

Role of Gender and Residence on Mental Health

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Abstract: *Mental health is a condition of psychological; maturity a relatively stable and enduring functions of personality. Its influence individual life; the first year college student faced lots of stressful experiences on college time so many times they reduced their mental health. The present study was conducted to see the role of gender and residence on mental health. 100 hostellers and 100 day scholars (half males and half females) were selected. To assess the mental health of the student's Hindi adaptation of the Middlesex Hospital Questionnaire was used. MANOVA result indicated that Obsessional Traits Symptoms and Neurotic Depression were presented more in hostellers as compare to the day scholars. Girls show more score than boys. Overall result found that gender and residence show significant effect on mental health, but jointly these factors, not affect the mental health of students.*

Keyword: *Mental Health, Residence and Gender*

I. Introduction

Mental health is a condition of psychological maturity a relatively constant and enduring function of personality. It is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (World Health Organization, 2010). Mental health encompasses behavioural, emotional, Neuro-developmental, psychiatric and psychological and substance abuse issues, as well as family and community issues that can contribute to this condition and the somatic manifestations of mental health issues (American Academy of Paediatrics, 2009). Mental health concerns are the most serious and prevalent health problems among students in higher education. All the time more effective psychopharmacological and psychotherapeutic treatments have facilitated matriculation for students with histories of anxiety, mood, personality, eating and substance abuse disorders. This phenomenon has been accompanied by an unusual increase in the number of formerly undiagnosed students requesting treatment. College and university mental health programs struggle to care for larger numbers of students, necessitating greater interdisciplinary collaboration in treatment, research, outreach, and educational services (Key & Schwarz, 2010). Mental health problem is common in college students than the general population. The many stresses of student life include moving away from home, dealing with finances, making new friends, coping with academic demands, parental and peer group pressure, and relationships. These stresses are all occurring at a transitional point in students' lives. Association for university and college counseling reported that approximately 20% of student population contact for the counseling. The main problem of student related to their mental health (Depression, Bipolar Disorder, Eating Disorders and Addictions, primarily to Drugs or alcohol) and well-being. Study shows more distress in compression to non students. Mchlennan (1992) reported that students have higher levels of anxiety and depression than general communities. College students are at an increased risk of development disadvantage and significant issue in college and universities (Aro, 1994; Benton, Robertson, Teseng, Newten & Bentn, 2003; Fiske & Chiriboga, 1990).

The social life of student in hostel constitutes an essential part of the learning experience on campus. Hostel life provides students with opportunities to interact with each other in a group setting through with respect, cooperation and sense of responsibility can be developed. Hostel environment can also help students to discover their talents increase their emotional maturity and acquired social skill, but hostel rules and regulation affect the student physical and mental health. If their environment is not comfortable they faced many problems and challenges to maintain their mental health. University and college counselors have reported that student shows more emotional and mental difficulties during last 30 year (Destetano, Mellolte & Petersen, 2001). College students show higher levels of Perceived stress, depression and anxiety, high level of perceived stress is responsible to poor adjustment in academic campus and interpersonal relations (Dyson & Rank, 2006).

Gender is a biogenic factor giving scope for identifiable differences due to the anatomy and physiology of male and female. It plays a vital role in all the affairs of human behaviour and so does in respect of their mental health. It is a critical determinant of mental health and mental illness. Gender differences in mental disorder extend far beyond differences in the rates of various disorders or indeed their differential time of onset

or course and include a number of factors that can affect risk or susceptibility, diagnosis, treatment and adjust to mental disorder. Gender difference in college Sharma (1979) found that boys in late adolescents show better mental health than girls. Anand (1999) reported that female students were found better mental health than male students. The first year students show depression and mental health problems affect interpersonal relationships and academic performance of distressed students (Kitzrow, 2003). Kuruvilla (2006) reported that girls show better adjustment than boys. Nanda (2001) also found girls showed better mental health than boys. Anxiety and depression were higher among younger people (Bland, 1997). Several studies noted that the role of gender and residence on mental health, but the study was not sufficient to understand the effect of residence and gender on the psychological health of students especially in the present era. The purpose of the present research work was to examine the role of gender and residence upon mental health.

Hypotheses

- There would be no difference between male and female students upon mental health.
- There would be no difference between hostellers and day scholars' students upon mental health.
- There would be no interaction between gender and residence upon mental health.

II. Method

Sample

The sample of the study 200 college students randomly selected from hostellers and day scholars of Degree College of Raipur district of Chhattisgarh state. The range of age of the subject is 19-22. In present study 100 hostellers study in which 50 male and 50 female and day scholar, student in which 50 male and 50 female.

Tool

To measure the dependent variable the Middlesex Hospital Questionnaire (M.H.Q.) constructed and Standardized by Srivastava and Bhat (1966) was used. The scale consists of six subscales having 8 questions each and total 48 items included in this scale.

Design

In this study, work 2x2 factorial design was employed to investigate the problem. Here the dependent variable is Mental Health Dimension and the independent variable is gender and residence. There are two levels of gender, i.e. male and female and two levels of residence hosteller and day scholars. The result of this study will be generalized only for these specific levels of the factors.

III. Results

The purpose of the present research work was to examine the role of gender and residence on the mental health of college students. Since this 2x2 factorial design was computed and the present research work the main and interaction effects of the two independent variables, namely gender (male & female) and residence (hostellers & day scholars) on the dependent variable, i.e., mental health is to be ascertained. To examine the dependent variable individual data was subjected to two ways MANOVA obtained result, i.e. Wilks' Lambda, F ratios and significance levels have been interpreted variable wise as under:

Table No. 1 MANOVA results for Mental Health: Main effect of gender

Variabe	Factors	Wilks' Lambda	F Ratio	Sig
		.901	3.52	.01
Gender	Free Floating Anxiety		2.56	NS
	Obsessional Traits and Symptoms		.06	.01
	Phobic Anxiety		9.62	NS
	Somatic Concomitants of Anxiety		.17	NS
	Neurotic Depression		7.73	.01
	Hysterical Personality Traits		.77	NS

It is clear from Wilks' lambda that overall effect of gender on mental health was significant. However, the univariate F ratios demonstrate a significant effect of gender on two factors only, i.e., Obsessional Traits and Symptoms and Neurotic Depression There was no gender variation in other dimensions of mental health. Mean values of significant factors are given in the table no. 2

Table No. 2 Mean scores on significant factor of mental health of boys and girls

Significant Factors	Boys	Girls
Obsessional Traits and Symptoms	5.32	6.35
Neurotic Depression	5.43	6.35

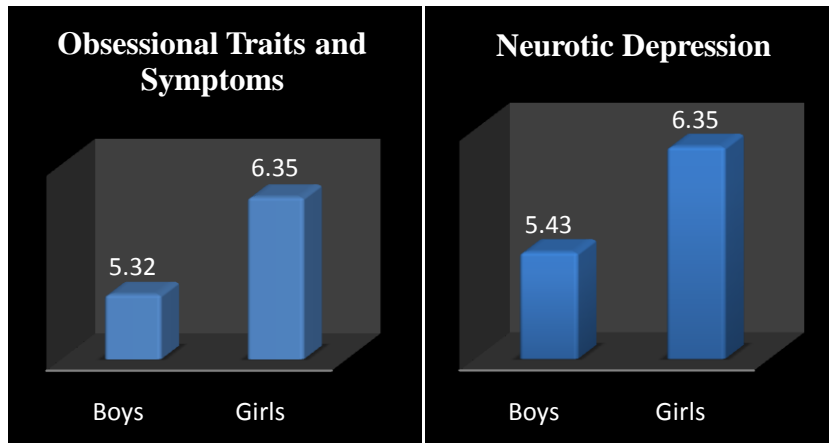


Figure - 1

Figure - 2

It is clear from the table no. 2 and above figures 1 and 2 shows that in Obsessive Traits and Symptoms and Neurotic Depression girls were more than the boys. The mental health of boys was found to be good than the girls. The null hypothesis is rejected.

Table No. 3 MANOVA results for Mental Health: Main effect of residence

Variable	Factors	Wilks' Lambda	F Ratio	Sig
		.804		.01
Residence	Free Floating Anxiety		1.3	NS
	Obsessive Traits and Symptoms		12.49	.01
	Phobic Anxiety		.13	NS
	Somatic Concomitants of Anxiety		.37	NS
	Neurotic Depression		18.64	.01
	Hysterical Personality Traits		.39	NS

It is clear from Wilks' lambda that overall effect of residence on home mental health was significant. However, the univariate F ratios demonstrate a significant effect of residence on two factors only, i.e., Obsessive Traits and Symptoms and Neurotic Depression There was no gender variation in other dimensions of mental health. Mean values of significant factors are given in table no. 4

Table No. 4 Mean scores on significant factor of mental health of hostellers and day scholars

Significant Factors	Hosteller	day scholars
Obsessive Traits and Symptoms	7.04	5.63
Neurotic Depression	6.72	5.06

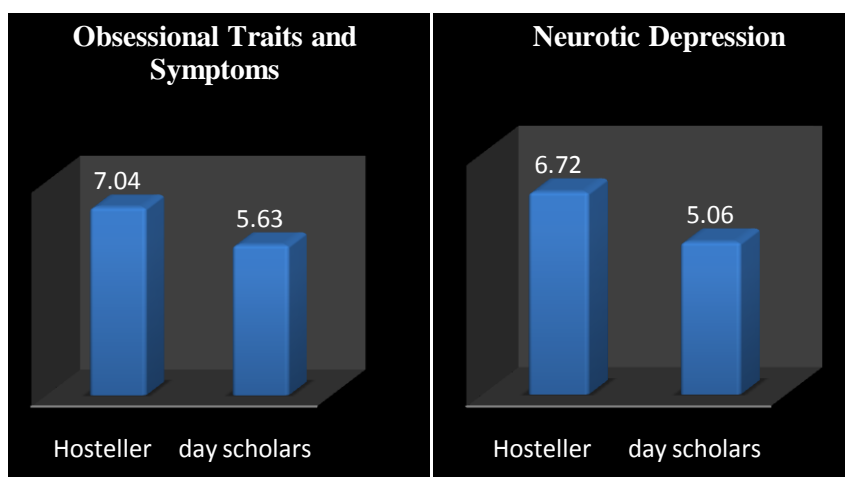


Figure - 3

Figure - 4

It is clear from the table no. 4 and above figures 3 and 4 shows that in Obsessive Traits and Symptoms and Neurotic Depression hostellers were more than the day scholars' students. The mental health of day scholars was found to be good than the hostellers. The null hypothesis is rejected.

Table No. 4: MANOVA results of mental health: Interaction effect of gender and residence

Variable	Factors	Wilks' Lambda	F Ratio	Sig
		.985		NS
Gender* Residence	Free Floating Anxiety		.49	NS
	Obsessional Traits and Symptoms		.01	NS
	Phobic Anxiety		.06	NS
	Somatic Concomitants of Anxiety		1.6	NS
	Neurotic Depression		.42	NS
	Hysterical Personality Traits		.05	NS

The Wilks' Lambda value for the interaction of gender and residence effect did not reach at significant level. The univariate F ratios for different dimensions of mental health were also not significant. It may be concluded on this basis that interaction between gender and residence did not yield any important variation in any dimension of mental health. The null hypothesis is accepted.

IV. Discussion

In the present study it was found that gender has a significant effect on Obsessional Traits and Symptoms and Neurotic Depression dimension of mental health and female show more. The overall effect of gender on mental health was significant. Girls have many mental disorders such as mood, Anxiety, depression and eating disorders. Our results suggest that girls show more depression and obsession symptoms than boys. Our findings are supported by the work of Sharma (1979) who have reported that boys in late adolescents show better mental health than girls. Female student shows more anxiety and depressive disorder. Ojha (2002) found that female were more anxious than male. Dutta (1998) reported that boys were better adjusted than girls. Kitzrow (2003) reported that first year students show more and mental health problems affect interpersonal relationships and academic performance of distressed students. Mental distress significantly more among female students than male (Goebert, Thompson, Takeshita, Beach, Bryson, Ephgrave K, et al., 2009). Fisher & Hood (1987) found that female show more depression, anxiety and phobias than male. Soet & Sevig (2006) found that depressive disorder more in females as compared to male and female also show high levels of anxiety than male. Female show higher level of major depression as compared to male (Hawthorne et al., 2008). Page (1999) female was showing higher rates of depression than the males. Ustun, et al. (2001) found that male show more depression than female. Depression is higher in female than male (Carson, Buteher, J. N. and Mineka, S., 1998). Females scored more in obsession because of stressful environment which force them to seek something which gives them pleasure. The present study result supports studies where results show that females show high level of obsession than males (Deshmukh & Singh, 2013). Female show more obsession disorder as compare to male (Mathis, Maria; Alvarenga; Funaro; Torresan; Moraes; Torres; Zilberman ; Hounie, 2011). Bogetto, Venturello, Albert, Maina and Ravizza (1999) found that Females more frequently showed acute onset of obsession and an episodic course of illness. Cilicilli et al. (2004) found that prevalence rate of obsession to be higher among females. Female show more death obsession than male (Issazadegan & Salmanpour, 2012). Sullivan (2005) found that female show higher rates of Obsessive behaviours/symptoms than male. Female students show more obsession as compared to male students (Umberto, Giuseppe, Federica, & Filippo, 2004). Result also found that residence has a significant effect on Obsessional Traits and Symptoms and Neurotic Depression dimension of mental health and hosteller show more. The overall effect of residence on mental health was significant. Students enter the college hostel developed depression, irritability, dissatisfaction, fear, etc. In the hostel students may face the problems within the hostel as well as in the college because of lack of satisfactory support. In the preliminary stage the students in the hostel are all new to each other, even their roommates, it's affected their mental health many studies show that female students residing in hostel more challenging. Fresh Hostel students indicated that more depressive symptoms (Kajavinthan, 2013). Female students live in hostel show average level of mental health (Kathotra, Sharma, 2013). College students reported that significant levels of depression since the start of college and hostel live (Furret et al., 2001). Hosteller shows more adjustment problems than day scholars (Visweswari & Reddy, 2014). Sud, 1991; Singh & Broota, 1992) found that hosteller girls were more worry and emotional than boys. Most of the students living in a hostel show bad mental and physical health than day scholars (Khera & Sharma 2012).

V. Conclusion

Mental health affects human life mentally healthy person has balanced, intelligent, having good relations, memory and learning capacity, has good emotional control, full of confidence, well adjusted, performed better in any field. On the basis of above result, it may be concluded that the main effect of gender and residence was found to be significant on mental health, but no interaction between these two factors thus, they jointly not influences the mental health of students.

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