



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



EFFECT OF SOCIO ECONOMIC STATUS ON MENTAL HEALTH OF WORKING WOMEN'S

Mrs. Bhagya H. R.

**Lecturer in Economics , Seshadripuram Independent PU College ,
Kommaghatta Road, Satellite Town, Kengeri, Bengaluru, Karnataka.**

ABSTRACT:

The socio economic status is the most dominating factor in the present social condition without the social and economic stability we cannot able to imagine the satisfied and mentally relaxed life. The socio economic condition is having the influence on the mental health as well as personality of an individual.

The present study focused on the influence of socio economical status on the mental health among working women's of Bangalore city, Karnataka. The researcher used the socio economic status scale and mental health scale to measure the both levels among the sample, the objective of the study - to find out the influence of socio economic status on the mental health of the working women's.

the research hypothesis also stated that there is influence of the socio economic status on the mental health among the women's, The working women's in the banks, schools, factories were selected as sample of the study, two hundred women's were selected for the study and given the needful instructions about the study, the researcher divided the sample equally on the bases of their socio economic status in the society as high and low socio economic groups. The same groups were tested the mental health through the help of standard scale

*Tools used **The Socio-Economic Status Scale (SESS)**: the scale is prepared by the Lochan Bharathdwaj and **Mental Health Scale** was developed and standardized by Dr. Jagadish, Dept. of Psychology, R.B.S. College, Agra, & Dr. A.K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi. The inventory consists of 56 statements. The scales were used to measure the socio economic status and mental health of the sample. The basic statistical techniques like, mean, SD, and t tests were used in the study to analysis of the results.*



KEYWORDS: socio economic status, mental health .

INTRODUCTION :

Socio Economic status

According to international dictionary of education SES is defined as an individual's status in the social class, the professional, educational, cultural and also economical stage in the society. (Thomas, et. al. 1978.)

The socio economic status consists of related perspectives like, socio perspective of the family in the society which is dealing with the social value of the family and the persons in the present society. Family perspective is also measure the value and contribution of the family towards the development of society.

Income perspective we measure the total monthly income of the family, which is also the most influencing fact of the socio economic status in the society. Property perspective and educational perspective are also the factor to measure the status of the sample. Parsell (1984); defines socio-

economic status as measured on the professional status of the person as well as the total income, educational status and income sources of the important variables influencing child's social, psychological development' and his academic performance. Obviously for any study related to socio-educational problems, economic status of the parents, their status in the society and their occupation may be considered as important variables. Definitely a combination of these factors influence child's academic, social, cultural and aesthetic development.

MENTAL HEALTH

According to WHO Expert Committee (1959) "mental health implies the capacity in an individual to form harmonious relations with others and to participate in or contribute constructively to changes in his social and physical environment. It also implies his ability to a harmonious and balanced satisfaction of his own potentially conflicting instinctive drive, in that it reaches an integrated synthesis rather than the denial of satisfaction to certain instinctive tendencies as a means of avoiding the thwarting of others". Mental health can be conceptualized without restricting its interpretation across cultures. WHO (2001) has recently proposed that mental health is ... "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". World Health Organization (1946, 1986) definitions of positive mental health are still under debate but there has been a movement away from a focus solely on individual attributes such as coping skills or resilience to one which incorporates environmental and social conditions (Rutter, 1985; Health Education Authority, 1997; MacDonald & O'Hara, 1998; and Secker, 1998). So, mental health is an integral component of health through which a person realizes his or her own cognitive, affective, and relational abilities. With a balanced mental disposition, one is more effective in coping with the stresses of life, can work productively and fruitfully and is better able to make a positive contribution to his or her community (WHO, 2001).

METHOD

The study objective is to reveal the truth about the effect of the socio economic status on the mental health among working women's of Bangalore city, the researcher used the standard scales to measure the variables of the study. Through the socio economic status scale the sample was divided into two groups and compared the mental health among them.

OBJECTIVES

- ❖ To measure the socio economic status of the working women's
- ❖ To compare the mental health among high and low socio economic sample groups.
- ❖ To find out the influence of the socio economic status on the mental health of sample of the study.

HYPOTHESIS OF THE STUDY

- ❖ There is effect of socio economic status on the mental health of working women's
- ❖ There would be significance difference in mental health among high and low socio economic status groups of working women's.

Sample

The research investigator selected two hundred working women's from various schools, banks, factories, etc. through the simple random sampling method. The women's were divided high and low socio economic groups after testing the socio economic status through the standard scale and tested the mental health of same groups to find out the influence of socio economic status.

Tools

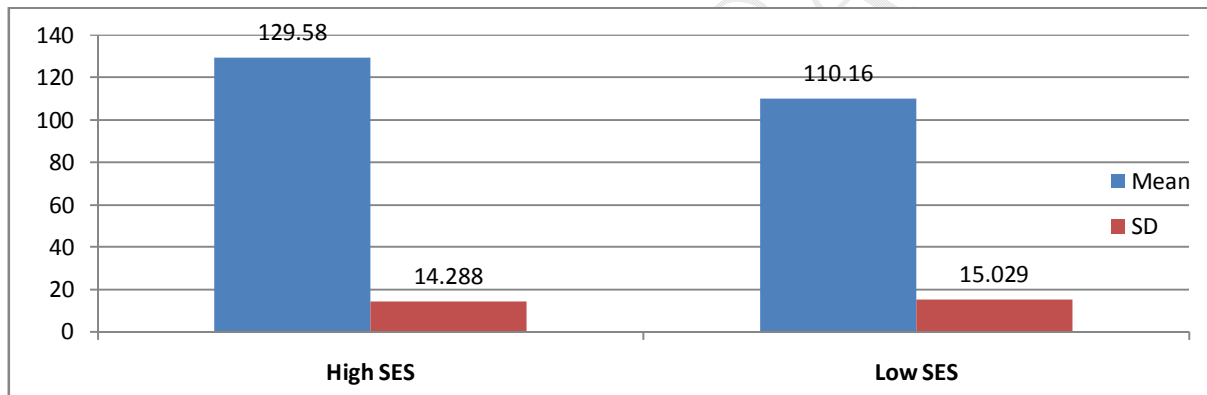
- The Socio-Economic Status Scale (SESS): the scale is prepared by the Lochan Bharathdwaj through the scale the researcher measured the socio economic status of the sample
- Mental Health Inventory (MHI) This scale was developed and standardized by Dr. Jagadish, Dept. of Psychology, R.B.S. College, Agra, & Dr. A.K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi. The inventory consists of 56 statements.
- SPSS the statistical package software used to find out the mean, SD and t value among the sample groups.

Data Analysis and Interpretation

The Table Showing The Mental Health Among High And Low Socio Economic Status Groups Of Working Women's.

Working Women's	N	Mean	SD	T value
High SES Group	100	129.58	14.288	5.735**
Low SES Group	100	110.16	15.029	

Significant at 0.01 levels**



The table and graphs representing the research result, the higher socio economic status group scored mean is 129.58, the standard deviation is 14.288, whereas the low socio economic group mean score is 110.16, the standard deviation is 15.029, the calculated t values is 5.735** significant at 0.01 levels. The lower socio economic group of working women's are lower in the mental health according to the study result.

CONCLUSION

The research study revealed that the socio economic status has the influence on the mental health of the sample of the study. The mental health scale range is 44 to 176 but the higher socio economic status group is below the normal level of mental health. Low socio economic group mean score is lower than the higher socio economic group.

- ❖ The research study revealed that the higher socio economic status group is better in mental health level than the low status group.
- ❖ There is influence of socio economic status on the mental health among the working women's of Bangalore city.
- ❖ The study showing that the social, educational, family, economic, income, property perspective are influencing the psychological factor among the working women's of Bangalore city.

- ❖ The mental health is more influenced by the socio economic status in the society and the present today the working women`s salary, other economic perspectives are impacting on the mental and physiological health of working women`s.

REFERENCES

- The international journal of mental health
- Socio economic status books and journals
- Online Psychological journals
- Personality traits
- Library sources related to research study