



# A Descriptive Study to Assess Mental Well-Being Among Women at Yelachanahalli, Bengaluru.

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## ABSTRACT

Mental wellbeing in general is the state of thriving in various areas of life, such as in relationships at work, play we are separate from our problems and the belief that we can handle those problems. Wellbeing is fundamental to our health and overall happiness. Having a strong and well adopted sense of wellbeing can help us overcome difficulties and help us to achieve our goal in life. **Method:** A study was conducted by using descriptive cross sectional research design, 60 women of age group between 35-49 (in years) were selected by using non probability purposive sampling technique and they were assessed for their mental wellbeing. **Results:** Mean score was 50.61 with standard deviation of 6.9. The Chi square test shows that there is no significant association between mental well-being among women and their selected demographic variables. age, marital status, education, occupation, type of Family, total number of children, area of residence, religion, family monthly income, previous knowledge. **Conclusion:** Our findings reveal that among 60 women between the age group(35-49) years are having mild and medium mental wellbeing in which, 04 women(6.66%) are having mild mental wellbeing and 56 women(93.33%) are having medium mental wellbeing.

## INTRODUCTION

Women's mental health is multifactorial which is determined by both biological and social factors. Examining the clinical profile of mental disorders in women brings to light the fact that men and women are affected disproportionately by mental illness. The greater vulnerability of women can be owing to physiological changes as well as social factors such as poverty, sexual abuse, intimate partner violence, and so on. Mental health during pregnancy and postpartum deserves special attention as violence, and so on. Mental health during pregnancy and postpartum deserves special attention as untreated maternal depression results in serious ill effects in both the mother and the child.

Women and men are not different not only in their obvious physical attribute, but also in their psychological makeup, there are actual difference in the women's and men's brain are structured and wired in the way, the process information react to events and stimuli. Women differ in the way they communicate and deal in the relationships, express their feelings and react to stress, only for this woman is weaker in physical and mental wellbeing.

In general mental wellbeing is a state of thriving in various areas of life, such as in relationships at work, play we are separate from our problems and the belief that we can handle those problems. The effect of our mental wellbeing

is experienced in every aspects of our lives, our moods, physical health and social connections helps us to cope better with adversity and unexpected hurdles, together they contribute to our mental well-being.

Mental wellbeing is fundamental to our health and overall happiness. Having a strong and well adopted sense of wellbeing can help us overcome difficulties and help us to achieve our goal in life.

## NEED FOR THE STUDY

Well-being is the experience of health happiness and prosperity, it includes having good mental health and life satisfaction.

The greater vulnerability of women can be owing to physiological changes as well as social factors such as poverty, sexual abuse, stress, domestic violence and so on.

Good mental health is essential to overall well-being. More than 1 in 5 women in the USA experienced a mental health condition in the past year, such as depression and bipolar disorder, affected more women than men or affect women in different ways from men. Most serious mental health conditions cannot be cured. But they can be treated, so you can get better and live well.

Indian women have poor mental well-being comparing to males in the world, as 87% of working Indian women reported that they felt stressed, anxious and unenthusiastic, while 82% said that they have no time to relax and also, 55% of Indian women experience stress and poor mental well-being because of their family and gender discrimination.

## OBJECTIVES OF THE STUDY

- ✓ To assess the mental wellbeing among women.
- ✓ To find out the association between mental well-being among women and their selected demographic variables.

## METHOD

### RESEARCH APPROACH

The Qualitative research approach was determined to assess mental well-being among women.

### RESEARCH DESIGN

The research design chosen for this study was, Descriptive Cross sectional research design.

### RESEARCH SETTING

The study was conducted at Yelachanahalli, Bengaluru. It is a urban area, which is situated 2 kms away from college of Nursing Sciences, Dayananda Sagar University, The researchers have selected this setting as it is feasible to conduct the study.

### POPULATION

The target population is the group of population in which the researcher aims the group to generalize his findings. In this study the target population comprises of women.

The accessible population, in this present study was women residing at Yelachanahalli, Bengaluru.

### SAMPLE

The sample for the present study was women aged between 35 to 49 years residing at Yelachanahalli, Bengaluru.

### SAMPLE SIZE

The sample size of the study was 60.

## SAMPLING TECHNIQUE

Non Probability Purposive sampling technique was used for selecting the sample of the study.

## INCLUSION CRITERIA

### Women who are

- ❖ between the age group of 35 to 49 years.
- ❖ willing to participate in the study.
- ❖ available at the time of data collection.
- ❖ cooperative.
- ❖ Women who understands Kannada.

## EXCLUSION CRITERIA

### Women who are

- ❖ Suffering from acute / Chronic illness.
- ❖ diagnosed as having psychiatric disorders.
- ❖ facing loss and grief process in the family.

## SELECTION AND DEVELOPMENT OF RESEARCH TOOL

Structured interview schedule, The Warwick- Edinburgh Mental Well-Being Scale (WEMWBS) was used to collect data.

## DESCRIPTION OF THE TOOLS

It consists of two sections

### SECTION-A: Demographic variables

It consists of demographic variables of the women such as Age, Marital status, Education, Occupation, Type of Family, Total Number of Children, Area of Residence, Religion, Family Monthly Income, Previous Knowledge.

### SECTION-B: The Warwick- Edinburgh Mental Well-Being Scale (WEMWBS)

This is one of the standardized scale, which was used to assess the mental wellbeing. Warwick-Edinburgh Mental Well-Being Scale, It is a 14 Positive Worded items for assessing a mental wellbeing, responses are made on a 5 point scale and all questions are equally weighted, scores will range from a minimum of 14 to a maximum of 70. The scores are interpreted in to three, 14 – 42 considered as Mild Mental Wellbeing, 43 – 60 as Medium Mental Wellbeing and 61 – 70 scores as to be High Mental Wellbeing.

## RESULTS AND FINDINGS

### SECTION-A

#### Distribution of women according to their Demographic variables

**Table-1: Frequency and Percentage wise distribution of Socio Demographic Variables**

SL. NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	<b>Age in years</b>		
	(a) 35-39	15	25%
	(b) 40-44	23	39%
	(c) 45- 49	22	36%
2.	<b>Education</b>		
	(a)No formal education	11	18%
	(b)Primary education	14	23%
	(c)Higher secondary education	23	39%
	(d)Graduation	12	20%
3.	<b>Marital status</b>		
	(a)Married	50	83%
	(b)Unmarried	1	2%
	(c)Widow	5	8%
	(d)Separated	4	7%
4.	<b>Occupation</b>		
	(a)Daily wager	8	13%
	(b)Self employed	20	33%
	(c)Home maker	30	50%
	(d)Any other	2	4%
5.	<b>Religion</b>		
	(a)Hindu	43	72%
	(b)Muslim	14	23%
	(c)Christian	3	5%
6.	<b>Type of family</b>		
	(a)Nuclear family	46	77%
	(b)Joint family	8	13%
	(c)Single parent	5	8%
	(d)Reconstructive family	1	2%
7.	<b>Total no of children</b>		
	(a)Nill	5	8%
	(b)One	12	20%
	(c)Two	29	49%
	(d)More than two	14	23%
8.	<b>Family monthly income</b>		
	(a)Below 10000	5	8%
	(b)10000-15000	14	24%
	(c)15001-20000	29	48%
	(d)Above20000	12	20%
9.	<b>Area of residence</b>		
	(a)Urban	50	83%
	(b)Slum	10	17%
10.	<b>Previous knowledge</b>		
	(a)Through mass media	16	27%
	(b)Through family	17	29%
	(c)Through peers	14	23%
	(d)Through participation in the same study	13	21%

The above table1 shows distribution of demographic variables of 60 women. Based on age in years 15(25%) of women belongs to 35 - 39 years, 23(39%) belongs to 40 - 44 years and 22(36%) belongs to 45 - 49 years. Distribution according to the Educational status reveals that, 11(18%) women had No formal

education, 14(23%) had Primary education, 23(39%) had Higher secondary education and 12(20%) of them were Graduates. When comparing the occupation, 8(13%) women were Daily wagers, 20(33%) were Self-employed, 30(50%) were home makers and any other 2(4%). Regarding marital status 50(83%) women were married and 1(2%) were unmarried, 5(8%) were widow, 4(7%) of them were separated. According to Religion, 43(72%) of women are Hindus, 14(23%) of them were Muslims and only 3(5%) of them were Christians. Distribution of respondents for Type of family in which 46(77%) belong to nuclear family, 8(13%) belong to joint family, 5(8%) were single parent family and 1(2%) were reconstructive family. Distribution of women according to the total number of children, 5(8%) of them have no children. 12(20%) of them have one child, 29(49%) of them have two children, 14(23%) of them have more than two children. When comparing the Family Monthly Income, 5(8%) of them earn below 10000, 14 (24%) earn 10000 – 15000 and 29(48%) of them make 15001-20000 and 12(20%) earn above 20000. Regarding area of residence, 50(83%) of women reside in Urban and 10(17%) women in Slum. Previous Knowledge shows that 16(27%) of women gained knowledge through mass media, 17(29%) of them through family ,14(23%) through peers and 13(21%) of them have gained knowledge through participation in the same study.

## SECTION B :

### Distribution of subjects scores on mental wellbeing among women.

**Table-2: Frequency and percentage wise distribution of women according to their scores on Mental wellbeing.**

MENTAL WELLBEING	WOMEN	
	f	%
Mild Mental Well being	04	06.66%
Medium Mental Well being	56	93.33%
High Mental Wellbeing	0	0

The above table 2 shows that during data collection, 04(06.66%) of women had Mild Mental wellbeing and 56(93.33%) of women had Medium Mental Wellbeing and none of the women had High Mental Wellbeing.

**SECTION – C:**

**Association between mental wellbeing with demographic variables among women.**

**Table - 3: Chi-square test on Mental wellbeing among women with their selected demographic variables**

S. No	Demographic variables	Mental wellbeing			df	Chi square value	Table value
		Mild	Medium	High			
1	<b>Age in years</b> a) 35 - 39 years b) 40 - 44 years c) 45 - 49 years	2 1 1	13 22 21	0 0 0	4	2.16	9.49
2	<b>Education</b> a) No formal education b) Primary education c) Higher secondary education d) Graduation	2 1 1 0	10 13 21 12	0 0 0 0	6	2.18	12.59
3	<b>Marital status</b> a) Married b) Unmarried c) Widow d) Separated	3 0 1 0	46 1 5 4	0 0 0 0	6	0.16	12.59
4	<b>Occupation</b> a) Daily wager b) Self employed c) Home Maker d) Any other (Specify)	3 0 0 1	5 20 30 1	0 0 0 0	6	9.26	12.59
5	<b>Religion</b> a) Hindu b) Muslim c) Christian	3 0 1	40 14 2	0 0 0	6	1.40	12.59
6	<b>Type of family</b> a) Nuclear family b) Joint family c) Single parent d) Reconstructive family	2 1 1 0	44 7 4 1	0 0 0 0	6	0.55	12.59
7	<b>Total number of children</b> a) Nil b) One c) Two d) More than two	3 0 1 0	2 14 28 12	0 0 0 0	6	4.50	12.59
8	<b>Family monthly income</b> a) Below 10000 b) 10000 - 15000 c) 15001 - 20000 d) Above 20000	0 1 2 1	9 7 24 16	0 0 0 0	6	2.12	12.59
9	<b>Area of Residence</b> a) Urban b) Slum	4 0	46 10	0 0	2	1.46	5.99
10	<b>Previous Knowledge</b> a) Through Mass Media b) Through Family c) Through Peers	2 0 1	14 17 13	0 0 0	6	2.12	12.59

d) Through participation in the same study	1	12	0				
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\*Significant at  $p \leq 0.05$  level

The above table 3 reveals that, there is no significant association of Mental wellbeing among women and their selected demographic variables, Hence the Hypothesis ( $H_1$ ) is not retained for the above-mentioned variables at  $P \leq 0.05$  level.

## RECOMMENDATIONS

- ❖ Similar study can be conducted to analyze the mental wellbeing among working women.
- ❖ Similar study can be conducted among women in hospital settings.
- ❖ Large samples can be used to bring more generalization of findings.

## CONCLUSION

The study was conducted to assess mental well-being among women at Yelachanahalli, Bengaluru. The data was collected from 60 women and Non-probability purpose sampling-technique was used to select the samples, the Warwick- Edinburgh Mental Well-Being Scale was used to assess mental wellbeing. Most (93.33%) of women had Medium Mental Wellbeing.

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