



# REVIEW OF RESEARCH

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## COMPARATIVE STUDY OF MENTAL HEALTH STATUS BETWEEN RURAL AND URBAN GIRLS OF MADHYA PRADESH

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### ABSTRACT:

**Background:** Health is a very important aspect for each and every person's life. If the human being is not having good health he or she is unable to perform any kind of activities. Objectives of the study: 1) To characterize the mental health status of rural and urban girls of Madhya Pradesh .2) the second objective of the study was to compare mental health status of rural and urban girls of Madhya Pradesh. **Materials and Methods:** Randomly selected 500 rural and 500 urban girls of Madhya Pradesh and Age group of the subject 13 to 18 years. **Conclusions:** Significant difference was found between Urban and rural girls of Madhya Pradesh in relation mental health status Urban girls were having greater mental health in comparison to rural girls this might be due to Urban girls were more aware about health and Education.



**KEYWORDS:** : mental health status, rural girls, urban girls.

### INTRODUCTION :

Health is a very important aspect for each and every person's life. If the human being is not having good health he or she is unable to perform any kind of activities. Health plays vital role in the development process of the students. If the students are having good health they are actively performing their day to day task. If the students are healthy then only they can provide a good and healthy environment for the upcoming once. They each and every person is

every much health conscious and then also forms his busy schedules takes out the time and enjoys the physical activities. Same the students are also doing the same thing. Now days even the students are working themselves healthy and works for their health. Health is men's greatest wealth, he who has health must cherish it with care, least he should lost it. To this end he must have adequate knowledge of how to live health. Health is not merely absence of disease; it is positive quality of the living body of which fitness

for ones work and happiness are distinguishing marks.

Health status means the present condition of an individual with regards to his physical, mental and social well being.

### OBJECTIVES OF THE STUDY

- To characterize the mental health status of rural and urban girls of Madhya Pradesh.
- second objective of the study was to compare mental health status of rural and urban girls of Madhya Pradesh

## MATERIAL AND METHODS

In order to conduct this study randomly selected 500 rural and 500 urban girls of Madhya Pradesh. The age range of the subjects was between 13-18 years. The criterion measure of the study was the score obtained from the questionnaire of mental health status scale. Scale developed by Arun kumar singh, Alpana sen gupta(1985).Scale contained 130 items related to mental health status performance.

## RESULTS, DISCUSSION AND CONCLUSIONS

The data pertaining to mental health status of 500 rural and 500 urban girls of Madhya Pradesh was analyzed by Descriptive Statistics and comparison was made by independent t-test.

**Table-1**

**Descriptive Statistics of Mental Health Status of Urban and Rural Girls of Madhya Pradesh:**

Percentiles	Urban	Rural	Statistics	Urban	Rural
10	81.00	73.00	<b>Mean</b>	90.31	83.56
20	84.00	77.00	<b>Std. Error of Mean</b>	.30	0.36
30	86.00	79.00	<b>Std. Deviation</b>	6.71	7.94
40	88.00	81.00	<b>Skewness</b>	0.04	0.16
50	90.00	83.00	<b>Std. Error of Skewness</b>	0.11	0.11
60	91.00	86.00	<b>Kurtosis</b>	-0.72	-0.40
70	55.0	88.00	<b>Std. Error of Kurtosis</b>	.22	0.22
80	97.00	90.00	<b>Minimum</b>	74.00	67.00
90	99.00	93.00	<b>Maximum</b>	107.00	106.00

The table-1 shows the descriptive statistics of Mental Health Status. First three columns show the percentile and last three columns shows the descriptive statistics. The mean and standard deviation of Mental Health Status of urban and rural girls are  $90.31 \pm 6.71$  and  $83.56 \pm 7.94$  respectively. The skewness, kurtosis, their standard errors, minimum and maximum score itself shows the scientific authenticity of data. The percentile scales shows the value of data at different percentiles.

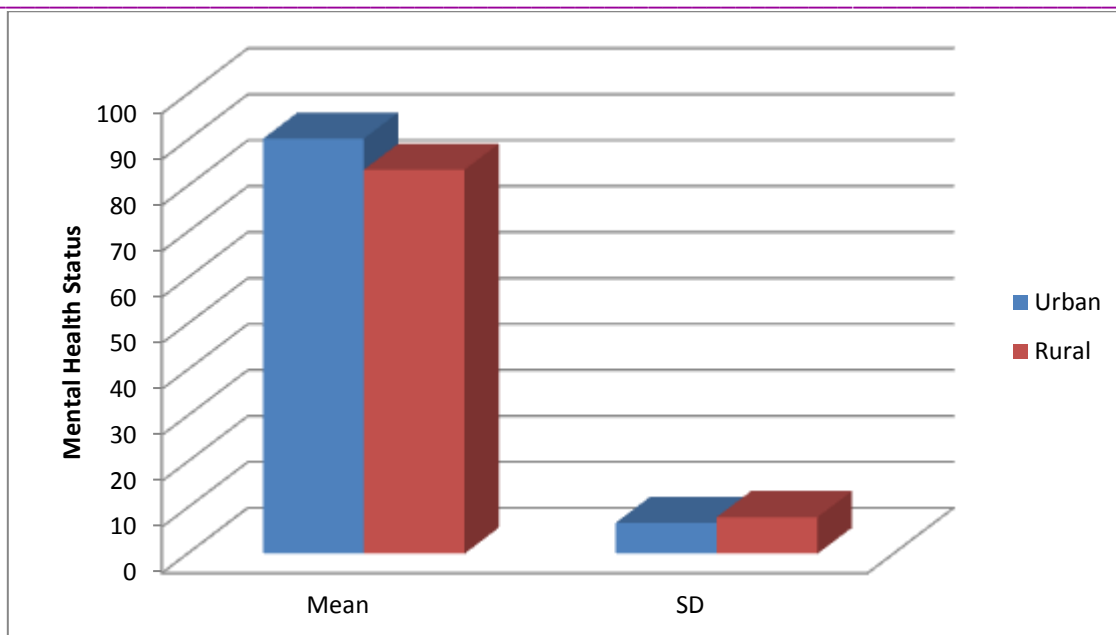
**Table-2**

**Comparison of Mental Health Status between Urban and Rural Girls of Madhya Pradesh**

Variable	Category	N	Mean	MD	df	t
Mental Health Status	Urban	500	90.31	6.75	998	14.5*
	Rural	500	83.56			

**Tab.'t' at 998 degree of freedom= 1.96**

Table- 2 reveals that there is a significant difference found in Mental Health Status between Urban and Rural Girls of Madhya Pradesh. Since, the calculate  $t$  value (14.5) is greater than the tabulated  $t$  value (1.96) at 0.05 level of significance. Hence, It is seems that the Mental Health Status of Urban Girls (M= 90.31) is found to be better than the Rural Girls (M= 83.56) of Madhya Pradesh. The graphical representation of comparison of means of Mental Health Status between Urban and Rural Girls of Madhya Pradesh has been presented in figure 2.



**Figure 1: Graphical Representation of Mean and SD of Mental Health Status of Rural and Urban Girls of Madhya Pradesh**

## CONCLUSIONS

Significant difference was found between Urban and rural girls of Madhya Pradesh in relation mental health status Urban girls were having greater mental health in comparison to rural girls this might be due to Urban girls were more aware about health and Education.

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