

## Comparison of Mental Health between Men and Women

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The purpose of this study is to assess positive mental health of under and post graduate students of Pune District area. For the present study 528 undergraduate and postgraduate students from the Pune District area were selected with progressive sampling method. The sample includes 264 male and 264 female students. The sample belongs to the age of 18 to 25 years of age. For the assessment of positive mental health developed by Agashe and Helode (2007) was used for this study. Results indicate the systematic fact that 2.6% under and postgraduate students had a lower degree of positive mental health; 73.7% had a moderate level of positive mental health; 24.6% had a high level of positive mental health. So the percentage of the under and postgraduate student's mental health had adequate positive mental health. On this basis it may conclude that the status of positive mental health in under and postgraduate students was satisfactory.

**Key words:** Mental Health, Under graduate and Post graduate, Students

### Introduction:

Health is a fundamental component for development, productivity and growth of the society and passionate for happy and healthy life everywhere in the world. As per the World

Health organization (WHO) health definition, includes physical, social, spiritual and mental health, and not merely the absence of disease or infirmity. Since ancient times, India has given preference to the people's health and emphasized the need for a physically and mentally healthy society. "There is no health without mental health" on the basis of the proverb it underlines the fact that mental health is a fundamental and essential factor of health. Some researchers from India and abroad studied a number of mental health problems. Researchers have undertaken clinical and population based studies, frequently with different priorities that are complementary to each other. From a public health perception, the frequency, outline, individualities and elements of various mental disorders have been examined.

Mental health means the absence of a mental disorder. According to the World Health Organization (WHO) "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community". The WHO stresses that mental health is "more than just the absence of mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness. Generally speaking mental health refers to the efficient, satisfactory and the sustained state of mind.

In recent situations, health problems, particularly mental health, are so complicated. Youth Centers College is an important location in which to evaluate and address mental health. Most of the mental health problems have first beginning by young adulthood (Kessler et.al 2005), as per the study in 2004 by Kadison and Digeronimo, College of the overwhelmed: The Campus Mental Health Crisis and what to do about it confirm that rising number of the students are coping with the depression, anxiety and major mental health challenges. Research

