

Mental health and happiness in widow and divorcee women

Mahesh J Vaniya*

Ph.d. Student

Department of Psychology

Saurashtra University, Rajkot , Gujarat (India)

Abstract:

The main purpose of this research was to find out the mean difference in mental health and happiness between widow and divorcee women. The total 60 women were taken 30 are widow women and 30 are divorcee women. The research tool for mental health was measured by Dr. D. J. Bhatt and Geeta R Gida. Tool for happiness were used which made by pitter hills and Michal Arjil. Here t-test was applied to check the significant of mental health and happiness between widow and divorcee women. To check the relation between mental health and happiness correlation method is used. The study revealed that there was no significant difference in mental health between widow and divorcee women. There was no significant difference in happiness between widow and divorcee women. While the correlation between mental health and happiness reveals 0.41 positive correlations.

Keywords: mental health and happiness

Mental Health

Mental Health refers to the capacity of an individual, a group and the environment to interact with one another in ways that promote the feeling of well-being. This entails the optimal development and use of mental abilities (thinking, reasoning, understanding, feeling and behavior) required for normal level of functioning. According to World Health Organization, Mental Health is defined as 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. Mental Health denotes a state of optimal development and functioning of the individual allowing the realization of aspiration and satisfaction of needs as well as the ability to change or cope with the environment (Michael, et al 1996).

Mental Health is an expression of emotions and signifies a successful adaptation to a range of demand. From perspectives of the discipline of positive psychology resilience Abayomi (1993) mental health is all about the way human beings are able to adjust to various factors in their environment so that they still maintain a good mental state or social psychological well-being. It includes among others, how children adjust to school life, how adults adjust to job situations, marital life, community involvement activities, etc. In fact, mental health is concerned with how people adjust to all life events, whether good or bad.