

Effect of Gender on Mental Health status of Elderly People

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The purpose of the present study is to examine the effect of a common demographic variable gender upon mental health of elderly people. 20 male and 20 female respondents of Ambagarh Chauki block of Rajnandgaon District have been taken as sample for the study. Mental health questionnaire made by Dr. (Mrs.) Kamlesh Sharma was used to obtain the mental health score. t test was used. Data were analyzed with the help of t-test to measure the deference between mental health score of both the group. The results indicated that there if significant difference between male and female. Female elderly people were found more mentally healthy than male.

Keywords: Gender, Mental Health, Elderly

Introduction:

Mental health describes either the level of cognitive or emotional well-being or the absence of a mental disorder. Mental health from the perspective of a positive psychology theme or holistic can include a person's ability to enjoy life and the harmony between life's activities and striving to achieve psychological resilience. Mental health is an expression of our emotions and marks a successful adaptation to a wide range of demands.

The World Health Organization defines mental health as "a state of well-being in which a person can realize one's abilities, cope with the normal stresses of life, and function productively." It has been said before that there is no single "official" definition of mental health.

Cultural differences, subjective assessments, and competing professional theories all influence this. That's how "mental health" is defined. There are different types of mental health disorders, some of which are common, such as depression and anxiety disorders, and some not as common, such as schizophrenia and bipolar disorder. A field has emerged which is defined as 'an area of study, research and practice that prioritizes the improvement of mental health and strives to achieve an equal level of mental health among all people worldwide.

In the mid-19th century, William Sweetser was the first to clearly define "mental health" as a contemporary approach to actions to promote positive mental health. Isaac Ray, one of the thirteen founders of the American Psychiatric Association, defined mental health as an art

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whose function is to protect the brain against events and effects that affect it can inhibit or destroy energy, quality, or development. According to Strange: "Mental health refers to learned behaviors that are socially compatible, and which allow an individual to cope adequately with his life". Harvester Tha Screen has said "Many dimensions of mental health include self-esteem, the ability to experience meaningful and good relationships and psychological superiority. According to Karl and Menninger "Mental health is the human adjustment to the environment and each other with the maximum happiness and effectiveness. It is the ability to maintain a balanced mood, an alert intelligence, socially accepted behavior and mood"

Old age is a very important stage of life span when a person faces several health problems. Mental health status of the elderly people is also a issue of consideration. There are many demographic variables which may affect the mental health status of old age people.

Sekhon (2014) The purpose of their study was to make an entry on the mental health of elderly members in the family of migrants. India is a prosperous state, yet many youths are going abroad, which affects the mental health of their elders. For this, they have used a cross-sectional and descriptive method, covering 329 people over the age of 60, as youths consider living in other countries as a good option. Potential migrants have other successful migrants as their role. model assumes. This results in a huge impact on the physical health of the elderly but also their mental health in the form of loneliness, dementia, and depression. Kumble (2012) also found in their study on the mental health of elderly persons, where they used the cross-sectional method. 20% of the elderly are included by systematic randomization and for this, they did mental health with the help of a general health questionnaire The results found that 41.3% of older persons had poor mental health, which they explained in

their study that lack of care and affection in the family, lack of hobbies, physical dependence, lack of malnutrition, economic and emotional depression, etc. Depression was found to be the most common mental health problem after dementia. Most of the residents of the old age home were suffering from mental illness and none were found to be physically fit (Tiwari, 2012). Mental health status of old age in India that the most common mental illnesses in the Indian elderly population are depression, dementia, and anxiety disorders. The main reason for this is the lack of awareness, inadequate training (Omprakash, 2013).

Siskind (2016) found in their study, the mental health of older persons after a disaster, for this they have talked about the relative impact of disasters on their psychological health compared to other age groups. They conducted a meta-analysis to find out how disasters and eavesdropping have different effects on survivors. The results showed that with post-traumatic stress disorder depression anxiety disorder, adjustments were psychologically straightforward.

Maurya (2018) examined the pattern of the relationship between mental health status and job satisfaction among male and female civil police personnel. In their study, the number of samples (n = 350, male = 248, female = 102) were surveyed. Participants' responses were obtained on questionnaires that measured psychological well-being, psychological distress, and job satisfaction. Statistical analysis of the data was performed to examine the hypothesized relationship between the variables between male and female civil police personnel. The results indicated that age, experience, salary, psychological well-being, and job satisfaction were significantly different between male and female civil police personnel. Gyeong (2007) also conducted their study to compare between both the genders. This study looked at the differential

effects of social roles and socioeconomic resources on the mental health of Korean men and women 65 years of age and older, in a sample of 930 people aged 65 years or older, was included. The results showed gender differences in the relationship to poor mental health. Being alone was significantly associated with depressive symptoms and suicidal ideation in men, but not in women. Ram (2014) found their study Youth from India for the sample, A nationally representative survey conducted during the U.S. conducted descriptive results showing that men and women live in different socially distinct worlds. Female young women expressed more gender-egalitarian attitudes than male youth but independence compared to male youth found more restrictions.

Das (2017) showed his study that the total lifetime of mental disorders is about 5%. Depression, anxiety, and unspecified psychological distress are 2-3 times more common in women than in men. Common mental disorders are common in poor women and can be caused by hormonal factors, other factors are excessive partnering, alcohol use, sexual, physical violence by husband, widowhood or separation, and low level of support from one's family. Illiteracy and the mental health of women are significantly linked in India. Suicide and rape are also related to mental health issues in Indian women.

Smith (2016) obtained in his study whether a man's mental health can be explained in the same terms as women or can be assessed using the same measures. In women, there are higher rates of internalizing disorders (i.e., depression, anxiety), whereas men experience more extrinsic symptoms (i.e., violence, substance abuse). These patterns are often attributed to gender differences in socialization (including the acquisition of expectations associated with traditional gender roles), help-seeking, coping, and socioeconomic status. Basu (2012) The

purpose of their study was to study the mental health problems of women. One out of every three women worldwide suffers from common mental disorders including depression, women in India face gender-based discrimination at every stage of their lives, therefore their psychological well-being becomes a cause of great concern.

Zhang (2011) examined the relationship between gender and depressive symptoms as well as marital status and depressive symptoms in the elderly population. In a national sample of 1428 older adults, depressive symptoms, friend support, and family support were assessed. The results showed a significant association of marital status, in contrast to several previous studies, which included gender and depressive symptoms. This study failed to reveal any such relationship.

After reviving the above studies we need to reexamine the effect of gender on mental health because there are contradictory findings were seen in several studies. Ambagarh Chauki block of Rajnandgaon district is fully tribal region and we also want to discover the impact of age on mental health status of tribal women.

Objective: To study the effect of gender on mental health of elderly people.

Hypothesis: There would be no significant difference of mental health status between male and female elderly people.

Sample: To complete the related study, we have selected 20 people of the male category and 20 people of the female category from the Ambagarh Chauki block of Rajnandgaon district. Those who are over 60 ages included.

Tools: Mental health scale developed by Dr. (Mrs.) Kamlesh Sharma was used to assess the mental health score of respondents. In which a total of 60 items have been given. Instruction to the user is explained that this form is related to your mental health, in which some questions have been given, in front of which (Yes, Unsure,

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and No is written). Read this form carefully and choose what you think is appropriate tick (“) right. Remember that your answer will not be disclosed to any other person. There is no any time restriction to finish the test. Two types of the method test re-test, and split half has been

used have been used to find its reliability coefficient of the test. It was found .86, and .86 respectively. The validity coefficient was calculated by comparing the scale to Pramod Kumar’s mental Health Checklist and got 79.

Result and Discussion

T - table for comparing the mean mental health scores of elderly people

SL. No.	age	Total	Mean	SD	t-value	Significance
1.	Male	20	68.5	7.08	5.07	Significant
2.	Female	20	82.85	10.53		
df=98 P>0.01						

We have obtained the mean mental health score 68.5 for male and 82.85 for female. While SD of male and female were found 7.08 and 10.53 respectively. It is clearly showed that mental health score of female are better than male. Our calculated t-value is 5.07 which is greater than table t- value with degree of freedom of 38 on 0.01 level of significance.

We have hypothesized that there would be no significant difference of mental health status between male and female elderly people. But results show that there is found significant difference between mental health status elderly people, so our null hypothesis is rejected, Result proves that female has better mental health than male. Ambagarh Chauki block is a pure tribal region, majority of female people are housewife and have no extra burden of bread and butter because male are mostly responsible for

economic responsibility of family. Male faces the problem of unemployment, job insecurity, extra workload, family responsibility, and occupational stress. Many people try to overcome this uncomfortable situation with the help of alcoholism and drug abuses. These types of malpractices reduce the mental health status of male people in long terms. Maurya (2018) also found in his study that age, experience, salary, psychological well-being, and job satisfaction were significantly different between male and female civil police personnel. It justify our present result that mantel health status may be deferent between male and female people. Gyeong (2007) showed in their finding that being alone was significantly associated with depressive symptoms and suicidal ideation in men, but not in women. This is a clear indication of better mental health status of women than male.

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