CHAPTER -IV

SUMMARY

Study of mental health has been a challenging task for the psychologists, researchers and other professionals who practice in medical and counseling fields. Studies concluded on mental health during the last ten years have not brought to light any single factor or a group of factors that equally and consistently promote mental health of professionals. Different factors have differently influenced mental health at different time and in different situation, because it is influenced by the needs of aspirations, personality factors and other socio-psychological factors prevailing in the society and innumerable situational factors that exist at a particular moment of time. Psychologists have realized the complexities associated with the study of mental health of professionals especially doctors and advocates.

Numerous theoretical models have been proposed to solve the mysteries associated with the problem of mental health. Three models were empirically tested which led to the emergence of various theories and approaches such as Freud’s Psychoanalytic Model, Biomedical model, Family Treatment model, Educational Programme Models. Behavioural Theories, Social Learning Theories and other models. Cognitive theories and etc. Any researcher of mental health must take into account the models as well as the theories before one venture to study mental health.

The present investigator reviewed the theories and critically analysed literature helped us in delegating the independent variables that have not
been expressively researched to the desire extent. It emerged that profession, gender differences, occupation of spouse are some of the demographic variables along with the nine personality traits that may influence mental health. Such an exercise helped us in deciding the aim and objectives of the present study. Chapter one of the thesis contains all the aspects mentioned above.

In chapter two we have dwelled upon methodological issues such as tool of measurement, sample, hypothesis to be tested and the experimental design, to be selected for carrying out the research.

Mental health scale developed by Dr. Anand Kumar and Dr. Giridhar P. Thakur (1986) has 50 items for measuring the different modes of mental health in the form of reaction on positive and negative dimensions. The scale was critically evaluated and it was found desirable to study mental health of professionals (especially doctors and advocates).

Multivariable Personality Inventory (MPI) developed by B.C. Muthayya (1973) has been selected because of its reliability and validity coefficient were found to be psychometrically sound for measuring different personality traits. It also has 50 items answering in the form of 'Yes' and 'No'.

In the present research work some objectives have been formulated and these objectives are as follows.
Objectives:

1. To ascertain the degree to which type of profession, sex, occupation of spouse and personality characteristics influence the mental health of professionals (Doctors and Advocates).

2. To estimate the level of mental health of the professionals included in the sample.

3. To compare the male and female professionals in respect of their mental health.

4. To find out the magnitude of relationship between each factor of personality (Empathy, ego-ideal, pessimism, introversion, neuroticism, need-achievement, self-confidence, dogmatism and dominance) and mental health of professionals.

5. To find out the cumulative effect of profession sex and occupation of spouse on mental health of subjects.

Some hypothesis were formulated those are given as below-

Hypothesis:

1. An individual's mental health is likely to be influenced to a moderate degree by personality attributes profession, sex and occupation of spouse.

2. By and large professionals included in the sample are likely to be normally mentally healthy.

3. The likelihood is that the relationship between each factor of personality and mental health level will be low.
4. The mental health is likely to be cumulatively influenced by profession, sex and occupation spouse.

5. Male and female professionals will differ significantly in respect of their mental health.

6. The individuals belonging to such profession as doctors and advocates will differ significantly in respect of their mental health.

The present study was conducted on sample of 300 Professionals (150 Doctors and 150 Advocates) drawn from Meerut District. The researcher personally contacted Doctors and Advocates who were doing their private practice in Meerut City. The characteristics of the sample were as follows:

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<tr>
<th>Characteristics of the samples</th>
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<tbody>
<tr>
<td>Groups</td>
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<tr>
<td>--------</td>
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<tr>
<td>Doctors (150)</td>
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<td>Advocates (150)</td>
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In the present investigation there were four independent variables (such as profession, gender differences, occupation of spouse, and personality traits) and one dependent that is mental health. In such a case, to observe their significant effect and to find out correlation between personality traits and mental health, two statistical techniques such as ANOVA and Product Moment Coefficient of Correlation and 2x2x2 Fractional Design were found to be the most relevant statistical technique for analyzing the data.
Major Findings are Tested as Below:

(i) Profession, gender differences and occupation of spouse exert Cumulative effect or say interactional effect on mental health of subjects.

(ii) Profession type and occupation of spouse emerged as significant factors to influence mental health.

(iii) Out of nine personality traits only two 'neuroticism' and 'self-confidence' as a whole, while 'empathy' among male Doctors and female advocates and 'ego-ideal' in female advocates were found positively correlated with mental health of professionals.

$t$-test was also used to find out significant differences between the groups.

Results Obtained Through $t$-test are as Follows:

(i) Profession exerts significant effect on mental health. Doctors had better mental health as compared to advocates.

(ii) Professionals who have working spouses had better mental health than those who had no working spouses.

(iii) Doctors female had better mental health as compared to advocates female.

(iv) Doctors who have working spouses had better mental health as compared to advocates with working spouses.

(v) Doctors female have better mental health as compared to doctors male.
(vi) When the two groups (male and female, doctors and advocates) were compared on various personality traits significant positive correlation were obtained only on three personality traits 'neuroticism' 'self-confidence' 'empathy' on mental health among doctors. While no such relations were observed among advocates. When we compared male/female on different personality traits it was found that 'empathy' and 'ego-ideal' among women was positively correlated with the mental health than their counterparts.

Suggestions:

The findings on the present study were significant in many ways but they have their limitations. Since this study was conducted in private sector organization and on those professionals who are working at district level. The factors that have emerged as important may not be applicable to the professionals who work at government and semi-government organization. If the study is extended to other type of organization it may reinforce our present findings.

1. Not only on doctors and advocates who work in Meerut City, if we conducted study on large number of varied professionals (Lecturers, Bank employees and other public and private sectors professionals who work at districts, town and villages level it may reinforce our present findings.

2. If we take into account the latest tools and use multiple regression for measuring the mental health and personality traits, they will reinforce our present findings.
3. Mental health has been a topic of interest for researchers because innumerable factors specifically situational ones affect them. Thus it may be suggested that replicative studies may be undertaken in large and medium size in government organization and private sector organization.

4. In the recent years, socio-technological changes, cultural and economical changes influence individual’s behaviour. Thus it may be visualized that these socio-cultural and technological factors may be taken as independent variables to assess their influence on mental health.

5. Theoretically speaking, locus of control and type A and Type B personality and its relation to mental health needs to be assessed by the use of another statistical technique.

Summarizing our suggestions, we may be permitted to say that larger samples and varied nature of professionals and varied nature of organization (Public, Private, semi-private etc.) together with the addition of new independent variables, new tools and statistical analysis should be undertaken to study the professionals mental health status.