health of the male and female polis of Palanpur district. The present study sample 120 police from Palanpur district areas different various police stations. Research Design: In this research 2 x 2 factorial design was used for the study. Mental health inventory prepared by Dr. D.J. Bhatt and Gita R. Gida (1992) and Gujarati Translation by Shilpa V. Sidpara (2006) was used. In this inventory there are 40 statements/questions. Reliability shown there is 0.87 respectively and validity is 0.63. Reault. Studies on mental health show that there is no difference in mental health between men and women police and There is no difference in mental health between urban and rural police.

**Keywords:** Mental health, Gender, Area, Policemen

## **Introduction:**

A few years ago, "health" meant solely "physical health." However, mental health and physical wellness are equally important. Medical science has acknowledged that mental causes are largely to blame for all physical illnesses. One must arrange every activity with the determinants of mental health in mind if he is to bring about a comprehensive answer to physical health. The entirety of society's health is encompassed under the term "mental health."

“Mental health means the development, in the persons of the society, of the individual and social behavior pattern having the highest capacity of preventing saving from the mental illness”.

Mental health refers to a condition of mental well-being that allows individuals to manage life's stresses, recognize their potential, learn and work effectively, and engage in community contributions. This is a fundamental aspect of health and well-being, supporting our personal and communal capacities to establish connections, make choices and influence our environment. A fundamental human right is mental health. And it is vital for personal, community, and socio-economic growth.

Good mental health encompasses more than just the lack of mental disorders. It exists along a complex continuum, experienced differently by each individual, with varying levels of difficulty and distress and potentially very different social and clinical outcomes.

The idea of mental health has gained universal acceptance in the last few years. Nearly every nation in the world has acknowledged the value of mental health, and numerous institutes pertaining to mental health have been founded in both America and Europe.

The relative state that emerges from a person's social surroundings and abilities is known as their mental health. As a result, mental health is a "real state" that can be assessed in the given situation rather than an assessable ideal.

During adolescence, the mental-physical balance of a person is disturbed. In this stage, all police (male and female) need friendly guidance. In the absence of proper guidance, many wrong decisions are made which can lead to deterioration of mental health in the future. If the problems arising due to mental health during adolescence are not resolved, it is dangerous for life and professional life. Therefore, more care should be taken for mental health during police. They can be helped by planning the activities of the police with the help of expert psychologists.

**Problem.**

In research process the first and foremost step is selecting and defining a proper research problem. A researcher should at first find the problem. Then researcher should formulate it so that it becomes susceptible to research. To define problem correctly a researcher must know what a problem? The problem of present research is as under:

***Psychological study on mental health*****Objective:**

- To study the mental health of the polis coming from the rural and the urban areas of Palanpur district.
- To study the mental health of the male and female polis of Palanpur district.

**Hypothesis:**

Ho<sub>1</sub>. There will be no difference in mental health scores of police officers from urban and rural areas of Palanpur district.

Ho<sub>2</sub>. There will be no difference in mental health scores of male and female police officers of Palanpur district.

**Research Design:**

The main aim of this study is to get information about the mental health creature another important variables like gender and types of Area

**Table No.1****2 x 2 factorial research designs****(N=120)**

| Urban<br>60 |           | Rural<br>60 |           |
|-------------|-----------|-------------|-----------|
| Male 30     | Female 30 | Male 30     | Female 30 |

## Variables of the study

| Sr. No. | Name of Variable | Nature of Variables  | Levels of Variables | Level Name of Variables                   |
|---------|------------------|----------------------|---------------------|-------------------------------------------|
| 1.      | Area             | Independent Variable | 2                   | Urban and Rural                           |
| 2.      | Gender           | Independent Variable | 2                   | Male<br>Female                            |
| 3.      | Mental health    | Dependent Variable   | 1                   | Scores of Various Level of Mental health. |

## Sample:

Research work 120 male and female police respondents were taken from various police stations of Palanpur district and simple random sampling method was used for sample selection. All the respondents were taken from various police stations of Palanpur district. Out of which 60 male respondents were policemen from urban and rural areas and 60 female respondents were policemen from urban and rural areas. There were 30 samples in each variable.

## Tools:

The following research tools were used in the present study:

**1. Personal Data Sheet:** The investigator used a personal data sheet to collect information regarding types of gender, Area, and type of faculty.

**2. Mental health inventory**

Mental health inventory prepared by Dr. D.J. Bhatt and Gita R. Gida (1992) and Gujarati Translation by Shilpa V. Sidpara (2006) was used. In this inventory there are 40 statements/questions having 3 alternatives to decide the response as agree, un-decided or disagree. The testee is supposed to decide his response on the basis of the alternatives and put a mark in the Questionnaire. Reliability of this test is computed by test retest method. Reliability shown there is 0.87 respectively and validity is 0.63.

## Statistical analysis

In this study 't' test was used for statistical analysis.

## Results and Discussion

**Table No. 1**

**Difference between the mean score of mental health with reference to Area**  
(N=120)

| Area  | N  | Mean  | SD   | 't'  | Signify |
|-------|----|-------|------|------|---------|
| Urban | 60 | 94.08 | 6.74 | 1.71 | NS      |
| Rural | 60 | 92.08 | 6.48 |      |         |

The mean of mental health of rural and urban police is 94.08 and 92.08 respectively and the standard deviation is 6.74 and 6.48 respectively. The t value of mental health of rural and urban police is 1.71. Which is less than the "t" value at the significance level of 0.05 and 0.01. Therefore, "There will be no significant difference between the mean of mental health of rural and urban police officers." This null hypothesis is accepted here. Therefore, it can be said that there is no difference between the mental health of rural and urban police officers.

**Table No. 2**

**Difference between the mean score of mental health with reference to male and female**  
(N=120)

| Gender | N  | Mean  | SD   | SED  | 't'  | Sig. |
|--------|----|-------|------|------|------|------|
| Male   | 60 | 91.41 | 6.83 | 0.83 | 0.55 | NS   |
| Female | 60 | 89.73 | 6.38 | 0.87 |      |      |

The mean of mental health of female and male police officers is 91.41 and 89.73 respectively and the standard deviation is 6.83 and 6.38 respectively. The t value of mental health of female and male police officers is 0.55. Which is less than the "t" value at the significance level of 0.05 and 0.01. Therefore, "There will be no significant difference between

the mean of mental health of female and male police officers." This null hypothesis is accepted here. Therefore, it can be said that there is no difference between the mental health of female and male police officers.

## **Conclusion**

- Studies on mental health show that there is no difference in mental health between men and women.
- There is no difference in mental health between urban and rural students.

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