

## Mental Health of Women

By

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### Abstract

*The aim of Present Study As to Study difference between mental health of Women. The test developed by Dr.Ashwin janasari & Dr. Harkant badami were administered to 60 women (30 working & non-working 30).The collected data was analyzed using “t” test. The result of present study indicated that there is significant mean difference between working & non-working women adjust.*

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### Introduction

Mental Health is today’s great problem. Many persons are suffering from mental diseases. Post-traumatic stress disorder(PTSD) in 43% of troops developed in Iraq and Afghanistan and in 2.3% if non developed troops. deployment itself health includes our emotional psychology and social well-being it effects how we think feel and act.it also helps determine how we handle stress, related to other’s and make choice mental health is important at every stage of life from childhood and adolescence through adulthood.

As far as mental health of working and non working women are concerned they are living different life .so they may have different level of mental health.

### Objective of study

The objective of the study is to measure mental health of women.

### Hypothesis

There is significant mean difference of mental health working women non working women.

### Method

Survey method was used for present study.

### Sample

The total random sample 60 (30 working women & non working women 30) were taken from Jamnagar and (30) nonworking women surrounding area of Jamnagar.

### Tool

#### Mental Health Analysis Questionnaire (revised)

Prepared by Dr. Ashwin Jansari and Dr. Harkant Badami were administered (30) working (30) non working women data where analyzed using “t” test mean N, M, SD & ‘t’ test.

**Table 1**

Types of women	Mean M	SD	N	T-value	Level of significance
Working women	33.63	11.36	30	7.43	0.01
Non working women	56.27	12.20	30	-	-

\*significant at 0.01

### Result and discussion

As in the table there is significant mean difference between working women & non working women. It means that the mental health of working women & non working women is not same there is difference between mental health of working women. As per table Non- Working women Mental Health Better compare to Working Women.

### Conclusions

There is significant difference between mental health of working women & non working women.

### Reference

- (1) Macarthur Research Network on Mental Health and the law.(1998)
- (2) Long P.W.(1996), Internet Mental Health Retrieved from the World wide.