

## **Mental Health of Government Employees with Relation to their Gender**

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### **Abstract**

The present investigation is to find out the Mental Health of Government Employees with Relation to their Gender. The sample consisted of 60 Government Employees out of which 30 were Male and 30 were Female. For this purpose of investigation "Employees Mental Health Inventory" by Dr. Jagdish was used. The obtained data were analyzed through 't' test to know the mean difference between Mental Health of Government Employees with Relation to their Gender. The result shows that there is no significant difference in Mental Health of Government Employees with Relation to their Gender at 0.05 level. It means there is no significant difference in Mental Health of government employees Male and Female.

**Key word:** Mental Health, Employees, Male, Female.

Social inequality has damaging consequences for the mental and emotional well-being of women. Throughout their lives, women may be considered "at risk" of developing emotional problems due to a host of social factors. Limited participation in public life, restricted decision-making, devalued role expectations, poverty, violence and sexual abuse undermine the potential for emotional well-being. Social change is needed to strengthen the emotional well-being of women individually and collectively in society.

The success and growth of an organisation depend much on the employees of that organisation. Human resources are the most important asset in an organisation. Human resources are unique in the sense that their value is appreciated through use. While other assets like land and building, plant and machinery depreciate through use, manpower as an asset is appreciated through utilization and development. Motivated employees are the treasure of an organisation. No matter how much technology and equipment an organisation has, these things cannot be fully used until people who have been motivated guide them. Human behavior has a strong influence on the working environment of an organisation. It is capable of making the organization flourish or perish. Money and perks can be used to attract people to a company, but they cannot be used to keep them there. A good organisational climate helps people to apply their abilities for their own benefit and for that of others. A healthy climate characterized by the values of openness, enthusiasm, collaboration and mutual trust is required for winning commitment of the employees.

Narayanan (1978) conducted a study on seventy Irulas of Palamalai hills (a tribe of South India) that were selected through systematic random technique. A comprehensive measure of mental health developed by Koruhauser (1965) was adopted and administered. This measured mental health in six categories - manifest anxiety, self-esteem, hostility, sociability, satisfaction with life and moral judgement. The results were: Irulas were found to have greater freedom from anxiety and emotional tension and also free from