

A Study on Mental Health and Life Satisfaction among Management Female Students in Ranchi Town

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Abstract- The present study aims to investigate the impact of religion and marital status on mental health and life satisfaction among management female students. The sample was consisted of 80 management students selected by stratified random sampling from different institutions located in Ranchi town. The stratification was based on two groups of religion (Hindu and Muslim) and marital status (married and unmarried). In total, there were four sample sub - groups based on 2 x 2 factorial design and for each sample sub-group, 20 cases were selected randomly. General Health Questionnaire (GHQ)-12 by Shamsunder et al. (1986) and Goutam et al. (1987) was applied to measure the level of mental health. Life Satisfaction Scale by Q.G. Alam (2001) was used to find out the level of life satisfaction among the student sample. ANOVA, t-test and Correlation were used to analyze the data by SPSS. The results indicated that there was no significant effect of religion on mental health and life satisfaction. There was significant effect of marital status on mental health and life satisfaction of the student sample. Mean scores revealed that unmarried management female students have better mental health and more satisfied with life as compared to married management female students. And co-relation between mental health and life satisfaction was found significant in relation to religion (Hindu and Muslim) and marital status (married and unmarried).

Index Terms- life satisfaction, mental health, religion, marital status

I. 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 level of psychological well-being, or an absence of mental illness. . It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". Komrad (2012) asserts that "mental health problems affect all segments of the society, regardless of age, gender, education, or ethnicity". Bhatia (1982) considered mental health as the ability to balance feelings, desires, ambitions and ideas in one's daily living. It means the ability to face and accept the realities of life. According to the World Health Organization, however, mental health is "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect and negative affect (Diener, 1984). Life satisfaction is the way people show their emotions and feelings (moods) and how they feel about their directions and options for the future. Life satisfaction gives meaning to one's life and it can be source of a feeling or self-worth. In the Indian context, most of the elderly review their part life in terms of self-fulfilment (Butler, 1976). Ruchi Sundriyal and Dr. Ravindra Kumar conducted a study in 2013 on Depression and Life Satisfaction among 60 Married & Unmarried Women. Results found that there is significant difference regarding depression and life satisfaction between married and unmarried woman. Results revealed that unmarried women have higher depression in compare to married women. On life satisfaction scale unmarried women have higher life satisfaction in compare to married women. Saleh A. Al Khatib studied in 2013 to investigate the predictive role of life satisfaction, self-esteem, gender and marital status on depressive symptoms. The sample consists of 547 (315 female; 232 males) undergraduate students from university of Science and Technology in United Arab Emirates. The findings show that Female students reported higher level of depressive symptoms than males. Also single students obtained higher depression than married. The findings showed that lower life satisfaction and lower self-esteem were associated with high levels of depressive symptoms. Guarnaccia and Worobey, (1991) investigated the effects of marital status on levels of depressive symptoms. Their findings revealed that unmarried women reported higher levels of depressive symptoms than married women. Similar results were found in a study conducted by Roberta and Roberts (1982). Recently, Talaei et al. (2009) conducted a research on 1300 Iranixc man college students to investigate the correlation between depression, self-esteem, and support among

Iranian college students. Their findings showed that single students experienced more depression than the married. Fergusson, McLeod, Horwood and Swain (2015) studies that mental health was strongly associated with life satisfaction. Overall, this study showed that life satisfaction influences mental disorder, and mental disorder influences life satisfaction.

Raj, Kumar and Verma (2017) examined the relationship between life satisfaction and mental health on research scholars from the Tata Institute of Social Sciences (TISS) & International Institute for Population Sciences (IIPS). Out of total 144 participants, 94 respondents were taken from IIPS and 50 respondents from TISS. Findings of the study clearly highlighted the role of life satisfaction in determining mental health of the research scholar.

II. OBJECTIVES

- i. To study the impact of religion and marital status on mental health of the female students.
- ii. To study the impact of religion and marital status on life satisfaction of the female students
- iii. To study the inter-relationship between mental health and life satisfaction

III. Hypotheses

- i. There may be significant impact of religion on mental health.
- ii. There may be significant impact of marital status on mental health.
- iii. There may be significant impact of religion on life satisfaction.
- iv. There may be significant impact of marital status on life satisfaction.
- v. There may be significant relationship between mental health and life satisfaction.

IV. Methodology

Research design

a) Sample

The sample of present study was consisted of 80 management students selected by stratified random sampling from different management institutions in Ranchi town. In total there were 4 sample sub-groups based on 2x2 factorial design and for each sample sub- group, 20 cases were selected randomly.

The criteria of the stratification were:-

- Religion – 2 (Hindu and Muslim)
- Marital status-2(married and unmarried).

b) Research design

Table –1:

Religion	Hindu		Muslim	
	Married	Unmarried	Married	Unmarried
Marital status	20	20	20	20
Total	40		40	
Grand Total	80			

Tools:

The following tools were used for the study

i. Personal Data Questionnaire:

This questionnaire was designed by the researcher to collect information about the respondents’ personal history viz. name, age, gender, marital status ,religion, education, Institution, place of residence, family income etc.

ii. General Health Questionnaire (G.H.Q.) -12:

General Health Questionnaire (G.H.Q.)-12 was developed by David Goldberg and Paul Williams, (1979). Hindi version was developed by Sham sunder et.al, (1986) and Goutam et.al, (1987).. Half items are positively framed (e.g. ‘Over the past few weeks, have you been able to enjoy your normal day to day activities?’) and half are negatively framed (e.g. ‘Over the past few week, have you lost much sleep over worry?’).It has four response alternatives. Scores 0 0 1 1 are divided from positive to negative items. Thus GHQ-12,

Offers a possibility of maximum score of 12. A total GHQ-12 scores have been calculated by summing all scores, where higher score indicated higher level of psychological distress. Reliability of the test was 0.83 determined by test - retest method and the validity was 0.73.

iii. **Life Satisfaction Scale**

This test was developed by Q. J. Alam and Ramji Srivastava (2001) which consists of 60 items. Every item has to be responded either in 'yes' or 'no'. There is no other alternative. Every 'yes' response is assigned 1 score. The test retest reliability was 0.84. The validity of the scale was obtained by correlating it with Saxena's Adjustment Inventory and Srivastava's Adjustment Inventory. The quotient obtained was .74 and .82 respectively).

III. RESULTS & ANALYSIS

Table-2: Analysis of Variance (ANOVA) showing the impact of religion and marital status on mental health:

Mental Health					
Sources of Variations	Sum of Square	df	Mean Square	F Value	Level of Significance
Main Effects					
A. Religion	0.013	1	0.013	0.29	NS
B. Marital status	2.813	1	2.813	6.62	SIG
Interaction Effects					
A X B	0.112	1	0.112	0.26	NS
Within (Error)	32.25	76	0.424		

NS: Not Significant

** Significant at 0.01 level

The result of Analysis of Variance (ANOVA) shown in above table summarized as follows:

Main Effects

- The F value of religion is 0.29, which is found statistically not significant. It indicates that Hindu and Muslim female students did not differ significantly on mental health.
- The F value of marital status is 6.62, which is found statistically significant. It shows that married and unmarried female students were significantly differ on mental health.

Interaction Effects

- The F value of A x B (Religion and marital status) factors is 0.26, which is found statistically not significant. It indicates that religion and marital status jointly did not effect on mental health of the sample.
- Above result are shows that hypothesis (i): 'There may be significant impact of religion on mental health.' is not significant. Hypothesis has not proved.
- Hypothesis (ii) 'There may be significant impact of marital status on mental health.' is significant.Hypothesis has been proved.

Table-3: Analysis of Variance (ANOVA) showing the impact of religion and marital status on life satisfaction:

Life Satisfaction					
Sources of Variations	Sum of Square	df	Mean Square	F Value	Level of Significance
Main Effects					
A. Religion	4.00	1	4.00	0.05	NS
B. Marital status	915.30	1	915.30	12.50**	SIG
Interaction Effects					
A X B	7.57	1	7.57	0.10	NS
Within (Error)	5561.17	76	73.17		

NS: Not Significant / ** Significant at 0.01 level

Main Effects

- The F value of religion is 0.05, which is found statistically not significant. It indicates that Hindu and Muslim female students did not differ significantly on life satisfaction.
- The F value of marital status is 12.5, which is found statistically significant. It shows that married and unmarried female students significantly differ on life satisfaction.

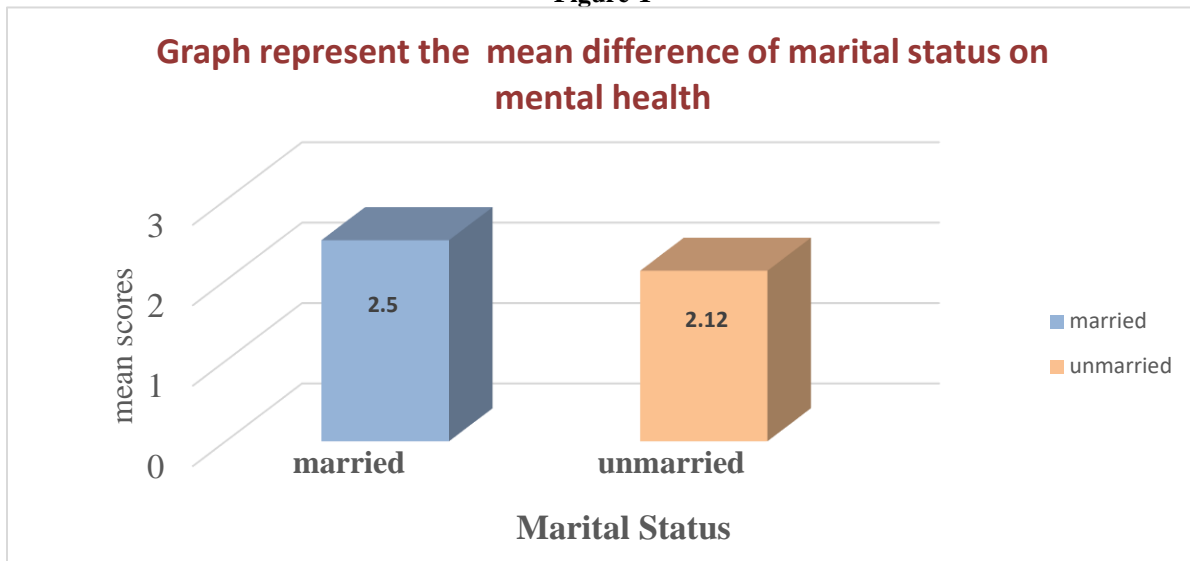
Interaction Effects

- The F value of A x B (Religion and marital status) factors is 0.10, which is found statistically not significant. It indicates that religion and marital status jointly did not effect on life satisfaction of the sample.
- Above result are shows that hypothesis (iii): ‘There may be significant impact of religion on life satisfaction’ is not significant.Hypothesis has not proved.
- Hypothesis (IV): ‘There may be significant impact of marital status on life satisfaction’ is significant.Hypothesis has been proved.

Table 4: Comparison between Married and Unmarried female groups on Mental Health

Group	N	Mean	SD	t-value
Married	40	2.50	0.59	2.60
Unmarried	40	2.12	0.68	

Figure-1



Above (table-4) and figure (figure-1) indicates that

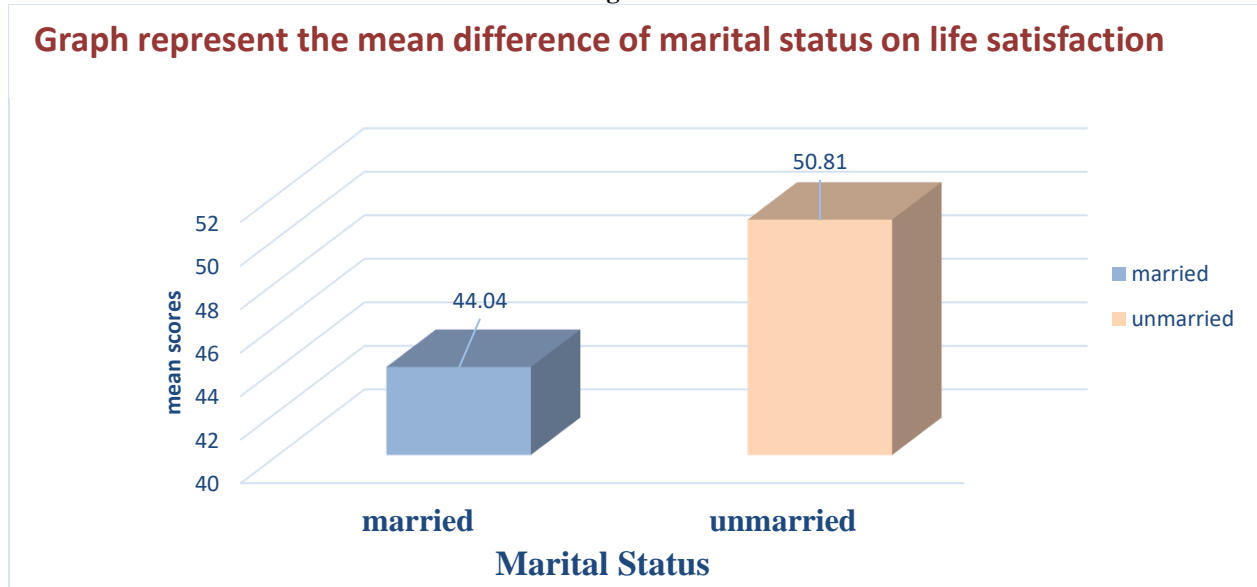
- There are significant difference between married and unmarried group is found 2.6, which is significant at .01 level.
- Mean scores of married female students are significantly higher than unmarried female students on mental health.

Above result proved the hypothesis (ii): ‘There may be significant impact of marital status on mental health ’.

Table 5: Comparison between married and unmarried groups on life satisfaction

Group	N	Mean	SD	t-value
Married	40	44.04	7.29	3.58
Unmarried	40	50.81	9.47	

Figure -2



Above (table-5) and figure (figure-2) indicates that there significant difference between married and unmarried group is found 3.58, which is significant at .01 level.

Mean scores of unmarried female students are significantly higher than married female students on life satisfaction. Above result proved the hypothesis (Iv): ‘There may be significant impact of marital status on life satisfaction’.

Table – 6: Inter-correlation between mental health and life satisfaction on total sample. (Total Sample =100)

	Life Satisfaction	P-Value
Mental Health	0.73**	0.01 level

** Significant at 0.01 level

- Above (table 6) reveals that there is a significant positive relationship between mental health and life satisfaction.
- The relationship between mental health and life satisfaction has been found 0.73, which is significant at 0.01 level.
- Above result has proved the hypothesis (v): ‘There may be significant relationship between mental health and life satisfaction’.
- This hypothesis has been accepted.

Table – 7: Inter-correlation between mental health and life satisfaction in respect of Religion. Hindu’s (N=40) / Muslim’s (N=40)

	Student’s Mental Health	Life Satisfaction
Student’s Mental Health		0.69**
Life Satisfaction	0.76**	

** Significant at 0.01 level

- Above(table 7) reveals that among group of Hindu female student’s mental health has been found to significantly and positively related to life satisfaction ($r = 0.69, P < 0.01$).
- Among group of muslin female student’s mental health has been found to significantly and positively related to life satisfaction ($r = 0.76, P < 0.01$).
- Above result has proved the hypothesis (v): There may be significant relationship between mental health and life satisfaction’ This hypothesis has been accepted.

Table – 8: Inter-correlation between mental health and life satisfaction in respect of marital status. Married (N= 40) / Unmarried (N=40)

	Student’s Mental Health	Life Satisfaction
Student’s Mental Health		0.65**
Life Satisfaction	0.73**	

** Significant at 0.01 level

- Above(table 8) reveals that among group married female students mental health has been found to significantly and positively related to life satisfaction ($r = 0.65, P < 0.01$).
- Among group of unmarried female students mental health has been found to significantly and positively related to life satisfaction ($r = 0.73, P < 0.01$).
- Above result has proved the hypothesis (v): There may be significant relationship between mental health and life satisfaction’
- This hypothesis has been accepted.

IV. Discussion

- There was found no significant impact of religion on mental health and life satisfaction of the female students.
- There was found significant impact of marital status on mental health and life satisfaction of the female students. The results obtained from the analysis are consistent with previous studies (Ruchi Sundriyal & Dr. Ravindra Kumar (2013).
- There was found significant mean difference between married and unmarried female students on mental health and life satisfaction.
- There is a significant positive relationship between mental health and life satisfaction. The results obtained from the analysis are consistent with previous studies (Fergusson, McLeod, Harwood, Swain, Raj, Kumar and Verma (2015).

V. CONCLUSION

It was concluded from the above analysis that there has been no significant impact of religion and significant impact of marital status on mental health and life satisfaction of the female management student sample in Ranchi town. It was also revealed that mental health and life satisfaction are positively correlated to each other.

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