



MENTAL HEALTH AND PERSONALITY OF WIDOWS

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Abstract:

The objective of present research was to study the various aspects of mental health and personality of widows [women]. Sample consists of 100 widows in rural areas at Satara district of Maharashtra state. The duration of widowhood was above 1 month. The sample selection method was used as purposive sampling technique. Result shows that duration of widowhood of widows' had significant effect on mental health and personality. The duration of 1 to 12 months of widowhood women was more alienation, emotionally unstable and social non conformity than above one year duration of widowhood women. The widow women were introvert but not neurotic on the personality test. Mental health and personality was positively correlated at low level.

KEY WORDS:

Health , Personality , Technique , Rehabilitation.

INTRODUCTION:

— A woman loses her husband and becomes a widow, she loses her identity. She becomes a zero and all her powers are lost. For the more than 40 million widows in India, only 28% of the widows in India are eligible for pensions, and of those, less than 11% actually receive their entitled payments. If a woman is not financially independent, she is at the mercy of her in-laws and her parents. And if they do not have the will or resources to take care of her and her children, she will be treated like an "untouchable". Financial aid is crucial to widows wanting to lead a self-sufficient life, but the government has failed to provide it.

Mental Health refers to a broad array of activities directly or indirectly related to the mental well-being component included in the WHO's definition of health: "A state of complete physical, mental and social well-being, and not merely the absence of disease". It is related to the promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders. Women widowed less than a year reported more mental and physical problems than women who were married and women who had been widowed for longer than a year, according to the findings. But the recently widowed women did improve over time and finding social support may be important in the coping process, according to lead researcher Sara Wilcox, [2003]

Neuroticism is linked with instability, stress proneness, personal insecurity and depression. Individuals scoring higher on Neuroticism are more likely to experience negative moods and physical symptoms, to be more strongly affected by negative life events, and to have their negative moods last longer (Burke et al., 2006: 1225).

Extraversion has emerged as one of the fundamental dimensions of personality (H. J. Eysenck & Himmelweit, 1947). 'No health without mental health' this is a way of successful life. According to the statistics, there are 245 million widows and 500 million children affected by the loss of a father. The stigma of widowhood makes women's lives difficult in India. First of all, multitudes have gone through a similar experience. There are 175,000 new widows each year, 10 million widows in the United States. It is almost impossible to find a person of any age who has not lost a loved one. On the basis of above facts the

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researcher has selected the topic, "A Study of Widow [women] Mental Health and personality" for the research work.

OBJECTIVES OF THE STUDY

1. To examine the various aspects of widows mental health.
2. To examine the various aspects of widows personality.
3. To study the correlation between mental health and personality.

Hypotheses

- H1: There is no significant difference between above and below one year duration of widowhoods Mental Health.
 H2: There is no significant difference between above and below one year duration of widowhoods Personality.
 H3: There is positive correlation between widow's mental health and personality.

METHOD

Selection of the sample

For the present study it has been decided to choose 100 widows woman from rural areas. The age group was between 25-40 years were taken for research. The sample selection method was used as purposive sampling technique. The area was limited to satara district in Maharashtra.

Area	Duration of Widowhood		Total
	1-12 Months A-1	Above 1 years A-2	
Female	50	50	100

Independent Variables: -Duration of Widowhood

Dependent Variables: -Mental Health and Personality

SELECTION OF RESEARCH TOOLS

Researcher selected following research tools.

1. Mental Health Status Inventory –Indian adaptation by Anand Kumar and Giridhar Thakur.
2. M.P.I. – Hindi Version of Eysenck's and prepared by S. Jalota and S.D. Kapoor.

Research Design

The purposive sampling technique was used in the selection of sample for the present study. Based on the nature of the problem and objectives co relation design was adopted for this study.

Result and Discussion

The 't' test of significance was used to determine the significance of difference between mean scores of total below 1 year and above 1 year duration of widowhood mental health and personality. Result of such an analysis is presented in the following tables.

Table No.1- Showing Significance difference between below 1 year and above 1 year duration of widowhood mental health

Sr. No.	Area	Groups	N	Mean	Std. Deviation	t Value	Sig.
1	Ego Centrism	Below 1 Year	50	27.42	1.93	1.86	NS
		Above 1 year	50	26.66	2.13		
2	Alienation	Below 1 Year	50	32.64	3.46	3.36	0.01
		Above 1 year	50	30.1	4.06		
3	Expression	Below 1 Year	50	27.98	3.01	1.52	NS
		Above 1 year	50	27.06	3.03		
4	Emotional Un stability	Below 1 Year	50	33.24	3.51	5.46	0.01
		Above 1 year	50	29.12	4.00		
5	Social Non Conformity	Below 1 Year	50	28.96	2.55	2.65	0.01
		Above 1 year	50	27.66	2.34		

$df = 98, \quad 0.05 = 1.98 \quad 0.01 = 2.63$

Table-1 shows difference between the group of below one year and above one year duration of widowhood on various aspects of mental health. Only three aspects [Alienation, Emotional Un stability, Social Non Conformity] are showing significant difference between two groups at the 0.01 level on 98 df grade. Since mean of below one year duration widowhood group [M=32.64, 33.24, 28.96] was higher than that of above one year duration of widowhood [M=26.66, 29.12, 27.66]. It may be said that over all low level mental health of below one year duration of widowhood.

Table No.2 Showing Significance difference between below 1 year and above 1 year duration of widowhood personality

Sr. No.	Area	Groups	N	Mean	Std. Deviation	t Value	Sig.
1	Neuroticism	Below 1 Year	50	51.68	2.25	6.00	0.01
		Above 1 year	50	47.54	4.32		
2	Extraversion	Below 1 Year	50	22.86	2.94	4.75	0.01
		Above 1 year	50	20	3.08		

$df = 98, \quad 0.05 = 1.98 \quad 0.01 = 2.63$

Table-2 shows difference between the group of below one year and above one year duration of widowhood on various aspects of personality. It exhibits that 't' value of 6.00 and 4.75 was found to be significant [p<.01, df98]. It means that below one year duration widowhood group [M=51.68, 22.86] was higher than that of above one year duration of widowhood [M=47.54, 20] on neuroticism and extraversion.

Table No.3 Showing Correlations between below 1 year and above year duration of widowhood mental health and personality

Correlations			
		Personality	Mental Health
Personality	Pearson Correlation	1	.578**
	Sig. (2-tailed)		.000
	N	100	100
Mental Health	Pearson Correlation	.578**	1
	Sig. (2-tailed)	.000	
	N	100	100
**. Correlation is significant at the 0.01 level (2-tailed).			

Table-3 indicates Correlation between the group of below one year and above one year duration of widowhood on various aspects of mental health and personality. It exhibits Correlation value of .578** was found to be significant at the 0.01 level (2-tailed) on 98 df grade. This indicates that the correlation of mental health and personality is positive at low level.

CONCLUSION

1. Duration of widowhood of widows' had significant effect on mental health and personality.
2. The duration of 1 to 12 months of widowhood women was more alienation, emotionally unstable and social non conformity than above one year duration of widowhood women.
3. The widow women were introvert but not neurotic on the personality test.
4. Mental health and personality was positively correlated at low level.

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