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## **GENDER DIFFERENCES IN MENTAL HEALTH AMONG STUDENT**

### **Abstract:**

The present study was designed to compare the relationship between emotional intelligence and mental health of students in Mazandaran province and carried out a study of the correlation Emotional Intelligence Questionnaire of 90 questions measuring tools - it is designed as a five-option Goldberg's General Health Questionnaire-28 and Hiller. Statistical analysis of the data using descriptive statistics (tables, charts, frequency) and inferential statistics. (Pearson correlation coefficient, t-test) was performed in statistical software spss. Evidence that there is a relationship between emotional intelligence and mental health of children. Ordinary boys and girls, there are differences between emotional intelligence. Mental health and boys and girls are different.

### **Keywords:**

Keywords: emotional intelligence, mental health

**JEL Classification:** I29, I29, I29

## 1. Introduction

Psychic health is a specific status of psyche, which causes human personality's development, growth and maturity and helps them to be compatible with themselves and others (Rahnama,A& Abdolmaleki, J(2009). Mazelo ascribes psychic health to gratification of humans' needs and flourish of their instinctual talents Rahnama,A& Abdolmaleki, J(2009). The main purpose of psychic health is to help individuals to have a better and happier life, live in a more compatible manner, get more knowledgeable and also prevent moral, emotional and behavioural discrepancies.

Confronting psychic illnesses is the main responsibility of governments and the public; each society wishing welfare and happiness for the people must train them to be compatible and congruent Hejazi, A. (2003).

According to Adler (1937), psychic health means having determined goals and desirable familial and social relationships, helping other humans and controlling one's emotions and sensitivities Doostar.M(2004). Rodgers' model of a healthy psyche and personality is an efficient individual who acts and functions thoroughly, takes benefit from all his abilities and talents, is ready to experience, feels free and is creative Doostar.M(2004).

Rahnama,A& Abdolmaleki, J(2009)defines psychic health as a mental state with an excitement free from stress and disability, the ability to establish constructive relationships and confronting life's stressful desires and drives. He suggests that a healthy individual wants self-flourish. What helps the individual to reach self-flourish is gratification of bodily desires and then safety, speech and memory allocation desires and a need for self-flourish. Today, psychic health is an issue a lot of experts in various fields are working on. This is because psychic health is related to and affects various human functions. Psychic health is a phrase for describing different levels of cognition and excitement, welfare and peace and also absence of psychic disorders. According to the holistic and positivist psychological views, psychic health constitutes an individual's ability to enjoy life, balance various activities and reach a psychic balance Hejazi, A. (2003).

Psychic health is one of the main aspects of public health. According to universal hygiene organization, health means enjoying a complete state of bodily, psychic and social peace.

Goldstain defines psychic health as the balance between the members and the environment to reach self-flourish. Chauhanss describes psychic health as a state of psychological maturity. Taghevi., S(2007) conducted an investigation on psychic health. The results obtained from their study indicates that there is no significant difference between the male and female students' psychic health, but there is a significant relationship between happiness and psychic health which means the happier a person is, the healthier a person would be. Another study conducted by Sharifi et al (2009) on the issue of exhilaration and related factors to it in the medicine students shows that there is a significant relationship between the gender and the amount of exhilaration in a way that the male students are more exhilarated than the female ones.

Saatchi, M (1998) conducted a study on the status of public health and its relationship with exhilaration in the students of Yazd University. The results of his study have shown that female students' public health is more than the male ones. It has also revealed that the feeling

of happiness is correlated with psychic health but it is not correlated with psychic illnesses or disorders. In a study investigating the relationship between adults' psychic health and social (family and friends) support, Abaszadegan.M (2005) also found out that female students' public health is more than the male ones. But in a study conducted by Ganji. H.(2000) after investigating and comparing the students' psychic health, it was shown that there is a significant difference between the female and male students' psychic health in a way that the male students are in a better condition. Moreover, Ganji. H. (2000) studied the status of public health in 15-year-old and older people and showed that there is a meaningful difference between the two groups of males and females and the males have a better status of psychic health while the females are more depressed than the males. Therefore, with having such contrasting results in previous studies, we are going to discover if there is a meaningful relationship between gender and psychic health?

## 2. Methodology

According to research (compared to students in relation to mental health and emotional intelligence and gender) using the events study (A. - Comparative high).

### The population

A collection of individuals or units that have at least one common feature is called, usually in cases where the researcher is interested in the study of individual research results to them to extend (Hasanzada, 2007). The study population consisted of all high school students into a juvenile institution outside the province of Mazandaran in 2012. According to statistics, the total number of students in a juvenile institution Mazandaran province and 30 and the total number of students outside the focus of educational reform in Mazandaran province 180,869 and Semnan province are people37, 551 people.

### Sample and sampling

In this study, for selected high school students from a juvenile institution of methods, multi-stage random is used. Means of schools in a boys' school and a girls school in the accident in each province were selected from each school to 30 students were randomly selected.

### Questioners for data collection

In this study, two standardized questionnaire was used to gather data.

#### a. Questionnaire Emotional Intelligence – Bar

In the latest last century, comprehensive research to examine the various factors that were thought to be an essential component of effective social and emotional functioning, mental health is the result of his work began (Bar., 1999).

#### Subscales of this test are:

- a. Emotional self-awareness: The ability to be aware of and understand their feelings.

- b. Self-expression: the ability to express emotions, thoughts and ideas clearly and decisively.
- c. - Self-actualization: the ability to understand the potential and do what you can do and try to do and enjoy it.
- d. Independence: Ability to conduct their own thoughts and actions and to be free from emotional desires.
- e. Empathy: The ability to know and understand others' feelings and values to it.
- f. Social Responsibility: The ability to update itself as an effective and productive member of a sense of partnership and cooperation with others.
- g. Interpersonal: ability to establish and maintain mutually satisfying relationships that result from emotional closeness, intimacy, talking the talk and exposure.
- h. Realism: the ability to measure things that are harmony between the emotional experience, and something that actually exists.
- i. - Flexibility: ability to adapt to changing environments and situations of thought and behaviour.
- j. Stress tolerance: the ability to withstand events, situations and stresses of strong emotions, no fake or face pressure to activate and register.
- k. Impulse control: the ability to resist an impulse, and former or reduce their ability to control their emotions.
- l. Optimism: the ability to look at life and strengthen the subtle positive attitude, even in case of misery and negative emotions.
- m. Happiness: the ability to feel happiness in your life, enjoy yourself and others, having positive feelings, frank, funny and witty.

### **Validity and reliability of emotional intelligence of test;**

In Iran, using Cronbach's alpha reliability in this test and retest was calculated on students at Tehran University. Cronbach's alpha reliability coefficient of 0/733 After a month retest reliability coefficient for the total test method 0/735 Obtained. To check the validity of this test has been used confirmatory factor analysis. According to the results, it can be argued that this test has a high reputation in the Iranian sample Hasanzadeh, R. (2007).

### **The General Health Questionnaire (GHO-28)**

General Health Questionnaire by Goldberg and Hiller (1979) and to assess the general terms and conditions and psychological disorders were made. According to the report, is the best indicator for mental health Doostar.M(2004). The primary outcome was a 60-question, but more of that later shortened version was made. In the present questionnaire, a substance that has been developed Doostar.M(2004) .

This questionnaire has four sub-scales are:

- a. Physical symptoms
- b. Symptoms of anxiety and sleep disorders
- c. Distort the social function
- d. Symptoms of depression

### **Reliability and validity of the General Health Questionnaire (GHQ-28)**

Several studies in different populations by using the form on Article 28 has been using the test retest reliability, 81% Has estimated. The amount of %88 and to test the reliability of the 84% have estimated that represents the strength test Ganji. H.(2000).

In this study the validity of the questionnaire has been reported as excellent or good For example, the test sensitivity respectively % 89 reported.

### **Operational of definition**

#### **Mental health:**

The World Health Organization defines mental health or well thought believes: "I think health is the ability of harmonious relationships with others. Changes and correction of personal and social environments and to resolve conflicts and personal desires logically fair suitable ". This definition focuses on compatibility with others and their environment (Abbaszadegan, 2005).

#### **Intelligence**

Ashtranbrg and colleagues (1981 ) aimed to examine the implicit theories of intelligence among adults , we wanted to interview people with different professional positions could define intelligence .aloud , speaking clearly ) and social skills ( accepting the views of others , acceptance of mistakes ) have defined . These researchers have suggested that the agreement on the definition of intelligence is influenced by a common culture and induced to differentiate

areas of expertise and professionalism of respondents ( Hejazi , 2003 ). Intelligence is always related to the adaptation of organisms with the environment.

## Emotion

Any experience mental or emotional state and subjective feelings that the conscious experience (such as love, hate, love, fear, anxiety) and physical protests (eg pale colors, blush and face) along. When a person is emotionally stimulating experiences such as joy, excitement, sadness, fear and anxiety, and he loses (Saatchi, 1998).

## Emotional intelligence (EI):

Goleman (1995) Emotional intelligence involves the ability to provoke such resistance in the face of failure, to control impulses, and to prolong the joy, adjust your mood, empathy and hope define will. He also emotional intelligence as the capacity Barshnasy self and others, self-motivating and management of relationships with other people define your own emotions ( Rahnama,A& Abdolmaleki, J(2009).

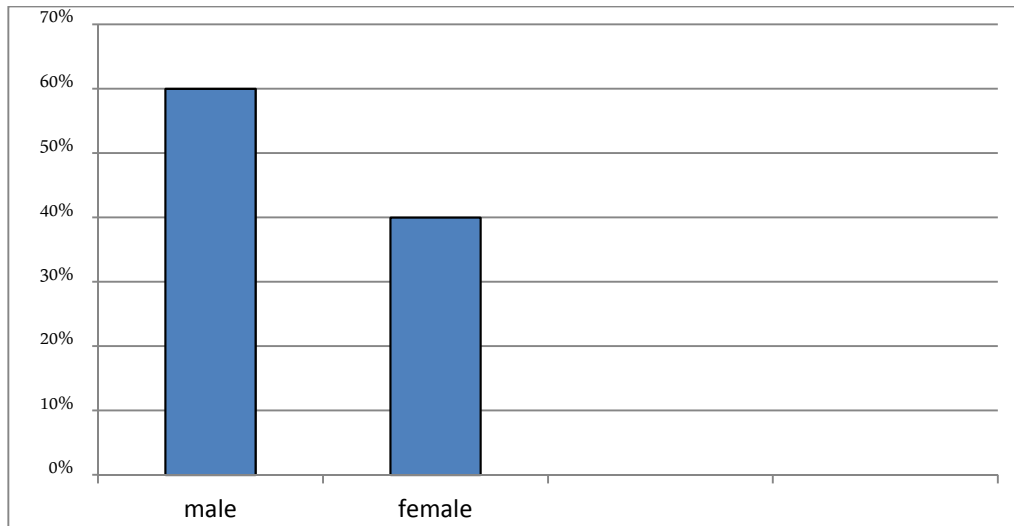
Bar - (1997) was one of the first attempts to measure emotional intelligence as emotional benefits. He defines emotional intelligence potential is related to the performance and success of the show is his emphasis on learning. In this view emotional intelligence for process-oriented rather than outcome-driven organization that focuses on social and emotional abilities. Model Bar - (2006) studies the importance of Darwin's survival of the organism is shaped by emotions. It consists of five inter-personal, interpersonal, strong adaptability, stress management and general mood and sub-dimensions include self-esteem, emotional awareness, assertiveness, independence, and self-actualization (for the next person), empathy, social responsibility and the interface between the individual (interpersonal dimension), reality testing, flexibility and problem solving (for post adjustment), stress tolerance, impulse control (for the stress management), and happy (for the general mood) is . Rahnama,A& Abdolmaleki, J(2009).

## 3. Results:

### Descriptive Result

Table 1 : Frequency of result for gender

percentage	sample	gender
59.7	89	boys
40.3	60	girls
100	149	total



There is a relationship between emotional intelligence and psychological health of boys

Table 2 EI and mental health of Boys

N	S.d	mean	variables
117	8/85	34/97	Mental health
119	17/262	271/15	Emotional intelligence

Table.3 Correlation coefficient between EI and psychological health of boys

$\alpha$	df	N	r	variables
0/001	115	117	-0/316	EI and psychological health

**Table 4 Descriptive of result**

S.d	N	mean	values
7/90	59	37/50	Mental health boys
9/09	58	32/39	Mental health girls

According to EI mean values above boys and girls are different, to determine the significance of this difference, we use the t-test.

Table. 5

$\alpha$	df	N		t	variables
0/002	115	117		3/247	Mental health

Table 6; EI statistics mean and standard deviation of boys and girls.

S.d	N	mean	variables
19/47	59	271/11	Emotional intelligence of boys
14/94	60	271/20	Emotional intelligence of girls

$\alpha$	df	N	t	variables
0/980	117	119	0/026	Emotional intelligence

Since the calculated t (0/026) in 95% ( $\alpha = 0/05$ ) and degrees of freedom 117. t Table Critical (0/980) is smaller, so we conclude that the difference is not significant the emotional intelligence of boys and girls, there is no difference.

### Discussion:

In the past research showed some researchers have been accepted our result and some researches were different results. Younes and Yousef (1376) study titled Evaluation of students' mental health and related factors of over 1350 students, boys and girls in the random sampling conducted, results showed that 2/37 % of subjects with suspected non-mental health If there is a significant relationship between gender and mental health, 8/3 percent of the subjects had attempted suicide and 15 percent wished I had died. However, Mousavi (1379) study as the study of mental health nursing students Iran University of Medical Sciences said. Results were also more difficult for women than men quartiles aspects of mental disorders, depression, obsessive compulsive disorder and anxiety have been found in them.

In the past research, Baker (1998, 1997, 1993) in control and emotion regulation and emotional intelligence and its study on physical and mental health of individuals made the



conclusion They came to practice emotional regulation and control of physical and mental health of bereaved individuals (AKBARZADEH 2004) French and Kaplan (1973) found that when doing high risk of disease these high. Manners (2008) examined the relationship between emotional intelligence, mental health and marital satisfaction among students reached the conclusion that there is a significant relationship between intelligence and mental health Hyjans (2005) conducted a study titled Emotional intelligence in the workplace. EI research results proved essential factor in determining success in life and mental health and occupational stress and the negative impact on mental health.

### **Limitations of the study**

1. Reliance on self-report data, the results of which can distort reality by providing students.
2. Limited opportunities for students to meet and work wear that demands more cooperation.

### **Suggestions:**

- 1 - Compare different schools in other provinces in terms of emotional and mental health together.
- 2 - It is the subject of this study and in other examples, and other tools to measure emotional intelligence and effectiveness studies to be performed.
- 3 - Conduct research to determine EI and mental health among prisoners and compare them with each other.

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