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SURVEY ON AWARENESS OF MENTAL HEALTH AND WELLNESS

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Sub Theme: Mental Health and wellness of College Youth

INTRODUCTION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health is a state of psychological well being in which a person is functioning at a satisfactory level and his behavioral adjustments are according to social norms. (Tyagi, 2017)¹ In recent years, health problems, particularly mental health of students is so interested. College is an important setting in which to evaluate and address mental health. Most mental disorders have first onset by young adulthood (Yaghoob Nami et al, 2014)². Today's younger generation represents the largest group of students in history. The transition from adolescence into young adulthood involves major changes in several areas – financial, housing, social, and emotional – and this transition period can cause relational challenges that some young adults experience as stressful. (Erik Retal, 2019)³. In this context, the present study was planned to be undertaken research to assess the awareness regarding mental health status among married female students and their role perception.

NEED OF THE STUDY

The researcher has come across many researches on mental health & wellness and on different aspects of mental health & wellness. Being an Assistant Professor, researcher comes across many married female students who struggled largely to manage study and family responsibilities. It is difficult to manage both in smooth manner because in Indian setting women generally need to prefer family over her own interest. This situation creates mental state disturbances. So it is necessary that everyone need to be aware about our own mental status to avoid serious consequences. There are very few researches done on survey mental health & wellness on married female students in teacher training course.

¹Tyagi P. (2017). "Mental Health among Married Women Students", *The International Journal of Indian Psychology*, Volume 5, Issue 1, DOI: 10.25215/0501.054

²Yaghoob Nami a *, Mohmmad Saleh Nami b, Khalil Allah Eishani (2014). "The Students' Mental Health Status." *Procedia - Social and Behavioral Sciences* 114 :840 – 844

³ Erik R. , Kirsti Grøtan¹ , Sund^{1,2} and Ottar Bjerkeset¹ (2019). "Mental Health, Academic Self-Efficacy and Study Progress Among College Students – The SHoT Study, Norway." *Front. Psychol.*

TITLE OF THE STUDY:

Survey on Awareness of Mental Health and Wellness.

RESEARCH QUESTIONS

1. Are the married female B. Ed students aware about own mental health & wellness?
2. Do they believe the importance of mental health and wellness?
3. Do they find these relevant in their present times?

AIM OF THE STUDY:

To study awareness about mental health and wellness among married female student teachers.

OBJECTIVES OF THE STUDY

1. To find out the awareness of mental health and wellness among married female student teachers.

Research Design

Methodology of the study

The present study deals with the awareness of mental health and wellness among married female student teachers. It also deals with the relevance of mental health and wellness with current lifestyle. The method used in this research is descriptive method by using survey technique. The study includes survey, data collection, processing, and then analysis of the data obtained.

Sample of the study

The sample consist 50 married female student teachers of Sir J. P. College of Education & Research (B. Ed), Palghar.

Technique: Purposive sampling technique was used for the selection of the sample.

Limitations of the study

The study is limited to only 50 married female student teachers of Sir J. P. College of Education & Research (B. Ed), Palghar.

Tools used for data collection

The following tools were used to collect data

1. Personal data sheet: This tool has been used to collect information about the gender, qualification and the marital status.

A close end Google form was given to students to find out the awareness mental health and wellness among married female student teachers. Questions were based on awareness mental health and wellness.

Data Collection :

The tool was administered to 50 married female students of Sir J. P. College of Education & Research (B. Ed), Palghar.

Scoring

The 3 point Likert Scale of 15 question where in the student had to answer the question based on awareness mental health and wellness.. The tool helps to assess the awareness about mental health and wellness among the married female students in the present scenario.

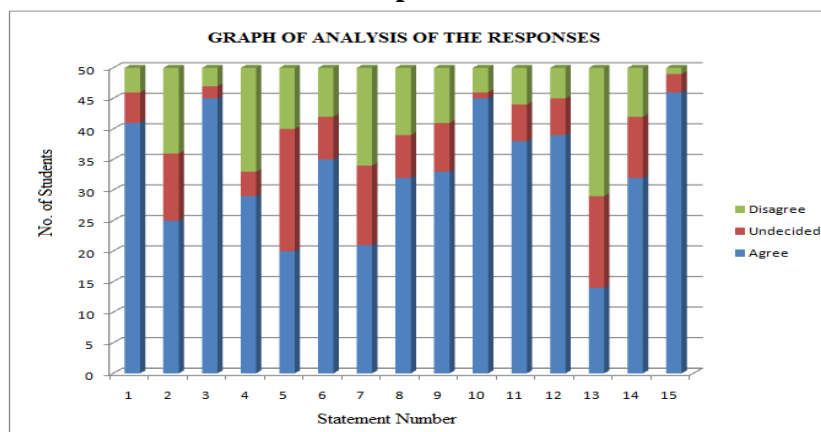
Data Analysis

The data was analyzed and the responses were also analyzed and their percentage was taken into account.

Sr. No.	Statement	Agree	Undecided	Disagree
1	Realization of one's ability to cope up with day to day stress is mental health.	41	5	4
2	Women in Indian community are less likely to get mental health care.	25	11	14
3	Sound mind is a real wealth & not pieces of gold and silver.	45	2	3
4	Education after marriage does not lead to disturb mental state.	29	4	17
5	Women predominate in the rates of common mental disorders.	20	20	10
6	Mental health comes with physical health.	35	7	8
7	Girls from nuclear families and women married at a very young age are at a higher risk for attempted suicide and self-harm.	21	13	16
8	Larger sections of women from all socioeconomic classes are multitasking in handling career, family and domestic duties suffers from mental disorder.	32	7	11
9	Symptoms of depression, anxiety, and unspecified psychological distress are 2–3 times more common among women than among men.	33	8	9
10	Violence and abuse is more common agent of mental illness among women.	45	1	4
11	Mood and behavioural changes are associated with menstrual cycle.	38	6	6
12	Unrealistic expectations set by both partners disturb the mental wellness.	39	6	5
13	Marital discord, disagreements is essential for marital life.	14	15	21
14	Mental disturbances frequently occur during late pregnancy and in the postpartum period.	32	10	8
15	Time management is the key to cope up with many hassles.	46	3	1

Analysis of the responses to the statement of the rating scale

Graph No. 1



Findings of the study

1. More than 82% students have accepted the first statement i.e. “Realization of one’s ability to cope up with day to day stressors is mental health.” whereas 10% were not sure and 8% were disagree. For the statement, “Women in Indian community are less likely to get mental health care.” 50% Student teacher are agreed upon this but 22% were not sure and 28% disagreed with this statement.
2. 90% of student teachers accepted third statements i.e. “Sound mind is a real wealth & not a pieces of gold and silver”, “Violence and abuse are more common agent of mental illness among women”, & “Time management is the key to cope up with many hassles.” 60-70% B. Ed students are agree to 4th statements i.e. “Mental health comes with physical health”, “Larger sections of women from all socioeconomic classes are multitasking in handling career, family and domestic duties suffers from mental disorder”, “Symptoms of depression, anxiety, and unspecified psychological distress are 2–3 times more common among women than among men” & “Mental disturbances frequently occur during late pregnancy and in the postpartum period.” But 16-20% disagreed and 14-20% was undecided with the statements.
3. For the statement, “Mood and behavioural changes are associated with menstrual cycle” & “Unrealistic expectations set by both partners disturbs the mental wellness.” 76-78% student teachers are agrees where as 12 % were not sure and 10-12% disagree.
4. 58% student was agreeing upon “Education after marriage does not lead to disturb mental state.” 8% were not sure and 34% were disagreeing. 20% B student agreed and not sure as well for the statement, “Women predominate in the rates of common mental disorders.” And 10% were disagreeing.
5. The statement “Girls from nuclear families and women married at a very young age are at a higher risk for attempted suicide and self-harm.” were accepted by 42% B. Ed students and rejected by 32% and 26% were not sure. The statement, “Marital discord, disagreements is essential for

marital life.” Were rejected by 42% B. Ed students but accepted by 28 % whereas 30% were not sure.

Conclusion

On the basis of above discussion and analysis researcher concluded that maximum married female student teachers were aware about the concept and importance of mental health and wellness. Daily work and family stressor are always here while managing education along with it is important. Time management is the key to handle the stress level which arises while managing education and family responsibilities simultaneously.

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