# Impact of Sex On Mental Health

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## ABSTRACT

The main objective of this research project is to measure the impact of sex on mental health. Mental health care was mainly popular in developed countries but now in countries like India it has got prime importance. Mental health includes adequate feeling of security, adequate self with reality, adequate self-knowledge, integration from experience etc. In this research the impact of sex on three dimensions i.e. egocentrism, alienation, expression and social non-conformity of mental health was measured.

**Keywords :** Self Knowledge, Dimensions, Sex, Mental Health, Egocentrism

## I. INTRODUCTION

National statistics (2003) conducted a study of the mental health of adults in Great Britain and found that women were more likely to have been treated for a mental health problem than men (29% compared to 17%). This could be because, when asked, women are more likely to report symptoms of common health problems.

National Institute for clinical Excellence (2003) found that Depression is more common in women than men. One in four women will require treatment for depression at some time, compared to one is 10 men.

The office for National statics Psychiatric Morbidity in its report (2003) found that women were twice as likely to experience anxiety as men of people with phobias about 60% were female.

In "The office for National Statics Psychiatric Morbidity Report (2001)" it was reported that men are more likely than women to have on alcohols or drug problem 67% of British people who consume alcohol dependent on alcohol were male. Almost three quarters of people dependent on cannabis and 69% of those dependent on other illegal drugs are male.

## II. HYPOTHESES

### Hypo-1

Male and Females will differ significantly on egocentrism dimension of mental health.

### Hypo-2

On alienation dimension of mental health the females will have better mental health compared to the males.

### Hypo-3

The males will have better mental health on expression dimension of mental health compared to females.

### Hypo-4

Males and Females will differ significantly on social non-conformity dimension of mental health.

## III. METHODS

The main objective of the study was to ascertain the impact of sex (Males and Females) on mental health. The four dimensions - alienation, egocentrism, expression and social non-conformity were taken into consideration.

## Sample:

A sample of 150 respondents, consisting of 75 males and 75 females were selected from Muzaffarpur town. The five words were selected randomly and from each word 15 males and 15 females were selected randomly. Thus, altogether, 75 males and 75 females were selected. The age ranged from 18 years to 60 years.

## Instruments:

The instrument used in the study was Mithila Health Status Inventory (MMHS). In order to measure the health status of respondents a test developed by Kumar and Thakur were used with certain modification. It was a 5 point scale consisting of 50 items related to five areas of mental health viz. egocentrism alienation, expression, social non-conformity and emotional instability. Each area had 10 items i.e. the scale consisted 50 items. The investigator dropped 10 times related to emotional instability. Thus, finally the scale consisted to 40 items, to relate to each area. The responses were obtained on a 5-point response format: very true, True, Doubtful, false and completely false. The responses were given scores 5,4,3,2 & 1 for very true, True, Doubtful, False and completely false respectively. Out of the ten items related to the each area, five were negative and five were positive. The scores of negative items were reversed as 5 for 1, 1 for 5,4 for 2, 2 for 4 and scores 3 were unchanged. The maximum possible on each scale was 40 and the minimum was 10 and on the whole inventory ranged from 40 to 160. One of the items, for example, is given below:

I am kind person.

Very True    Doubtful  False   Completely False

(5)         (4)    (3)      (2)         (1)

The sex of the respondents was also obtained on personal data-sheet.

## IV. RESULTS AND DISCUSSION

After analysis of the data the results were presented in different tables and also discussed. These tables are given below:

Table 1

Mean Comparison of Males and Females on egocentrism

| Groups | N | Mean | SD | t | df | p |
|--------|-----|-------|------|------|------|------|
| Male | 75 | 26.52 | 6.07 | 3.18 | 1.48 | <.05 |
| Female | 75 | 23.63 | 8.21 | | | |

The above table reveals that mean values of Males and Females differ significantly. The mean scores of male of male were 26.52 and 23.68 respectively. This indicates that the females were less selfish compared to men which revealed that females had better mental health compared to the men. This type of result could be interpreted in the context of local cultural situation. In females the value of altruism was developed right from the early age as the girls had to adjust in another family after marriage. Thus, hypothesis No. 1 was confirmed.

Mean comparison of Males and Females on alienation

The above table reveals that females had better mental health as they had less alienation. The scores of males and females differed significantly. This was because of cultural training imparted on females. They were trained to be more satisfied from the beginning. Duties of females were limited to house-hold activities and they are not interacting people of the area for major personal and social decisions. Less alienation indicated superior mental health. Thus, hypothesis No.-2 was confirmed.

Table-2

Mean comparison of Males and Females on expression

| Groups | N | Mean | t | p |
|--------|-----|-------|------|------|
| Male | 75 | 30.50 | 1.82 | >.05 |
| Female | 75 | 31.60 | | |

The above table reveals that Males and Females did not differ significantly on expression aspect of mental health. This might be because expression ability depends upon the opportunity given to the males and females either in schools or in family. Thus, hypothesis No.-3 was rejected.

### Table-3

Mean Comparison of Males and Females on social non-conformity aspect of mental health

| Groups | N | Mean | t | p |
|--------|-----|-------|------|------|
| Male   | 75  | 28.65 | 2.35 | <.01 |
| Female | 75  | 26.73 |      |      |

It would be evident from the above table Males and females did differ significantly on non-conformity aspect did differ significantly on non-conformity aspect of mental health. On the basis of the results it might be concluded that males had less conformity compared to the females. Less social conformity led to better mental health and vice versa. This might be because of family training and culture. Females were more cautious about the opinion of people of the society regarding any action while males did not care public opinion compared to the females. Thus, hypothesis No.-4 was confirmed.

## V. CONCLUSION

On the basis of above findings it was found that the female had better mental health compared to the males as females showed better mental health on more dimension as of mental health. In the result section it was found that female showed better mental health on egocentrism and alienation dimensions of mental health compared to the males. On the other hand males showed better mental health on expression compared to the females. So far as expression dimension of mental health was concerned, both females and males and had showed similar mental health as no significant difference was found between males and females.

## VI. REFERENCES

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