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Psychology and Mental Health



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Preface

Dear Reader,

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is about how people think, feel, and behave. Mental health care professionals can help people manage conditions such as depression, anxiety, bipolar disorder, addiction, and other disorders that affect their thoughts, feelings, and behaviour. Mental health can affect a person's day-to-day life, relationships, and physical health. External factors in people's lives and relationships can also contribute to their mental well-being. Looking after one's mental health can help a person maintain their ability to enjoy life. This involves balancing their activities, responsibilities, and efforts to achieve psychological resilience. Stress, depression, and anxiety can affect mental health and may disrupt a person's routine. Although healthcare professionals often use the term "mental health," doctors recognize that many mental health conditions have physical roots.

This book explains what mental health and mental health conditions mean. It also describes the most common types of mental health disorders, including their early signs and how to treat them. The readership of the society will be useful

Prof. Dharmendra K. Chaudhari
Prof. Madhuben S. Thakor, and
Dr. Laxmi N. Thakor

CONTENTS

Sr. No.	Title & Author	Page No.
1	A Survey on the Influence of News Media during Political Events on Public Mental Health Annu Biswas	1
2	Health Consciousness and Happiness in College Students Mor Bharati D. Dr. J. B. Parmar	30
3	A Study of Mental Health of the School Students Dr. Bhavna K. Thummar (GES-II)	35
4	Gender Inequality in Indian Sports Dr. Jignashaben Ranchhodbhai Vaghela	40
5	Gender Inequality in Professional Sports Ms. Rahisha Saiyad	46
6	Influence of Nutrition On Athletic Performance Shashikala J. Maheshwari Kalpana Lalwani/ Rathi	51
7	Review of Effect of Yoga On Mental Health Dr. Sonal N. Prajapati	60
8	Spiritual Intelligence and Mental Health in Practitioner of Yoga and Non-Yoga Jignesh V. Sonani	64
9	Suicide: Socio – Scientific Perspective Dr. Jaimini Solanki Dr. Jalpa V. Prajapati	75
10	Yoga and Meditation Practice and Holistic Well Being Ashvinee R. Barbate Sanobar Shekh	84
11	Yogic and Meditative Practice for Holistic Mental Well Being Dr. Ratan P. Solanki Ms. Bhartiben R. Prajapati	90
12	Mental health in adolescence of gender difference Dr. Rajanibala N. Patel	95
13	पुराणों में आयुर्वेद डॉ. तरुलता वी. पटेल	100
14	Indian Psychology & Mental Health Dr. A. M. Chocha	111

15	Gender Inequality in Professional Sports Dr. Kusum R. Chotaliya	117
16	ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્યનો અભ્યાસ ધારૈયા મેઘનાબેન જનકભાઈ ડૉ. શારદાબેન વિરાણી	123
17	ચાઈલ્ડ હૂડ ઓબેસિટી Dr. Waghela Hemangini S.	132
18	તરુણોના માનસિક સ્વાસ્થ્યનો મનોવૈજ્ઞાનિક અભ્યાસ ડૉ. ભીની એમ. કારાવદરા	136
19	શિક્ષકોની અસરકારતા: કાર્યમનોભાર અને માનસિક સ્વાસ્થ્યના સંબંધમાં એક અભ્યાસ Pomal Poonam D.	143
20	COVID-19 Suicide Cases Challenges for India Economically in Terms of Poverty Dr. Varshaben C. Brahmbhatt Prof. Harsukhbhai H. Parmar	151

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A Survey on the Influence of News Media during Political Events on Public Mental Health

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Abstract

News media has the potential to form and change perceptions of how people in a country think. This becomes more relevant in a democratic country like India, where people rely heavily on news channels, for keeping themselves updated, about the events that are happenings within the nation and the world. Socio-political context of the Indian subcontinent has a pivotal place in Indian news coverage. This study focused on understanding how news media, specifically during political events, impact the public mental health. The objective of the study was met with purposive sampling of 150 participants through the circulation of an online form consisting of 20 relevant survey questions. The form was sent to the participants using social media, and the age of the sample was 25- 35 years, consisting of equal proportions of males and females. Results of the survey are suggestive that there is a vital role of news media, and how they report socio-political events in impacting the youth mental health, majorly in the negative way. This study presses the need for strict policy changes in how news is reported within the Indian socio-political context, catering the psychological vulnerabilities and needs of the Indian Youth.

Key words: News, Media, Politics, Sociological context, Indian youth, Mental Health.

Introduction

Status of News Media with Indian Socio-Political context

Indian society, like many others around the world, relies significantly on news media for information, analysis, and commentary on a wide range of topics, including politics, economy, culture, and more (Aneez et al., 2019). The dependency on news media in India is influenced by several factors and plays a critical role in informing the public about current events, government policies, social issues, and international developments (Batabyal, S. 2014).

India's status as the world's largest democracy places a premium on access to information. Citizens rely on news media to stay informed about political candidates, policies, and electoral processes to make informed choices during elections (Roy, P. 2013). India has a diverse and dynamic media landscape, with numerous newspapers, television channels, radio stations, and online news portals catering to different linguistic, regional, and cultural audiences. This diversity allows individuals to access news in their preferred language and format (Chadha, K. 2017).

It plays a crucial role in society by serving as a primary source of information, facilitating public discourse, and helping individuals stay informed about current events, both locally and globally (Deuze, M. 2003). News media can take various forms, including print media that includes newspapers and magazines, whether in print or digital formats. Print media often provides in-depth analysis and reporting on various topics. Broadcast media encompasses television and radio broadcasts. News programs, talk shows, and documentaries are common forms of broadcast media.

With the advent of the internet, online news sources have become increasingly popular. These include news websites, blogs, social media platforms, and digital news apps. Wire services are organizations that gather and distribute news stories to other media outlets (Dutta et al., 2004). They provide a stream of news updates for newspapers, websites, and broadcasters. In the digital age, individuals who are not professional journalists can contribute to news coverage through blogs, social media, and online forums. This is known as citizen journalism (Atton, C. 2009).

Political News Coverage and its Dimensions

Within the context of the current research, the focus would revolve around the portrayals of political events on news portals at any particular point of time. Political events refer to significant occurrences, developments, or activities within the realm of politics and government (Schulz, W. F. 1982). These events can encompass a wide range of activities and situations related to the political process and governance of a country or region. Likewise, elections are a fundamental political event where citizens choose their representatives, such as presidential, parliamentary, or local elections (Ballew et al., 2007). These events often involve campaigning, voter registration, and the casting of ballots.

Political campaigns involve candidates and political parties seeking to persuade voters to support their policies and platforms. Campaign events, rallies, and debates are common during election seasons. Debates and discussions among policymakers, legislators, and experts

on various issues, including healthcare, education, taxes, and foreign policy, are essential political events (Schmitt et al., 2003). The process of creating, debating, and passing laws in legislative bodies, such as parliaments or congresses, is a critical political event. The peaceful transfer of power between governments or political leaders, including inaugurations and swearing-in ceremonies, is a significant political event (Ellison, N. 2018).

Public protests, rallies, and demonstrations can be political events aimed at advocating for social or political change. Political events on the global stage involve diplomatic negotiations, treaties, summits, and international conferences to address issues like trade, security, and climate change (Faizullaev, A. 2014). Responses to crises, such as natural disasters, public health emergencies, or national security threats, are important political events that involve government actions and decision-making. Revelations of unethical or illegal behavior by politicians or government officials can lead to investigations, resignations, or impeachment proceedings (Rockey et al., 2022). Announcements and actions related to a country's foreign policy, including diplomatic relations, sanctions, or military interventions, are significant political events. In some countries, leaders deliver annual or periodic addresses to the nation, outlining their policy priorities and the state of the country (Solopova et al., 2021).

Events related to the amendment or revision of a country's constitution, such as referendums or constitutional conventions, are pivotal political moments (Anastaplo, G. 1991). Parties hold national conventions to nominate their candidates for key positions, and these events can shape the party's platform and strategy. High-profile rulings by the judiciary, such as Supreme Court decisions, can have significant political and legal ramifications (Haines et al., 2022). Events related to conflicts, negotiations, and peace agreements between nations are crucial political events with global implications.

Political events are central to the functioning of democratic societies and the governance of nations. They shape policies, influence public opinion, and impact the direction and stability of countries only through the objective and impartial reporting of the news media. Political events can be highly dynamic, and their outcomes often have far-reaching consequences. Within this context, the coverage of political events in news media is a fundamental aspect of journalism and plays a critical role in informing the public, shaping political discourse, and holding those in power accountable (Dobek- Ostrowska, B. 2015).

Necessity of Impartial Journalism

Journalists and news organizations ought to provide factual and objective reporting on political events. This includes describing what happened, where it happened, when it occurred,

who was involved, and why it matters (Pearson, M. 2021). This reporting should aim to provide a comprehensive and accurate account of the event. In addition to reporting the facts, news media often are required to provide analysis and context to help audiences understand the significance and implications of political events (Kieran, M. 2002). This may involve explaining the historical background, discussing policy implications, and interviewing experts or stakeholders.

Objective journalism seeks to present information impartially and without bias. Journalists are expected to adhere to ethical principles, such as fairness and balance, in their reporting. However, bias can sometimes creep into reporting, and media literacy is essential for consumers to discern bias and seek diverse perspectives. Political events are covered across various media types, including print (newspapers and magazines), broadcast (television and radio), and digital (online news websites and social media). Different media may emphasize different aspects of an event or target specific audiences. For significant political events, especially those unfolding in real-time (e.g., elections, protests, or legislative sessions), news media often provide live coverage, such as live-streamed broadcasts, live blogs, or live-tweeting updates (Chadwick, A. 2011).

Some news media outlets publish editorial opinions or columns that express the views and stances of the publication's editorial board or individual columnists. These opinions are distinct from news reporting and offer subjective perspectives (Coward, R. 2013). Investigative journalism involves in-depth research and reporting to uncover hidden or controversial information related to political events. Investigative journalists often play a vital role in exposing corruption, abuses of power, and other wrongdoing (Houston, B. 2010).

Fact-checking organizations and news outlets verify the accuracy of statements made by politicians and public figures during political events, helping to hold them accountable for false or misleading information (Çömlekçi, M. F. 2022). Media coverage of political events can influence public opinion and shape public discourse (Simon et al., 2007). The framing and tone of news stories can impact how audiences perceive political issues and events (Starr et al., 2021).

Public Awareness and its Dependency on News Media

News media plays a crucial role in raising social and political awareness. It highlights issues such as poverty, corruption, gender equality, and healthcare, which can lead to public discussions and calls for action (Mach et al., 2021). Public opinion and political debates can be influenced by news media. Editorials, opinion pieces, and investigative journalism contribute

to shaping narratives and perspectives on various issues. Investigative journalism often holds government officials, public figures, and establishments answerable for their actions and decisions. It serves as a check on power and can expose corruption and wrongdoing (Bennett, W. L. 2009).

News media provides coverage of both national and international news, allowing Indians to stay informed about global events and their implications. News media offers educational content, analyses, and expert opinions on a wide range of subjects, contributing to lifelong learning (Kleemans et al., 2016). News media often raises awareness about pressing social issues, such as gender-based violence, environmental conservation, and public health. It can also provide a platform for advocacy and activism (Dwivedi et al., 2013).

For businesses and investors, news media serves as a crucial source of economic data, market trends, and industry insights. However, it's important to acknowledge that while news media provides many benefits, it also faces challenges such as sensationalism, bias, misinformation, and political influence (Kleemans et al., 2009). Media literacy is essential for individuals to critically evaluate news sources and discern credible information from sensational or biased reporting (Maksl et al., 2015).

Sensationalism and Bias in News Coverage and Reporting

In recent years, digital media and social media platforms have turned into more and more influential in shaping public discourse in India, presenting both opportunities and challenges in terms of information dissemination and manipulation (Marwick et al., 2017). This further underscores the consequence of media literacy and responsible media consumption in the country. Bias and sensationalism are two prevalent issues in news media coverage, especially concerning political events. These issues can have a noteworthy impact on the quality of journalism and the public's perception of political events (Lacy et al., 2015).

Bias refers to a systematic favoring of one perspective, group, or ideology over others in the presentation of news. Some news outlets align with specific political parties or ideologies, leading to biased reporting that favors one side while criticizing the other (Hamborg et al., 2019). This can contribute to polarization and a lack of balanced coverage. Journalists, consciously or unconsciously, may seek out or emphasize information that confirms their precedent beliefs or assumptions. This can lead to selective reporting and a failure to provide a comprehensive view of an issue (Zhu et al., 2015).

News media can reflect the biases and perspectives of the dominant culture or societal norms, which may marginalize or misrepresent minority groups. Media organizations may have

monetary benefits that influence their reporting. For example, media outlets owned by corporations with specific financial interests may avoid stories that could harm those interests. Sensationalism involves the use of exaggerated or emotionally charged language, imagery, or presentation to make news stories more exciting or attention-grabbing (Agassi, J. 1966).

Attention-grabbing headlines and clickbait are designed to entice readers or viewers with sensational language or promises of shocking content, often diverging from the actual substance of the story. Sensational reporting may use emotional appeals, such as fear, anger, or sympathy, to manipulate readers' or **viewers' emotions, leading to heightened anxiety or stress** (Geer et al., 1993). Sensationalism often emphasizes conflict, drama, and controversy, even when these aspects are not the most critical elements of a story. This can contribute to a focus on sensational sound-bites rather than substantive policy discussions.

Bias and sensationalism can lead to the broadening of misinformation **and may contribute to public confusion and misperception of political events** (Ghanem et al., 2020). Biased reporting can reinforce existing political divisions, as audiences gravitate toward media outlets that align with their views, further entrenching ideological divides. These issues can erode trust in the media, as audiences may perceive news organizations as more interested in sensationalism or promoting a particular agenda than in providing impartial and accurate information (Mutz, D. C. 2006).

Sensationalism and biased reporting can discourage constructive political discourse and engagement, as people may become embittered with the news media and the political process. In the long term, bias and sensationalism can undermine democratic processes by impairing the public's ability to make informed decisions and hold elected officials accountable (Brown et al., 2018). At one end, news media serves as a priceless source of information about mental health issues, treatment options, and available resources. It can raise awareness about mental health, reducing stigma and encouraging individuals to seek help when needed (McGinty et al., 2016). News media can disseminate public health messages related to mental well-being, such as promoting self-care, stress management, and the importance of being in quest of professional help for mental health challenges.

At the other end, it is not known to any extent, how much sensationalized news about publicized political events, or even stories about mental health crises, violence, extreme cases can impact mental health of the general public or perpetuate fear and shame adjoining mental health circumstances (Jain, P. 2021). The spread of inaccurate or alarmist information can contribute to unnecessary anxiety and fear among the public. Consumers of news media may be exposed to information that confirms them on hand beliefs and biases, which can lead to

polarization and hinder empathy and understanding toward individuals with different perspectives or experiences (Happer et al., 2013).

Political Events, News Media and Mental Health of General Mass

The relationship between political events and mental health is complex, and the effects can vary widely depending on several factors, including the nature of the event, an individual's personal experiences, and their level of engagement with politics (Punnamaki, R. L. 1988). Political events that are marked by uncertainty, conflict, or controversy can lead to heightened stress and concerns among folks who are directly or indirectly affected (Cairns et al., 1999). Elections, political crises, and divisive policy debates may contribute to a sense of unease and insecurity (B eland, D. 2007). Polarizing political events, such as contentious elections or social movements, can lead to increased social tension and divisions within communities. This polarization can strain interpersonal relationships, leading to feelings of isolation and distress (Caporino et al., 2020).

Emotional responses to political events can range from anger and frustration to sadness and despair. Individuals who are deeply invested in political causes may experience emotional highs and lows based on the outcomes of political events (Gonzalez et al., 2010). Political discussions and debates can sometimes reinforce stigma related to mental health. This may occur when derogatory language is used or when mental health is weaponized as a political tool. Political decisions and events can have disproportionate effects on marginalized groups (DeLuca et al., 2018). Policies that target specific populations may result in discrimination and exclusion. This can lead to feelings of anger, injustice, and mental health challenges within affected communities.

On the positive side, political events can inspire individuals to become activists and advocates for social and political change. Engaging in activism can provide a sense of purpose and empowerment, which can have positive effects on mental well-being. Constant exposure to political news and discussions through media outlets and social media can contribute to information overload and increased stress (Schmitt et al., 2018). Consuming a steady stream of distressing political content can negatively affect mental health.

It's important to recognize that individuals may respond to political events in different ways, and some may be more resilient in the face of political stressors. Additionally, mental health effects can be cumulative, with ongoing exposure to political stressors having a more pronounced impact over time. At the same time, it cannot be denied that portrayal of political

events on news media, and its exposure to the general public can have joint impact on the mental health of the public (Stainback et al., 2020).

Prolonged exposure to negative political news and a perceived lack of progress or solutions can contribute to feelings of depression and hopelessness, particularly if individuals believe they have little control over the political process (McGinty et al., 2016). People often seek out news sources that align with their existing beliefs and values, reinforcing confirmation bias. This can lead to echo chambers and hinder constructive dialogue.

The literature above is indicative that the association between news media and public mental health during political events is complex, and its impact can vary depending on individual factors and contextual elements. Considering the Indian context, it becomes essential to delve into how public mental health during political events gets impacted through the media. Since news media plays a significant role in shaping public perceptions, attitudes, and emotions, which can have both constructive and unhelpful effects on mental health, it becomes essential to discuss how this aspect can be impacted. To address the potential impact of political events on mental health, it's important to delve into the nature of how news related to political events is perceived among the masses. This research was an effort to scrutinize how news media impacts the psychological well-being of the general Indian public, more precisely youth, during political events.

Rationale of the study

It can be stated that political events are pivotal moments in any society. They have far-reaching consequences and shape the future of the nation. With the advent of internet, digital and social media, along with major news portals like channels, news is more frequently accessible and pervasive than ever, and hence with this wide and continuous reaching influence, it is necessary to examine and understand how exposure to news media is perceived by public during these events, and consequently affect public mental health especially within the emotional context.

Aim of the study

This study intended to gain understanding about how portrayal of political events in new media are perceived among the Indian Youth and how the interpretation of news content has any impact on the consequent mental health.

Research Methodology:

To achieve the objectives of the research, a purposive sample of 150 was selected in the age range of 25 – 35 years from the city of Kolkata, comprising equal proportion of Indian

males and females, with minimum educational qualification being senior secondary level. A Google form was created which consisted of a consent form, a survey comprising questions seeking opinion regarding news media and its content during political events. Survey results were analyzed and systematically represented through appropriate pie-charts, and graphs. Ethics were given due attention throughout the research process.

Inclusion Criteria

- Participants aged between 25 and 35 years' old
- Individuals from upper middle class, Major and Minor religious communities in proportions that represent Indian sub-continent characteristics, residing in Kolkata
- Both males and females to ensure gender diversity
- Individuals with a minimum educational qualification of senior secondary level.
- Willingness to participate in the study and provide informed consent.
- Proficiency in the language of the survey to ensure accurate understanding and response.

Exclusion Criteria

- Individuals below 25 or above 35 years' old
- Individuals residing outside the city of Kolkata
- Those who have an educational qualification below the senior secondary level
- Individuals with low socio-economic status
- Individuals who do not provide informed consent to participate in the study
- Individuals with inadequate language proficiency in the survey language.

Results

Section A: Participant Particulars- Gender, Religion and Political Inclination

This study witnessed participation from 75 males and 75 females, in the age range of 25 years to 35 years.

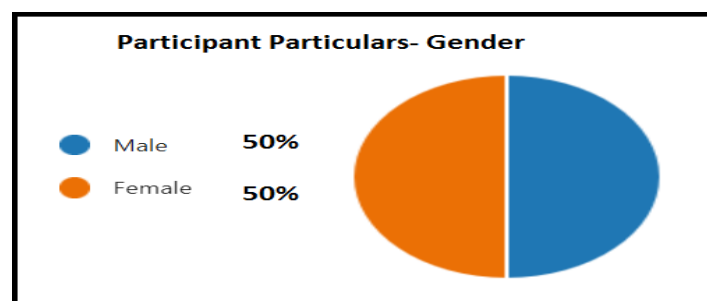


Figure A (1) - Gender wise participant composition

86 percent of the participants were Hindu, 8 percent were Muslims, 1 percent sample came from the Sikh community and 3 percent each came from Christian and Other religious communities. This representation is very close to the Indian Population (Singh, M. 2019).

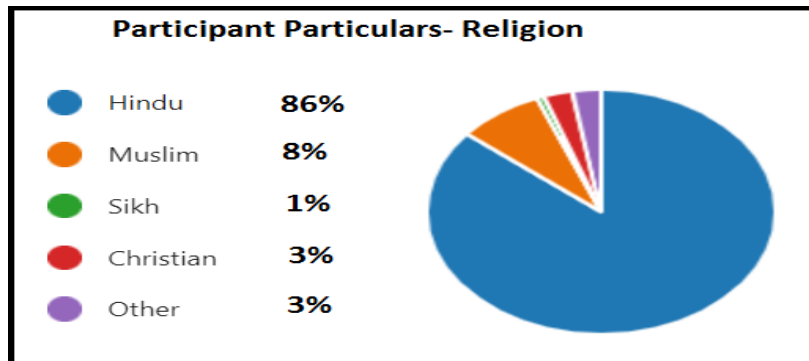


Figure A (2) – Religion- wise participant composition

85 percent of the participants reported that they had inclination towards a political ideology prevalent in the ruling party of the country, while 15 percent reportedly had no political inclination.

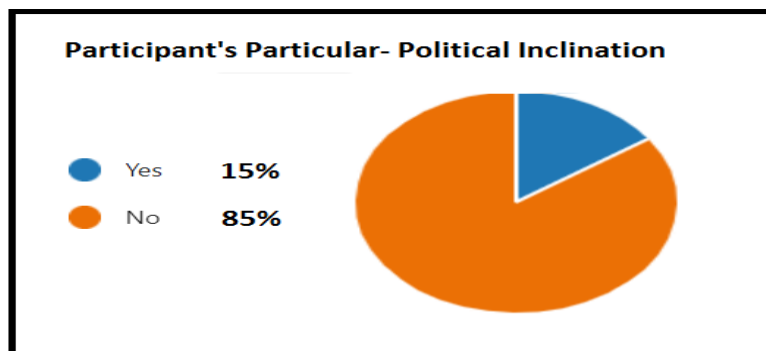


Figure A (3) – Participants political inclination

Section B: Survey Findings on News Media and Mental Health

20 survey questions were formed specifically to assess the pattern of News Media consumption and its perception along-with impact on the mental health of the participants. The survey received varied, yet significant responses that reflect the pattern prevalent in the beliefs regarding News Media among young Indian males and females.

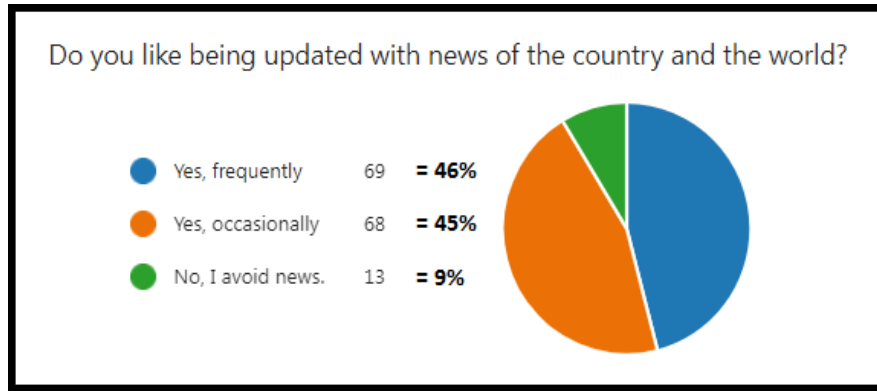


Figure B (1) – Sample proportion consuming news media

The figure above is reflective that a noteworthy fraction of the sample was affirmative to consuming news media for keeping themselves updated about the nation and the globe. Precisely, 46% of the participants reportedly consume news media frequently, with a similar proportion of the sample (45 percent) being occasional consumers. Only 9 percent of the sample reportedly avoids consuming any forms of news.

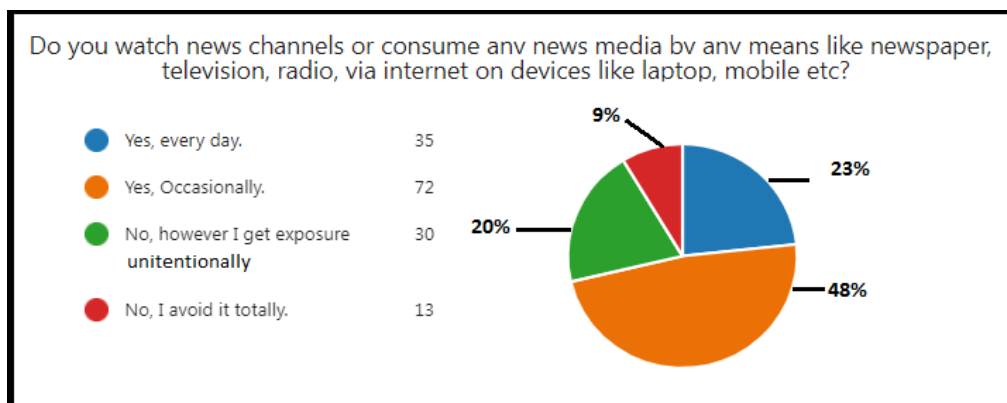


Figure B (2) - Consumption of News Media

In continuation of the previous survey question, Figure B (2) represents proportion of the sample that consumed news through any means like newspapers, television, radio, via internet on devices like laptop, mobile etc. The figure is suggestive that 23 percent of the sample consume news on a daily basis, 48 percent consume occasionally, while 20 percent get unintentional exposure to the news media through various sources without any intentional effort to consume the same. 9 percent of the sample intentionally avoids any forms of news, which is the same proportion of response to the previous question.

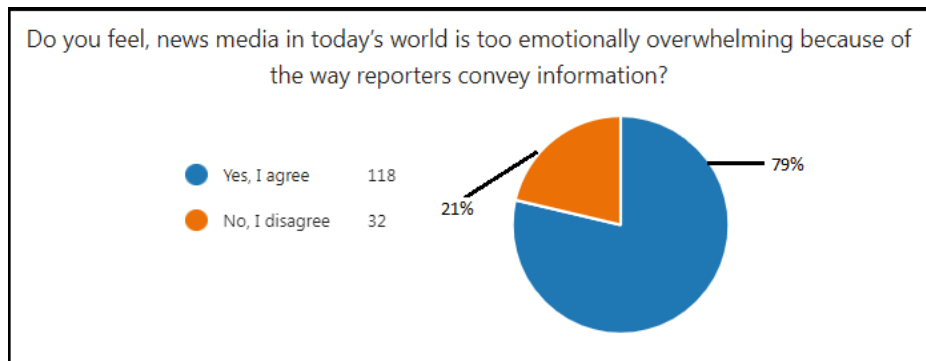


Figure B (3) - News Media and Emotional Overwhelm

Figure B (3) is indicative of proportion of participants acknowledging that news media is emotionally overwhelming. Gigantic 79 percent of the participants have agreed that the way reporters convey information gets too emotionally overwhelming for them to comprehend, while only 21 percent reported disagreement with the posed question.

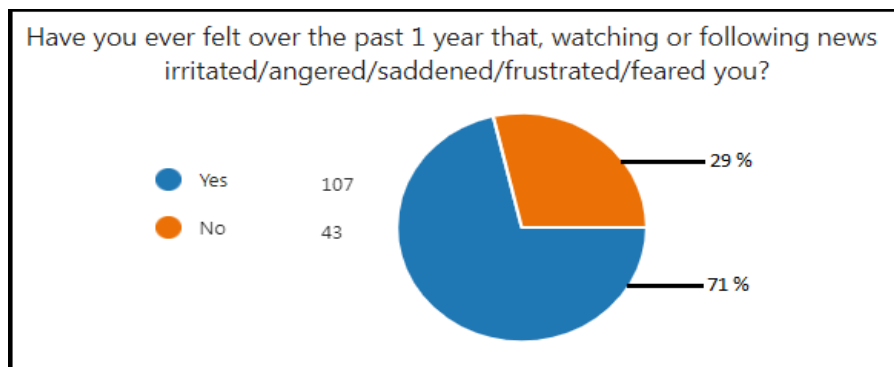


Figure B (4): Emotional changes due to news media

Another survey question posed to the participants dealt with their reflection over the past one year, of whether consumption of news media caused any emotional impact on them, in terms of irritation, anger, sadness, frustration or fear. A good 71 percent of the sample were affirmative that news media impacted them emotionally over the past one year, while, 29 percent of the sample disagreed, indicative that they were emotionally resistant to the content of the news media.

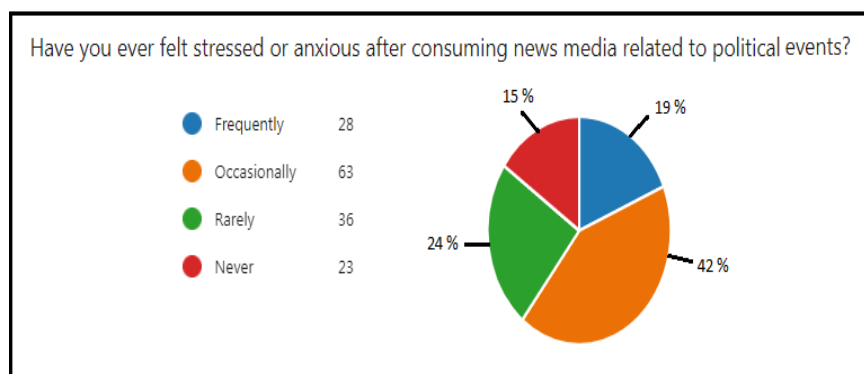


Figure B (5): Political events and Stress

Figure B (5) is reflective that 28 percent of the sample frequently felt stressed after witnessing news media related to political events. 42 percent of the sample occasionally felt anxious consuming news about political events. 24 percent rarely felt stressed while 15 percent reported that they never felt any hassle after watching political event news.

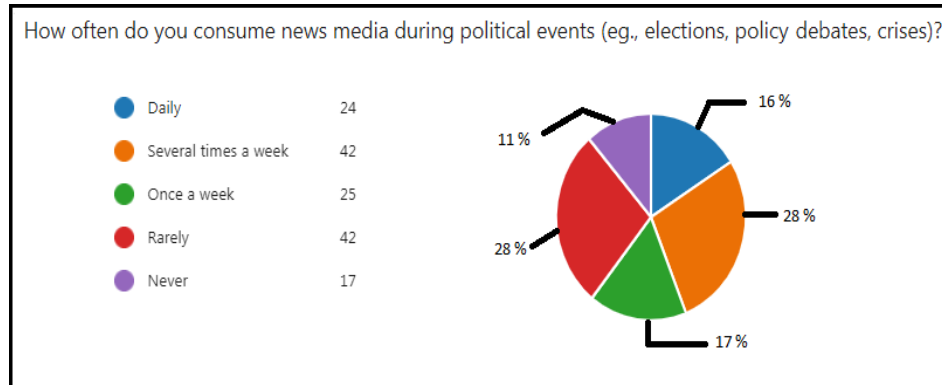


Figure B (6): News media during political events

The above figure is reflective that a greater proportion of the sample is interested in keeping themselves updated during political events like elections, policy debates and crises. For instance, 16 percent have reported that they consume news daily, 28 percent watch news several times a week, while 17 percent use news media at-least once a week during major political events. In contrast to this, 28 percent have reported that they rarely visit news sites and 11 percent have acknowledged no consumption of news media during these vital political activities.

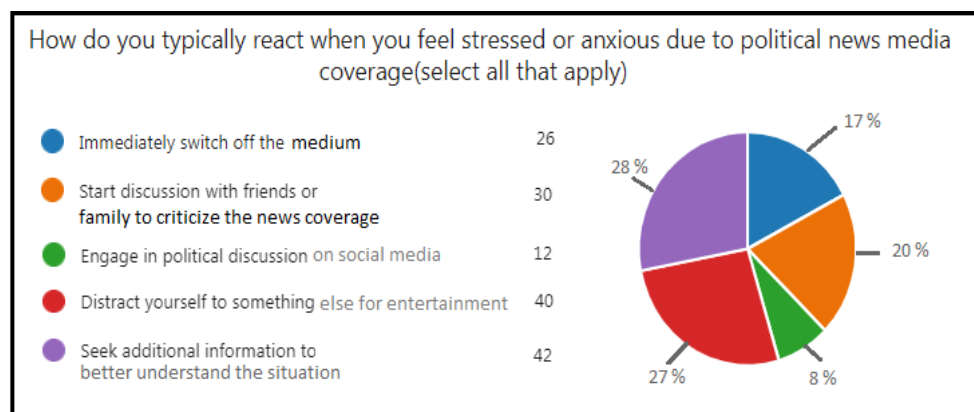


Figure B (7): Reaction to News coverage of Political events

The participant's responses to another question pertaining to how they typically react when they feel stressed or anxious due to political news media coverage is interestingly worthy of note. 17 percent of the sample reported that they chose to immediately switch off the medium through which they were consuming news. 20 percent are of the sample start discussion with their friends or family to criticize the news coverage. 8 percent of the sample engages in

political discussion on social media after watching news pertinent to political relevance. 27 percent of the sample tries to distract from the political news coverage to something else for entertainment. 28 percent engage in seeking additional information to better decipher the ongoing socio-political situation that gets news coverage.

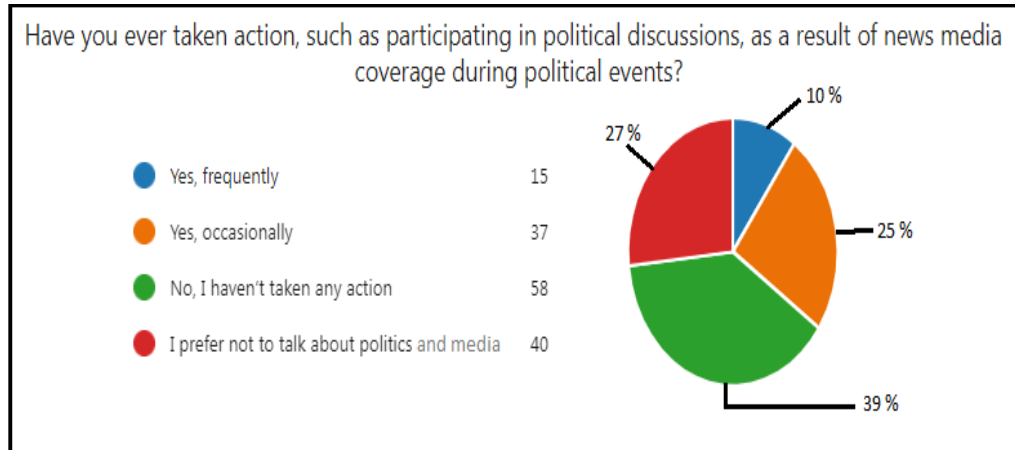


Figure B (8): Participation in political discussions

Figure B (8) depicts the percentage of sample who involve themselves in political discussions after they have consumed news media coverage during political events. It has been reported that after going through news coverage of political events, 10 percent of the sample have frequent discussions, 25 percent in engage in occasional deliberations, 39 percent don't engage in any pondering, while 27 percent reportedly prefer not to converse about politics and media.

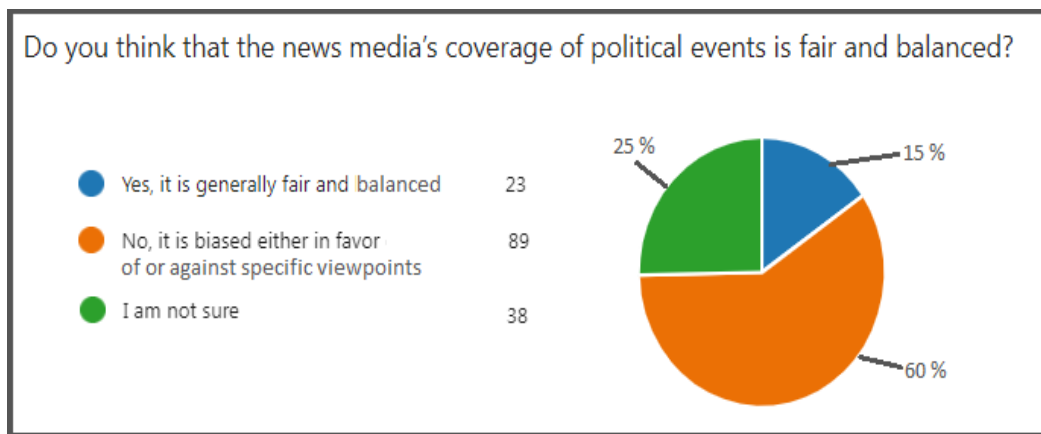


Figure B (9): Opinionated Media Coverage

60 percent of the participants are of the opinion that news media coverage of political events is biased either in favor of or against specific viewpoints. 25 percent have articulated that they have mixed opinion regarding news coverage being fair and balanced on political news reporting. 15 percent of the sample is of the outlook that they find news coverage fair and balanced pertaining to political events.

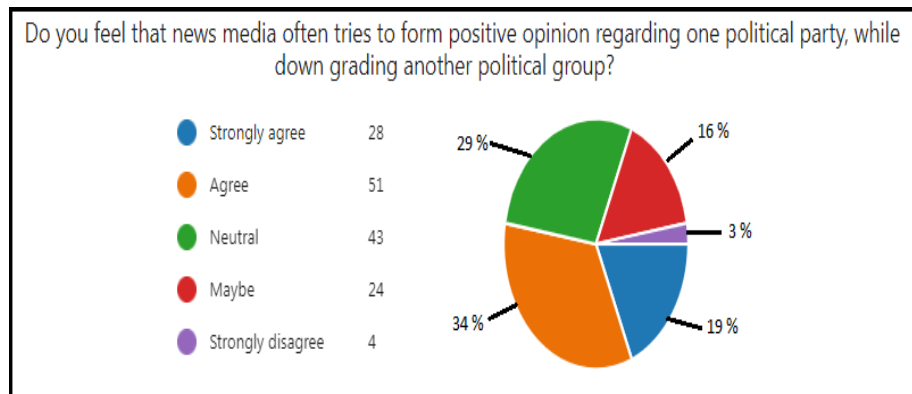


Figure B (10): Prejudiced News Media

The focal point of this investigation also included how Indian public perceived the news media's portrayals of any political ideology. Hence, to deal with this area, a specific question was included in the survey, which asked if participants felt that news media often tries to portray positive opinion regarding one political party, while down grading another political group. The figure above reflects that 19 percent of the participants strongly agreed and 34 percent gave affirmation to the question. 29 percent of the participants neither agreed nor disagreed, while 16 percent of the sample expressed ambiguous and unsure opinion. Only 3 percent of the sample disagreed to the question.

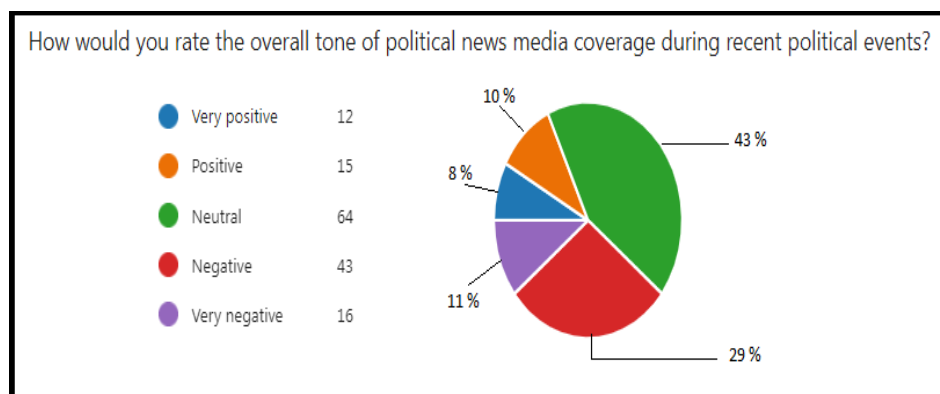


Figure B (11): Tone of news coverage

It becomes imperative to delve into the perception of the Indian public, of how they understand the tenor of news coverage prevalent in India during political events. Figure B (11), is reflective of 29 percent of the participants expressing that political news media coverage during recent political events has been negative and 11 percent expressive the same as very negative. While 43 percent of the sample has voted to state that they neither rate the news coverage as positive or negative, 8 percent of the participants find the political news coverage as positive while 10 percent find the same as very positive.

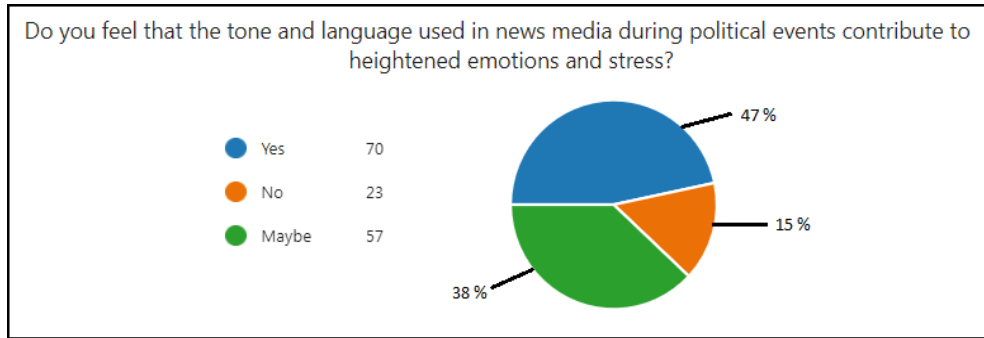


Figure B (12): News media and psychological stress

From the above figure, it is interesting to note with reference to the previous question, where more number of participants voted that mannerisms in which political news is covered by news media is negative, on further probing it has been revealed that 47 percent of the sample find this negative tone and language used in news media during political events contributing to their heightened levels of emotional distress. 38 percent of the participants are of ambiguous opinion regarding the psychological impact of the tenor of news media, while only 15 percent of the sample finds the mannerisms and language used in news media as not stressful.

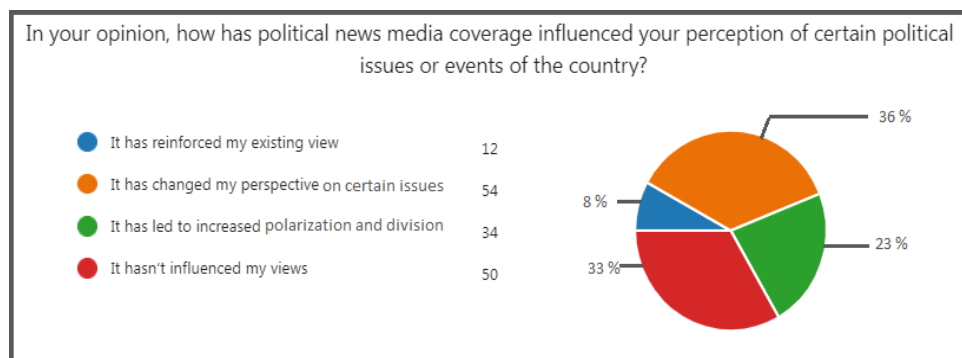


Figure B (13): The power of News Media

Figure B (13) is indicative that 36 percent of the participants had their perspective on certain socio-political issues changed due to how political news is covered in the news media. 23 percent have opined that news media has led to increased polarization and division within the country over socio-political issues. 8 percent of the sample has agreed that news media has reinforced their existing view on the socio-political context of the country, while 33 percent have reported that news media prevalent in the nation has not influenced their socio-political viewpoints.

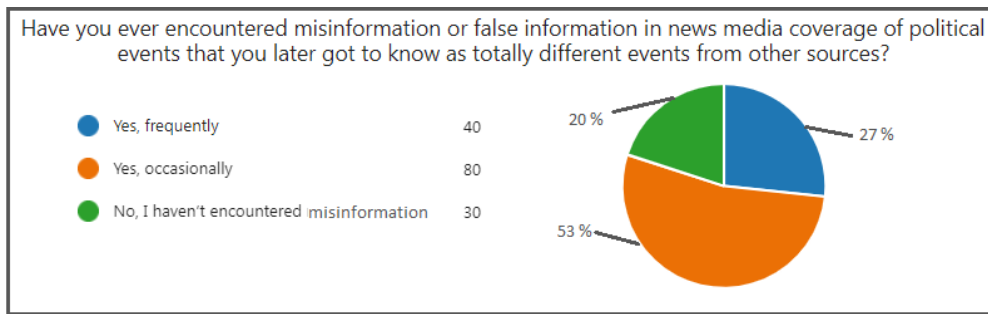


Figure B (14): News and misinformation

More than half of the participants (53%) have reported that on occasional terms, they have encountered misinformation or false information in news media coverage of political events that they later got to know as totally different from other sources. 27 percent of the participants had faced frequent false information over news media, while 20 percent of the participants have reported that they have not come across misinformation at all over news portals.

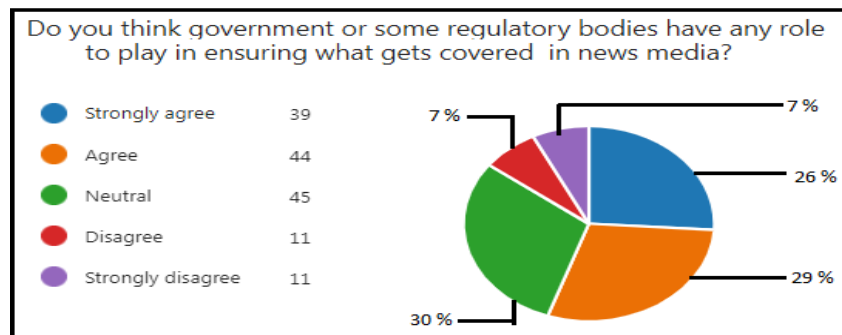


Figure B (15): Regulation of News Media

The above figure is evident that 26 percent (strongly agreeing) and 29 percent approx (agreeing), summing up-to a total of 55 percent approx of the participants believe that government or some regulatory bodies have a role in ensuring what gets covered in news media. Contrary to this, 7 percent approx (strongly disagreeing) and 7 percent approx (agreeing) which sums up-to only 14 percent of the sample, believe that there is no role of government or regulatory bodies in what is being portrayed as news content over news portals. 30 percent of the participants are unsure of the role of national administration or regulatory bodies in controlling the content that is shown over news media.

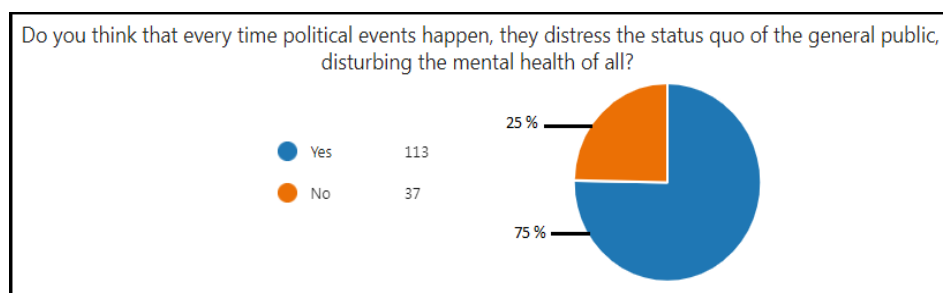


Figure B (16): Status quo of public during political events

Participants were asked to give opinion regarding what they think about political events and their impact on the mental health of the general public. A massive 75 percent of the participants agreed that every time political events happened, they disturbed the status quo of the general public, disturbing the mental health of all, while only 25 percent felt the contrary.

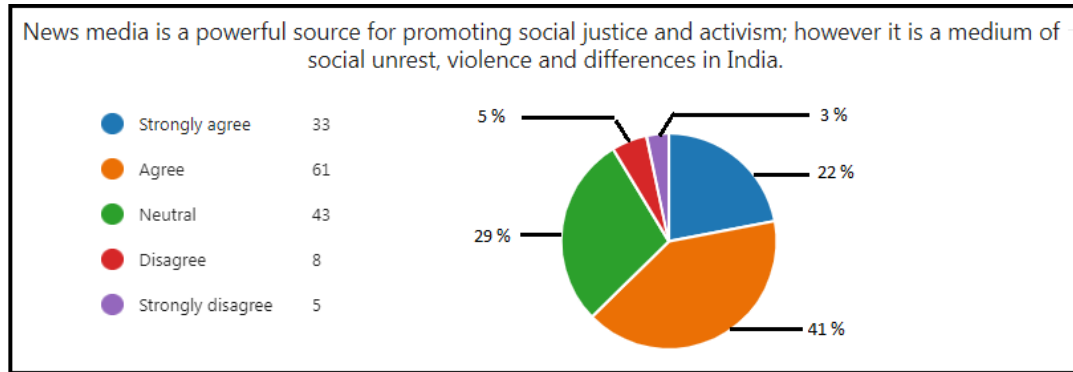


Figure B (17): News media as a source of social unrest

The present study witnessed a major proportion of the participants affirming that news media is a medium of social unrest, violence and differences in India, contrary to their accepted and powerful role for promoting social justice and activism. This is indicated by the above figure, where 41 percent have agreed and 22 percent have strongly agreed to the survey question. 29 percent of the sample is unsure about the role that news media might play, whereas, a minute proportion of 5 percent disagreed and 3 percent strongly disagreed over news media being a source of differences in India.

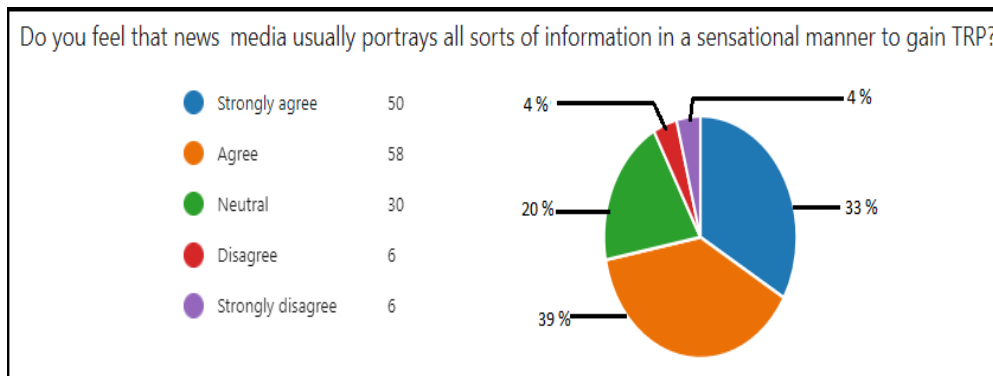


Figure B (18): Sensational News as a means of TRP

Another survey question sought to understand what Indian youth felt about sensational news that is displayed over news media to gain TRP. The above figure is reflective that 33 percent of the participants strongly agreed and 39 percent plainly agreed to the survey question. 20 percent chose to be neutral in their response towards the question, while, only 4 percent of the participants disagreed and 4 percent opined strong disagreement over the posed question.

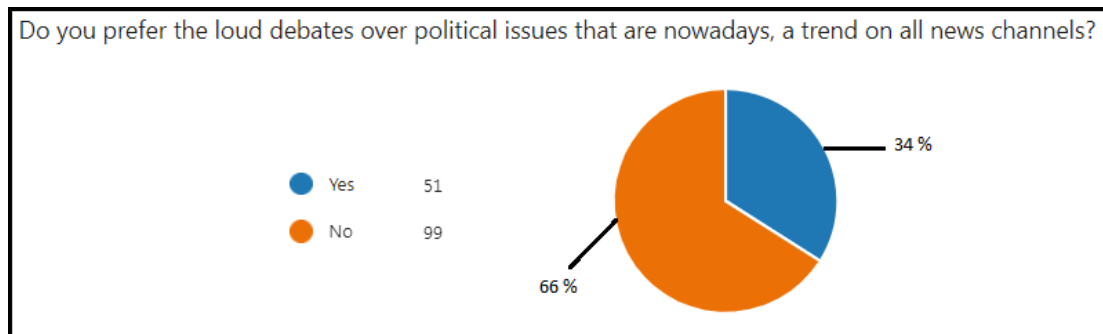


Figure B (19): Preference towards loud debates

Figure B (19) is indicative that 66 percent of the participants do not prefer the loud debates over political issues. 34 percent of the participants have opined that they prefer the loud debates over the political issues that are nowadays a trend on almost all news channels. This is reflective that greater proportion of the sample is more inclined towards balanced and unbiased discussions over political matters; however, there are youth who usually desire emphasized and exaggerated discussions over the political issues.

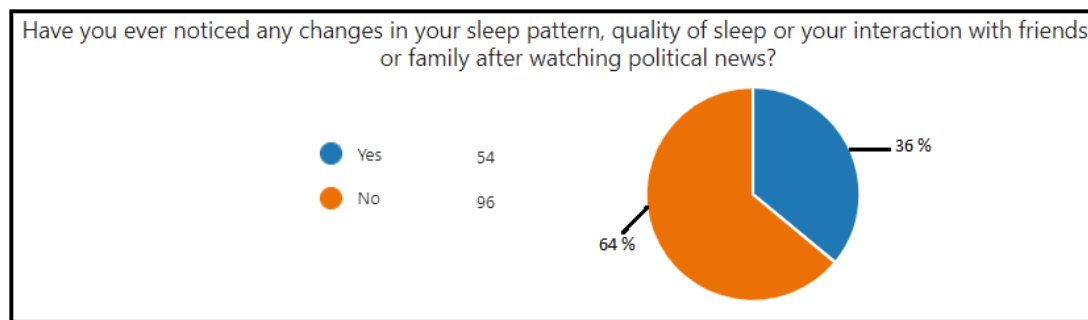


Figure B (20): Sleep, Interpersonal Interaction and Political News

The last survey question delved into the impact of news pertaining to political events on the pattern of sleep, quality of sleep and interpersonal interaction among the participants. 36 percent of the participants have responded affirmative, while 64 percent of the responses are non-confirmatory about any noticeable changes in the sleep pattern, quality of sleep or their interaction with friends or family after watching political news.

Interpretation

From the above results it is interpretive that majority of the Indian youth in the age range of 22- 35 years is accustomed to consuming some form of news media either intentionally on frequent basis, or occasionally, through proper news mediums like newspapers, television news channels, radio, or internet sources through laptops or mobile phones. This finding is confirmed in literature where it has been reported that youth today are more into accessing news (Bhattacharjee et al., 2018). A small proportion of the Indian Youth often willingly try to ignore news through possible means. It is in contrary to the study done by Edgerly et al., 2018

where they stated that youth today exhibit low levels of participation in using news media platforms.

Majority of the youth find that the way news is reported over news channels is emotionally overwhelming, which is directly indicative that consuming news channels for prolonged periods of time cause psychological and emotional distress among the youth. This is corroborated with a survey finding stating that news seemed to be associated with excess anxiety and fear (Montazeri et al., 2023). Further finding confirms that consumption of news media had brought in negative emotional changes such as irritation, anger, sadness, frustration and fear among the youth. It is supported in literature as Barlett et al., 2014 found that watching stressful news videos increased state hostility, which was mediated by state levels of stress.

More than half the Indian youth follow news media during political events either daily, or several times a week or at-least once weekly, and at the same time, these youth experience a common psychological impact of stress or anxiety frequently or occasionally after consuming news media related to political events. A study assessing youth anxiety about political issues partially supports this finding as it stated that youth with clinical levels of anxiety are more prone to experience severe worry about political issues (Caporino et al., 2020). Given the new millennial is more prone to develop stress in times of increased competition in every sphere along with constant bombardment of information, it becomes imperative to call for research to understand how normal population adjusts with the constant plethora of sensationalized news media. Further findings were indicative that typical reaction of youth to such stressful and anxiety provoking political news ranges from switching off the news media, or engaging in critical discussion with friends or family or over social media on frequent or occasional terms.

While some try to compensate with the emotional distress through willingly distracting oneself to entertaining media, some try to resiliently seek additional information to get deeper understanding of the news. This finding partially contradicted with the literature, as previous literature is indicative that any form of media itself is a distraction from daily activities for today's youth (Matthes et al., 2023), however the result finds partial support in a study that explored audience's intent to verify a source of news, and found that people exhibit a higher intent to verify when they believe that the headline is true (Edgerly et al., 2020).

Indian news media is not perceived as fair and balanced by majority of the Indian youth, acknowledging that news portals emphasize on positive aspects of one political ideology, while it is perceived as engaging in downgrading another political group. This is a novel finding within the Indian context, as investigations in this sphere have been carried out in other countries which are suggestive that people do perceive media negatively due to the biased,

inaccurate and unethical reporting that takes place there (Saeed et al., 2021). Although, a good sample in the present study did not prefer to state how they felt about the tone of news coverage of political events, greater number of sample feel that the overall tone is negative in comparisons to sample who feel it is positive. This finding can be ascribed to the socio-political context prevalent within the country whereby raising voice or opinion might meet with retortion and identification of the youth by the political forces existing in locality, leading to feeling unsafe (Fabiansson, C. 2007).

This is further supported by the finding in which majority of the participants have affirmed that the tone and language used in news media during political events contribute to heightened emotions and distress. A study exploring the premise that exposure to negative news contributes to anxiety and depression supports the current result as it found that news media revelation is positively correlated with anxiety and low levels of optimism (McNaughton-Cassill, Mary E. 2001). The psychological impact of news media is not only arousing but also shapes thinking, as the present study is conclusive to state that news has a big potential to influence the perceptions of the Indian youth regarding how they think about political issues or events of the country. A review study is indicative that media makes a significant contribution to what people think about political preferences and evaluations, thereby supporting the above finding (Entman, R. M. 1989). This is concerning as information has the potential to impact how people think about the events and people of the country who being telecast on the news channels. In case false information is delivered, it can result in faulty perception, beliefs and thinking pattern within the Indian youth. Ironically, a major section of the sample has reported in affirmation that they have encountered misinformation or false news coverage of political issues, that on further verification from other reliable sources, they later discovered these news, to be totally different versions. A related study affirms that fact-checking information can yield negative evaluation of the fake news (Chung et al., 2021)

One of the finding that reflect the awareness of the current Indian youth is that majority of them are aware about the role of regulatory bodies and the Indian government which regulates what gets coverage on news media and channels. The psychological stance of majority of the Indian youth is that they feel the status quo of the general mass gets disturbed during political events, causing psychological distress to the common Indian public. Also, majority of the youth believes that Indian news media is promoting social unrest, violence and is creating divide in India, whereas its purpose was to promote truth, social justice and activism. This finding is contrary to research claims that Indian citizens aren't conscious about news

media trails to engage people with unnecessary information and infotainment (Chakraborty, P. 2022).

This study indicates that majority of the Indian youth is much aware regarding how news channels are more focused on Television Rating Points (TRP), and in-order to maximize the success of their channel reporting, they present the news coverage in exaggerated and sensational manner. This finding is corroborated in a Taiwanese study analyzing factors affecting viewers' perception of sensationalism and found that information-oriented and highly educated viewers tend to perceive news as more sensational (Wang et al., 2009). On the other hand, majority of the participants have expressed through this research, that they prefer sober and unbiased reporting over loud, exaggerated or sensational reporting and debates. And due to this awareness, majority of the Indian youth, don't experience any dysfunction in psychophysical functions such as sleep pattern and quality, and also, their interpersonal interaction remains unaffected. However, for others, who are sensitive to the media reporting might experience some form of dys-regulation in these aspects. This finding is supported through a literature stating that spending more time over media is associated with amplified mental suffering (Riehm et al., 2020)

Conclusion

In light of the comprehensive interpretation of the survey results, this study offers worthy insights into the media consumption habits and psychological responses of the Indian youth, in the context of news media during political events. The study reveals that majority of the Indian youth regularly consume news media during political events, with potential psychological repercussions. Emotional overwhelm, negative emotional changes, and stress or anxiety are prevalent responses. The findings challenge assumptions about media as a mere distraction, indicating a nuanced engagement. Skepticism about the fairness and balance of Indian news media, coupled with concerns about misinformation, points to a complex media landscape. Despite an awareness of sensationalism and TRP-driven reporting, youth have preference for sober and unbiased news. This study emphasizes the need for media literacy interventions and further research to address the psychological impact of news media on the India Youth.

Limitations

The study focused on a specific age group in Kolkata, limiting the generalizability of findings to other age groups and geographical locations. The data collected relies on self-reporting, which may have established bias, as participants might under-report or overstate

their media consumption habits and psychological responses. The cross-sectional nature of the study provides a snapshot of participants' experiences, but it doesn't capture potential changes in media consumption habits and psychological responses over time. The study did not extensively account for socioeconomic factors, potentially overlooking how different socioeconomic backgrounds might influence media consumption and psychological outcomes. Emotional responses, such as feeling overwhelmed or experiencing negative emotions, are subjective and may vary based on individual differences and contextual factors not explored in the study. Sole reliance on a survey has limitations in capturing nuanced qualitative insights that could arise from in-depth interviews or focus group discussions. Some participants might have retorted in a socially desirable manner, especially on sensitive topics, leading to an underrepresentation of certain attitudes or experiences. The study does not investigate into the specific political events covered by the news, and the psychological impact may vary depending on the nature and intensity of those events. The study lacks a longitudinal approach, making it challenging to establish contributory relationships between news media consumption and psychological outcomes over an extended period. The coping mechanisms employed by participants were briefly outlined however, a more in-depth exploration could provide richer insights into adaptive and maladaptive strategies.

Implication

This study directs towards developing targeted media literacy programs aimed at the youth to enhance critical thinking skills, discernment of information, and the ability to navigate emotionally charged news content. Designing and implementing mental health interventions that specifically address the psychological impact of news media consumption during political events, especially among the youth is suggested. Informing policymakers about the need for regulations and guidelines to ensure fair and balanced reporting in the news media, addressing concerns about sensationalism, biased coverage, and misinformation is expected. The study calls for amalgamating media literacy education into school curricula to empower younger generations with the skills to critically engage with news media and understand its potential impact on mental well-being. Also, launching public awareness campaigns to inform individuals about the potential psychological effects of excessive news media exposure and encourage mindful consumption is essential. Advocating for increased diversity in media representation to provide a more comprehensive and balanced view of political events, addressing concerns about biased reporting and fostering inclusivity is need of the hour. Further research is called upon, with a longitudinal design to track changes in media consumption

habits and psychological responses over time, providing a more nuanced comprehension of the relationship. Lastly, advocating for training programs on journalistic ethics to ensure that media professionals adhere to principles of fairness, accuracy, and unbiased reporting during political events is uncompromised.

Recommendations

Ethical journalism standards require journalists to consider the potential harm or consequences of their reporting. Balancing the public's right to know with privacy and security concerns is an ongoing ethical challenge. Social media platforms and citizen journalism have expanded the ways in which political events are covered and disseminated. These platforms allow individuals to share firsthand accounts and opinions, but they also hoist concerns about misinformation and disinformation. The coverage of political events in news media is a dynamic and evolving field, influenced by technological advancements, societal changes, and the evolving role of journalism in the digital age. Responsible media consumption and critical thinking are essential for individuals to navigate the complex landscape of political news and information.

In such cases, it becomes necessary to develop media literacy skills to critically evaluate news sources, identify bias, and discern between reliable and sensationalized reporting. Consuming news from a variety of reputable sources to gain a broader perspective and avoid echo chambers becomes inevitable. Limiting exposure to distressing news or graphic content and taking breaks from media consumption when needed to protect mental well-being is essential. Overall, while news media can be a valuable source of information and advocacy for mental health, it's essential for individuals to approach media consumption mindfully and critically to safeguard their well-being.

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Health Consciousness and Happiness in College Students

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Abstract

The main purpose of research is a study of health consciousness and happiness in College Students. For this total 120 Students (60 Boys and 60 Girls) were taken as sample. For measure health consciousness in them health consciousness scale was used which was developed by N.V.V.S. Narayan for measure happiness in them happiness scale was used which was developed by Pitter Hilss and Micle Arjil. For find out of 't' test was used. There was positive correlation ($r=0.57$) between health consciousness and happiness.

Key Words: Health Consciousness & Happiness

Introduction

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity - WHO. Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the normal state of one's mind, body, and spirit, usually meaning freedom from illness, injury, or pain. Health maintenance and promotion is achieved through various combinations of physical, mental and social well-being. Health is a positive concept emphasizing social and personal resources as well as physical capabilities." Health care interventions and a number of other factors around the individual are known to influence the health status of individuals, making health awareness among college students very important. Health and happiness are completely interconnected. That's not to say that people with illnesses can't be happy, but taking care of one's health is an important and perhaps underappreciated component of well-being. Researchers have identified many links between health and happiness, including longevity, but it is difficult to discern which factors cause the others. Making changes to diet, exercise, sleep, and more can help everyone feel more satisfied. In today's era of fast food and instant maggi, if the student is not conscious about his health, then both the society and the country will face a serious situation. Today it is a craze to

go to the gym but also fast food. In which their background, lifestyle and economic and social condition. In this study, all those factors are clearly observed and analyzed by percentage analysis 't' test and Karl-Pearson correlation 'r'. And further, valuable suggestions and conclusions were included in this paper.

Significance of Research

Aim of this research, how is the consciousness about health in College Students. Young people are used to take soft drinks, junk food and food. Which available instantly and they forget our Indian traditional food. In the age of technology, overhaul labor is also detrimental to health. In the same way, neglect is also seen in the elderly with regard to food. It is for this reason that research on health consciousness among the Collage Students has been conducted. Youth is seen less happy and more depressed, anxiety daily news, headlines contain news of the suicide of young people in a small reason it can be said that happiness and happiness in life are diminished. This research has been done to find out the difference between the health consciousness and happiness of College Students.

Review of Literature

A study was conducted by Karl Peltzer and Supa Pengpid that aimed to establish a link between health behaviors and happiness in an Asian (Indian) population. In a cross-sectional survey we assessed happiness and health behaviors among a sample of 800 randomly selected university students taking non-health (mainly engineering and science) undergraduate courses at Geetham University, Visakhapatnam, India. In a multivariate analysis of the studies, they found that better social support, better personal mastery, normal sleep duration, not currently using tobacco, and eating breakfast every day or almost every day were associated with happiness. The findings partially confirm the association between happiness and some health behaviors mediated by social factors. Our findings can be used in programs designed to improve the overall well-being of university students in India

Objectives

The main objectives of study were as under:

1. To measure health consciousness in College Students.
2. To measure happiness in College Students.
3. To check correlation between health consciousness and happiness.

Null-Hypothesis

To related objectives of this study, null hypothesis was as under:

1. There will be not significant difference health consciousness in College Students.
2. There will be not significant difference happiness in College Students.
3. There will be no correlation between health consciousness and happiness.

METHOD

Sample

According to the purpose of present study total 120 samples has been selected. There were 60 Boys Students and 60 Girls Students were taken as a sample form different Collages in Rajkot City(Gujrat).

Instruments

For the purpose following test tools were considered with their reliability, validity and objectivity mentioned in their respective manuals. In present study two inventories was used.

(A) Health Consciousness Inventory: This inventory was constructed by N.V.V.S. Narayan. It has a 5-point scale from fully satisfied to fully dissatisfied. This inventory has 35 items. The reliability and validity are high. The highest score is $(35 \times 5) = 160$ in health consciousness.

(B) Happiness Inventory: This inventory was constructed by Pitter Hills and Micle Arjil. It has a 6-point scale. This inventory has 29 items. Manual reliability and validity are high.

Procedure of Data Collection

Visits were made to some people in Rajkot City. So that initial report can be established with the respondents. After emplacing the testing was done on a group of young, adult and Aged in Rajkot City. The whole procedure of fill the testing was explained to them fully and dearly. The instructions given on the testing were explained to them. It was also made clear to them that their scores would be kept secret. It was checked that none of the subject's left and question unanswered or that non subject encircled both the answers given against a question.

Research Design

The purpose of the research presented was to study health consciousness and happiness between the College Students in keeping with this objective a health consciousness and happiness measure was used here to collect data from the defferent colleges in Rajkot City. A total 120 candidates were selected. A 't' test was used for the statistical analysis of the data obtained.

Result and Discussion

The main objective of present study was to a study of health consciousness and happiness in College Students.

Table -1

Statically comparison of Health Consciousness among College Students.

Sr. No.	Variable	N	Mean	S.D.	t	Sig.
1	Boys	60	15.5	9.65	0.31	NS
2	Girls	60	14.6	12.53		

Significant Level 0.05 = 2.00

0.01 = 2.66

in health consciousness the boys receive 15.5 mean score and girls received 14.6 mean score. There has mean difference was 0.9 the standard deviation score of boys received 9.65 and girls received 12.53. The t-value was 0.31 which was no significant. So we can say the first hypothesis was accepted.

Table – 2

Statically comparison of Happiness among College Students.

Sr. No.	Variable	N	Mean	S.D.	t	Sig.
1	Boys	60	38.1	7.81	0.15	NS
2	Girls	60	38.3	6.17		

Significant Level 0.05 = 2.00

0.01 = 2.66

in Happiness the boys received 38.1 mean score and girls 38.3 mean score. There has mean difference was – 0.2 The standard deviation score of boys received 7.81 and girls received 6.16 the t-value was 0.15 which was not significant. So we can say the first hypothesis was accepted.

Table – 3

Showing the correlation between Health Consciousness and Happiness among College Students.

Sr. No.	Variable	N	Mean	S.D.	r
1	Health consciousness	120	15.02	11.09	0.16
2	Happiness	120	38.2	6.98	

in health consciousness and happiness, the mean score of health consciousness was 15.0 and the mean score of happiness 38.2 the correlation between health consciousness and happiness was 0.16 which was positive correlation it means health consciousness increase happiness increase and if health consciousness decrease social happiness decrease.

Conclusion

We can conclude by data analysis follows:

There was not significance difference in health consciousness. There was not significance difference in happiness. The correlation between health consciousness and happiness is 0.16 which was positive correlation it means health consciousness increase happiness increase and if health consciousness decrease social happiness decrease.

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A Study of Mental Health of the School Students

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ABSTRACT

The chief aim of present Research was to do the Mental Health of the Primary and Secondary School Students. Adjustment is a Process by which a living organism maintains between the needs and the circumstances. The variables included for the study a part from Mental Health are type of school and gender. The study was conducted on a sample of 120 students (60 Boys and 60 Girls) randomly selected from the various Primary and Secondary School. A standardized questionnaire developed by Dr. Jagdish Dr. A. K. Srivastav (Revised) was adopted for this study. The data was analyzed to examine the influence of individual factors on Mental Health variables. 't' Test was used for calculation. the results show 't' value is 0.04. That there is no significant mean difference in relation to Primary and Secondary School Students and 't' value is 0.99. there is no significant mean difference in relation to Boys and Girls Students.

INTRODUCTION

Adolescence is a time of dramatic physical, cognitive, emotional and social change (Cole and Cole 1993). Children develop on many levels, entering new endeavors and worlds daily. They begin to learn how to establish healthy relationships. Find socially acceptable ways to engage in activities that interest them, and make their way through school. However, a number of children experience more trials than their peer (Ford and Coleman 1999). Some are unable to find solid emotional and social ground as they progress through their developmental stages. An inability to 'Fit it' can have behavioral manifestations thus cause significant difficulty for both children themselves and those around them. When a child's behaviors the accepted norms at home, at schools or in the community, negative repercussions can result, such as suspensions or expulsions from school.

May children with disabilities encounter additional hurdles that complicate this difficult time of adolescence. As they approach adolescence, when being like their peer is a high priority, many disabilities set children apart in the ways they look, learn, or interest with other, presenting additional challenges to positive social adjustment. Some kinds of disabilities

particularly emotional disturbances, attention deficit or attention deficit/ hyperactivity disorder (ADD/ADHD) and autism-are especially associated with social adjustment difficulties. The increased challenges of disabilities and their implications results in children with disabilities facing a greater risk than their peers without disabilities for poor out comes.

OBJECTIVE

The present study has been conducted with the following objectives.

- ❖ To Study of Mental Health of Students in relation to Primary and Secondary schools.
- ❖ To Study of Mental Health of Students in relation to Boys and Girls.

METHOD

VARIABLES

The following variables have been investigated in the present study.

Independent Variables

- | | |
|-----------------------|----------------|
| (1) Type of School | (2) Gender |
| (Primary - Secondary) | (Boys - Girls) |

◆ Dependent Variables

Marks Taken from Mental Health of Students Boys and Girls, Studying in Primary and Secondary school in relation to certain variables.

(A) HYPOTHESIS

Keeping in view the above objectives, the following hypothesis, null was formulated.

- ❖ There is no significant mean difference between the score of Mental Health of Students in relation to Primary and Secondary School.
- ❖ There is no significant mean difference between the score of Mental Health of Students in relation to Boys and Girls.

(B) AREA AND SAMPLE

In the Present study, sample was selected randomly. We take 60 boys who were studying in Primary and Secondary Schools and also 60 girls who were studying in Primary and Secondary Schools, total 120 sample was selected in this study.

TABLE NO: - 1

Table showing the number of Students included in samples.

	Primary	Secondary	Total
Boys	30	30	60
Girls	30	30	60
Total	60	60	120

(C) TOOLS

The chief objective of present research is to measure. A Study of Mental Health of the School Students. Following tools will be used to get information from on answered.

◆ **Personal Data - Sheet**

Personal data-sheet was made to get necessary information about Students. In this data, Students primary information like; Name, Type of school (Primary and Secondary), Gender (Boys - Girls) are included.

◆ **‘Mental Health scale’**

We used a Mental Health scale (Revised) was prepared by Dr. Jagdish Dr. A. K. Srivastav. there are 56 statement in this scale. For each statements there are four option like “every time”, “Frequently”, “sometime”, “never” for every statements. Respondent has to select any one of this by making “right” against the option. Each Respondent was given a score by referring the scoring key as per the manual. The highest score is of the manual. The highest score is of 224 and the least score is of 56. Indication was as the score is high and Mental Health is poor and as score is low the Mental Health is good. The reliability is at the rate of 0.75 and the validity of the scale of Mental Health is high and is established among the 600 students. In this scale 24 statements are favorable and 32 are un favorable.

RESEARCH PLAN

In light of independent variables under study the following (2x2) experimental design has been used to collect the data to study the problem.

2X2 Experimental design

	A1	A2
B1		
B2		

A = Type of School B = Gender
A1 = Primary B1= Boys
A2 = Secondary B2= Girls

PROSEDURE

By visiting school in Primary and secondary schools, were made to fill Mental Health for present research. First 150 students were made to fill this questioner. From which 120 samples were used for this research.

In this, Information was taken from total 120 students. 60 Students from Primary school, 60 Students from secondary school, 60 Boys Students and 60 girls Students were in it.

STATISTICAL ANALYSIS

In Present research, information will be evaluated by scoring 'key' to get result. Following method will be used to explain the information.

❖ 'T' Test

To explain information numerical 'T' test will be used. 'T' test means a test used to decide whether the difference between 2 samples is also exist in or not. It is called numerical method of 'T' test. Here, 'T' test will be used to examine the validity or invalidity of difference in average of 2 or more groups.

RESULT - TABLE

Table showing mean, Standard Deviation and 'T Score' of Mental Health of the Primary and Secondary School Students.

TABLE -1

No	Detail	N	M	SD	T	Sign.
1	Primary	30	134.7	25.70	0.04	NS
2	Secondary	30	108.17	22.11		

Table showing mean, Standard Deviation and 'T Score' of Mental Health of the Boys and Girls School Students.

TABLE -2

No	Detail	N	M	SD	T	Sign.
1	Boys	30	130.14	24.92	0.99	NS
2	Girls	30	108.18	22.1		

DISCUSSTON OF RESULT

Objective of present research was to measure Mental Health of the Primary and Secondary School Students. Result of the research in as follow. 'T' test was used. To examine our determined various.

By using information given in table-1, 'T' value is 0.04. the mean of score of primary school students is 134.7. as against the mean of score of secondary school students is 108.17. it should be remembered that, according to scoring pattern, higher score indicates good Mental Health. Thus from the result it could be said that the primary school students are doing little more Mental Health than secondary students. The hypotheses that 'there no significant mean difference between the score of Mental Health of Students in relation to Primary and Secondary School' is accepted.

By using information given in table-2, 'T' value is 0.99. the mean of score of Boys Mental Health the girls' students is doing little more Mental Health than boys students. The hypotheses that 'there no significant mean difference between the score of Mental Health of Students in relation to boys and girls School students' is accepted.

CONCLUSIONS

- ❖ There is no significant mean difference between the score of Mental Health of Students in relation to Primary and Secondary School.
- ❖ There is no significant mean difference between the score of Mental Health of Students in relation to Boys and Girls.

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Gender Inequality in Indian Sports
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Abstract:

Sports have always been a platform that celebrates talent, determination and the indomitable human spirit. It is a realm where individuals, irrespective of their background can showcase their skills and compete on a level playing field. However, beneath the glitz and glamour of the sporting world, there exists a darker side characterized by gender discrimination and sexual harassment. These pervasive issues cast a shadow on the integrity and inclusivity of sports, hindering the progress of players and damaging the industry as a whole. This research also provides valuable information in context to the hurdles and struggles faced by women in Indian sports, strategies and some suggestions for achieving gender equality in Indian sports.

Key words: Women, Sports, Gender inequality

Introduction:

Sports is one field where gender inequality is strongly evident. Women in India are still seen as home-making and childrearing machines. In some cities, women have also started earning their own living but participation in sports is still gloomy. Major problems are social, psychological, financial and family issues. Sexual harassment by the coaches is nothing new. Today, it is deplorable that men and women are treated so differently, especially in sport. Women make up 50% of the world's population but they are not given equal opportunities. Men are still considered the better sex and this is one of the reasons why the world is yet to produce a female Michael Schumacher, Mike Tyson, Tiger Woods or a Sachin Tendulkar. Gender inequality is a deep-rooted issue and in order to change the situation, drastic measures need to be taken. The worst thing to happen is the female feticide. Latest technology is being blatantly misused for killing the girl child. Far from giving her good education and a happy life we Indians are trying to eliminate women from this earth. Dogmatic principles govern much of our thinking.

It is important to understand that gender inequality in sports is a complex issue. Gender and sports are one of the most important issues in terms of gender inequality. In no other area

is the inequality as large as in sports. Female participation in sports was discouraged and also that those who played faced innumerable problems. Just to keep playing against the wishes of the family and the society is a Herculean task. Excelling in sports is even more courageous. As has been mentioned earlier, the advantages of sport are manifold. In order for India to become a stronger and a more wholesome nation, we need to fight gender inequality.

Women in India:

Sports in India is yet to reach its peak. The Mughals ruled India for centuries, the Britishers for another one and a half-century. It was only after 1947, when we achieved independence that we started developing as a modern nation, with special rights to half of its citizens namely women. Indian women are still trying to establish their own identity. Women in India are still unable to take a stand for themselves. As is mentioned above, gender inequality is one of the many issues because of which India is not being able to progress at a faster rate. In India we seem to be deifying our great leaders but never pay attention to what they are trying to tell us. Pandit Nehru has said that to awaken the people, it is the woman who must be awakened, once she is on the move the family moves, the nation moves. A society, which does not allow a girl to do something simple as primary education, is unlikely to let her participate in sport without any hurdles. Even before taking part in 400meter hurdles the girl has to pass so many more social hurdles.

Women in Indian Sports:

The recent report of the National Commission for Youth (2004) has followed in detail the investment of women in Sports previously, then after the fact 1947. The primary Indian women to partake in the Olympics was in 1952. In 1975, the Government of India founded the National Sports celebration for women with a perspective to advertise women' sports. The National celebration is gone before by rivalries at the neighborhood and the area level. However, the report has watched that these rivalries have been decreased to negligible issuing of endorsements and the resulting choice at the national level is carried out on specially appointed premise. Sports is all things considered a world class movement in the nation and the appropriation of a sports strategy, as the legislature has done in 1984, is barely prone to change the circumstances a whole lot.

Women form the bedrock of families and society, wielding remarkable influence and contributing immensely to empowerment. Despite being subjected to societal perceptions of inferiority worldwide; women consistently push boundaries to surpass their male counterparts.

Indian women players have actively sought liberation from prejudiced norms, social marginalization, and cultural biases, forging successful paths in their respective careers.

Indian women athletes have made remarkable strides in sports, showcasing their talent and determination on both national and international stages. Amidst the prevailing perceptions of women's inferiority, some of exceptional female athletes have emerged as beacons of inspiration, igniting the aspirations of future generations.

Problems faced by Women athletes in Indian Sports:

Females in sports may experience bullying, social isolation, negative performance evaluations or the loss of their starting position. During socially fragile adolescence, the fear of being tagged “gay” is strong enough to push many females out of the game. Females face many challenges in sports that set them back from receiving the same resources, pay and representation that male athletes face. A significant challenge that female athletes face is how they are represented by the media. Female athletes receive media recognition that puts an emphasis on their personal lives, and sexualizing through mediums like Sports Illustrated rather than their athletic ability impedes on their privacy and fails to recognize their accomplishments. This form of recognition deters many female athletes from entering sports as a career. Many of their dreams are killed because of the female athletes that enter the sports industry and are treated differently or not adequately compensated. Media representation between male and female athletes are depicted completely differently than one another in headlines, pictures, sports casting language, and airtime. Women athletes are displayed based on appearance of submissiveness, beauty standards and emotion. For example, in a pregame show for a basketball championship game in 1993, an announcer described the game as having the most talented teams in the country, with the players being big and even compared by their size to the massive court and stadium. Announcers frequently use adjectives that represent male athletes as powerful and dominant, whereas the same attributes from women are backhanded or perceived as an advantage.

Instances of Sexual Harassment in Sports Industry. In 2010, members of the Indian Women's Hockey team accused the then-chief coach, Maharaj Krishna Kaushik of sexual harassment.

The media and the people are also at fault with the “extra-interest” in the personal lives of sports women and creating a controversy about it, for instance, the sports costumes they wear. The finest of sports women in India have faced discrimination at some level in their sports career, be it at the hands of authorities, selection teams, coaches, governments, or even

their own families. Remember that moment in 2009 when India's former sprint queen, P.T. Usha broke down in front of the media regarding the discrimination meted out to her? Gender and sports are a standout amongst the most critical issues regarding gender orientation disparity. In no other range is the inequality as vast as in sports. The motivation behind this exploration is to Gender inequality in sports in India.

One such study is by Dr Bhalerao in 2003. It is her Ph. D. thesis, which is about gender issues in sports. The title of which is Analysis of problems faced by women players who participate in interuniversity sports competitions. This thesis analyses the problems specific of girl players in at the university level. There are quite a lot of similarities in the factors that she has analyzed and the factors that we are dealing with in the Indian sports. The problems are:

1. Family
2. Social
3. Psychological
4. Physiological
5. Sport equipment and facilities
6. Financial problems
7. Problems arising because of the government
8. Physical education and coaching related problems
9. Problems developed due to selection committees.

Title IX

Passed in 1972, Title IX was a landmark piece of legislations that banned sexual discrimination in all schools, including in athletics. It applies to all state and local agencies that receive education funds, which includes school districts, colleges, universities, libraries and museums. It focuses on giving women equal opportunities in the athletic arena to those of men.

Strategies for Change:

Parents' influence is important. Girls are more likely to participate if they have a parent who participated as a child, or who still plays sports. Also, parents can help by insisting schools provide equal facilities and opportunities to their daughters and sons. Unfortunately, even girls who participate in sports and fitness cite obstacles, girls getting picked for teams after all the boys are picked; gym teachers who assume girls are not as good as boys; and better coaches and equipment for boys' teams. While urban and rural girls participate equally in sports and fitness, rural girls who quit sports, are more likely to have problems with transportation or

inadequate funds. In addition, more rural girls than urban girls feel boys make fun of girls who play sports.

1. Support Women's and Girls' Sports
2. Join a Women's Rights Organization
3. Challenge the Myths
4. Speak Out Against Gender inequality
5. Encourage Other Women and Girls
6. Push for Gender Equality Policies
7. Publicize Discrimination at your School or University
8. Spread general awareness

Working towards a brighter future: Achieving gender equality in sports:

To address the gender inequality in Indian sports, a comprehensive strategy is required. It is essential to invest in infrastructure that meets the specific requirements of female players, including training facilities, equipment, and coaching staff. It is crucial to promote awareness campaigns that challenge harmful stereotypes and promote inclusivity. Moreover, promoting media attention that highlights the accomplishments of female players and displays the wide variety of women's sports can greatly impact public perception. Empowering girls through education and grassroots initiatives that promote early participation in sports is essential. This initiative aims to cultivate a lasting passion for physical activity, empower girls with essential skills and self-assurance and nurture a new wave of sports fans and potential champions. India's progress in sports is closely linked to the drive for gender equality. It is crucial to acknowledge the accomplishments of outstanding female players while also tackling the current obstacles to reaching this objective. India has the potential to empower its future generation of female players by creating an inclusive environment that celebrates diversity and offers equal opportunities. This will not only help them succeed in sports but also inspire the nation with their remarkable achievements and unwavering spirit.

Conclusion:

Gender inequality and sexual harassment pose significant challenges to India's sports industry, undermining the principles of equality, fairness and inclusivity. Addressing these issue requires a comprehensive approach that combines legal measures, ethical considerations and proactive initiatives. While India has taken steps to fight gender inequality and sexual harassment through legislation and guidelines, there is still much work to be done. Traditional stereotypes for females have slowly been changing and evolving. This will likely continue once

girls and women quit feeling that they need to choose between sports and femininity. While there is still a long way to go, females can obviously break free of traditional stereotypes.

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Gender Inequality in Professional Sports
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Abstract

By examine the current scenario researcher has surveyed about Gender inequality. Gender inequality is a complex issue in India. Gender inequality is dissimilarity between two genders in the context of education, sports, politics, economic etc. This paper is intended to search on gender discrimination in professional sports. Till today in developed India there is existence of gender inequality. In multiple regions of India there are lots of girls who are deprived from rights and opportunities. The purpose behind this research paper is to emphasize on gender inequality in sports area. Gender inequality in professional sports has been a longstanding issue with various dimensions. As India has a great history in the field of sports. The researcher has observed that women got involved for the first time at the 1900 games in Paris. In earlier era people used to believe that men who play professional sports are considered as heroes and have extravagant value. The research has taken one movie as well as a reference, the film is based on the life of one of the captains of Indian team named, Mithali Raj. The name of the movie is Shabaash Mithu that is directed by Srijit Mukherji. And the researcher has taken different another examples of movies those are representing gender discrimination in sports. So the main idea behind this paper is to present women struggles in the athletic field.

Introduction

It is believed that gender inequality existed at the earlier time, but till today it seems in lots of small regions. Different inequalities in different areas like in education, employment, political positions, family etc. Gender inequality is rooted into the mentality of rigid people of earlier time. This kind of people have the ideology that women are unskilled in many fields. Gender equality does not refer that women are superior to men, but it is about equal rights. From the ancient time women are deprived from many rights and opportunities as compare to men, not only deprived but there was no voice of women for their right. There was no value of women's opinion. Just different rules were imposed on women without knowing their decision. Two prominent examples are that Sati Pratha and Doodh Peeti pratha (Female Infanticide). Sati

system was an ancient ritual in India. In sati pratha widow would sacrifice herself on her husband cremation bonfire. The term “sati” is derived from the name of the goddess named, Sati. According to Hindu mythology the goddess sati has burnt herself. The practice was outlawed by Raja Ram Mohan Roy with the help of Lord William Bentinck, Governor –ne General of India in the nineteenth century. In Doodh peeti pratha, newborn girls were dying by drowning into milk to death. But the British resident in b Baroda colonel walker, insisted to ban, however this system continued until the late 19th century.

Gender inequality in sports

The history of women’s involvement in sports has been marked by gradual development. Women have faced various problems like social, cultural, and institutional barriers to establish themselves as an athlete. During the early ages, women were considered physically weak for any game. But then there is a great evolution of women in the field of game. In ancient Greece, women were generally left ousted from involving in the Olympic Games. However, there were separate athletic festivals where women could play. In the nineteenth century, women’s contribution in sports was limited, largely in order to societal norms and expectations regarding the role of women. Some physical activities, such as shot put and archery, were deemed acceptable for women. In early 20th century, there was a representation of the emergence of women’s appearance in sports. Women started taking part in different games such as tennis, golf, swimming etc. And there was an inclusion of women’s athletics in the Olympic Games. The researcher has surveyed that in the 1928 Amsterdam Olympics marked the first time women were allowed to compete in track and field events. World war second become the proof for women’s strength that means women took on roles, including in sports. This helped challenge stereotypes and expand opportunities for women in athletics. In the post- war era, women’s involvement in sports continued to grow, but gender discrimination remained a significant issue. Women’s sports often less attention and recognition as compared to men. Women’s sports gained further recognition in the 21st century. There was much contribution of dedicated athletes such as Serena Williams, Simone biles etc. Despite progress, challenges persist, including pay disparities, and gender stereotypes.

Contribution of women athletes in sports

After gaining independence in 1947, India began to focus on sports development. To establishment of sports organizations and infrastructure contributed to the growth of women’s sports. In the area of sports lots of milestones such as P. T. Usha, as the first woman president of the Indian Olympic Association. She has laid path for other women in sports. Her athletic

career is linked with her fight for gender equality in sports. She has faced several barriers and challenges throughout her career. She became an icon for aspiring female athletes. Karnam Malleswari, she has made summary by winning a bronze medal at the Sydney Olympic in 2000, becoming the first Indian woman to win an Olympic medal. Players like Mithali Raj, Jhulan Goswami became household names, contributing to the growth of women's cricket in India. Indian women athletes have performed well at the commonwealth games. In recent years' Indian badminton women players like Saina Nehwal has achieved international success and winning medals. "People would say, - 'Girls don't play hockey. Girls don't skate.' I would say, 'Watch this!'" This quote is given by Canadian former ice hockey player. Despite the progress, challenges like societal expectations, lack of infrastructure, and unequal opportunities persist. In sports often face gender bias, inadequate funding, and limited media coverage.

Gender Bias in professional sports

Gender discrimination in sports is longstanding issue. In the field of sports gender bias seems in many aspects. The researcher has found out the best example in this context is the film that is based on real life story of Mithali Raj, ODI captain of India women's national cricket team. The main role of Mithali Raj is played by Taapsee Pannu.

Family restrictions

As being a girl, family restrictions are more implementing on them. As compares to boys, girls do not have that much freedom from their family. The researcher has observed that now a day in lots of families still have rigidness regarding to girl's education, freedom. In lots of societies girls are restricted in lots of fields, especially in sports. The researcher has surveyed that from sports coordinator that lots of girls are not allowed in the field of sports by their family, though girls are able enough to play. However, girls have physical fitness, practical knowledge of particular game and interested enough, they cannot participate because of the refusal of their family. The reason can be that travel around the country alone as a female is not safe according to their rigid mentality. An excuse of their family is that girls would have to go to other various states and it can be insecure for girls. For example; the year 1990 is shown, the main idea is all about gender discrimination. As in the story of film Mitali is belonging from broad and free minded family, while her friend named, Noori is continuing her her training for seven years by lying. When there was a time of national team selection, reluctantly Noori is going to get marry. And mitali alone is going to represent India.

Pay Gap

One of the most prominent issues is the pay gap between male and female athletes. In many sports, female athletes earn significantly less than their male counterparts. This is evident in areas such as prize money, sponsorship deals, and salaries. Sarah Thomas, Indian Malayalam Language writer. When Sarah was asked to describe her opinion on the gender pay gap in sports. She replied, “One of the bigger arguments I have heard regarding women in sports making less money than their male counterparts, is that fewer people watch women’s sports, so the women are paid based on demand. Simply put, more people watch men’s sports. This result is higher revenue. Therefore, there is more available money to give to male athletes. I do agree that this logic is fair. Sports are a business just like any other business. However, I think there should be a shift in focus. Female athletes should be marketed better.”

Investment and funding

Women’s sports often receive less financial investment and funding compared to men’s sports. This affects everything from training facilities to marketing efforts, leading to disparities in the overall quality of the women’s sports experience.

Opportunities and Access

From the earlier time, women have had fewer opportunities to participate in certain sports and have faced barriers in accessing training facilities, equipment, and coaching. While progress has been made, these kind of barriers stick at some areas only.

Perception and Stereotypes

There is a big influence of perception and stereotype of people for women athletes. False stereotype is about female athlete’s physical inability and that is impact how women in sports are perceived. Negative stereotypes about female athletes’ abilities on the emphasis on appearance over athletic achievements can hinder their recognition and success. Some have mentality that some particular games are made for male only. The researcher has taken the reference of film ‘Dangal’ that is directed by Nitesh Tiwari and that is produced by Aamir khan and Kiran Rao. The film is about the story of Mahavir Singh Phogat, who is a former wrestler and parent figure. The movie traces his life story, as he tries to push his daughters to fight for fame, glory, and pride. In this film Aamir khan (father figure) has to face struggle for his girls, because that was the village in which only male players only used to take part in wrestling g. But in this film his two daughters started to involve in wrestling with the help and support of their father.

Inequality in Endorsements

Female athletes often receive fewer and less commendation deals compared to male athletes. This is partly we can link to the lower visibility of women's sports, resulting in fewer marketable opportunities for female athletes.

Unequal Treatment and Conditions

Partiality in treatment and conditions between male and female athletes can exist in areas such as facilities, travel accommodations, and medical support. These discrepancies can affect the overall performance and well-being of female athletes. In some sports, the existence of professional leagues for female athletes to pursue a professional career in their chosen sport. The researcher used again the reference of the film, shabash Mithu to prove unequal treatment and ignorance. Despite the good performance of Mithali, the women's team constantly has to face non-cooperation from the cricket board. And also they were neglected by the public. But Mithali fights for equality. She tries to find the same respect for the women's team in the gentleman's world. She answers everyone by scoring century after century with her bat and a time comes when with brilliant leadership she takes India to the final of the world cup. So in this film Mithali has fought against gender bias. But in reality there is not everyone like mithali, so many girls deprived by lots of opportunities and success.

The researcher relates another example of gender discrimination in the field of sports, is the film named, Mary Kom. Mary kom, a biographical sports film about the Indian boxer Mary kom that is directed by Omung Kumar. Priyanka Chopra is in the lead role and presenting the journey of struggle to successful boxer Mary Kom. The film is the portrayal of the overall treatment of female characters. The film itself can be assessed for whether it challenges or emphasized gender stereotypes. As her father was against her interest in sports and tells her to choose one of them means either her father or the field of sports. Though in this kind of situation she is selecting sports and then eventually when she got success in this field then her father supported her and he became the reason behind her championship.

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Influence of Nutrition On Athletic Performance

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Abstract

Good nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy.

Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. Number of factors contribute to success in sport, and diet is a key component. An athlete's dietary requirements depend on several aspects, including the sport, the athlete's goals, the environment, and practical issues. The importance of individualized dietary advice has been increasingly recognized, including day-to-day dietary advice and specific advice before, during, and after training and/or competition. Athletes use a range of dietary strategies to improve performance, with maximizing glycogen stores a key strategy for many. Carbohydrate intake during exercise maintains high levels of carbohydrate oxidation, prevents hypoglycemia, and has a positive effect on the central nervous system. Recent research has focused on athletes training with low carbohydrate availability to enhance metabolic adaptations, but whether this leads to an improvement in performance is unclear. The benefits of protein intake throughout the day following exercise are now well recognized. Athletes should aim to maintain adequate levels of hydration, and they should minimize fluid losses during exercise to no more than 2% of their body weight. Supplement use is widespread in athletes, with recent interest in the beneficial effects of nitrate, beta-alanine, and vitamin D on performance. However, an unregulated supplement industry and inadvertent contamination of supplements with banned substances increases the risk of a positive doping result. Although the availability of nutrition information for athletes varies, athletes will benefit from the advice of a registered dietician or nutritionist.

Keywords: nutrition, diet, sport, athlete, supplements, hydration

Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. Number of factors contribute to success in sport, and diet is a key component. An athlete's dietary requirements depend on several aspects, including the sport, the athlete's goals, the environment, and practical issues. Athletes require a well-balanced and nutrient-dense diet to support their physical performance and overall health. Key nutritional considerations for athletes include:

Macronutrients:

- **Protein:** Essential for muscle repair and growth. Athletes often need a higher protein intake, with sources including lean meats, dairy, legumes, and plant-based proteins.
- **Carbohydrates:** Provide energy for physical activity. Complex carbohydrates from whole grains, fruits, and vegetables are preferable.
- **Fats:** Important for energy storage and hormone production. Emphasis should be on healthy fats from sources like avocados, nuts, and olive oil.

Micronutrients:

- **Vitamins and minerals:** Play vital roles in various physiological processes. Athletes should ensure adequate intake of vitamins such as vitamin C, D, and minerals like iron and calcium.

Hydration:

- Proper hydration is crucial for optimal performance and recovery. Athletes must maintain fluid balance through water and electrolyte-rich beverages.

Timing of Nutrition:

- Pre-exercise: Carbohydrate-rich meals for energy. A moderate amount of protein can also be included. Post-exercise: Protein and carbohydrates to aid muscle recovery and replenish glycogen stores.

Individualized Needs:

- Athletes have varying nutritional requirements based on factors such as sport, intensity, duration, and individual metabolism. Customized plans are essential.

Supplementation:

- Use of supplements should be judicious. Common supplements include protein powders, BCAAs, and vitamin/mineral supplements if deficiencies are identified.

Monitoring and Adjustments:

- Regular monitoring of nutritional status is crucial. Adjustments to the diet should be made based on performance, recovery, and any specific health considerations.

Athletes are encouraged to consult with registered dietitians or sports nutrition professionals to develop personalized nutrition plans tailored to their specific needs and goals.

Several factors influence the formulation of an athlete's diet plan, recognizing the need for a nuanced and tailored approach:

Sport-Specific Demands: The nature of the sport significantly affects nutritional requirements. Endurance athletes may prioritize carbohydrates for sustained energy, while strength athletes may emphasize protein for muscle development.

Training Intensity and Volume: Athletes with higher training intensities or volumes have increased energy and nutrient needs. Adjustments in calorie intake, macronutrient distribution, and overall nutrient density are made accordingly.

Body Composition and Goals: Athletes aiming for muscle gain, weight loss, or maintenance require different dietary strategies. Caloric intake and macronutrient ratios are tailored to align with specific body composition goals.

Individual Metabolism: Variations in metabolic rates influence energy expenditure. Athletes may need adjustments in calorie intake based on their individual metabolic efficiency and response to training.

Age, Gender, and Weight: Age, gender, and weight impact nutritional requirements. Adolescents in growth phases, female athletes with specific hormonal considerations, and those with weight management goals require individualized plans.

Health Conditions and Medical History: Existing health conditions, allergies, or medical history may necessitate dietary modifications. Athletes with conditions like diabetes or gastrointestinal issues may require specialized nutritional strategies.

Competition Schedule: The timing of competitions and training sessions affects pre-, during, and post-event nutrition. Athletes must adjust their diet plans to optimize performance during critical periods.

Environmental Conditions: Training or competing in varying environmental conditions (e.g., altitude, heat) alters hydration and nutrient needs. Athletes must adapt their diet plans to accommodate these factors.

Recovery Requirements: The intensity and frequency of training sessions influence recovery needs. Adequate post-exercise nutrition, including protein and carbohydrates, is crucial for optimizing recovery.

Budget and Accessibility: Practical considerations such as budget constraints and food accessibility impact the feasibility of a diet plan. Athletes should focus on obtaining necessary nutrients within their practical constraints.

Ethical and Cultural Considerations: Personal preferences, dietary restrictions, and cultural beliefs shape an athlete's dietary choices. A diet plan should align with an athlete's values and preferences for long-term adherence.

Meanwhile an athlete's energy requirements depend on the periodic training and competition cycle, and will vary from day to day throughout the yearly training plan relative to changes in training volume and intensity. Factors that increase energy needs above normal baseline levels include exposure to cold or heat, fear, stress, high altitude exposure, some physical injuries, specific drugs or medications (e.g., caffeine, nicotine), increases in fat-free mass and, possibly, the luteal phase of the menstrual cycle.² Aside from reductions in training, energy requirements are lowered by aging, decreases in fat free mass (FFM), and, possibly, the follicular phase of the menstrual cycle.³ Energy balance occurs when total Energy Intake (EI) equals Total Energy Expenditure (TEE), which in turn consists of the summation of basal metabolic rate (BMR), the Thermic Effect of Food (TEF) and the Thermic Effect of Activity (TEA) according to Planned Exercise Expenditure.

By accounting for these factors, athletes and their nutrition professionals can create effective and sustainable diet plans that support performance, health, and individualized needs. Regular assessments and adjustments are essential to ensure ongoing optimization.

Vegetarian diet and Athletic performance

A vegetarian diet can be suitable for athletes, but its impact depends on careful planning to ensure adequate nutrient intake. Consider the following aspects:

Protein Intake: Vegetarian athletes must prioritize diverse protein sources to meet their protein needs. Incorporating plant-based protein-rich foods such as legumes, tofu, tempeh, and seitan is essential.

Amino Acid Profile: Plant-based proteins may lack certain essential amino acids. Combining different plant protein sources (complementary proteins) throughout the day ensures a more comprehensive amino acid profile.

Iron and Vitamin B12: Vegetarian diets may be lower in “Heme” iron (found in animal products) and vitamin B12. Athletes should consume iron-rich plant foods like lentils and spinach and consider B12 supplementation or fortified foods.

Omega-3 Fatty Acids: Ensuring an adequate intake of omega-3 fatty acids, primarily found in flaxseeds, chia seeds, walnuts, and algae-based supplements, is crucial for overall health and anti-inflammatory benefits.

Calcium and Vitamin D: Plant-based sources like fortified plant milks and leafy greens can contribute to calcium intake. Vitamin D may need to be obtained through sunlight exposure or supplementation, as it is limited in plant-based foods.

Carbohydrates: Vegetarian diets can easily meet carbohydrate needs through whole grains, fruits, and vegetables, providing the necessary energy for athletic performance.

Fiber Content: The high fiber content in vegetarian diets can aid in digestion and satiety. However, athletes may need to time their high-fiber meals appropriately to avoid gastrointestinal discomfort during training or competitions.

Anti-inflammatory Properties: Certain plant foods possess anti-inflammatory properties, potentially aiding in recovery and reducing exercise-induced inflammation.

Hydration: Fruits and vegetables, common in vegetarian diets, contribute to hydration due to their high water content, supporting athletes in maintaining optimal fluid balance.

Weight Management: A well-planned vegetarian diet can contribute to weight management goals, whether an athlete aims for maintenance, weight loss, or muscle gain.

Ethical and Environmental Considerations: Many athletes choose a vegetarian diet for ethical or environmental reasons. This aligns with personal values and may contribute to a sense of well-being.

Despite these benefits, vegetarian athletes must be vigilant in meeting their nutritional requirements through strategic food choices or, if necessary, supplementation. Collaboration with a registered dietitian or nutrition professional can ensure a well-balanced and individualized diet that supports optimal athletic performance.

The relationship between nutrition athletes is intricate and pivotal, influencing performance, recovery, and overall well-being. Main aspects of this relationship include:

Performance Optimization: Adequate nutrition is fundamental for optimizing athletic performance. Proper intake of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals) provides the energy, endurance, and strength needed during training and competitions.

Recovery and Adaptation: Nutrient intake plays a crucial role in post-exercise recovery. Protein helps repair and build muscles, carbohydrates replenish glycogen stores, and adequate hydration supports fluid balance and efficient recovery.

Immune Function: Nutrition significantly influences immune function. Athletes with well-balanced diets are better equipped to maintain immune health, reducing the risk of illnesses that could hinder training and performance.

Injury Prevention and Healing: Proper nutrition contributes to bone health, joint function, and connective tissue strength, aiding in injury prevention. In case of injuries, nutrient-rich diets support the healing process and minimize recovery time.

Energy Balance and Weight Management: Maintaining an appropriate energy balance is essential for athletes. Proper nutrition ensures they consume enough calories to meet energy needs, preventing fatigue, and supporting healthy weight management.

Hormonal Regulation: Nutrition influences hormonal balance, impacting factors like stress hormones and growth factors. Balanced nutrition contributes to optimal hormonal regulation, critical for muscle growth, recovery, and overall health.

Cognitive Function: Nutrient-rich diets support cognitive function and mental clarity. Athletes benefit from enhanced focus, decision-making, and reaction time during training and competitions.

Long-Term Health: Consistent adherence to a well-rounded and nutrient-dense diet supports long-term health. Athletes may be better positioned to mitigate the risk of chronic diseases associated with poor nutrition, such as cardiovascular issues and metabolic disorder.

Psychological Well-Being: Nutrient intake can influence mood, stress levels, and overall psychological well-being. Balanced nutrition supports mental health, aiding athletes in coping with the pressures of training and competition.

Individualized Nutritional Strategies: Athletes have unique nutritional needs based on factors like age, sex, sport type, and training intensity. Tailoring nutritional strategies to individual requirements ensures optimal health and performance outcomes.

Periodization of Nutrition: Adjusting nutrition based on training phases, competition schedules, and recovery periods enhances the effectiveness of an athlete's nutritional plan, promoting peak performance during crucial times.

The co-relationship between nutrition, health, and athletes underscores the importance of personalized, evidence-based dietary plans. Regular monitoring and adjustments, often with the guidance of registered dietitians or nutrition professionals, contribute to sustained athletic excellence and overall well-being.

The performance of Indian athletes is significantly influenced by their diet, as nutrition plays a crucial role in optimizing physical capabilities, recovery, and overall health. Factors infests are

Macro and Micronutrient Intake: Adequate consumption of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals) is essential for meeting the energy demands of training and competitions, promoting muscle development, and supporting overall health.

Traditional Dietary Practices: Many Indian athletes draw on traditional dietary practices that include a variety of whole foods such as lentils, legumes, vegetables, and whole grains. These foods provide essential nutrients and contribute to a balanced diet.

Carbohydrate Loading: Carbohydrates are a primary energy source, and Indian athletes often incorporate carbohydrate-rich foods like rice and wheat into their diets to optimize glycogen stores for sustained performance.

Protein-Rich Foods: Including protein-rich foods such as lentils, pulses, dairy, and lean meats is crucial for muscle repair, growth, and recovery. Meeting protein requirements is particularly important for athletes engaged in strength and endurance sports.

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Hydration Strategies: Given the diverse climatic conditions in India, athletes focus on effective hydration strategies to prevent dehydration, maintain optimal performance, and support recovery.

Adaptation to Cultural Preferences: Athletes often adapt their diets to align with cultural preferences and dietary norms. This ensures dietary plans are sustainable and culturally relevant.

Supplementation: Some Indian athletes may incorporate dietary supplements to meet specific nutritional needs, especially if they have dietary restrictions or deficiencies. However, supplementation is typically approached with caution and under professional guidance.

Adaptation to Cultural Preferences: Athletes often adapt their diets to align with cultural preferences and dietary norms. This ensures dietary plans are sustainable and culturally relevant.

Supplementation: Some Indian athletes may incorporate dietary supplements to meet specific nutritional needs, especially if they have dietary restrictions or deficiencies. However, supplementation is typically approached with caution and under professional guidance.

Individualized Nutrition Plans: Recognizing the diverse sporting disciplines and individual differences among athletes, personalized nutrition plans are crucial. Tailoring diets to the specific needs and goals of each athlete optimizes performance outcomes.

Pre-Competition and Recovery Nutrition: Timing of meals, especially pre-competition and post-exercise nutrition, is carefully considered. Balancing energy sources before events and replenishing nutrients after training or competition supports optimal performance and recovery.

Education and Awareness: Educating athletes about the importance of nutrition in enhancing performance is an ongoing process. Increased awareness empowers athletes to make informed dietary choices.

Conclusion

Athletes are always looking for an edge to improve their performance, and there are a range of dietary strategies available. Nonetheless, dietary recommendations should be individualized for each athlete and their sport and provided by an appropriately qualified professional to ensure optimal performance. Dietary supplements should be used with caution and as part of an overall nutrition and performance plan.

The co-relationship between nutrition, health, and athletes underscores the importance of personalized, evidence-based dietary plans. Regular monitoring and adjustments, often with the guidance of registered dietitians or nutrition professionals, contribute to sustained athletic excellence and overall well-being.

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Review of Effect of Yoga On Mental Health

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ABSTRACT

Mental health concerns have increased globally. Allopathic treatment is insufficient to improve the mental well-being of people. Yoga has the power to quickly relieve stress and effectively heal illness to promote mental well-being. Yoga has been popularized around the world. Yoga is very important for the mind and body which provides relief from physical and mental illness. It is said that if the body is healthy, then the mind will be healthy and if the mind is healthy, the body will be healthy. Nowadays people are turning to yoga for improvement of mental health. Yoga is considered more effective than medicine. Eliminates side effects of drugs and also reduces cost. Yoga has the benefit of increasing physical fitness as well as mental fitness.

Key word: Yoga, Mental Health

INTRODUCTION:

The World Health Organization predicts that depression will be the second largest contributor to the global disease burden by 2020, the World Health Organization predicts depression. Due to the hectic lifestyle of today's people, its rate has increased even more than in the past. Although diagnosis has increased, treatment regimens generally include pharmaceutical therapy. This is not enough to prevent disease progression and promote mental health. This article provides the evidence base for yoga as a mental health improver. Yoga improves mental health by providing relief from mental illnesses like stress, depression, anxiety, and depression. and improves mental health. Both mind and body remain healthy. The eight limbs of yoga are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. The word yoh in Sanskrit means "to join". It means connecting mind and body. Yoga is a personal activity that has social implications. Those who practice yoga regularly are connected to global peace. Potential outcomes of large-scale population mental well-being initiatives such as less violence in society, less addiction, greater ability to be honest with one self and others are more visible. In a country like India, yoga is taught for free. In this brief article we will discuss the evidence for yoga as a form of mental health promotion, disease prevention and treatment.

REVIEW OF LITERATURE

Sushama T S, Binny Chauhan, Deepchand D., R Kumeriya (2020) believe writing a check and the second you read the query paper, you can't consider a single issue you examine for? Or however consider forgetting your essential records at home simply before an interview? each those eventualities are nightmares for most people. each what's not unusual among them is our reminiscence, which became unable to carry out the function it's been particularly meant for. The WHO, in 2009 envisioned that almost one out of every 5 kids on the planet goes via a type of emotional, intellectual, or behavioral problems. This debt for a huge piece of younger those who need instantaneous assistance. that is while Psycho Neurotics comes into the photo. This remedy acts like a strength therapy. numerous studies have additionally particular Indian women who undergo strain and anxiety. This stress additionally accompanies diverse quantities of principal fitness concerns, treating of which, may be heavy for the pocket.

Naragatti, Siddappa (2020) modern-day network of papers considering the significance of Yoga on health everyday wholesome volunteers aged about 30 years and no longer extra than 60 years. WHO estimates/variables lifestyles nice – quick. The reaction turned into collected in 50 respondents, 25 of whom have been social manage and 25 of whom had been yoga work together. Normality checks (Shapiro Wilk's) finished for each of the records factors confirmed normal statistics appropriate. The combined 'T' check is used to have a look at contrasts within bundles of yoga and to adjust the consequences. The 'T' test is utilized in unbiased examples to break impact of p.c. The modern-day evaluate showed the viability of Yoga at the satisfactory of lifestyles for everyday wholesome volunteers instead of control collection. each of the four regions of the WHO QOL scale, along with actual fitness, attitude, space for social relationships and herbal space in evaluation to govern series, confirmed a large development within the yoga bundle. that is a plain and smooth deed of the regular method of yoga which contributes to personal fulfilment.

Hemant Bhargav et al., (2020) This bankruptcy is virtually cut up into 4 subdivisions: the absolute first part of the segment offers a report on existing affirmation for yoga treatment in commonplace mental wellbeing troubles, the subsequent component gives short outline on neurophysiological irregularities in intellectual situations just as the association of theirs with mental pressure, the 0.33 part works with synopsis of verification for neurophysiological effects of yoga in emotional nicely-being messes, and the final part underscores on useful variables of yoga remedy with subtleties of logically accommodating yoga rehearses for everyday mental wellbeing issues. The psychological well-being conditions canvassed in this

particular phase comprise of depression, uneasiness, schizophrenia, baby and juvenile mental troubles, artificial use issues, and geriatric intellectual troubles.

THE HEALTH BENEFITS OF YOGA

Through yoga, practitioners experience improved states of well-being, including physically, physiologically, emotionally, and mentally (Harinath et al., 2004). In the West, yoga is popularly viewed as a form of physical activity, as a way to exercise one's physical body and to release the stress of everyday life. The yoga of physical posture is referred to as Hatha Yoga (Chaline, 2000). According to Chaline (2000), Hatha yoga corrects posture; increases flexibility, muscle strength and endurance; and also promotes relaxation. Attending a Hatha yoga class often means following guided instruction in a dimly lit room, accompanied by the aroma of incense, while quiet music plays in the background. However, what visibly occurs during an instructor led yoga class makes up only one part of the practice. People practice Hatha yoga to attain pure 10 and total health and enlightenment, as is claimed by the definitive yoga text,

The Yoga Sutras of Patanjali (Satchidananda, 1990). But what parts of the body exactly do these practices affect and how do they do it? This literature review attempts to identify what takes place during this period of internal concentration. As mentioned in the introduction, meditation (Dhyana) is the seventh limb of Ashtanga Yoga, and it exists in many forms. Meditation is more than just sitting in a cross-legged position, eyes closed and hands on either knee with a closed forefinger and thumb. Much occurs internally while in a meditative state, beginning with focusing the mind on the third eye (ajna chakra) the space between the eyes. Notably, a practitioner can strive to be engaged in meditation throughout all daily activities; truly, this is much more the aim of yoga. Because of the increasing popularity of and devotion to yoga practice in the West, researchers in health-related fields are designing new program theories that utilize yoga in some way. These researchers take constituents (limbs) of yoga (i.e. meditation, postures) and reconfigure them into a new style of practice fitting to the language of the west, so people here can understand the benefits. Typically, these reconfigurations of yoga include holding classes over a period of a number of weeks, where the participant engages in guided yoga postures (asanas) and meditation (dhyana). Researchers monitor the participants over the defined period of time. These program theories focus on increasing well-being. In order to better understand the whole of what exactly yoga affects and how, researchers concentrate on certain parts of and systems within the body. Only in this way can researchers gain some understanding of yoga's power of achieving total health. Yoga research is having a

major impact on the current view of health care. Some of these studies research the validity of yoga intervention programs and theories, which focus on the 11 aspects of yoga that ameliorate health conditions. I reviewed twenty articles relating to what yoga affects. I divided up the literature review by programs. Each section describes the intervention and its conclusion. The sections are divided up as follows: overarching yoga or meditation, Tibetan Yoga, Inner Resources, Progressive Muscle Relaxation Program and the Attention Behavioral Cognitive Relaxation Theory, Mindfulness-Based Stress Reduction program, Zen Meditation, and Transcendental Meditation.

Conclusion:

Due to the hectic lifestyle of today's people, mental problems such as stress, anxiety, depression, and loneliness have increased among people. And these mental problems cannot be cured by drugs alone, as drugs have long-term side effects. Nowadays people are turning to yoga to relieve mental stress. Studies have shown that yoga relieves mental stress.

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Spiritual Intelligence and Mental Health in Practitioner of Yoga and Non-Yoga

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ABSTRACT

This study was conducted to investigate the difference of spiritual intelligence and mental health among yoga and non-yoga practitioners. The main purpose of this research is to increase knowledge of the relationship between spiritual intelligence and mental health in yoga and non-yoga practitioners, and highlight the need for psychosocial support for yoga and non-yoga practitioners. A total of 120 samples of and non-yoga practitioners at different yoga centers, were taken from Surat City in Gujarat. Their samples were taken along with the data collected with the help of ‘Spiritual Intelligence Test’ this test was constructed by Roquiya Zainuddin and Ms. Anjum Ahmed (2011) and ‘Mental Health Inventory’ this scale was constructed by A. K. Shree Vastav and Dr. Jagdish (1982). The data was used to obtain the Spiritual Intelligence and Mental Health measurement of the subjects. The collected data was statistically analyzed with the help of ANOVA and ‘t’ test. The results show that there is significant difference in spiritual intelligence between yoga and non-yoga practitioners. ($F = 23.51$). There is no significant difference in spiritual intelligence between male and female. ($F = 1.13$). There is significant difference in spiritual intelligence between type of practitioners and gender. ($F = 10.51$). There is significant difference in mental health between yoga and non-yoga practitioners. ($F = 11.91$). There is significant difference in mental health between male and female. ($F = 5.24$). There is significant difference in mental health between type of practitioners and gender. ($F = 8.07$). There is no significant correlation between spiritual intelligence and mental health in yoga practitioners. ($r = 0.15$). There is significant correlation between spiritual intelligence and mental health in non-yoga practitioners. ($r = 0.23$). There is not significant correlation between spiritual intelligence and mental health in male. ($r = 0.03$). There is no significant correlation between spiritual intelligence and mental health in female.

($r = 0.04$). There is no significant correlation between spiritual intelligence and mental health in overall yoga and non-yoga practitioners. ($r = 0.05$).

Key Words: Spiritual Intelligence, Mental Health, yoga practitioners, non-yoga practitioners, Gender

INTRODUCTION

Indian tradition is a long and varied history of culture and civilization. It includes an emphasis on spirituality, logical coherence, meaningfulness and the physical, social, cultural, religious and spiritual aspects of human existence. Many traditions, knowledge, concepts and lifestyles of Indian society have been accepted with great respect and admiration in other cultures of the world. Yoga and the practice of yoga is one of the most popular contributions that the entire world has embraced. Hence the United Nations (UNO) has declared June 21 every year as the International Day of Yoga, recognizing and honoring the great Indian culture.

What is Yoga?

In the 21st century, there has certainly been an increase in knowledge but also an increase in physical-mental illnesses and mental problems. During this time many techniques and methods were developed for controlling emotion, becoming spiritual and self-examination. One of those methods is yoga. Yoga is a combination of physical postures (asanas), meditation techniques (dhyana) and breathing exercises (pranayama).

The word yoga is very popular. The word yoga is used in many places in Hinduism and Buddhism. The word yoga is found in the Vedas, Upanishads, Darshan, Gita, Puranas etc. Yoga is a way of life. Basically, Yoga is a spiritual discipline, which focuses on bringing harmony between mind and body. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'. Yoga means skill in actions. (Bhagavad Gita) The balanced state of mind is called yoga. According to "Patanjali Yoga Sutra, "there are two solutions for "Yoga Chitta Vritti Nirodha" According to The Bhagavad Gita, Lord Krishna explains to Arjun that deliverance from contact with pain and sorrow is called yoga.

What is Spirituality and spiritual Intelligence?

The word spiritual comes from the Latin word 'Spirits', which means, "that which gives life or vitality to the system." (Zohar and Marshall 2002). Spirituality can mean different things to different people. Some people associate it with religiosity. Others consider it non-religious and which helps them get in touch with their spiritual selves through quiet contemplation, time in nature, private prayer, yoga or meditation.

Spiritual Quotient (SQ) is the sum of our Intellectual Quotient (IQ) and Emotional Quotient (EQ). Can be expressed mathematically as – Spiritual Quotient (SQ) = Intellectual Quotient (IQ) + Emotional Quotient (EQ). Basically, all human beings are spiritual in nature. Spiritual intelligence (SI) is an advanced dimension of intelligence that everyone can directly experience as an innate ability without relying on religious belief. So spiritual intelligence represents a secular spirituality based on the science of the soul. According to Zohar and Marshal (2000), "With spiritual intelligence we can place our actions and our lives in a wider, richer, meaning-giving context, the intelligence with which we can assess that one courses of action or one's life-path is more meaningful than another". According to Wolman (2001), "spiritual intelligence is a human capacity about the meaning of life, and to simultaneously experience the seamless between each of us and the world in which we live."

What is Mental Health?

Mental health is a state of mental well-being that enables people to cope with life's stresses, realize their potential, learn and work well, and contribute to their communities. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build good relationships, and shape the world in which we live. Mental health is a basic human right. And it is crucial for individual, community and socio-economic development. According to Lehner and Cube "Mental health is an adjustment to the world and to other persons that maximizes the individual's satisfaction." Herbal Carol (1969) "Mental health is the creation of conditions in which a healthy emotional life is possible and the treatment of milder mental illnesses makes it possible to prevent more severe and acute mental illnesses." All these definitions have a few literal differences. The common thread of all is that mental health is the intensive scientific effort to achieve a satisfactory state through healthy adjustment.

Gawali, S. (2019) Conducted by study of A Comparative Study of Spiritual Intelligence among Yoga and Non-Yoga Practitioners. The results of this study show that there is a significant difference between the mean score of spiritual intelligence among yoga and non-yoga practitioners. There is no significant difference between the mean score of spiritual intelligence among level of age (Age group below 30 years and second group above 30 years). Tapariya, J. H. (2021). Conducted by study of Spiritual Intelligence among Yoga and Non-Yoga Practiser. The results of this study show that there is no significant difference between spiritual intelligence among yoga and non-yoga practiser. Adhikari, M. and Rathi, A. (2023) Conducted by study of Comparison of Mental Health between Yogic and Non-Yogic School

Students. The results of this study show that yoga practitioners have better mental health than non-yoga practitioners. Mir, M. I. and Maqbool, A. (2022) Conducted by study of Spiritual Intelligence and Mental Health of Post-graduate students: Comparison and correlation. The results of this study show that there is a significant correlation between spiritual intelligence and mental health of students.

METHODOLOGY

(1) Objectives

The present study was, hence, undertaken with the following objectives.

- 1) To study of spiritual intelligence and mental health among yoga and non-yoga practitioners.
- 2) To study of spiritual intelligence and mental health among male and female.
- 3) A study of correlation between spiritual intelligence and mental health in yoga and non-yoga practitioners.

(2) Hypothesis

The following things of hypothesis have been formulated for the investigation, here, researcher builds a null hypothesis.

- 1) There is no significant difference in spiritual intelligence between yoga and non-yoga practitioners.
- 2) There is no significant difference in spiritual intelligence between male and female.
- 3) There is no significant difference in spiritual intelligence between type of practitioners and gender.
- 4) There is no significant difference in mental health between yoga and non-yoga practitioners.
- 5) There is no significant difference in mental health between male and female.
- 6) There is no significant difference in mental health between type of practitioners and gender.
- 7) There is no significant correlation between spiritual intelligence and mental health in yoga practitioners.
- 8) There is no significant correlation between spiritual intelligence and mental health in non-yoga practitioners.
- 9) There is no significant correlation between spiritual intelligence and mental health in male.

- 10) There is no significant correlation between spiritual intelligence and mental health in female.
- 11) There is no significant correlation between spiritual intelligence and mental health in over all yoga and non-yoga practitioners.

(3) Participants

Total participants of 120 yoga and non-yoga practitioners at different yoga centers. Were randomly selected from Surat city in Gujarat. The care was taken that the socio-economic levels of all subjects remain almost the same. The average age of participants was 30-60 years.

Table No. – 1

A Table of Sample Distribution

Independent Variable	Yoga	Non-yoga	Total
Male	30	30	60
Female	30	30	60
Total	60	60	120

(4) Design

The experimental design for this study was 2 x 2 factorial design. The first independent variable was type of practitioners (yoga & non-yoga). The second independent variable was use of gender (girls & boys). The first dependent variable was spiritual intelligence score. The second dependent variable was mental health score.

(5) Measuring Instruments

For collecting the pertinent data, the following measuring instruments were used.

(a) Personal Information Schedule

The main purpose of this schedule is to collect certain pertinent data regarding the variables of the study, the various information such as, type of gender, age, social media use of duration are collected through this schedule.

(b) Spiritual Intelligence Test

“Spiritual Intelligence Test” Constructed by Roquiya Zainuddin and Ms. Anjum Ahmed (2011). The original Hindi test was translated and standardized in Gujarati by Researcher (2023) has been used. The test comprises 78 items and six factors, to be rated on five-point test. The reliability of the “Spiritual Intelligence Test” was determined by test-retest method ($r = 0.74$). The validity of the “Spiritual Intelligence Test” was determined by Construct method ($r = 0.89$).

(c) Mental Health Inventory

“Mental Health Inventory” Constructed by A. K. Shree Vastav and Dr. Jagdish (1982). The original Hindi inventory was translated and standardized in Gujarati by Dr. Bhavna Thummar (2009) has been used. The inventory comprises 56 items, to be rated on four-point inventory. The reliability of the “Mental Health Inventory” was determined by Split-Half method ($r = 0.74$). The validity of the “Mental Health Inventory” was determined by Construct method ($r = 0.68$).

(6) Procedure

A very smooth, cooperative and fresh environment was created for collecting the data, the investigator approached individually to all participants. The ‘Mental Health Inventory’ and ‘Aggression Scale’ was given to the participants when participants fill up the scale, these were collected. The scoring was done according to the manual.

The Spiritual Intelligence Test has six areas (1) The Inner Self (2) The Inters elf (3) Biostoria (4) Life Perspectives (5) Spiritual Actualization (6) Value Orientation. To ask him to tick mark (✓) before the question if they agree with this Spiritual Intelligence Test is rated as likert rating type and judged on five (5) points scale on the points ‘Strongly agree’, ‘Agree’, ‘Undecided’, ‘Disagree’, and ‘Strongly disagree’ are rated as 5,4,3,2,1 respectively. The maximum score 390 and minimum score 78 is scale. It is interpreted that the higher the area of value attained, the quantum of Spiritual Intelligence is high and the lower the area of value attained, the quantum of Spiritual Intelligence is low.

The Mental Health Inventory has six areas (1) Positive Self Evaluation (2) Perception of Reality (3) Integration of Personality (4) Autonomy (5) Group-Oriented Attitude (6) Environmental Mastery. To ask him to tick mark (✓) before the question if they agree with this Mental Health Inventory is to measure the four options, ‘Always’, ‘Often’ ‘Sometimes’ and ‘Never’. 56 questions and Positive and Negative is Questions included in the Inventory. Positive is to be Scored 1, 2, 3 and 4. Negative is to be Scored as 4, 3, 2 and 1. The maximum is arrived at 224 and minimum score of 56 in this Inventory. It is interpreted that higher the area of value attained, the quantum of Mental Health is less and the lower the area of value attained, the quantum of Mental Health is more.

RESULT

Table No - 1

Summary of analysis of variance for spiritual intelligence in yoga and non-yoga practitioners

Source of Variation	Sum of Square	df	Mean Sum of Square	'F' Ratio	Level of Significant
A (Type of practitioners)	12525.63	1	12525.63	23.51	0.01
B (Gender)	472.03	1	472.03	1.13	N.S.
A x B	50.70	1	50.70	10.51	0.01
Wss	61804.93	116	532.80		
Tss	74853.30	119			

N.S. = Not Significant

Table No - 2

Summary of analysis of variance for mental health in yoga and non-yoga practitioners

Source of Variation	Sum of Square	df	Mean Sum of Square	'F' Ratio	Level of Significant
A (Type of practitioners)	5122.13	1	5122.13	11.91	0.01
B (Gender)	2253.33	1	2253.33	5.24	0.05
A x B	53.33	1	53.33	8.07	0.01
Wss	49906.00	116	430.22		
Tss	57334.80	119			

Table No - 3

Correlation between spiritual intelligence and mental health among yoga and non-yoga practitioners

Independent Variables	N	'r' ratio between Spiritual Intelligence and Mental Health	Level of Significant
Yoga	60	0.15	N.S.
Non-yoga	60	0.23	0.05
Male	60	0.03	N.S.
Female	60	0.04	N.S.
Over all practitioners	120	0.05	N.S.

N.S. = Not Significant

DISCUSSIONS

The chief aim of the present research was to examine spiritual intelligence and mental health among yoga and non-yoga practitioners. The derived result shows that out of eleven hypotheses, five hypotheses have been accepted and six hypotheses are not accepted.

The difference in spiritual intelligence between yoga and non-yoga practitioners was significant. Therefore, the hypothesis is not accepted. The results of the present study are consistent with past studies on yoga and spirituality. People who are practitioners of yoga have higher levels of spiritual intelligence. Gawali, S. (2019) study results show that there is a significant difference between the mean scores of spiritual intelligence between yoga and non-yoga practitioners. Scherwitz, L. and et al (2006) which showed higher levels of spiritual intelligence in all dimensions among yoga practitioners compared to controls. Safara, M., and Ghasemi, P. (2017). study results show that yoga positively affects all aspects of spiritual intelligence.

The difference in spiritual intelligence between male and female was not significant. Therefore, the hypothesis is accepted. The reason may be that both men and women are human beings. Every human being is spiritual. But that ratio may be slightly lower or higher. Dittmann, K. A., and Freedman, M. R. (2009) a study found that women who practiced for psycho-spiritual reasons had higher levels of spirituality than those who practiced primarily for physical or appearance reasons. The findings of the present study are not consistent with this result.

The difference in spiritual intelligence between type of practitioners and gender was significant. Therefore, the hypothesis is not accepted. Yoga is not only for health or fitness; it is an all-round sadhana for attaining God or Brahman. Which anyone can do and can improve one's spiritual intelligence. Yoga is associated with spirituality in Indian culture and in Patanjali the postures of meditation and samadhi in the Ashtanga yoga poses give one a sense of oneness with spirituality. And it may be that a person who practices yoga has a high level of spiritual intelligence.

The difference in mental health between yoga and non-yoga practitioners was significant. Therefore, the hypothesis is not accepted. Here we can say that male participants have higher mental health compared to female. Adhikari, M. and Rathi, A. (2023) a study found that yoga practitioners have better mental health than non-yoga practitioners. Based on the results here, it can be said that yoga gives us physical benefits as well as mental benefits. Doing yoga can keep you mentally and physically healthy. Yoga also helps to protect you from many

health related problems. Many people in the world are mentally ill. Such people should do some Yogasana regularly to get rid of mental problems.

The difference in mental health between male and female was significant. Therefore, the hypothesis is not accepted. Here we can say that male participants have higher mental health compared to female. Whether a male or a female, it is rare to adjust well to every situation every time. Perfect hundred percent mental healths are ideal for attaining. As a result, gender affects mental health. (Mathur-2005) Gender affects mental health. Males and females differ in physical structure and socio-behavioral functioning. A strong-minded man is not quick to express his pain while a woman who is emotional and sensitive breaks down quickly. For this reason, there can be a difference between the mental health of the two. (Kothari-2000)

The difference in a mental health between type of practitioners and gender was significant. Therefore, the hypothesis is not accepted. The positive effects of yoga on mental health have been demonstrated in various populations, including healthy individuals and those with poor mental health. A study by Streeter et al (2010) found that a single yoga session increased positive mood and decreased anxiety and negative mood.

The difference in correlation between spiritual intelligence and mental health in yoga practitioners was not significant. Therefore, the hypothesis is accepted. Among yoga practitioners, a statistically not significant correlation of $r = 0.15$ was found, indicating a little or very little correlation.

The difference in correlation between spiritual intelligence and mental health in non-yoga practitioners was significant. Therefore, the hypothesis is not accepted. A significant correlation of $r = 0.23$ was found between non-yoga practitioners, indicating a low correlation. A higher score in the mental health questionnaire is interpreted as lower mental health, so there is a positive correlation here, if a person's mental health increases, the level of spiritual intelligence increases.

The difference in correlation between spiritual intelligence and mental health in male was not significant. Therefore, the hypothesis is accepted. A significant correlation of $r = 0.03$ was found between male, indicating a little or very little correlation.

The difference in correlation between spiritual intelligence and mental health in female was not significant. Therefore, the hypothesis is accepted. A significant correlation of $r = 0.04$ was found between female, indicating a little or very little correlation.

The difference in correlation between spiritual intelligence and mental health in overall yoga and non-yoga practitioners was not significant. Therefore, the hypothesis is accepted. A

significant correlation of $r = 0.05$ was found between overall yoga and non-yoga practitioners, indicating a little or very little correlation.

CONCLUSIONS

- 1) The difference in spiritual intelligence between yoga and non-yoga practitioners was significant.
- 2) The difference in spiritual intelligence between male and female was not significant.
- 3) The difference in spiritual intelligence between type of practitioners and gender was significant.
- 4) The difference in mental health between yoga and non-yoga practitioners was significant.
- 5) The difference in mental health between male and female was significant.
- 6) The difference in mental health between type of practitioners and gender was significant.
- 7) The correlation between spiritual intelligence and mental health in yoga practitioners was not significant.
- 8) The correlation between spiritual intelligence and mental health in non-yoga practitioners was significant.
- 9) The correlation between spiritual intelligence and mental health in male was not significant.
- 10) The correlation between spiritual intelligence and mental health in female was not significant.
- 11) The correlation between spiritual intelligence and mental health in overall yoga and non-yoga practitioners was not significant.

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Suicide: Socio – Scientific Perspective

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Abstract/Summary:

More than 700 000 people die by suicide every year in the world. Furthermore, for each suicide, there are more than 20 suicide attempts. Suicides and suicide attempts have a ripple effect that impacts on families, friends, colleagues, communities and societies. Suicides are preventable. Much can be done to prevent suicide at individual, community and national levels. Suicide occurs in all regions of the world. In fact, 77% of global suicides happen in low-and middle-income countries.

Every year, more than 1,00,000 people commit suicide in our country. There are various causes of suicides like professional/career problems, sense of isolation, abuse, violence, family problems, mental disorders, addiction to alcohol, financial loss, chronic pain etc. NCRB collects data on suicides from police recorded suicide cases. Suicide is one of the social phenomena, which is present in every society or culture and is considered as one of the problems and challenges of modern society which belongs to the individual and the family itself as a functional unit of society. The past 20 years have seen dramatic rises in suicide rates in the United States and other countries around the world. These trends have been identified as a public health crisis in urgent need of new solutions and have spurred significant research efforts to improve our understanding of suicide and strategies to prevent it. Unfortunately, despite making significant contributions to the founding of sociology. The research results also show that the sociological aspect of suicide viewed from the historical context, has been seen as a single phenomenon from different perspectives of social epochs.

Here, we review sociological theories of suicide with the explicit goal of building bridges. We begin where all sociologists must: with Durkheim. However, we offer a more comprehensive understanding of Durkheim's insights into suicide than prior reviews provided by non-sociologists (Joiner, 2005). This is critical. Much of the nuance and richness of Durkheim's insights have been lost in modern suicidology, and yet Durkheim is foundational

to understanding sociological theories of suicide, as well as understanding the potential of sociology for suicidology. We also discuss limitations in the Durkheimian approach and how more recent efforts have not only addressed those concerns but have done so by bringing sociology's broader theoretical and empirical toolkit to bear on suicide. These insights draw largely from social network theories, cultural sociology, sociology of emotions, and sociological social psychology. We conclude by making explicit bridges between sociological and psychological theories of suicide and by noting important limitations in knowledge about suicide – particularly regarding the roles of organizations, inequality, and intersectionality – that sociological scholarship is uniquely prepared to address. This paper contributes to the existing scientific literature, especially in the fields of Sociology, Psychology, Criminology and Victimology. Moreover, this paper is likely to contribute to the work of NGOs, but also to the work of state bodies to prevent suicide, which is and remains a universal challenge.

Introduction

Suicidare is a Latin word that was formed by the combination of two words means “sui” which means “I” and “cedere” which means “to kill”. This portmanteau word, which means “killing one’s self” was transferred into the English language as “suicide”. Word of suicide is made up by mixture of two Latin Suicidare is a Latin word that was formed by the combination of two words means “sui” which means “I” and “cedere” which means “to kill”

Gabriel Tarde whose social theory at the time in France had many followers and against whom Durkheim waged unrelenting warfare within the bounds of scholarly and academic amenities. Here in these early chapters Durkheim is involved in a process of elimination: all theses which require resort to individual or other extra-social causes for suicide are dispatched, leaving only social causes to be considered. This is used as a foundation for reaffirming his thesis stated in his introduction that the suicide-rate is a phenomenon sui generis; that is, the totality of suicides in a society is a fact separate, distinct, and capable of study in its own terms.

Since, according to Durkheim, suicide cannot be explained by its individual forms, and since the suicide-rate is for him a distinct phenomenon in its own right, he proceeds to relate currents of suicide to social concomitants. It is these social concomitants of suicide which for Durkheim will serve to place any individual suicide in its proper aetiological setting.

In this next section, we map sociological advances in understanding suicide by focusing on the new structural and then cultural/social psychological approaches that have emerged over the last two or three decades. To be sure, Durkheim's approach continues to loom large over sociology, with a recent review lamenting the sheer lack of new approaches to the sociology

of suicide, and thus while we highlight all major scholarship and theoretical contributions as possible, the basic dearth in research programs or teams is a more general limitation of the sociology of suicide. Like Durkheim, these theoretical and methodological projects build on the idea that there are emergent, distinct properties that are not reducible to the individual and her perceptions or decision-making. Yet, they do not deny the importance of intra-personal factors, instead they seek to supplement them. Collectively, these advances have great significance for general theories of suicide and for suicide prevention.

Objective:

“One of the acutest and most brilliant sociologists.” Bronislaw Malinowski.

“Suicide is used by Durkheim as a means of demonstrating the key impact of social factors on our personal lives and even our most intimate motives. The book succeeds brilliantly, both as a technical study of suicide and as a fundamental contribution to this broader issue. Students of sociology will continue to be required to study this book, which will remain on the sociological agenda for many years yet to come.” Anthony Giddens.

“Suicide remains one of the most incisive and profound critiques of modern society ever written. The first exemplar of modern ‘scientific sociology’, Durkheim’s classic demonstrated the relevance of multivariate statistical sociology to the most compelling moral and existential issues of the day. In his insistence on the centrality of social solidarity, Durkheim issued a challenge that contemporary sociologists have yet to meet.” Jeffrey Alexander.

“Suicide is a sociological masterpiece on three counts: it addresses a problem of great social significance which evokes the moral concern of both author and reader, it assembles and analyses a large quantity of factual information and it develops an original and sophisticated theoretical argument.” Gianfranco Poggi.

The basic problem for social research must be to interrelate the life histories of individual suicides and attempted suicides with sociological variables, on the hypothesis that certain social environments may (a) induce or (b) perpetuate or (c) aggravate the suicide-potential. If we can correlate for masses of data, suicides or attempted suicides with their having been induced, perpetuated, or aggravated by certain social environments, then we are in a position to establish laws of generalized occurrence. It was Durkheim’s contention that it was impossible to start an aetiological investigation of suicide as a social phenomenon by seeking to establish types of individual behaviour in suicides, we now know better, and with the unflagging ability Durkheim always showed in utilizing the findings of psychological science, there is every precedent in his work for believing that he would strive to bring his sociological

analysis into harmony with psychoanalysis. Below are offered some hypotheses for research today. Basic to all of these hypotheses is the underlying major hypothesis that suicidal behaviour is a combination of psycho-instinctual impulse and social precipitation. Problems of Collection of Data. We must investigate the possibility of getting matched samples so that individuals with the same social background may be compared—as to those who commit suicide and those who do not. This raises the intricate methodological problem whether editor's introduction there is any identity of social background on the emotional level. Reliable statistics on suicide cannot be compiled unless we have ready-at-hand accurate and painstakingly recorded psychiatric life-histories on all. This requires that the intimate life of the family be recorded in so far as it affects the individual, and that this be done from early age. Hypotheses as Regards the Family. The emotional patterns of those attempting or committing suicide are laid down in infancy and early childhood by familial relationships. Socialization in the family is a process of frustration for all, and thus suicide is a potential outlet for everybody.

It is necessary to find the relation of later social precipitants of suicide to the early emotional patterning. Moreover, it is necessary to seek to interrelate the case-histories of suicides and attempted suicides with the type of family-rearing, including such variables as ethnic group, religious affiliation, income-group, size of family and place of the individual suicide in the family, educational level. Suicide and Nationality. Suicide-rates differ from country to country. In part, this may be due to differences in record-keeping or quality of vital statistics. Countries of Germanic influence show high suicide-rates, and so does Japan. In Germanic countries this may be the result of religion. The effect of Lutheranism and Calvinism, which throw guilt-feelings back on the individual, and make frustration general with no compensating belief in the religious sanctity of such things as poverty, humility, and celibacy, must here be thoroughly investigated. The rates are not high for Catholics in Germanic countries. The case of Japan (and certain segments of the population in India) involves investigation into family-life and social beliefs. The psychological development of the Japanese on the score of suicide appears to be completely inverted compared with that of our type of society. How can the same fundamental psychological mechanisms have such diametrically opposite results? This again raises the vexing problem of the relation of underlying instinctual patterns of behavior and the different ways in which they can be objectified through social conditioning. Not to mention the manner in which patterns of social behaviour are handed down from generation to generation. An interesting sidelight here is the effect which our attempt today to democratize Japan and change its people over to Western ways will have upon the Japanese suicide-rate.

Of the two social factors, Durkheim's integration has had the most profound impact on both sociology and sociology. In explaining the power of integration, Durkheim argued that the more extensive and denser a collective's social relationships – i.e., the more integrated the collective – the more enmeshed individual group members become, and, therefore, the more meaning and purpose individuals feel about their lives. He remarked, "The bond that unites [individuals] with the [group] attaches them to life [and] prevents their feeling personal troubles so deeply (1951:209–210)." He continues that suffering physically, psychologically, or spiritually, "does not exist for the believer firm in his faith or the man strongly bound by ties of domestic or political society" (ibid., 212). This collective belonging protects individuals from what Durkheim termed "egoistic" suicide, or suicides resulting from isolation and a lack of collective belonging. Integration, then, is borne of the recurring social relationships that require tending and care, and which are embedded in larger networks that form groups, communities, or perhaps, even nation-states. This includes being tied to families and neighborhoods.

What are the reported rates of suicide in India?

In terms of prevalence, official data reported by the National Crime Records Bureau (NCRB) from 2021 estimated India's suicide rate to be 12, which means the country saw an average of 12 suicides per every 100,000 populations (totaling approximately 1.65 lakh suicides in 2021).

The reported rate varied greatly between states; from 39.2 in Sikkim to 0.7 in Bihar; although most states reported a rate higher than the national average of 12.

75% of those who died by suicide were men, and 66% of suicides occurred in younger people between 18 and 45 years old. The most commonly reported causes of suicide were family problems (33.2%) and 'illness' (18.6%), and daily wage earners consisted of 25% of individuals lost to suicide. 8% of all suicides were among students.

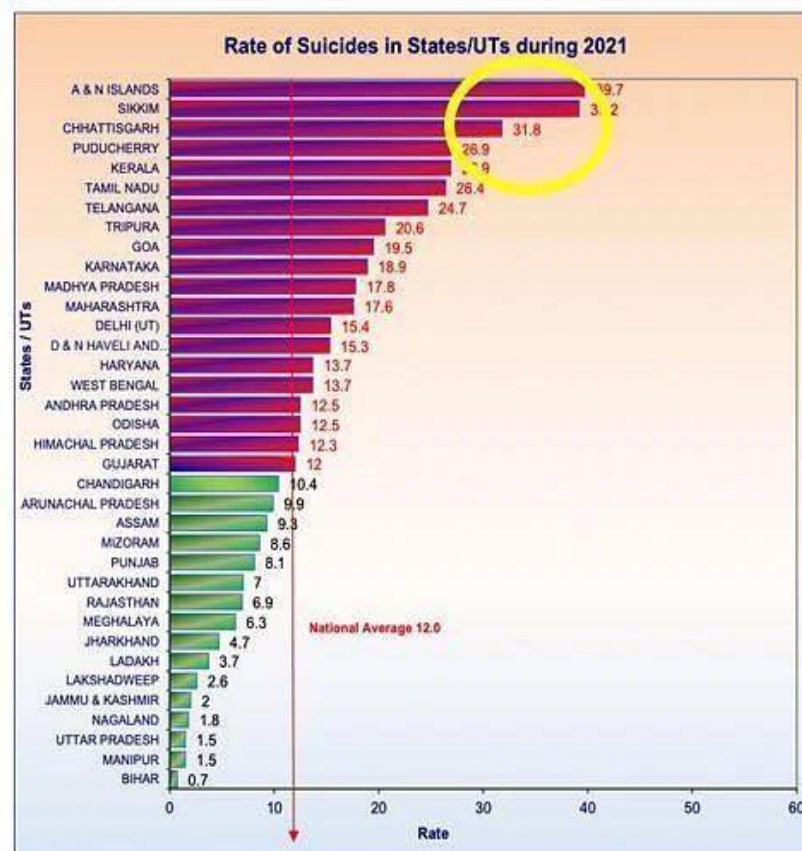
Across the IITs, National Institutes of Technology (NITs) and the Indian Institutes of Management (IIMs), there have been 61 suicides in this period, Indian Express quoted the ministry's answer in parliament as saying. The IITs accounted for more than half of these suicides. The NITs reported 24 and IIMs three in these five years.

Completed suicide rate in men is higher than in women. However, attempted suicide is more common among women than men. The world average is that men commit suicide four times more than women, while women try to commit suicide three times. The reason women are not so suicidal is that they have more psychological support, more easily decide to seek

help, and thus find it harder to fall into a state of social isolation. This is the result of traditionally different education for women and men. Among those who commit suicide successfully, there are more men than women in the 2: 1 to 4: 1 ratio, which varies from one country to another. Explanations include biological gender changes, different ways of expressing aggression, diversity in learning social and gender roles, etc. (Pilić 1998). Wilon explains this phenomenon by the fact that women are more likely to seek help in crisis situations than men. Likewise, women have more social roles than men, so failure on the one hand is more easily offset by success on the other. In some cultures, however, this ratio is either equal or we have a predominance of women committing suicide (India - where women are required to commit suicide after the death of their husbands, while among those who remain attempted suicide also dominate more women than men, then the same is true in some provinces of China and Turkey, for which there are no specific reasons other than extremely low socio-economic living conditions)

Men, although they may be more sensitive to the consequences of breaking off important relationships, very strongly value independence and determination, and consider the need for help as a weakness and avoid it. However, women value interdependence, are happy to consult with friends, share opinions, and accept help. Women have greater social assistance and support that will take them away from suicide and help them seek psychological and medical help. For example, marriage and children are protective factors for a woman, but not for a man.

Accidental Deaths & Suicides in India 2021, Rates of Suicides in States/UTs Bar Chart:



• As per data provided by States/UTs.

Method:

Much can be done to prevent suicide. WHO's LIVE LIFE approach recommends four key interventions which have proven to be effective:

- limit access to the means of suicide
- interact with the media for responsible reporting of suicide.
- foster socio-emotional life skills in adolescents
- early identify, assess, manage and follow up anyone who is affected by suicidal behaviours

These key interventions need to be accompanied by the following foundational pillars: situation analysis, multisectoral collaboration, awareness raising, capacity building, financing, surveillance, monitoring and evaluation. This approach is the basis on which comprehensive multisectoral national suicide prevention strategies should be developed.

Conclusion and Discussion:

Youth suicide constitutes a major public mental health problem. Young people and especially adolescents are by nature a vulnerable group for mental health problems. While suicide is relatively rare in children, its prevalence increases significantly throughout adolescence. And although youth suicide rates are slightly decreasing within the European region, it still ranks as a leading cause of death among the young worldwide and, as such, it is responsible for a substantial number of premature deaths and a huge amount of pointless suffering and societal loss. Each suicide is the result of a complex dynamic and unique interplay between numerous contributing factors, and individual efforts to predict and prevent suicide tend to fail. On the other hand, our knowledge of risk factors is increasing substantially. Mental disorders, previous suicide attempts, specific personality characteristics, genetic loading and family processes in combination with triggering psychosocial stressors, exposure to inspiring models and availability of means of committing suicide are key risk factors in youth suicide. The only way forward is to reduce these risk factors and strengthen protective factors as much as possible by providing integrated and multi-sector (primary, secondary and tertiary) prevention initiatives. Key prevention strategies can be population-based (e.g., mental health promotion, education, awareness by campaigns on mental resilience, careful media coverage, limited access to means of committing suicide) as well as targeting high-risk subgroups (e.g., specific school-based programmes, educating gatekeepers in different domains, providing crisis hotlines and online help, detecting and coaching dysfunctional families) or even focusing on individuals identified as suicidal (e.g., improving mental health treatment, follow-up after suicide attempts and strategies for coping with stress and grief) (41). To increase successful attempts to address youth suicide in the future, further unraveling of the complex suicide process must be accompanied by sustained and substantial efforts in scientifically underpinning and (re)evaluating ongoing and new prevention strategy plans, and this is largely a matter of policy priorities and commitment.

Each individual suicide, in its form and analysis is a story in itself, with its own circumstances, the motivation, and the “identity card” that makes it what it is, a set of specific circumstances that led to that fatal act. Therefore, there is no unique formula for a general explanation of why people kill themselves. To answer this question, many different factors must be considered that are at different levels, and these factors are dealt with by different sciences: psychiatry that studies the biological and psychopathological aspects; psychology - elements of motivation; sociology - sociopathological circumstances. In particular, to understand the mental

state of suicidal individuals during various social crises and all other factors that directly or indirectly contribute to suicide. The psychological studies that have been lacking in this paper are of great importance, as sociological studies alone do not reach a comprehensive conclusion.

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Undoubtedly, much remains to be done to uncover the complex sociological paths that affect in suicide, so that individual, family, community, society, social institutions, and NGOs can help in the best way to prevent suicide.

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Yoga and Meditation Practice and Holistic Well Being

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Abstract

Yoga is an ancient art based on harmonizing system of complete equilibrium of body, mind and spirit. The link of yoga is asana. Holistic health is an approach to life, rather than focusing on illness or specific part of the body. Holistic health approach considers the whole person and how he or she interact with his or her environment. Its emphasis physical, mental, social, spiritual, intellectual. Yoga means union, so yoga is union of mind of the emotions and of the body. Holistic wellness is significant between physical health and mental health. Yoga is a holistic science, it seeks to build a lifestyle that values calmness, harmony and positive thinking. Multiple way yoga approach helps towards health and wellbeing of human. India 's invaluable gift is yoga. Many researches finding concludes yoga play in holistic care.

Keywords: Peace of Mind, Consciousness and Soul, main goals, basic exercises

Introduction

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health.

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Peace of Mind, Consciousness and Soul

To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper Exercise. This why of methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, are of great importance, and it is exactly in this respect that “Yoga in Daily Life” comprehensively offers an aid to help one’s self. Throughout the many years that I have been active in western countries, I have become familiar with the modern lifestyle and the physical and psychological problems faced by the people of today. The knowledge and experience I gained led me to develop the system of “Yoga in Daily Life”. It is systematic and graduated, integrating all areas of life and offering something valuable for each phase of life. Regardless of age or physical constitution, this system opens the classical path of Yoga to all. In developing this system to accommodate the needs of today’s people, much consideration was given to the conditions within modern society, without losing the originality and effect of the ancient teachings. The word “Yoga” originates from Sanskrit and mean.

Many thousands of years ago in India, Rishis (wise men and saints) explored nature and the cosmos in their meditations. They discovered the laws of the material and spiritual realms and gained an insight into the connections within the universe. They investigated the cosmic laws, the laws of nature and the elements, life on earth and the powers and energies at work in the universe - both in the external world as well as on a spiritual level. The unity of matter and energy, the origin of the universe and the effects of the elementary powers have been described and explained in the Vedas. Much of this knowledge has been rediscovered and confirmed by modern science

The main goals of “Yoga in Daily Life” are

1. Physical Health
2. Mental Health
3. Social Health
4. Spiritual Health
5. Self- Realization or realization of the Divine within us

These goals are attained by:

1. Respect for life, protection of nature and the environment
2. A peaceful state of mind
3. Full vegetarian diet
4. Pure thoughts and positive lifestyle
5. Physical, mental and spiritual practices

Special programs have been developed from the basic exercises:

“Yoga for Back Pain”, “Yoga for Joints”, “Yoga for Seniors”, “Yoga for Managers” and “Yoga for Children”. To maintain good health, other valuable exercises within “Yoga in Daily Life” are the purification techniques of Hatha Yoga. These involve Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) as well as Mudras and Bandhas (special Yoga techniques). An even greater factor in the maintenance of good health is the food we eat. What we eat influences both our body and psyche - our habits and qualities. In short, the food we eat has an effect upon our whole being. Food is the source of our physical energy and vitality. Balanced and healthy foods include: grains, vegetables, pulses, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs and spices - either raw or freshly cooked. Foods to be avoided are old, reheated or denatured foods, meat (including all meat products and fish) and eggs.

It is also best to avoid alcohol, nicotine and drugs as these rapidly destroy our health. Mental Health in general, we are led through life by the mind and senses, rather than having these under our control. However, to gain control of the mind, we must first place it under inner analysis and purify it. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner Freedom, contentment and a healthy self-confidence are the basis for mental wellbeing. That is why we strive to gradually overcome our negative qualities and thoughts and aim to develop positive thoughts and behavior. “Yoga in Daily Life” offers numerous methods to attain mental wellbeing: Mantra practice, the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. An important tool in self-investigation and self-knowledge is the technique of “Self-Inquiry Meditation”, a step-by-step meditation technique of Self-Analysis. In this meditation practice we come into contact with our subconscious, the source of our desires, complexes, behavioral patterns and prejudices.

The practice guides us to become acquainted with our own nature –

As we are and why we are so - and then beyond self-acceptance to Self-Realization. This technique enables us to overcome negative qualities and habits and helps us to better manage life's problems. Social Health Social health is the ability to be happy within oneself and to be able to make others happy. It means to nurture genuine contact and communication with other people, to assume responsibility within society and to work for the community. Social health is also the ability to relax and experience life in all its beauty. One of the growing problems of our times is drug addiction. It is a clear sign of social illness. The system of "Yoga in Daily Life" can assist in overcoming this illness and grant people a new, positive aim and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche; as such companionship mould and forms our personality and character. Positive company is of great importance in spiritual development. Living "Yoga in Daily Life" means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbors and the community, to preserve nature and the environment and work for peace in the world. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of mankind.

Spiritual Health The main principle of spiritual life and the highest precept of mankind are:

Prayer, meditation, Mantra, positive thinking and tolerance, lead to spiritual health. Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primary practice of the Yoga teachings. By following this precept greater tolerance, understanding, mutual love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths. Self-Realization or realization of the Divine within us (Healthy Life) Cultivate indomitable will. Practice self-control and self-mastery. Have self-confidence. Develop independent judgment. Do not argue. Strive ceaselessly for Self-realization. Kill this little ego. Develop pure love. Rise above all distinctions of caste, creed and color. Give up the idea of 'I-ness', 'Mine-ness'. Look within for the happiness which you have sought in vain in the sensual objects. Moksha is the summum bonum of life. It is freedom from births and deaths. It is not annihilation. It is annihilation of this little 'I'. It is obtained through knowledge of the Self. You will have to know the Truth through direct intuitive experience. You will have to cut asunder the veil of ignorance by meditation on the Self. Then you will shine in your pristine purity and divine

glory. Do not try to drive away the unimportant and irrelevant thoughts. The more you try the more will they return and the more strength will they gain. You will only tax your energy and will. Become indifferent. Fill the mind with divine thoughts. The others will gradually vanish. Get yourself established in Nirvikalpa Samadhi through meditation. Without perfect Brahmacharya, you cannot have substantial spiritual progress. There is no half measure in the spiritual path. Control the body first. Then purify your thoughts through prayer, Japa, Kirtan, Vichara and meditation. Make a firm resolve, "I will be a perfect Brahma Chari from today." Pray to the Lord to give you spiritual strength to resist the temptations of life and kill lust. Constant study of the lives of saints will enable you to lead a virtuous life. You will imbibe very noble qualities. You will be gradually moulded in the spiritual path. You will draw inspiration from them. There will be an inner urge in you to attempt for God-realization. Pray to the Lord that you may become a saint. The Techniques of Pranayama Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts.

Conclusions:

To conclude the fundamental principle of "Yoga in Daily Life" is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way to unity. Cuts religious boundaries and reveals the way to unity. "Yoga in Daily Life" offers the spiritual aspirant guidance on life's path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The spiritual goal of Yoga is God-Realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step. Decisions regarding your health and Common root and connection to God is the first step. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain. I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony; joy in life and God's blessing.

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Yogic and Meditative Practice for Holistic Mental Well Being

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ABSTRACT

Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual. **Yoga has been shown to have numerous health benefits for the mind and body. These benefits include improved mental well-being, increased physical fitness, reduced stress levels, and more. Yoga has improved mental well-being by increasing self-awareness, promoting relaxation, and improving mood.** Yoga stimulates the nervous system and expands the chest cavity. This improves lung function and strength for physical activity. Yoga improves brain health by supporting emotional balance at a psychological level. It also helps to regulate the production of the stress hormone cortisol.

Yoga and Emotional Dimension of Personality: Yogic practices such as yama, niyama, asana, pranayama, pratyahara and meditation help in emotional management. For example, the principle of non-violence will protect us from negative emotions and develop positive feelings of love and kindness.

Keywords: yoga, holistic health, holistic wellbeing, health, positive thinking

Introduction

Yoga is an ancient Indian culture for physical, mental, and spiritual development. The word "yoga" is derived from the Sanskrit root, "yuj", meaning to bind, join, and yoke. This reflection of the union of the body, mind, and spirit is what differentiates yoga from general exercise programs. Both modern physics and ancient yoga move absolutely parallel to each other in explaining the reality of matter and consciousness. Body, mind and spirit are interconnected, interrelated and interpenetrating. Yoga is a holistic science of life, which deals with physical, mental, emotional, and spiritual health. Yoga practices increase physical fitness, discipline the mind, make you more focused and confident, cure health disorders, and give you a calmed and relaxed mind, which are equally, if not more, relevant to the Army personnel.

There is no doubt that the normal PT schedule improves flexibility, endurance, etc. Holistic wellness is significant between physical health and mental health. Yoga is a holistic science, it seeks to build a lifestyle that values calmness, harmony and positive thinking. Multiple way yoga approach helps towards health and wellbeing of human. India 's invaluable gift is yoga. Many research finding concludes yoga play in holistic care.

In Yoga, a typical representation of the human system is provided by the five-layer model. panchakosa model – of the humans. These are Annamayakosa (covering made of food, namely the physical body); Pranamayakosa (prana sheath, body-mind nexus); Manomayakosa (mind sheath); Vijnanamayakosa (intellect sheath); and finally Anadamaya kosa (the bliss sheath). Same way holistic health approaches include physical, psychological, social, spiritual and intellectual. So, yoga plays vital role in holistic approach.

Sage Patanjali who compiled the first yoga philosophy defines yoga as an ability to control one's own random thoughts and achieve a stillness, a calmness that creates inner harmony. This philosophy is usually referred to as Ashtanga Yoga.

- 1) Yama (Abstinences)
- 2) Niyama (Observances)
- 3) Asana (Postures)
- 4) Pranayama (Breath control)
- 5) Pratyahara (Withdrawal of senses)
- 6) Dharana (Concentration)7) Dhyana (Meditation)8) Samadhi (Absorption)

Benefit of yoga in general are

1. Cleanses the accumulated toxins through various shatkarmas/shuddi kriyas. And prevents the various infections that may occur when pathogens stagnate therein.
2. Practice of Yoga sadhanas improves control over autonomic respiratory mechanisms, and enhances emotional stability
3. Integrates body movements with the respiration thus creating psychosomatic harmony
4. With meditation practice one is able to focus the mind positively one activities being done, thus enhancing energy flow.
5. Yoga works towards restoration of normalcy in all systems of the human body with special emphasis one the psycho-neuro-immuno-endocrine axis. Yoga has both a preventive as well as promotive role in the healthcare of our masses. It is also inexpensive and can be used with other systems of medicine in an integrated manner to benefit patients.
6. Consistent yoga practice improves depression and can lead to significant increase in serotonin levels, the happy hormones and increase immune system

7. One of the main goals of yoga is to achieve tranquillity of the mind and create a sense of well-being, feelings of relaxation, improved self-confidence, improved efficiency, increased attentiveness, lowered irritability, and an optimistic outlook one life
8. Yoga leads to an inhibition of the posterior or sympathetic area of the hypothalamus. Yogic practices inhibit the areas responsible for fear, aggressiveness and rage, and stimulate the rewarding pleasure centres in the median forebrain and other areas leading to a state of bliss and pleasure. This inhibition results in lower anxiety, heart rate, respiratory rate, blood pressure, and cardiac output in persons practicing yoga and meditation

Inner Peace:

A mind is the set of cognitive faculties that enables thinking, consciousness, perception, discrimination, judgment, memory of the characteristics of humans and few other life forms. Our minds are endowed with many talents but principal weakness is instability due to unlimited desires and is cause of our pain and sufferings. Mind gets stable only thru practice of Yoga. Stable mind leads to clarity which further enhances intelligence. That means mind is regulated better by operation, management and coordination of intellect, consciousness, mind, physical body and the ego. This leads to stabilization of mind as the mind now is no longer slave to physical body but is under coordination of consciousness, intellect, body and ego. However perfect coordination is achieved thru yoga and meditation and leads to pure mind and pure thoughts.

The Holistic Benefits of Yoga

Physical Well-being: Yoga promote physical health by improving digestion, strengthening the immune system, increasing vitality, and supporting the body's natural healing processes.

Mental and Emotional Balance: Yoga provide tools for managing stress, reducing anxiety, improving sleep, and cultivating emotional well-being through lifestyle practices, herbal remedies, asanas, pranayama, and meditation.

1. **Enhanced Self-Awareness:** Yoga foster self-awareness by encouraging mindfulness, introspection, and self-reflection. This increased awareness allows individuals to make conscious choices that support their well-being.
2. **Stress Reduction and Relaxation:** Yoga offer effective techniques for stress reduction and relaxation. Ayurvedic practices like Abhyanga (oil massage) and Shirodhara (warm oil pouring) promote deep relaxation, while yoga practices induce a state of calm and balance.

Meditation in Holistic Healing

Meditation, a cornerstone of holistic healing, encompasses diverse techniques to enhance your well-being. Mindfulness meditation encourages present-moment awareness, grounding you in reality. Guided imagery transports you to serene mental landscapes, **reducing stress** and fostering positivity. Transcendental meditation employs mantra repetition to promote deep relaxation and focus.

Meditation fuels holistic yoga by curbing stress, heightening concentration, and fostering emotional equilibrium. Mindfulness meditation deflates the stress response, steadying your heart rate and soothing your mind. Guided imagery alleviates tension, promoting relaxation. Transcendental meditation's rhythmic mantras quiet mental chatter, enhancing clarity.

Meditation's integration into yoga harmonizes your holistic yoga well-being, aligning your mind, body, and spirit. As you embrace meditation, tranquility envelops you, kindling profound self-healing

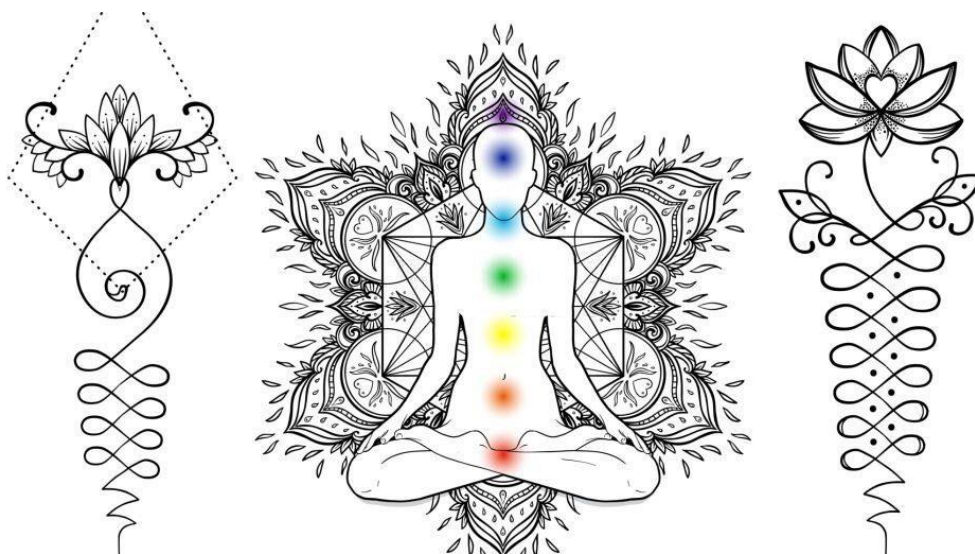
Conclusion:

Yoga is actually a holistic system within itself, where the mind and body act in union and get completely rejuvenated as physical postures, breathing exercises and meditation help in the overall wellbeing of an individual.

Yoga is actually a holistic system within itself, where the mind and body act in union and get completely rejuvenated as physical postures, breathing exercises and meditation help in the overall wellbeing of an individual. If we are looking for a system to develop ourselves to peak efficiency, as human beings, as ordinary citizens, but also, and very importantly, as military personnel, then the practices of Yoga are extremely effective. Yoga practice has a highly positive impact in the management of stress-related problems. They are easy to learn; and the beauty of them is that they are already ours, and have been ours, for 5000 years. The strong need is that the various aspects of Yoga may suitably be embraced as a part of regular training, particularly among the armed forces. It does not mean that Yoga needs to replace physical training, which is being followed in the Army, but it can supplement it to achieve even better results. This finding also encourages the scope to carry out various research studies in this very regard

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Mental health in adolescence of gender difference

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Abstract

The aim of the present study was investigated to mental health in adolescence gender difference. The random sampling method was used in study. The total sample consist 80 adolescents. 40 of girls and 40 of boys of 12th standard students selected from Viramgam city. The research mental health scale developed by Dr. D. J. Bhatt and Gita R. Gida (1992).in this research mental health scale inventory was used for data collection. Data was analysed by t-test verify the hypothesis. The result shows that's value is 2.29 that is significant at 0.05 levels.so, the hypothesis is not accepted.it means girls and boys was very far difference between mental health in adolescent stage.

Kay words: Mental Health.

Introduction

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.

Mental health in education is the impact that mental health (including emotional, psychological, and social well-being) has on educational performance. Mental health often viewed as an adult issue, but in fact, almost half of adolescents in the United States are affected by mental disorders, and about 20% of these are categorized as “severe.” Mental health issues can pose a huge problem for students in terms of academic and social success in school.

Education systems around the world treat this topic differently, both directly through official policies and indirectly through cultural views on mental health and well-being. These curriculums are in place to effectively identify mental health disorders and treat it using therapy, medication, or other tools of alleviation. Prevalence of mental health issues in adolescent's edit

According to the National Institute of Mental Health, approximately 46% of American adolescents aged 13–18 will suffer from some form of mental disorder. About 21% will suffer from a disorder that is categorized as “severe,” meaning that the disorder impairs their daily functioning, but almost two-thirds of these adolescents will not receive formal mental health support. The most common types of disorders among adolescents as reported by the NIMH is anxiety disorders (including generalized anxiety disorder, phobias, post-traumatic stress disorder, obsessive-compulsive disorder, and others), with a lifetime prevalence of about 25% in youth aged 13–18 and 6% of those cases being categorized as severe. Next is mood disorders (major depressive disorder, dysthymic disorder, and/or bipolar disorder), with a lifetime prevalence of 14% and 4.7% for severe cases in adolescents. A similarly common disorder is Attention deficit hyperactivity disorder (ADHD), which is categorized as a childhood disorder but oftentimes carries through into adolescence and adulthood. The prevalence for ADHD in American adolescents is 9%, and 1.8% for severe cases. It is important to understand that ADHD is a serious issue in not only children but adults. When children have ADHD a number of mental illnesses can come from that which can affect their education and hold them back from succeeding.

According to Mental Health America, more than 10% of young people exhibit symptoms of depression strong enough to severely undermine their ability to function at school, at home, or whilst managing relationships.

A 2021 study conducted by NIMH managed to link 31.4% of suicide deaths to a mental health disorder, the most common ones being attention-deficit/hyperactivity disorder (ADHD) or depression. Suicide was the second leading cause of death among persons aged 10–29 years in the United States during 2011–2019. More teenagers and young adults die from suicide than cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease combined. There is an average of over 3,470 attempts by students in grades 9–12. According to APA, the percentage of students going for college mental health counselling has been rising in recent years, which by report for anxiety as the most common factor, depression as the second, stress as the third, family issues as the fourth, and academic performance and relationship problems as the fifth and sixth most.

Review of literature

Madeha Naz (2013) had investigation the survey of mental health problems of university students was carried out on 1850 participants in the age range 19-26 years. An indigenous Student Problem Checklist (SPCL) developed by Mahmood & Saleem, (2011), 45 items were a rating scale. The result shows that findings were in lying with similar other studies on mental health of students. The role of variables like sample characteristics, the measure used, cultural and contextual factors are discussed in determining rates as well as their implications for student counselling service in prevention and intervention.

Bina Makwana (2020) has investigation the survey of mental health among college student. Total 60 sample of boys and girls' students were taken samadas Arts College from Bhavnagar city. 'mental health inventory' developed by Dr. D. J. Bhatt and G. R. Gida (2006). The difference in overall mental health between boys and girls students was significant.

Objective

To compare the study of mental health among girls' and boys' adolescent.

Hypothesis

There is no significant difference on mental health among girls' and boys' adolescent.

Variable

1. Independent Variable

A.12th standard students at two levels.

A1 girls' adolescent

A2 boys' adolescent

Depended variable

To get score on mental health among girls and boys adolescent.

Sample

The sample consisted of 80 adolescents. (40 of girls and 40 of boys of 12th standard) the sample was selected by random method form Viramgam city.

Tools

To measure metal health of students used a scale constructed by Dr. D. J. Bhatt and Gita R. Gida (1992). the scale consists 40 items, each was to be related on three points scale. The reliability of this scale is 0.94 and validity is 0.63 established by the author.

Research design

A.12th standard students at two levels

A1 girls' adolescent

A2 boys' adolescent

Statistical methodology

Here in this study 't'-test was used for data interpretation.

Result table

Variable	Sample (N)	Mean	SD	T-Value	Sig
Girls	40	27.98	6.75	3.05	0.01 **
Boys	40	23.43	6.59		

Significance levels 0.05=2.01

0.01=2.68

Result Decision

The main objective of present study was a study of mental health among girls' and boys' adolescent in it statistical 't' method was used. A result discussion of present study is as under. The result obtained on the mental health reveals significant difference of girls and boys adolescent.

The girls' student received higher mean score 27.98 as compared to the boy student. There has mean difference was 23.43 and the standard deviation score of girls' students received 6.75 and the boy student received 6.59.so we can that girl student have a good mental health than boy student. The 't' value of mental health was 3.05.

Conclusion

There is significant difference in mental health between girls and boys' adolescent.
(t=3.05)

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पुराणों में आयुर्वेद डॉ. तरुलता वी. पटेल

मनीबेन एम. पी. शाह महिला आर्ट्स कॉलेज कड़ी, गुजरात

वेद भारतीय संस्कृति के सर्वोच्च उद्गम स्थान हैं, तो पुराण भारतीय संस्कृति के शाश्वत स्रोत हैं। हिन्दु संस्कृति - सम्बन्धी शायद ही कोई ऐसे विषय होंगे, जिन पर व्यासजी ने पुराणों में प्रकाश न डाला हो। वेद के बाद भारतीय संस्कृति का वास्तविक स्वरूप हमें पुराणों से ही प्राप्त होता है।

"आयुर्वेद" शब्द संस्कृत के दो शब्दों के मेल से बना है "आयुष" अर्थात् "जीवन" तथा "वेद" अर्थात् "ज्ञान"। आयुर्वेद को जीवन का विज्ञान माना जाता है। पर आयुर्वेद के दृष्टिकोण से जीवन इन्द्रियों, दिमाग, शरीर और आत्मा मिश्रण है। इससे यह स्पष्ट होता है कि आयुर्वेद केवल शरीर के आन्तरिक और बाह्य रोगों की नहीं किन्तु उसके आध्यात्मिक, मानसिक और सामाजिक स्वास्थ्य पर भी असर करता है। चरक संहिता के अनुसार

"हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् । मानं च तच्च यत्रोक्त मायुर्वेदः स उच्यते॥"

अर्थात् "वह विज्ञान जिसके द्वारा जीवन के हित, अहित, सुख, दुःख, पथ्य, अपथ्य, आयु के प्रमाण एवं लक्षण (प्रकृति) का ज्ञान होता है, वह आयुर्वेद कहलाता है।"

आयुर्वेद में मनुष्य सम्बन्धित रोगों की चिकित्सा के अतिरिक्त पशु-जगत और वृक्षों से सम्बन्धित रोगों की चिकित्सा का भी वर्णन किया गया है। अश्वायुर्वेद, गजायुर्वेद, गवायुर्वेद तथा वृक्षायुर्वेद, में नकुल, शालिहोत्र पराशर जैसे ऋषियों ने अश्वो, हाथियों, गौओं और वृक्षों से सम्बन्धित रोगों की चिकित्सा का वर्णन किया है। आयुर्वेद में केवल तत्काल उपस्थित रोगों की ही, चिकित्सा नहीं की जाती है, अपितु उसके मूल कारण का भी निदान करके उसे दूर करने का यत्न किया जाता है। अतः आयुर्वेदिक चिकित्सा पूर्ण वैज्ञानिक है।

आयुर्वेदिक चिकित्सा का मूल अनन्त ज्ञान के भण्डार अनादि वेद हैं। वेदों में कई स्थलों में आयुर्वेदिक चिकित्सा का उल्लेख है। ऋग्वेद में अगस्त्य मुनि के पुरोहित खेल की स्त्री विशपला की कटी हुई जंघा की जगह लोहे की जंघा जोड़ देने का¹ तथा अश्विनी कुमारों के द्वारा वृद्ध च्यवन ऋषि को नवयुवक बना देने² का उल्लेख है। तांड्यब्राह्मण³ में उल्लेख मिलता है कि "च्यवनो वै दाधीचौऽश्विनो प्रिय आसीत् । सोजीर्यात् तमेतेन वीङ्केन सान्नाप्सु व्यैक्यतान्तं पुन-र्युवानमकताम्" अर्थात् - दधीच च्यवन अश्विनी कुमारों - का बहुत ही प्रिय था। जब वह वृद्ध हो गया तब उन्होंने उसे स्नानविशेष और औषधियों के प्रयोग से पुनः युवक बना दिया। शतपथ ब्राह्मण⁴ में उल्लेख प्राप्त होता है कि "सा सुकन्या

होवाच यस्मै मां पिता अदान्नै वाह तं जीवन्तं हास्यामीति " सुकन्या ने कहा पिता ने मुझे जिस वृद्धातिवृद्ध पति को दे दिया है, मैं जीते जी उसे नहीं छोड़ूंगी ।

यही बात पुराणों में भी कथा के रूप में रोचक ढंग से वर्णन किया है। श्रीमद्भागवत⁵ पुराण में उल्लेख प्राप्त होता है कि एक समय राजा शर्याति अपनी पुत्री सुकन्या के साथ च्यवन- ऋषि के आश्रम पर गये हुए थे। वहाँ अपनी सखियों के साथ इधर-उधर घूमती हुई सुकन्या ने कुतूहलवश वल्मीक के अन्दर जुगुनू के समान चमकती हुई समाधिस्थ च्यवन ऋषि की आँखों को काँटे से छेद दिया जिससे वे अंधे हो गये । बाद राजा ऋषि की अनुमति लेकर सेवा करने के लिए सुकन्या को पत्नी के रूप में उन्हें सौंपकर अपने घर लौट आये। कुछ दिनों के बाद उसके पातिव्रत्य की परीक्षा के लिए अश्विनी कुमारों ने उसे अन्य पुरुष से सम्बन्ध कर लेने की सलाह दी, जिसके उत्तर में सुकन्या ने कहा - "पिता ने मुझे जिस वृद्ध पति को सौंप दिया है, उसे मैं मन से भी नहीं छोड़ सकती हूँ।" इस पर प्रसन्न होकर अश्विनी कुमारों ने च्यवन ऋषि को स्नान और औषध विशेष से युवा बना दिया। जिसकी स्मृति में आजतक आयुर्वेद में च्यवनप्राश का प्रयोग होता है। इसी प्रकार ऋग्वेद के "अथर्वणायाश्विनौ दधीचे अशव्यं शिरः प्रत्यैर्यतम्"⁶ मन्त्र में अश्विनी - कुमारों द्वारा अथर्वा दधीचि के लिए घोड़े का कटा हुआ मस्तक जोड़ देने का वर्णन है। जिसका विस्तृत विवेचन तत्त पुराणों में किया गया है।

संसार की सृष्टि कर ब्रह्माने मनुष्यों के स्वास्थ्य संरक्षण एवं रोगों के प्रतिकार के लिए औषध परिज्ञान आवश्यक समझ कर आयुर्वेद का स्मरण किया और ब्रह्मसंहिता नामक ग्रन्थ की रचना कर अपने मानसपुत्र दक्ष प्रजापति को पढ़ाया । दक्ष ने सूर्य के अंश अश्विन कुमारों को सिखा कर उन्हें देवताओं का चिकित्सक नियुक्त किया। ये दोनों अद्भुत काय चिकित्सक तथा शल्यचिकित्सक थे। इन्होंने अश्विनीकुमार संहिता की निर्माण किया किन्तु आज यह ग्रंथ उपलब्ध नहीं है।

पुराणों के अनुसार एक बार भैरव ने क्रुद्ध होकर ब्रह्मा का शिर काट लिया, किन्तु अश्विनी कुमारों ने उसे जोड़कर सी दिया तथा देवदानव संग्राम में देवताओं के क्षत-विक्षत शरीर को अनेक उपचारों द्वारा अच्छा कर पुनः युद्ध के योग्य बना दिया । दक्ष के यज्ञ में सती के प्राण त्याग कर देने के बाद शिवजी के गणों ने यज्ञ को विध्वंस कर दक्ष का शिर काट कर अग्निकुण्ड में डाल दिया, पूषा के दाँत तोड़ दिये और देवताओं की आँखे फोड़ दी, किन्तु अश्विनी कुमारों ने बकरे का शिर काट कर दक्ष के शिर में जोड़ दिया, पूषा के बनावटी दाँत लगा दिये तथा देवताओं की आँखे ठीक कर दिये। बाद में अश्विनी कुमारों से इन्द्रने आयुर्वेद शास्त्र की शिक्षा प्राप्त की और इन्द्र से धन्वन्तरि ने सीखा ।

असुरों के गुरु शुक्राचार्य देवासुर संग्राम में गये हुए असुरों को सञ्जीविनी विद्या द्वारा जिला दिया करते थे जिससे देवताओं की अपार हानि होती थी। अतः देवताओं ने जब भगवान् विष्णु की अनुमति से अमृत के लिए समुद्र का मन्थन किया तब परिणाम स्वरूप अमृत का कलश लेकर धन्वन्तरि निकले और देवताओं को अमृत पिलाकर सदा अमर कर दिये। इसी अवसर पर अनेक प्रादुर्भाव हुआ जिससे सारा समाज तस्त्र होने लगा । तथ शिवजी ने विषो का शोधन कर उन्हें अमृत के समान बना दिया। यहीं से आयुर्वेद के रसशास्त्र का आरम्भ है। इसीलिए वेदों में शिव को "प्रथमो दैव्यो भिषक्" कहकर स्मरण किया है ।⁷ और पुराणों में "आरोग्यं भास्करादिच्छेत्" कहकर सूर्य को आरोग्यप्रद कहा है। बाद में धन्वन्तरि से सुनकर सुश्रुत मुनि ने आयुर्वेद की रचना की।

चरक सूत्रस्थान⁸ में आयुर्वेद की सम्प्रदाय परम्परा इस प्रकार बतलाई गई है - ब्रह्मा से प्रजापति, प्रजापति से अश्विनीकुमार, अश्विनीकुमारों से इन्द्र, इन्द्र से भरद्वाज और भरद्वाज से अन्य ऋषियोंने आयुर्वेद शास्त्र को प्राप्त किया है। हरिवंश पुराण⁹ में लिखा है कि धन्वन्तरि और काशिराज ने भरद्वाज से आयुर्वेद को प्राप्त कर पुनः उसे आठ भागों में विभक्त कर अपने शिष्यों को पढ़ाया । इस प्रकार मनुष्यों के कल्याण के लिए भारतवर्ष में आयुर्वेद का प्रवर्तन करने का श्रेय भरद्वाज ऋषि को ही है। इन्होंने अपने शिष्य एवं प्रशिष्यों के द्वारा आयुर्वेद का बहुत बड़ा प्रचार कराया है। वायु पुराण¹⁰ में ईश्वर कहते हैं कि मैं धन्वन्तरि का अवतार ग्रहण कर वायु से आयुर्वेद का ज्ञान प्राप्त कर समस्त संसार को आरोग्य कर दूंगा ।

आयुर्वेद शास्त्र के चरक, सुश्रुत, एवं वागभट्ट आदि सिद्धान्त ग्रंथों तो श्रेष्ठ ही हैं, किन्तु पुराणों में भी स्थल स्थल पर घरेलू सुलभ चिकित्साये का बड़ा ही सुन्दर निरूपण उपलब्ध होता है। ब्रह्मवैवर्त पुराण¹¹ में अपने पति के मर जाने पर मालावती द्वारा ब्राह्मण वेशधारी जनार्दन से रोगों की उत्पत्ति, शमन और उनको दूर करने के लिए प्रश्न किये जाने पर उन्होंने परम्परानुसार आयुर्वेदका प्रादुर्भाव बतलाकर वेदांग के रूप में चिकित्सा को एक अंग कहकर आयुर्वेद की विशेष प्रशंसा करते हुए कहा कि प्रजापति ने ऋग्वेद, यजुर्वेद, सामवेद और अथर्ववेद का अनुभव और उनके अर्थों का अनुसन्धान कर आयुर्वेद शास्त्र के निर्माण कर भास्कर को पढ़ाया और उन्होंने भी स्वतन्त्र रूप से एक आयुर्वेद संहिता की रचना करके अपने धन्वन्तरि दिवोदास, काशीराज, अश्विनीकुमार नकुल, सहदेव, यम, च्यवन, 'जनक, बुध, जाबाल, जाजलि, पैल, करथ और अगत्स्य इन सोलह (१६) शिष्यों को पढ़ाया। बाद में इन्होंने भी एक एक संहिता बनाकर आयुर्वेद का प्रचार किया इसके इन (१६) चिकित्सकों में किसने कौन सा तन्त्र बनाया है ? इसका भी उल्लेख किया है।¹² तत्पश्चात् वैद्यों की विशेषता बतलाई गई है।¹³

मनुष्य चिकित्सा

ब्रह्मवैवर्त पुराण में ज्वर, मदाग्नि, पाण्डु, कुष्ठ, कमला, शोथ, प्लीहा, शूल, अतिसार, ग्रहणी, खाँसी, श्वास, मूत्र कृच्छ, गुल्म, रक्तदोष, गलगण्ड, भ्रमरी, सन्निपात, प्रमेह, विसूचिका, आदि रोगों के ६४ भेद बतलाकर पापों से रोगों की वृद्धि एवं मृत्यु का आगमन और ईश्वरभक्ति से उनका शमन बतलाया गया है। जिस प्रकार गरुड़ को देखकर सर्प भाग जाते हैं उसी प्रकार रोगों के उपाय जानने वालों के पास रोग फटकने नहीं पाते हैं।¹⁴ यह कहकर उनकी चिकित्सा भी बतलाई गई है। - जैसे ठंडे जल से आँखों को धोना, व्यायाम करना, पैरों के तलवे में तेल का मालिश करना, कान में तेल डालना और शिर में अच्छा तेल लगाना, बुढ़ापा और रोगों को दूर करता है। बसन्त ऋतु में सुबह शाम टहलने, चिरैता के सेवन करने, गहरी नींद लेने और समय पर बाला युवती के साथ सम्भोग करने से वृद्धावस्था नहीं सताती। कूपजल, नदीजल, तालाब और बावड़ी के जल में स्नान, चन्दन लगाना और गर्मी में ठण्डी वायु का सेवन वृद्धावस्था से दूर रहने के साधन है। वर्षा ऋतु में गर्म जल से स्नान एवं वर्षा के जल का सेवन और समय पर हित, मित एवं पथ्य भोजन का स्वास्थ्य पर बहुत सुन्दर प्रभाव पड़ता है। शरद- ऋतु में सुन्दर औषध का सेवन, भ्रमणादि का वर्जन, नदी, कुंआ, बावड़ी और तालाब में ठण्डे जल से स्नान करने से वृद्धावस्था नहीं आती। हेमन्त ऋतु में नदी, कुंआ, बावड़ी तथा तालाब में स्नान, अग्नि या चिरैता का सेवन और नवीन, गर्म एवं सुपाच्य अन्न भोजन करने वालों के पास वृद्धावस्था नहीं आती। जो मनुष्य तालाब के जल से स्नान करता है, भूख लगने पर खाता है; प्यास लगने पर जल पीता है और प्रतिदिन पान की सेवन करता है वह पुरुष शीघ्र वृद्ध नहीं होता। दही, बिना धी निकाला हुआ मट्ठा, मक्खन और गुड़ खानेवाले व्यक्ति को वृद्धावस्था कष्ट नहीं देती।¹⁵

इसके विपरीत किन कुपथ्य सेवियों को रोग सताते हैं इसका भी निर्देश किया है।¹⁶ अन्त में आयुर्वेद के अनुसार सर्वरोगनाशक प्रक्रिया तथा शरीरवर्द्धक उपायों को विस्तार के साथ निर्देश किया है।

गरुड पुराण के ४८ अध्यायों में आयुर्वेद का विस्तृत विवेचन है। जिसमें आयुर्वेद के सभी अंगों का पूर्ण विवेचन है। गरुड पुराण के २२ अध्यायों में ज्वर, यक्ष्मा, वातरक्त, रक्तपित्त, अर्श, अतिसार, ग्रहणी, प्लीहा, प्रमेह, पाण्डु, शोथ, कुष्ठ, श्वास, कास, मूत्राघात, हृद्रोग, उदररोग, आदि समस्त रोगों का सुन्दर निदान उल्लेख किया है।¹⁷ तत्पश्चात् २६ अध्यायों में अनुपान चिकित्सा और विविध ओषधियों के विशेष गुणों का वर्णन है।¹⁸

इसी प्रकार अग्नि पुराण के २० अध्यायों में सिद्धौषध, सर्वरोगहर औषध, रसादिलक्षण, वृक्षायुर्वेद, नानारोगहर औषध, मन्त्रौषध, मृतसञ्जीवनी कर योग, अश्ववाहन सार, गजचिकित्सा, अश्वचिकित्सा, अश्वशान्ति, गजशान्ति, शान्त्यायुर्वेद, मन्त्रपरिभाषा, नागलक्षण, दंष्ट चिकित्सा, पञ्चाङ्ग, रुद्रविधान, और गोनशादि चिकित्सा का विधान है।¹⁹ पुराणों अनुसार कुछ चिकित्साओं का दिग्दर्शन निम्नलिखित किया है। सेंधानमक, दोनों हर्दी, भृंगराज के रस के साथ पीसकर आंजन करने से आँख के रतौंधी आदि रोग दूर हो जाते हैं।²⁰ पान, घी, शहद और सेंधानमक तामे के बर्तन में बकरी के दूध के साथ घिसकर लगाने से आँख का दर्द दूर हो जाता है।²¹ मरीच, शृंगवेर और कूट के छिलका को खाने से ग्रहणी रोग शान्त होता है।²² नीम की पत्ती और आँवले का चूर्ण प्रतिदिन सुबह में खाने से कृष्ठ रोग मिट जाता है।²³ भैंस का मक्खन, सिन्दूर और मरिच का चूर्ण मिलाकर लेप कर देने से खाज मिट जाती है।²⁴ वट, नीम और शमी के छिलके को जल में पकाकर भाप लेने से दाँतो का दर्द मिट जाता है।²⁵ मदार का पत्ता मंद अग्नि में गरम करके रस निकालकर कान में छोड़ने से कान का दर्द दूर हो जाता है।²⁶ बड़ी हरे, मूली, दाख, पीपर, भटकटैया, काकड़ा सिंही, गदहपुरना और सौंठ का चूर्ण (शहद में मिलाकर) चाटने से कास रोग नष्ट हो जाता है।²⁷ अग्निपुराण में भी मनुष्यों की चिकित्सा का विस्तार से उल्लेख प्राप्त होता है। - वातज्वर और पित्तज्वर में गुडुची, पित्तपापड़ा, मोथा, चिरैता और सौंठ का काढ़ा पिलाना (देना) चाहिए, इसे पञ्चभद्र क्वाथ कहते हैं।²⁸ मधु के साथ मुलेठी, शक्कर के साथ पीपर, गुड़ के सहित नागरमोथा और तीनो नमक खाने से हिचकी बन्द हो जाती है।²⁹ हींग, पोखर मूल, नागरमोथा, विजोरा निम्बू, पीपर और सेंधानमक इनको कूट छानकर गरम पानी के साथ पिला देने पर पेट की दर्द दूर हो जाता है।³⁰ तेजपत्ता, सौंठ, मिर्च, पिपर, हरदी, गोदुग्ध में पकाकर या अभया कल्क में सिद्ध कर लगाने से दाँत का दर्द शान्त हो जाता है।³¹ शतावरी, विदारीकन्द, हर्दे, बला अरस तथा गोखरू, शहद और घी के साथ मिलाकर चाटने से क्षयरोग नष्ट हो जाता है।³² एक वर्ष तक तिल के साथ वकुची खाने से कुष्ठ रोग दूर हो जाता है। या भेलवा का तेल लगाने से भी कुछ अच्छा हो जाता है।³³ काकड़ा सिंही, पीपर, अतीस या केवल अतीस का चूर्ण बनाकर मधु के साथ चाटने से बच्चों की खाँसी, शर्दी और ज्वर अच्छे हो जाते हैं।³⁴

विष चिकित्सा

किसी भी जन्तु-विशेष के खास कर सर्प के विष को दूर करने के लिए शिरीष के फूल के रस में भिगाई हुई सफेद मिर्च पीने से, सूँघने से या आँखों में डालने से विष दूर हो जाता है।³⁵ अम्बष्ठ, बरियार और कूट के पीसकर लेप करने से सभी प्रकार के कीड़ों का विष दूर हो

जाता है।³⁶ सेंधानमक, सोंठ, पीपर और काली मिर्च का चूर्ण बनाकर दही, मधु और घी में मिलाकर लेप करने से बिच्छू का विष दूर हो जाता है। शतावर, नमक, घी, और शिरीष का बीज दूध में पीसकर लेप करने से कुत्ता के काटने का विष शान्त (दूर) होता है।³⁷

गजायुर्वेद

हाथी को पाण्डुरोग हो जाये तो हरदी और दारुहरदी के साथ गोमूत्र और घृत पोलाना चाहिए। कब्जियत होने पर तेल से पेट की सझाई करके तेल की बस्ति दे । और पांचो नमक को शराब में मिलाकर पिलाना चाहिए। मूर्च्छा होने पर बायबिडंग, त्रिफला, त्रिकटु और सेंधा नमक से युक्त आहार देना चाहिए तथा मधु शर्बत पिलाना चाहिये। शिर के शूल में शिर पर तैल रखे तथा तेल का नस्य दे । हाथियों के पैर के रोग में (फोड़े आदि) तेल का पुट देना चाहिए । बाद में औषधियों के कल्क तथा काढ़े से शोधन करना चाहिए।³⁸ हाथी को जब पेशाब में अवरोध हो तो खीरे के बीज का काढ़ा बनाकर पिलावे । त्वचा के रोग में नीम या अडूसे का क्वाथ बनाकर पिलाये । कृमिरोग में गोमूत्र में वायविडंग का चूर्ण डालकर पिलावे। अदरख, पीपरि मुनक्का और मिश्री मिलाकर गर्माया हुआ दूध पिलाने से क्षतक्षय रोग नष्ट हो जाता है। इस रोग में मांस रस भी देना चाहिए। अरुचि रोग में मूंग की दाल, और चावल में सोंठ, मिर्च, और पीपरि डालकर देना चाहिए। निशोथ, त्रिकटु, चित्रक जमालगोटे की जड़, मदार, काली निशोथ, दुधिया गलपीपरि के क्वाथ से सिद्धतेल से हाथियों का वायु गोला (गुल्म) रोग ठीक हो जाता है। भेदन तथा द्रावण औषधि से तेल की मालिश, स्नेहपान और अनुवासन बस्ति से हाथियों की सभी (बाह्य और आभ्यन्तर की) विद्रधि (फोड़े) नष्ट हो जाते हैं।³⁹ दुर्बल हो जाने पर हाथी को दूध पीलाने चाहिए तथा दीपनीय द्रव्यों के रस में मांसरस पकाकर देना चाहिए।⁴⁰ इसी प्रकार हाथियों के अन्य रोगों की चिकित्सा भी विस्तार के साथ निरूपित है।

अश्वायुर्वेद

अग्निपुराण के २८९ अश्वचिकित्सा नामक अध्याय में अश्वों के लक्षण तथा उनकी चिकित्सा का विस्तृत विवेचन प्राप्त होता है। जैसे कि शोंठ, अतीस, नागरमोथा, अनन्तमूल, कच्चे बेल के काढ़ा घोड़ों को पिलाने से उसका अतिसार रोग ठीक हो जाता है। लता, प्रियंगु और अनन्तमूल के साथ बकरी का दूध पकाकर उसमें पर्याप्त चीनी मिलाकर पिलाने से घोड़े की थकावट दूर हो जाती है।⁴¹ अनार, त्रिफला, त्रिकटु का गुड़ को समभाग में पिण्ड बनाकर देने से घोड़े की दुर्बलता दूर होती है। अडूसे के श्वरस या काढ़े को लता प्रियंगु, लोध्र और मधु के साथ देने से या पञ्चकोल से सिद्ध दुग्ध पिलाने से कासना ठीक हो जाता है।⁴² मजीठ, मुलंडी, दाख, भटकटैया, लालचन्दन, खीरा का बीज, काकडासिंही, और कशेरु को बकरी के दूध में पकाकर ठण्डा होने पर शक्कर के साथ पिलाने से घोड़े का रक्तमेह छूट जाता है।⁴³ गोबर,

नमक, मिट्टी इनको गोमूत्र में पकाकर यदि घोड़े के शरीर पर लगाया जाय तो मच्छर के दंशने का जहर उत्तर जाता है तथा परिश्रम से आया हुआ सूजन भी दूर हो जाता है।⁴⁴ घृत कुमारी और नमक मिलाकर मलने से दस दिन के अन्दर घोड़ेके शरीर की खाज दूर होती है।⁴⁵

गवायुर्वेद

गवायुर्वेद के अन्तर्गत गौ वत्सों की पुष्टि की व्याख्या, गौ ग्रहों के नाश के उपाय, गौ चिकित्सा का महत्त्व, गौ के गल ग्रह रोग की चिकित्सा, गौ के दृच्छूल, बस्तिशूल, वात रोग, क्षय एवं अतिसार की चिकित्सा गौ के उदर रोग एवं शाखा रोग की चिकित्सा, गौ की अस्थि - भग्न, वात एवं पित्त रोग आदि की चिकित्सा का निरूपण किया गया है।

अग्निपुराण के अनुसार गौ गंगा आदि नदियों के समानपवित्र है। उरद, तिल, गेहूँ, दूध और घी का नमक युक्त पिण्ड गौवत्सों को देना चाहिए, इससे वे पुष्ट होते हैं तथा उपर्युक्त पिण्डों से गौवत्सों के सींग मजबूत होते हैं।⁴⁶ ग्रहों के नाश के लिये देवदारु, वच, जटामांसी, गुग्गुलु, हींग और सरसों की धूपन देनी चाहिए। इसी धूप में धूपित घण्टियां भी गौओं के गले में बाँधनी चाहिए।⁴⁷ इसी धूप में धूपित घंटियां भी गौओं के गले में बाँधनी चाहिए।⁴⁸ गौओं की सींग की बिमारियों में सोंठ, खरेंटी, जटामांसी का कल्क सेंधा नमक और शहद से सिद्ध तैल लगाना चाहिये।⁴⁹ गौओं के गल ग्रह रोग में सोंठ दोनों, हल्दी, त्रिफला का क्वाथ पिलाना चाहिये।⁵⁰ गौ के दृच्छूल, बस्तिशूल, वातरोग, क्षयरोग में धी युक्त त्रिफला पिलाना चाहिये । तथा अतिसार रोग में दोनों हल्दी व पाठा दें।⁵¹ गौओं के उदर एवं शाखा रोग में सोंठ एवं भारंगी देनी चाहिये। गौ की टूटी हड्डी को जोड़ने के लिये नमक के साथ प्रियंगु का लेप करना चाहिये। वातरोगों में वातहर तेल, पित्तरोगों में मुलैठी में पकाया हुआ तैल का प्रयोग करना चाहिये।⁵² अग्निपुराण के अनुसार अश्वगन्धा के चूर्ण के साथ सफेद तिल को खिलाने से गौ के दुग्ध की वृद्धि होती है। यह गौधन के लिए उत्तम रसायन है। अतः पिण्याक (तिल की खली) को सदा घर में रखना चाहिए।⁵³

वृक्षायुर्वेद

वृक्षायुर्वेद के अन्तर्गत वृक्षों के प्रकार एवं उनको लगाने के लिए दिशा संकेत, वृक्षों के लगाने हेतु पूजा, नक्षत्र विचार, जलसिंचन का विधान, वृक्षों के लगाने में दूरी निर्धारण, सघन वृक्षों के विकास पर प्रभाव, फलों एवं वृक्षों के संरक्षण आदि के उपायों का उल्लेख प्राप्त होता है।

भविष्यपुराण⁵⁴ में वृक्षों लगाने के लिए भूमि का शोधन कर बैलों से हल जुतवाकर पाँच प्रकार के अन्न यत्र तत्र बुआकर बिल्व वृक्ष का यूप गाड़ने का उल्लेख मिलता है। अग्निपुराण⁵⁵ में वृक्षों के आरोपण के पहिले शस्त्र से जमीन पर गड़्ढा बनाकर उसकी शुद्धि करने का उल्लेख

है। वृक्षारोपण के पूर्व नक्षत्र विधान में हस्त, उत्तरा, फाल्गुनी, उत्तराषाढा, उत्तरभाद्रपदा, स्वाति, रोहिणी, श्रवण और मूल नक्षत्र आदि एवं ब्राह्मण और चन्द्रमा की पूजा करके वृक्ष का आरोपण करना चाहिए।⁵⁶ वाटिका रोपण के समय हल की आकृति वाले श्रवण, अभिजितादि नक्षत्र तथा मूल नक्षत्र श्रेष्ठ माने गये हैं। पुनः वनपाल देवता और अग्नि, सोम तथा शेषनाग की पूजाकर विष्णुमन्त्र से उसमें बीजों का रोपण करने का उल्लेख है।⁵⁷ वर्षा के प्रारम्भ में सायंकाल और प्रातः काल में तथा शीतकाल में दिन के अन्त में वृक्षारोपण करना उत्तम माना है।⁵⁸ आम, कटहल आदि वृक्षों के बीजों को एक गड्ढे में डालकर कुछ गर्मी देकर, फिर ठीक समय पर उनको गाय के गोबर के साथ मिलाकर रखा जाये इस प्रकार से इन सब बीजों का संस्कार करके फिर इनको खेत में बोना चाहिए। तुलसी का आषाढ, सावन, वैशाख, भाद्रपद मास में तथा वैष्णव नक्षत्रों में रोपण करना शुभदायक है।⁵⁹

वृक्षों के फल एवं फूल हेतु घृत और शीतल जल से सींचे और छाग (बकरी) की शकृत् (भींगडी) का चूर्ण, जौ का चूर्ण तथा तिल, किसी पशु का मांस और जल मिलाकर सात दिन तक रखें। फिर उसकी खाद डालें। इससे सब प्रकार के वृक्षों में फल- फूल की वृद्धि होती है।⁶⁰ वृक्षों को ग्रीष्म ऋतु में सायंप्रातः तथा शीतऋतु में मध्याह्न में या एक दिन बाद जल से सिंचन करने का उल्लेख है। अग्निपुराण⁶¹ में वृक्ष को लगाने की दूरी में एक वृक्ष से दूसरा वृक्ष बीस हाथ पर लगाना उत्तम, सोलह हाथ पर मध्यम और बारह हाथ पर लगाना अधम माना है। तृण को दो हाथ पर, गुल्म तीन हाथ पर और गुल्म वृत्त चार हाथ के अन्तर पर रोपना चाहिए। भविष्य पुराण⁶² के अनुसार बीस - बीस हाथ की दूरी पर पौधों को रोपकर आम्रवन या वाटिका का निर्माण करने का उल्लेख है। बकुल, वज्जुल और धात्री के वृक्ष को अधिक दूरी पर तथा श्रीपर्णी, पुंनाग और बिल्ववृक्ष को सात हाथ दूरी पर रोपना चाहिए।

वृक्ष के रोग नाशक उपाय

रोगी वृक्षों की चिकित्सा में पहले वृक्ष का जो अंग विकार युक्त हो उसको शस्त्र से काट डालें पुनः विडंग, धृत और पंक (कीचड) को मिलाकर वृक्षों में लेप करें। तत्पश्चात् दुग्ध मिश्रित जल से सिंचन करना चाहिए। बायविडंग और चिरायता से युक्त मछली का मांस वांछित फल देता है और विशेष रूप से सभी वृक्षों का रोगों को नष्ट करनेवाला है।⁶³

वृक्षों की संवृद्धि का उपाय

फल और फूलों की वृद्धि के लिए कुलथी, उडद, मूंग, तिल तथा यव आदि को दुग्ध मिश्रित कर उबालें। उष्णोपरान्त शीतल कर उससे वृक्ष का सिंचन करना चाहिए। भेड़ एवं बकरी की गोबर का चूर्ण, जौ का चूर्ण और तिल का चूर्ण घृत से सान कर शीतल जल में मिला दे और उसे वृक्ष को सींचने से फल में वृद्धि होती है। सात रात्रि तक जल में गोमांस

रख दे और उससे वृक्ष को सिंचने से सभी वृक्ष फल - पुष्प से लदे रहते हैं। मत्स्योदक द्वारा मात्र जल से शींचना आमों के लिए इष्ट है। तथा खजूर और नारियल आदि में नमक के पानी से वृद्धि होती है। मछली के धोने के बाद उसी जल से सींचने से वृक्षों की शाखा प्रशाखायें प्रस्फुटित होकर वृद्धि होती है।⁶⁴

इस प्रकार पुराणों में सर्वसुलभ एवं अल्प द्रव्य साध्य आयुर्वेदिक औषधियों और चिकित्सा का दिग्दर्शन है। प्रस्तुत निर्देशों के आधार पर हम कह सकते हैं कि हमारे महर्षियों को मनुष्य से लेकर पशु-पक्षीयों तक, तथा वृक्ष एवं वनस्पतियों के बारे में भी पूर्ण ज्ञान था। आधुनिक विज्ञानों की इस शाखा के मूल हमारे प्राचीन ग्रंथ में हैं।

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- 11) ब्र. वै. पु. (ब्रह्माड, खण्ड) अ.16/9-14
- 12) ब्र.वै. पु. 16/15-22.
- 13) व्याधेस्तत्र परिज्ञानं वेदनायाश्च निग्रहः ।
एनद्वैधस्य वैधत्वं न वैधः प्रभुरायुषः ॥ - ब्र.वै.पु. 16/25
- 14) एने चोपाय वेतारं न गच्छन्ति च संयतम् ।
पलायन्ते च तं दृष्ट्वा वैनतेयमिवोरगाः॥ - ब्र.वै.पु.16/35

- 15) ब्र.वै.पु. (ख) 16/36 - 45
- 16) रात्रौ यैः दधि सेवन्ते पुंश्चलीश्च रजस्वलाः ।
तानुपैति जरा दृष्टा भ्रातृभिः यह सुन्दिरः ॥ - ब्र.वै.पु.16/47
- 17) ग.पु. अ 146 से 167 तक
- 18) ग.पु.अ. 168 - 193 तक
- 19) ग.पु. अ. 279 से 298 तक
- २०) सैन्धवं रजनी द्वे च भृंगराजरसेन हि।
पिष्ट्वा तदञ्चनादेव तिमिरादिविनाशकम् ॥ - ग.पु. 177/7
- 21) ताम्बूलञ्च घृतं क्षौद्रं लवणं ताम्रभाजने ।
तथा पयः समायुक्तं चक्षुः शूलहरं परम् ॥ - ग.पु. 181/1
- 22) ग.पु. 183/1
- 23) नित्यं निम्बदलानाञ्च चूर्णमामलकस्य च ।
प्रत्यूषे भक्षयेच्चैव तस्य कुष्ठं विनश्यति ॥ - ग.पु. 190/9
- 24) ग.पु. -190/6
- 25) ग.पु. 191/21
- 26) ग.पु. -189/4
- 27) अभया मूलक द्राक्षा पिप्पली कण्टकारिका ।
शृंगी पुनर्नवा शुण्ठी जगध्या कासं निहन्ति वै ॥
- 28) गुडूची पर्पटी मुस्तं किरातं विश्वभेषजम् ।
वातपित्त ज्वरे देयं पञ्चभद्रमिदं स्मृतम् ॥ - अ.पु. 285/9
- 29) अ.पु. -285/10
- 30) अ.पु.289/12
- 31) जातीपत्रं फलं व्योषं केवलं मूत्रकं निशा ।
दुग्ध क्वाथेऽभया कल्के सिद्ध तैलं द्विजार्तिनुत् ॥ -अ.पु. 283/9
- 32) वरी विदारी पथ्या च वलात्रयं सवास कम् । -अ.पु. 283/21
- 33) वाकुची सतिला भुक्ता वत्सरा त्कुष्ठनाशिनी। पथ्या भल्लातकी तेलगुडपिण्डी तु कुष्ठजित्॥
-अ.पु. 283/13
- 34) अ.पु. 283/2
- 35) अ.पु. 287/5
- 36) अ.पु. 295/15

- 37) ग.पु.198/18-19
38) अ.पु. 287/8-11
39) प.पु. अ 287/17-21
40) अ.पु.287/26
41) अ.पु. 289/13-14
42) अ.पु. 289/16-17
43) अ.पु. 289/ 21 - 22
44) अ.पु. 288/57
45) ग.पु. 191/24
46) अ.पु. 292/32
47) स्याद ग्रहनाशाय धूपकः । देवदार, वचा मांसी गुग्गुलुर्हिङ्गुसर्षपा ॥ - अ.पु.292/32
48) ग्रहादिगद नाशाय एष धूपो गवां हितः।
घण्टा चैव गवां काय्या धूमेनानेन धूपिता ॥ - अ.पु. 292/34
49) अ.पु. 292/23
50) अ.पु. 292/27
51) अ.पु. 292/27,28
52) अ.पु. 292/30
53) अ.पु. 292/35
54) भवि.पु. 2/1/10/7
55) अ.पु. 282/9
56) अ.पु. 282/3,4
57) भवि.पु. 2/1/10/25
58) अ.पु. 282/8
59) द्र. मुहूर्त चिन्तामणि (२-१) के अनुसार श्रवण नक्षत्र वैष्णव है। 2/1/130/58
60) अ.पु. 282/11, 12.
61) उत्तमं विंशति हस्ता मध्यमं षोडशान्तरम् ।
स्थानात् स्थानान्तरं कार्यं वृक्षाणां द्वादशावरम् ॥ - अ.पु. 282/8-9
62) भ.पु. 2/1/10/83
63) अ.पु. 282/14
64) अ.पु. २४२/ 31, 29, 13, 12.

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પ્રસ્તાવના:

વ્યક્તિને જીંદગીમાં આવનારી મુસીબત અંગે થોડો પણ અંદાજો હોય અને તે આવી પડે તો ઓછો આઘાત લાગે છે. અને જો અણધારી સમસ્યા આવી પડે તો ઘણા નાસીપાસ થઈ જાય છે. આ આપણા મનની મન:સ્થિતિ બતાવે છે. માનવીનું મન કાંઈક આમ જ રહે છે. કોઈના મૃત્યુથી લઈ બ્રેક અપ, છૂટાછેડા, મહામારીમાં આર્થિક પરિબળ કે પરીક્ષામાં નાપાસ થવું આ બધું આ સાથે સંકળાયેલું છે. મહત્વની વાત હવે એ આવે છે કે આવું કાંઈ હોય કે પછી એનાથી બીજી કોઈ બીમારી જેવી કે ડિપ્રેશન, પર્સનાલિટી ડિસઓર્ડર, સ્કીઝોફ્રેનિયા વગેરે હોય તો આપણે ત્યાં એ માટે ઉચિત સારવાર લેવાનું ચલણ જ નથી. ક્યારેક ઉચિત સારવાર ન લેતાં આપણે જે તે વ્યક્તિઓને ગુમાવ્યા પણ છે. આપણે ત્યાં સાયક્યાટ્રીસ્ટ (મનોચિકિત્સક) પાસે જાવો એટલે લોકો એ પાગલ છે એમ સમજે. કેટલી મોટી ભ્રમણામાં આપણે જીવીએ છીએ. આપણી આજુબાજુમાં અનેક લોકો ઉપર દર્શાવેલ કે અન્ય કોઈ મન મગજની પીડામાંથી પસાર થતા જોવા મળે જ છે, પણ પોતે સ્વસ્થ જ છે (શારીરિક રીતે!) એમ માનીને માનસિક સ્વાસ્થ્ય સાથે પોતે જ ચેડાં કરે છે. આવી વ્યક્તિએ પોતે તો જાગૃત થવાની જરૂર છે જ પણ સાથે સાથે આસપાસ રહેતા આપણે સૌએ પણ એ પ્રત્યે તથા એ વ્યક્તિઓ પ્રત્યે પોતાનો અભિગમ બદલવાની જરૂર છે. “એકાંતમાં અને ગુસ્સામાં આ મન પરનો કાબૂ જ માનવીને સફળતા તરફ દોરે છે.” જિંદગીના સૌથી સક્ષમ નિર્ણયો આ મન જ લે છે. તેથી જેટલું ધ્યાન શરીરનાં અન્ય સૌ અંગોનું રાખીએ છીએ એટલું જ કે એથી વધુ આ મગજનું અને મનનું રાખવું અનિવાર્ય છે. અને એથી આ લખનાર હમેશાં માને છે કે, “જ્યારે હકારાત્મકતા આત્મવિશ્વાસમાં ફેરવાય છે, ત્યારે જીવનને બાયંધરી મળે છે.

માનસિક સ્વાસ્થ્ય શું છે ?

દેશના વિકાસ માટે આરોગ્ય મહત્વનું છે. વિશ્વ આરોગ્ય સંસ્થા (WHO) ની વ્યાખ્યા અનુસાર “ભૌતિક, માનસિક અને સામાજિક અને આધ્યાત્મિક સુખાકારી અવસ્થા અને માત્ર રોગ અથવા અશક્તિની ગેરહાજરી એટલે આરોગ્ય. ” વિશ્વ આરોગ્ય સંસ્થાની વ્યાખ્યા અનુસાર જે વ્યક્તિ તેની અથવા તેણીની ક્ષમતાનો અહેસાસ કરાવે, સામાન્ય રીતે સામાન્ય જીવનભારનો સામનો કરી શકે, સારી રીતે કામ પૂર્ણ કરી

શકે, પોતાના સમુદાય માટે તે અથવા તેણી કામ કરી શકે તેને માનસિક સ્વાસ્થ્ય કહે છે. આ હકારાત્મક અર્થમાં, માનસિક સ્વાસ્થ્ય એટલે વ્યક્તિગત રીતે સારો આધાર અને સમુદાય માટેની અસરકારક કામગીરી. **માનસિક સ્વાસ્થ્ય શા માટે મહત્વપૂર્ણ છે?**

દર ૪૦ સેકેન્ડે માનસિક અસ્વસ્થતાને કારણે એક આપઘાત થતો હોવાનો ડબલ્યુએચઓનું તારણ: દર વર્ષે ૮ લાખથી પણ વધુ લોકોને ભરખી જાય છે માનસિક અસ્વસ્થતા: ડબલ્યુએચઓ ૮૪ લાખ યોનીમાં મનુષ્ય એક જ એવું પ્રાણી છે કે જેને પોતાના મગજથી વિચારીને અમલમાં મૂકવાની ક્ષમતા મળી છે. મનુષ્યને ખોરાકથી પણ વધુ માનસિક સ્વાસ્થ્યની જરૂરીયાત છે. આજની ભાગદોડ વાળી જીંદગીમાં લોકો માનસિક સ્વાસ્થ્યને મહત્વ આપવાનું ભૂલી ગયા છે. આજે જલદીથી બધુ પ્રાપ્ત કરી લેવાની વૃત્તિને કારણે લોકો સતત ચિંતામાં રહે છે. લોકો પોતાના માનસિક સ્વાસ્થ્યને અવગણી રહ્યા છે. દર વર્ષે ૧૦ ઓક્ટોબરે વર્લ્ડ મેન્ટલ હેલ્થ ડે ઉજવાય છે. આ દિવસ ઉજવવા પાછળનું ઉદ્દેશ્ય છે કે લોકો માનસિક સ્વાસ્થ્ય પ્રત્યે જાગૃત થાય. વર્લ્ડ હેલ્થ ઓર્ગેનાઇઝેશન અનુસાર દર ૪૦ સેકેન્ડે એક વ્યક્તિ આપઘાત કરે છે અને તેવી રીતે વર્ષે ૮ લાખથી પણ વધુ લોકો આપઘાતથી મૃત્યુ પામે છે. આજે ડિપ્રેશન ખૂબજ મોટો રોગ છે જે લોકોને સતાવી રહ્યો છે. લોકો પોતાના માનસિક સ્વાસ્થ્ય માટે ખૂલ્લીને લોકો સમક્ષ બોલી નથી શકતા આજે સામાન્ય માણસથી લઈને દિગ્ગજ અભિનેતા કે બિઝનેસમેન સુધીનાં લોકો માનસિક રીતે અસ્વસ્થ જોવા મળે છે. માનસિક રોગોનો ઉપચાર શક્ય છે. આજે આવા રોગોના ઉપચાર માટે કાઉન્સિલર ખૂબજ મહત્વના ભાગ ભજવી રહ્યા છે. લોકોએ સુખી અને ખુશખુશાલ જીંદગી જીવવી હોય તો માનસિક રીતે સ્વસ્થ રહેવું ખૂબજ જ જરૂરી છે. જ્યારે પણ માનસિક રીતે અસ્વસ્થતા જણાય ત્યારે તુરંત જ મનોવૈજ્ઞાનિક ડોક્ટરની જ મદદ લેવી જોઈએ અને લોકોએ પણ આવા રોગોને નકારવો ન જોઈએ અને બનતી મદદ કરવી જોઈએ

- શારીરિક સ્વાસ્થ્ય અને માનસિક સ્વાસ્થ્ય નજીકથી સંકળાયેલ છે તે ઉપરાંત સાબિત થાય છે શંકા છે કે અતિશય ચિંતા હૃદય અને રક્તવાહિનીઓનું રોગો તરફ દોરી જાય છે
- માનસિક વિકૃતિઓ પણ વ્યક્તિઓની વર્તુણુંકને અસર કરે છે જેમ કે, ખાવાની આદતો, નિયમિત કસરત, પૂરતી ઊંઘ, સલામત જાતીય વ્યવહાર, દારૂ અને તમાકુનું સેવન, તબીબી ઉપચાર સામે શારીરિક રીતે માંદગીનું જોખમ વધી શકે છે.
- માનસિક બીમાર આરોગ્ય સામાજિક સમસ્યાઓ તરફ દોરી જાય છે જેમ કે, બેરોજગારી, ભગ્ન પરિવારો, ગરીબી, દવાઓનો દુરુપયોગ અને સંબંધિત ગુના.
- ગરીબ માનસિક સ્વાસ્થ્ય હતપ્રભ પ્રતિકાર કામગીરી માટે નોંધપાત્ર ભૂમિકા ભજવે છે.
- હતાશા સાથે તબીબી બીમાર દર્દીઓનું પરિણામ હોય તેના કરતા વધુ ખરાબ હોય છે.
- લાંબી માંદગી જેવી કે, મધુપ્રમેહ, કેન્સર, હૃદય રોગ હતાશાના જોખમને વધારે છે.

માનસિક સ્વાસ્થ્યના અમલીકરણની શું મુશ્કેલીઓ હોય છે?

માનસિક બિમારી સાથે સંકળાયેલ કલંક કે તેઓ સમાજમાં દરેક પાસાઓથી તેમની સાથે ભેદભાવ કરવામાં આવે છે જેમ કે, શિક્ષણ, રોજગારી, લગ્ન વગેરે...જે અજાણે તબીબી સલાહ માટે વિલંબ તરફ દોરી જાય છે. માનસિક તંદુરસ્તી અને બીમારીના ચોક્કસ ચિન્હો અને લક્ષણોના અસ્પષ્ટ ખ્યાલોને કારણે તપાસ અંગે મૂંઝવણ વધે છે.

- લોકોને એવું લાગે છે કે જેઓ માનસિક રીતે નબળા અથવા નબળું મન હોય તેને માનસિક બીમારીઓ થાય છે.
- ઘણા લોકોનો અભિપ્રાય એવો હોય છે કે માનસિક બીમારી ઉલટાવી શકાય તેવું છે કે જે રોગનિવારક શૂન્યવાદને દોરે છે.
- ઘણા લોકો માને છે કે નિવારક પગલાં માટે સફળ થવું પડે તેવી શક્યતા છે.
- ઘણા લોકો એવું માને છે કે માનસિક બીમારી સારવાર માટે ઉપયોગમાં લેવાતી દવાઓની ઘણી આડ અસર થાય છે અને દવાના વ્યસની બનાવે છે. તેઓને એવું લાગે છે કે દવાઓ ફક્ત ઊંઘ પ્રેરે છે.
- ડબ્લ્યુએચઓના આંકડાઓએ દર્શાવ્યું હતું કે માનસિક આરોગ્યનું ભારણ અને માનસિક સ્વાસ્થ્ય સમસ્યાઓની સારવાર અને ઉપચાર માટેના સ્ત્રોતોની દેશમાં ઉપલબ્ધતા વચ્ચે વિશાળ અંતર છે.
- વિશ્વના મોટા ભાગના વિસ્તારોમાં માનસિક બીમારીની સારવાર અત્યાર સુધી દવા અને આરોગ્ય સંભાળના નામે થતી હતી.
- માનસિક દર્દીઓ અને તેમના પરિવારો માટે એક ચિંતાના ભારણ સમાન હતા તેથી તેઓ નામરજીથી આવતા કારણ કે તેઓ ગંભીર સામાજિક કલંક અને જ્ઞાનના અભાવના કારણે ભેગા તેમના અધિકારો વિશે અજાણ હતા.
- પણ બિન સરકારી સંસ્થાઓ (એનજીઓ) પણ તેને એવું મુશ્કેલ ક્ષેત્ર ગણતા કારણ કે તેમાં લાંબા ગાળાના પ્રતિબદ્ધતા જરૂર છે અને તેઓ માનસિક રીતે વિકલાંગ સાથે કામ કરતા ખચકાતા.

માનસિક બીમારી થવાનું કારણ શું બને છે?

- જૈવિક પરિબલો: જ્ઞાનતંતુ અર્થ સૂચવનારો ઉપસર્ગ ન્યૂરો ટ્રાન્સમીટર: માનસિક બિમારીને એક અસાધારણ રીતે સંતુલીત કરવાની કડી છે મગજના ખાસ રસાયણો કે જેને ન્યૂરો ટ્રાન્સમીટર કહેવાય છે. ન્યૂરો ટ્રાન્સમીટર્સ મગજના ચેતા કોષોને એકબીજા સાથે સંદેશાવ્યવહાર માટે મદદ કરે છે. જો આ રસાયણો સંતુલિત હોય અથવા યોગ્ય રીતે કામ નહિં કરતા હોય, તો તે મગજ મારફતે યોગ્ય રીતે સંદેશાઓ નહિ કરી શકે છે, માટે તે માનસિક બીમારીના લક્ષણો તરફ દોરી જાય છે.

- (આનુવંશિકતા) શુક્રાણુઓ: ઘણા માનસિક માંદગીઓ પરિવારોમાં જ ચાલતી હોય છે, જે સૂચવે છે કે જે લોકોના પરીવારના સભ્યો માનસિક માંદગી ધરાવે છે તેઓમાં મોટાભાગે માનસિક માંદગી જોવા મળે છે. પરિવારોના જનીનો મારફતે તે બીજાને વારસામાં આવે છે. નિષ્ણાતો માને છે કે ઘણી માનસિક બીમારી એ કોઈ એક નહિ પણ ઘણા જનીનોની વિકૃતિ સાથે જોડાયેલી હોય છે. તેના કારણે જ વ્યક્તિને માનસિક બીમારી વારસા મળતી હોય છે અને તેવું દરેક વખતે થાય તે પણ જરૂરી નથી. માનસિક બીમારી થાય છે તે માટે ઘણા જનીનો અને અન્ય પરિબળો અરસપરસ કારણભૂત છે - જેવા કે, તણાવ, શોષણ, અથવા માનસિક ઘટના - કે જે અસર કરે છે અથવા ઉત્તેજન આપે છે, જે તે વ્યક્તિને બીમારી વારસામાં મળી શકે છે.
- ચેપ: કેટલાક ચેપ મગજના નુકસાન સાથે અને બીમારી બિમારીના વિકાસ અથવા તેના ખરાબ લક્ષણો સાથે સંકળાયેલ હોય છે. ઉદાહરણ તરીકે, બાળકોની ઓટોઇમ્યુન ન્યુરો સાઈસિયાટ્રિક ડિસઓર્ડર (પાન્ડા) તરીકે ઓળખાતી સ્થિત છે જે સ્ટ્રેપ્ટોકોસિસ બેક્ટેરિયા સાથે સંકળાયેલ છે જે બાળકમાં ઓબેસિવ-કમ્પલસિવ ડિસઓર્ડર અને અન્ય માનસિક બીમારી ફેલાવે છે.
- મગજમાં ખામી અથવા ઈજા: ખામી અથવા મગજના અમુક ચોક્કસ વિસ્તારોમાં થયેલી ઈજા પણ માનસિક બીમારીનું કારણ બની શકે છે. માનસિક આરોગ્ય નીતિઓ માત્ર માનસિક વિકૃતિઓ સાથે સંબંધિત હોવી ન જોઈએ, પણ તેને ઓળખીને અને વ્યાપક મુદ્દાને લઈને માનસિક સ્વાસ્થ્યને પ્રોત્સાહન આપવું જોઈએ. આ નીતિઓમાં મુખ્ય પ્રવાહ સાથે માનસિક સ્વાસ્થ્યને પ્રોત્સાહન મળે અને સરકારના કાર્યક્રમો અને બિઝનેસ ક્ષેત્રોમાં પણ શિક્ષણ, કામદાર, ન્યાય, પરિવહન, પર્યાવરણ, રહેઠાણ અને કલ્યાણ, એ જ પ્રમાણે આરોગ્ય ક્ષેત્રને પ્રોત્સાહન મળવું જોઈએ.

માનસિક આરોગ્ય માટે ડબ્લ્યુએચઓનો પ્રતિભાવ

ડબ્લ્યુએચઓ માનસિક આરોગ્યના મજબૂત અને પ્રોત્સાહક હેતુને ટેકો આપે છે. ડબ્લ્યુએચઓ માનસિક સ્વાસ્થ્ય પ્રોત્સાહન માટે પુરાવાનું મૂલ્યાંકન કર્યું અને સરકાર સાથે કામ કરીને આ માહિતીનો પ્રસાર કરી અને નીતિઓ અને યોજનાઓમાં અસરકારક વ્યૂહરચના સંકલિત કરે છે. બાળપણ પહેલાની કામગીરીઓ (દા.ત. સગર્ભા સ્ત્રીઓ માટે ઘર મુલાકાતો, પૂર્વ શાળા માનસિક-સામાજિક પ્રવૃત્તિઓ, લાભવંચિત વસતી માટે સંયુક્ત પોષણ અને માનસિક-સામાજિક માટે મદદ).

- બાળકોને મદદ (દા.ત. કૌશલ્ય નિર્માણ કાર્યક્રમો, બાળક અને યુવા વિકાસ કાર્યક્રમો).
- સામાજિક આર્થિક મહિલા સશક્તિકરણ (દા.ત. શિક્ષણ માટે પ્રવેશ સુધારવા અને માઇક્રોક્રેડિટ યોજનાઓ).
- વયસ્કો માટે સામાજિક આધાર (દા.ત. સાથ-સહકારની પહેલ, સમાજ અને વૃદ્ધો માટે દિવસ કેન્દ્રો).

- સ્થાનિક જૂથોને ધ્યાને રાખીને કાર્યક્રમો, જેમાં લઘુમતિઓ, સંવેદનશીલ જૂથો, વિસ્થાપિતો અને મુસિબતો કે કુદરતી આફતોથી પીડિત લોકોનો સમાવેશ થાય છે. (દા.ત. કુદરતી આફતો બાદ માનસિક સામાજિક સહકાર).
- શાળાઓમાં માનસિક આરોગ્ય પ્રોત્સાહક પ્રવૃત્તિ (દા.ત. પર્યાવરણલક્ષી ફેરફારોવાળી શાળાઓમાં સહાયક કાર્યક્રમ અને બાળ મૈત્રીપૂર્ણ શાળાઓ).
- કામ પર માનસિક આરોગ્ય દરમિયાનગીરી (દા.ત. તણાવ નિવારણ કાર્યક્રમો).
- હાઉસિંગ નીતિઓ (દા.ત. આવાસ સુધારણા).
- હિંસા નિવારણ કાર્યક્રમો (દા.ત. સમુદાયિક નીતિઓની પહેલ) અને સમુદાય વિકાસ કાર્યક્રમો (દા.ત. 'સમુદાયો દ્વારા સંભાળ' ની પહેલ, સંકલિત ગ્રામીણ વિકાસ
- માનસિક સ્વાસ્થ્યની સ્થિતિ છે મનોવૈજ્ઞાનિક સુખાકારી અને માત્ર માનસિક બીમારી અથવા ડિસઓર્ડરની ગેરહાજરી દ્વારા વ્યાખ્યાયિત થવી જોઈએ નહીં. તેમાં મનોવૈજ્ઞાનિક સુખાકારીનો સમાવેશ થાય છે જે વ્યક્તિની શ્રેષ્ઠ કામગીરીને સુનિશ્ચિત કરે છે.
- રાષ્ટ્રનો વિકાસ થાય છે અને રાષ્ટ્ર નિર્માણમાં નાગરિકોની ભૂમિકા વધે છે તેમ માનસિક સ્વાસ્થ્ય સર્વોચ્ચ અગ્રતા બની જાય છે. વિકાસશીલ રાષ્ટ્ર નાગરિકો પર વધુ મનોવૈજ્ઞાનિક માંગણીઓ મૂકે છે (નેતાની પસંદગી, કુટુંબનું સંચાલન, સમાજીકરણ, વગેરે જેવી પ્રવૃત્તિઓમાં ભાગીદારી, રોજિંદા કામકાજ અને વ્યવસાય સિવાય). આ માંગણીઓ વ્યક્તિના મનોવૈજ્ઞાનિક અનામત દ્વારા સંતોષવામાં આવે છે. આ માંગણીઓ અને મનોવૈજ્ઞાનિક અનામત વચ્ચે સંતુલનની સમજણની જરૂર છે. ઘણીવાર આ માંગણીઓ વ્યક્તિને ડૂબી શકે છે અને તણાવ પેદા કરી શકે છે.
- આ તણાવની ભૂમિકા અને તેની સાથે સામનો કરવાની ભૂમિકા ઘણીવાર ત્યાં સુધી નજરઅંદાજ કરવામાં આવે છે જ્યાં સુધી વ્યક્તિ સડો ન થાય અને રોજિંદા જીવનની જરૂરિયાતોને પહોંચી વળવામાં અસમર્થ હોય. આ તાણને ઓળખવા અને તેમની અસરોને પહેલાથી જ દૂર કરવી એ નિવારણમાં નિર્ણાયક ભૂમિકા છે માનસિક વિકૃતિઓ.
- ઉપરાંત, વ્યક્તિની શ્રેષ્ઠ કામગીરી માટે માનસિક સ્વાસ્થ્યને વધારવાની જરૂર છે. આ ઘણી વખત સકારાત્મક દ્વારા તીવ્રપણે અનુસરવામાં આવે છે મનોવિજ્ઞાન. દરેક વ્યક્તિના જીવનને વધારવામાં આ ખાસ કરીને મહત્વપૂર્ણ બની જાય છે

માનસિક સ્વાસ્થ્ય સુધારા માટે 24x7 ટોલ-ફ્રી હેલ્પલાઇન કિરન (1800-599-0019) 13 ભાષાઓમાં આરંભ કરવામાં આવી કેન્દ્રીય સામાજિક ન્યાય અને સશક્તિકરણ મંત્રાલયના દિવ્યાંગ સશક્તિકરણ વિભાગ (DEPWD) દ્વારા 24x7 ટોલ-ફ્રી માનસિક સ્વાસ્થ્ય સુધારણા માટેની હેલ્પલાઇન કિરન (1800-599-0019) શરૂ કરવામાં આવી છે, જે 13 ભાષાઓમાં માનસિક બીમારી ધરાવતી વ્યક્તિઓને રાહત અને ટેકો પ્રદાન કરશે. માનસિક બીમારીઓના વધતા કેસને ધ્યાનમાં રાખીને, ખાસ કરીને કોવિડ-

19 રોગચાળાને કારણે માનસિક દર્દીઓમાં થયેલા વધારાને જોતા કેન્દ્રીય સામાજિક ન્યાય અને સશક્તિકરણ મંત્રી શ્રી થાવરચંદ ગેહલોતે ગઇકાલે વેબકાસ્ટ દ્વારા હેલ્પલાઇનના પોસ્ટર, બ્રોશર અને રિસોર્સ બુક સાથે આ હેલ્પલાઇન સેવા શરૂ કરી હતી.

આ હેલ્પલાઇન સેવા આ રીતે કામ કરે છે: દેશના કોઈ પણ વિસ્તારમાંથી કોઈ પણ ટેલીફોન નેટવર્કમાંથી કોઈ પણ મોબાઇલ નંબર કે લેન્ડલાઇન નંબર પરથી ટોલ-ફ્રી નંબર 1800-599-0019 પર કોલ કરો. વેલ્કમ મેસેજ પછી તમને જે ભાષા સમજાતી હોય એનું સાચું બટન દબાવીને ભાષા પસંદ કરો, રાજ્ય કે કેન્દ્રશાસિત પ્રદેશ પસંદ કરો. એટલે તમે તમારા પોતાના કે ઇચ્છિત રાજ્યના હેલ્પલાઇન સેન્ટર સાથે જોડાઈ જશો. પછી માનસિક સ્વાસ્થ્ય નિષ્ણાત તમારી સમસ્યાનું સમાધાન કરશે અથવા બાહ્ય મદદ અથવા (ક્લિનિકલ સાઇકોલોજિસ્ટ/રિહેબિલિટેશન સાઇકોલોજિસ્ટ/સાઇકિયાટ્રિસ્ટ) સંપર્ક કરવાની સલાહ આસમાપન માનસિક બીમારીથી વ્યક્તિની લાગણીઓ, ભાવનાઓ, માનસિક આવેગો અને સામાજિક સુખાકારીને માઠી અસર થઈ શકે છે. આ માટે મદદ મેળવવી એક સકારાત્મક પગલું છે, એનાથી સ્વાસ્થ્ય, સુખાકારી અને ખુશીમાં વધારો થાય છે. હેલ્પલાઇન સેવા માનસિક સ્વાસ્થ્ય સુધારવા માટેની સેવાઓ પૂરી પાડે છે, જેનો ઉદ્દેશ વહેલાસર નિદાન કરવાનો, પ્રાથમિક-સારવાર આપવાનો, માનસિક ટેકો આપવાનો, તણાવનું નિયંત્રણ કરવાનો, માનસિક સુખાકારી વધારવાનો, સકારાત્મક અભિગમો વધારવાનો, માનસિક આવેગોને નિયંત્રણમાં રાખવા વગેરે છે. આ સેવા તણાવ, ચિંતા, હતાશા, નિરાશા, ચિંતાનો હુમલો, સ્થિતિસંજોગો સાથે અનુકૂળ થવાની અક્ષમતા, આઘાત પછી તણાવને નિયંત્રણમાં રાખવામાં, નશીલા દ્રવ્યોના સેવનથી પીડિત, આત્મહત્યાના વિચારો, રોગચાળા પ્રેરિત માનસિક સમસ્યાઓ અને માનસિક સ્વાસ્થ્ય સાથે સંબંધિત કટોકટી અનુભવતા લોકોને સેવા આપવા ઇચ્છે છે. આ હેલ્પલાઇન સેવા વ્યક્તિઓ, પરિવારો, સેવાભાવી સંસ્થાઓ, પેરેન્ટ એસોસિએશન્સ, વ્યાવસાયિક સંગઠનો, સારવાર સંસ્થાઓ, હોસ્પિટલો કે દેશભરમાં સાથસહકારની જરૂરિયાત અનુભવતી કોઈ પણ વ્યક્તિ કે સંસ્થાને 13 ભાષાઓમાં પ્રાથમિક તબક્કાની સલાહ, સૂચન અને સંદર્ભ પ્રદાન કરવા જીવનરેખા તરીકે કામ કરશે.

Gender Inequality in Professional Sports

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Abstract

આ સંશોધન પેપરમાં રમતગમતના વ્યવસાયિક ક્ષેત્રે મહિલાઓને અસમાનતાનો સામનો કરવો પડે છે તેનું વિશ્લેષણ કરવામાં આવેલ છે. મહિલાઓને વ્યવસાયિક રમતગમત ક્ષેત્રે પગાર, ઇનામ, એવોર્ડ, મીડિયામાં પ્રતિનિધિત્વ પ્રસિદ્ધિ વગેરે ક્ષેત્રે પુરુષ રમતવીરોની સરખામણીએ અસમાનતાનો સામનો કરવો પડે સમાન છે. સમાન રમત માટે અસમાન બદલો મળે છે વિશ્વમાં અન્ય ક્ષેત્રોની જેમ સ્ત્રી – પુરુષ અસમાનતા રમતગમત ક્ષેત્રે પણ જોવા મળે છે. ક્રિકેટ, ગોલ્ફ, ટેનીસ, ફૂટબોલ, બાસ્કેટબોલ, હોકી, ડબ્લ્યુ.ડબ્લ્યુ.એફ., કુસ્તી, કબડ્ડી વગેરે રમતોમાં સ્ત્રી-પુરુષ અસમાનતા જોવા મળે છે. માત્ર અલ્પવિકસિત કે વિકાસશીલ દેશોમાં જ નહિ પરંતુ સૌથી વિકસિત દેશોમાં પણ વ્યવસાયિક ક્ષેત્રે મહિલાઓને અસમાનતાનો સામનો કરવો પડે છે જે દુખદ બાબત છે. આ ઉપરાંત એમ્પ્યાર , કોચ અને કોમેન્ટર વગેરેમાં સ્ત્રીઓનું પ્રતિનિધિત્વ પુરુષોની સરખામણીએ ઓછું જોવા મળે છે જે મહિલાઓને મળતી ઓછી તકોનો નિર્દેશ કરે છે. હવે ધીરે ધીરે અમુક રમતોમાં મહિલા અને પુરુષ ખેલાડીને સમાન પ્રાઈઝ કે વેતન આપવાની શરૂઆત થઈ છે પરંતુ તેનું પ્રમાણ ઓછું જોવા મળે છે .

વિશ્વમાં લિંગના આધારે સ્ત્રી અને પુરુષ અસમાનતા જોવા મળે છે. સમાજ વ્યવસ્થાને સારી રીતે ચલાવવા માટે બંને લિંગનું એક સમાન માત્રામાં હોવું જરૂરી છે તેમ છતાં સ્ત્રી પુરુષ અસમાનતા વિશ્વના દરેક દેશોમાં કોઈ ને કોઈ ક્ષેત્રે જોવા મળે છે. ભારતમાં સામાજિક જીવનમાં સ્ત્રી -પુરુષ અસમાનતા જોવા મળે છે .સ્ત્રીઓની જૈવિક રચનાને કારણે અમુક કાર્ય જેમાં શારીરિક શ્રમ વધુ હોય તેનાથી પારંપરિક રીતે દુર રાખવામાં આવે છે. ખાસ કરીને વ્યવસાયિક ક્ષેત્રે આ અસમાનતા વધુ જોવા મળે છે તેમાં પણ રમતગમત એક એવું ક્ષેત્ર છે જેમાં મોટા ભાગની રમતોમાં શારીરિક શક્તિ વધુ જોય છે આ ઉપરાંત માનસિક મજબૂતી પણ અગત્યની હોય છે ત્યાં નિર્ણય લેવામાં લાગણી કરતા બુદ્ધિને પ્રાધાન્ય આપવામાં આવે છે સ્ત્રીઓ લાગણીશીલ વધુ હોય છે જેના કારણે રમતગમતમાં સ્ત્રીઓનું વિવિધ રમતના ક્ષેત્રમાં ઓછું પ્રમાણ રહ્યું છે.આવી સામાજિક માન્યતાઓને કારણે પણ સ્ત્રીઓને અમુક રમતથી દુર રાખવામાં આવતી હતી.

વિજ્ઞાન અને ટેકનોલોજીના આ યુગમાં હવે સ્ત્રીઓને મોટાભાગની રમતમાં ભાગ લેવાની છૂટ આપવામાં આવી છે. તેમ છતાં આર્થિક, રાજકીય, ઔદ્યોગિક, ધાર્મિક ક્ષેત્રની જેમ આ ક્ષેત્રે પુરુષોનો પ્રભાવ અને આધિપત્ય વધુ જોવા મળે છે. સરકારી સ્પર્ધાઓને બાદ કરતા મોટા ભાગની રમતોમાં સ્ત્રીઓ પુરુષોની

સમકક્ષ હોવા છતાં તેણે પુરુષોની સરખામણીમાં ઓછું વેતન મળે છે. વિશ્વમાં રમાતી રમતોના ઉદાહરણ દ્વારા વધુ ઉંડાણપૂર્વક સમજી શકાશે જે નીચે મુજબ છે.

૧. ક્રિકેટ

ભારતમાં ક્રિકેટ સૌથી લોકપ્રિય રમત છે . ભારતમાં પુરુષ ક્રિકેટર અને મહિલા ક્રિકેટરના ૨૦૨૨-૨૩ નાં વાર્ષિક વેતનદર (વાર્ષિક કોન્ટ્રાક્ટ) નીચે મુજબ જોવા મળે છે .

ક્રમ	કેટેગરી	પુરુષ ક્રિકેટર	મહિલા ક્રિકેટર
૧	Grade A+	Rs 7 crore	-
૨	Grade A	Rs 5 crore	Rs 50 lakh
૩	Grade B	Rs 3 crore	Rs 30 lakh
૪	Grade C	Rs 1 crore	Rs 10 lakh

ઉપરોક્ત કોષ્ટકમાં મહિલા અને પુરુષ ક્રિકેટરની ભારતીય ક્રિકેટ કંટ્રોલ બોર્ડે નક્કી કરેલ વાર્ષિક કોન્ટ્રાક્ટની રકમ પરથી જાણવા મળે છે છે પુરુષ ક્રિકેટરો મહિલા ક્રિકેટર કરતા ઘણા મોટા પ્રમાણમાં વધુ રકમ મેળવે છે. એકજ સરખી રમત અને એક જ દેશના ખેલાડીઓ હોવા છતાં મહિલા અને પુરુષ પુરુષના વેતનમાં જોવા મળતો તફાવત મહિલા અને પુરુષ અસમાનતાનો નિર્દેશ કરે છે . આ ઉપરાંત ભારતમાં રમાતી ઇન્ડિયન ક્રિકેટ લિંગમાં મહિલા અને પુરુષ બંનેની હરરાજીમાં પણ મોટો તફાવત જોવા મળે છે. લોકપ્રિયતામાં પુરુષોની લોકપ્રિયતા વધુ જોવા મળે છે. મહિલા ક્રિકેટ વલ્ડ કપ જોનારની સંખ્યા પણ ઓછી જોવા મળે છે કારણકે મહિલા ક્રિકેટ વલ્ડ કપને પુરુષ ક્રિકેટ વલ્ડ કપ જેટલો પ્રમોટ કરવામાં નથી આવતો. ૨૦૨૩માં IPL વિજેતા ટીમને ૨૦ કરોડ અને રનર્સઅપ ટીમ ને ૧૩ કરોડ પ્રાઈઝ આપવામાં આવી હતી જ્યારે WPL વિજેતા ટીમને ૬ કરોડ અને રનર્સઅપ ટીમને ૩ પ્રાઈઝ આપવામાં આવી હતી.

૨. બાસ્કેટબોલ

૧૯૯૭માં વિમેન્સ નેશનલ બાસ્કેટબોલ એસોસિએશનની ઉદઘાટન સીઝનથી દર વર્ષે, સૌથી વધુ કમાણી કરનાર મહિલા બાસ્કેટબોલ ખેલાડીએ સૌથી ઓછા પગાર મેળવનાર નેશનલ બાસ્કેટબોલ એસોસિએશનની ખેલાડી કરતાં ઓછી કમાણી કરી છે. ૧૯૯૭-૯૮ સીઝનમાં, NBA એ WNBA કરતા ૧૭૬% વધુ કમાણી કરી હતી. અને જ્યારે તે અંતર ૨૦૧૦ ના દાયકાની શરૂઆતમાં સહેજ સંકુચિત થઈને ૧૭૨% થયું હતું, તે દાયકાના અંત સુધીમાં ફરી વધીને ૧૮૨% થયું હતું.

NBA vs. WNBA Salaries			
	2002-2003 Season	2012-2013 Season	2022-2023 Season
NBA	<ul style="list-style-type: none"> Minimum salary: \$349,000 Maximum salary: \$25,200,000 	<ul style="list-style-type: none"> Minimum salary: \$474,000 Maximum salary: \$27,849,149 	<ul style="list-style-type: none"> Minimum salary: \$953,000 Maximum salary: \$45,780,966
WNBA	<ul style="list-style-type: none"> Minimum salary: \$30,000 Maximum salary: \$79,000 	<ul style="list-style-type: none"> Minimum salary: \$36,570 Maximum salary: \$105,000 	<ul style="list-style-type: none"> Minimum salary: \$60,000 Maximum salary: \$234,936

ઉપરોક્ત કોષ્ટકનાં આધારે વેતન દરમાં તફાવતનો ભોગ આજે પણ મહિલાઓ થાય છે તે સ્પષ્ટ થાય છે. એમાં પણ સૌથી વધુ અંતર ખૂબ જ ટોચ પર રહે છે. ગોલ્ડન સ્ટેટ વોરિયર્સ પુરુષ બેલાડી સ્ટીફન કરી 2023-24 સીઝન દરમિયાન માત્ર પગારમાં \$50 મિલિયનથી વધુ કમાયા હતા. તે જ વર્ષે, જેકી યંગ મહિલા સૌથી વધુ કમાણી કરનાર WNBA બેલાડી, \$252,450 પગાર હતો જે લગભગ 200% નો તફાવત હતો.

3. સોકર (ફૂટબોલ)

યુએસ પ્રોફેશનલ સોકર લીગની સરખામણી

યુનાઇટેડ સ્ટેટ્સે 1994 ફિફા વર્લ્ડ કપની યજમાની કરી ત્યાર બાદ મેજર લીગ સોકર 1996માં તેમની પ્રથમ રમત રમી હતી. નેશનલ વિમેન્સ સોકર લીગ 2013 માં તેમની પ્રથમ રમત રમી હતી, જે પાછલા વર્ષે વિમેન્સ પ્રોફેશનલ સોકર લીગની સમાપ્તિ પછી બંને લીગમાં બેલાડીઓને કેટલી ચૂકવણી કરી જે નીચે મુજબ છે.

MLS vs. NWSL Salaries		
	2013	2023
MLS	Minimum: \$46,500 Maximum: \$600,000* Team salary budget: \$2,950,000	Minimum: \$85,444 Maximum: \$651,250* Team salary budget: \$4,900,000 \$5,210,000
NWSL	Minimum: \$6,000 Max: \$30,000 Team salary budget: \$200,000	Minimum: \$36,400 Max: \$200,000 Team salary budget: \$1,375,000

Source: MLS [2013](#); [2023](#); NWSL [2013](#), [2023](#)

ફિફા વર્લ્ડ કપ પ્રાઈઝ મની

વ્યાવસાયિક સોકરમાં પગારની અસમાનતા આંતરરાષ્ટ્રીય સ્તરે પણ જોવા છે. 2023માં, FIFA મહિલા વર્લ્ડ કપની ટીમોને \$110 મિલિયનનો પ્રાઈઝ રકમ મળી હતી, જે 2022 વર્લ્ડ કપ માટે પુરુષોના પ્રાઈઝ ની લગભગ ચોથા ભાગની બરાબર હતી. મહિલા વર્લ્ડ કપની પ્રાઈઝ મનીમાં વધારો થઈ રહ્યો છે પરંતુ પુરુષોની સરખામણીએ તો ઓછી જ છે. જે નીચે મુજબ છે

Men's World Cup Prize Money vs. Women's World Cup Prize Money			
	2010/2011	2018/2019	2022/2023
Men's World Cup	\$420 million; \$30 million winner's share	\$400 million; \$38 million winner's share	\$440 million; \$42 million winner's share
Women's World Cup	\$5.8 million; \$1 million winner's share	\$30 million; \$4 million winner's share	\$110 million; \$10.5 million winner's share

૪. ટેનીસ

ટેનીસની રમતમાં યુનાઈટેડ સ્ટેટ્સ મહિલાઓ પુરુષો કરતા વધુ કમાય છે પરંતુ આંતરરાષ્ટ્રીય પુરુષો વધુ કમાય છે. ચાર મુખ્ય ટેનીસ ટુર્નામેન્ટ્સ (યુ.એસ. ઓપન, ઓસ્ટ્રેલિયન ઓપન, ફ્રેન્ચ ઓપન, વિમ્બલ્ડન) એ તેમના પુરુષો અને મહિલા વિજેતાઓને સમાન રીતે ચૂકવણી કરવાનું નક્કી કર્યું. 2033 સુધીમાં, WTA ટુર્નામેન્ટની તમામ પ્રાઈઝ મની ATP ઈનામી રકમ જેટલી હશે એવું નક્કી કરવામાં આવ્યું છે. નીચે આપેલ કોષ્ટકમાં વાર્ષિક ટોપ ૧૦ ની રકમ દર્શાવવામાં આવેલ છે.

ATP vs. WTA average earnings (Top 10)		
	2012	2022
ATP (Top 10)	\$4,851,162	\$7,049,054
WTA (Top 10)	\$4,002,111	\$3,836,428

Sources: Tennis.com (ATP [2022](#); WTA [2022](#))

ઉપરોક્ત કોષ્ટક મુજબ ટોપના ૧૦ ખેલાડીનર રમતમાંથી મળતી રકમમાં ૨૦૧૨માં તફાવત ઓછો હતો પરંતુ ૨૦૨૨મા વધુ જોવા મળે છે.

ફોર્બ્સ મેગેઝીન દ્વારા દર વર્ષે સૌથી વધુ કમાણી કરનારા એથલેટ્સની યાદી બનાવવામાં આવે છે જેમાં મોટા ભાગે પુરુષ એથલેટ્સનું પ્રમાણ વધુ જોવા મળતું હોય છે. અહીં ૨૦૨૩માં સૌથી વધુ કમાણી કરતા વિશ્વના ટોપ ૧૦ એથલેટ્સનું લીસ્ટ આપેલ છે. જેમાં માત્ર પુરુષ એથલેટ્સ જોવા મળે છે.

Rank	Name	Sport	Total	Salary/winnings	Endorsements
1	Cristiano Ronaldo	Association football	\$136 million	\$46 million	\$90 million
2	Lionel Messi	Association football	\$130 million	\$65 million	\$65 million
3	Kylian Mbappé	Association football	\$120 million	\$100 million	\$20 million
4	LeBron James	Basketball	\$119.5 million	\$44.5 million	\$75 million
5	Canelo Álvarez	Boxing	\$110 million	\$100 million	\$10 million
6	Dustin Johnson	Golf	\$107 million	\$102 million	\$5 million
7	Phil Mickelson	Golf	\$106 million	\$104 million	\$2 million
8	Stephen Curry	Basketball	\$100.4 million	\$48.4 million	\$52 million
9	Roger Federer	Tennis	\$95.1 million	\$0.1 million	\$95 million
10	Kevin Durant	Basketball	\$89.1 million	\$44.1 million	\$45 million

<https://www.forbes.com/athletes/list/#tab:overall>

https://en.wikipedia.org/wiki/Forbes_list_of_the_world%27s_highest-paid_athletes

અસમાનતાનાં કારણો:

રમતગમત ક્ષેત્રે પુરુષ અને મહિલા એથલેટ્સ વચ્ચે એ અસમાનતા જોવા મળે છે જેના માટે અનેક કારણો જવાબદાર છે સમાજમાં એક પ્રકારની એવી માન્યતા જોવા મળે છે મહિલા ખેલાડીઓ કરતા પુરુષ ખેલાડીઓ વધુ સારું પ્રદર્શન કરતા હોય છે. જેના કારણે પુરુષ દ્વારા રમાતી રમતો દર્શકોને આકર્ષે છે. દા.ત. 2022/23 NBA સિઝનમાં, NBA ગેમ માટે સરેરાશ હાજરી અંદાજે 18,000 ચાહકોની હતી. જ્યારે ડબ્લ્યુએનબીએમાં, તે તેના ત્રીજા ભાગનો હતો, એટલકે સરેરાશ હાજરી અંદાજે 6000 ચાહકોની હતી. આનાથી ટીમને મળતો સંભવિત રીતે નફો અને આવક ઉપર અસર જોવા મળે છે. ૨૦૨૩માં ભારતમાં ક્રિકેટ એક દિવસીય વિશ્વ કપનું આયોજન કરવામાં આવેલ હતું તેને વિવિધ માધ્યમો વિશ્વના લોકો દ્વારા ૩૦૦ મિલિયન દર્શકોએ નિહાળી હતી જ્યારે ૨૦૨૨માં મહિલા વિશ્વ કપને ૧૦૪.૮ મિલિયન દર્શકોએ નિહાળી હતી.

મીડિયા કવરેજ પણ અસમાનતા પર અસર કરે છે. પુરુષ એથલેટ્સને મહિલા એથલેટ્સ કરતા વધુ મીડિયા કવરેજ મળે છે જેના કારણે પુરુષ એથલેટ્સની લોકપ્રિયતા વધુ હોય છે જેના કારણે મહિલા એથલેટ્સ કરતા પુરુષ એથલેટ્સને વધુ કંપની દ્વારા બ્રાંડ એમ્બેસેડર બનવામાં આવે છે જેના કારણે તેની આવકમાં તફાવત જોવા મળે છે. મીડિયા દ્વારા જ્યારે મહિલા એથલેટ્સને કવરેજ મળે છે ત્યારે રમતની ક્ષમતાને બદલે તેની રમત કરતા સુંદરતા પર વધુ ધ્યાન આપવામાં આવતું હોય છે.

કોચ, કોમેન્ટેટર અને અમ્પાયર તરીકે પણ નિવૃત્તિ પછી પુરુષ એથલેટ્સને મહિલા એથલેટ્સ કરતા વધુ તક મળતી હોય છે જેના કારણે બંનેને મળતી તકોમાં પણ અસમાનતા જોવા મળે છે.

એક અભ્યાસમાં 460 થી વધુ વ્યવસાયોનું વિશ્લેષણ કરવામાં આવેલ એક અભ્યાસમાં, એથલેટ્સમાં સૌથી ખરાબ લિંગ વેતન તફાવત છે. સરેરાશ મહિલા એથલેટ પુરુષ એથલેટની સરખામણીમાં \$15,232 કમાય છે જે સરેરાશ \$38,008 કમાય છે, જે 149.5% વધારે છે.

આ ઉપરાંત સંગઠન, સરકારીતંત્રમાં રમતગમત ઉચ્ચ હોદ્દા પર મહિલાઓનું ઓછું પ્રમાણ પણ નિર્ણય લેવામાં અસર કરે. સગર્ભાવસ્થા અને માતૃત્વ પણ મહિલાઓની તકો પર અસર કરે છે કારણ કે સગર્ભાવસ્થા દરમિયાન અમુક પ્રકારની રમતોથી દુર રહેવું પડે છે. માતૃત્વ પછી મહિલાઓને ઘણી તકો ગુમાવવી પડે છે કારણ કે માતૃત્વ પછી શરીરને મૂળ સ્થિતિમાં આવતા સમય લાગે છે અને શારીરિક ફેરફાર પણ થાય છે જેના કારણે લાંબો સમય સુધી મહિલાને તકો ગુમાવવી પડતી હોય છે.

જે ક્ષેત્રમાં મહિલાઓ પુરુષ સમકક્ષ વેતન માટે આદોલન કરે છે તેના વેતનમાં હવે સમાનતા જોવા મળી રહી છે ટેનિસમાં જેન્ડર ઇક્વિટી દાયકાઓથી સ્પોટલાઇટમાં છે, જે બિલી જીન કિંગની 1973 યુએસ ઓપનનો બહિષ્કાર કરવાની ધમકીથી આગળ વધે છે. 34 વર્ષના ગાળામાં, ચાર મુખ્ય ટેનિસ ટુર્નામેન્ટ્સ (યુ.એસ. ઓપન, ઓસ્ટ્રેલિયન ઓપન, ફ્રેન્ચ ઓપન, વિમ્બલ્ડન) એ તેમના પુરુષો અને મહિલા વિજેતાઓને સમાન રીતે ચૂકવણી કરવાનું નક્કી કર્યું.

મહિલા ટેનિસ એસોસિએશન દ્વારા ક્રમાંકિત યુ.એસ. મહિલાઓની સરેરાશ કમાણી એસોસિએશન ઓફ ટેનિસ પ્રોફેશનલ્સમાં યુ.એસ. પુરુષો કરતાં વધુ હતી. દાયકાના પ્રારંભ અને અંત બંને સમયે, યુનાઇટેડ સ્ટેટ્સની ટોચની મહિલા ખેલાડીએ ટોચના પુરુષ ખેલાડી કરતાં વધુ કમાણી કરી હતી.

બીસીસીઆઈ દ્વારા પુરુષ અને મહિલા ક્રિકેટરનો એક સમાન વેતન આપવામાં આવે છે. ટેસ્ટ મેચ માટે ૧૫ લાખ, એક દિવસીય મેચ માટે ૬ લાખ અને T૨૦ માટે ૩ લાખ રૂપિયા આપવામાં આવે છે.

ધીમે ધીમે સ્ત્રી પુરુષ સમાનતાને વ્યવસાયિક રમતોમાં સ્વીકાર થતો જાય છે પરંતુ તેનું પ્રમાણ હજી ઓછું છે. જે કારણે પુરુષ ખેલાડીઓ કરતા મહિલા ખેલાડીઓને આવક, તકો, લોકપ્રિયતા, વ્યવસાય વગેરેમાં અસમાનતાનો સામનો કરવો પડે છે.

ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્યનો અભ્યાસ

ધારૈયા મેઘનાબેન જનકભાઈ

પીએચ.ડી વિદ્યાર્થી

મનોવિજ્ઞાન શાખા

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી જૂનાગઢ

ડૉ. શારદાબેન વિરાણી, પ્રાધ્યાપક

જોશીપરા મહિલા આર્ટ્સ એન્ડ કોમર્સ કોલેજ, જુનાગઢ.

સારાંશ

પ્રસ્તુત સંશોધનનો હેતુ ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય જાણવાનો તેમજ સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય વચ્ચે કોઈ સહ સંબંધ છે કે નહીં તે જાણવાનો હતો. આ સંશોધન ગીર સોમનાથ જિલ્લાની ઉચ્ચતર માધ્યમિક શાળાઓના આર્ટ્સ અને કોમર્સ ફેકલ્ટી ના 100 વિદ્યાર્થીઓ 50 આર્ટ્સ અને 50 કોમર્સ તેમાંથી 25 વિદ્યાર્થી અને 25 વિદ્યાર્થીનીઓ આર્ટ્સના અને 25 વિદ્યાર્થી અને 25 વિદ્યાર્થીનીઓ કોમર્સના તેવી રીતે નિર્દેશ પસંદ કરવામાં આવેલ હતો. સિદ્ધિની પ્રેરણા ના માપન માટે ડૉ.ટી આર શર્મા દ્વારા રચવામાં આવેલ પ્રશ્નાવલી તેમજ માનસિક સ્વાસ્થ્યના માપન માટે ડૉ.ડી.જે. ભટ્ટ અને ડૉ. ગીડા દ્વારા રચિત પ્રશ્નાવલી નો ઉપયોગ કરવામાં આવ્યો હતો. પ્રશ્નાવલી દ્વારા મેળવેલ પ્રાપ્તકોનું પૃથક્કરણ આકાશાસ્ત્રિય પ્રયુક્તિ 't' પરિક્ષણ દ્વારા કરવામાં આવ્યું હતું. અને શૂન્ય ઉત્કલ્પનાની ચકાસણી કરવામાં આવી હતી જેના પરિણામો આ મુજબ જોવા મળ્યા હતા.

A) ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. વિદ્યાર્થી ભાઈઓ કરતા વિદ્યાર્થી બહેનોમાં સિદ્ધિની પ્રેરણા વધુ જોવા મળી હતી.

B) ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓના માનસિક સ્વાસ્થ્યના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. વિદ્યાર્થી ભાઈઓ કરતા વિદ્યાર્થી બહેનોનું માનસિક સ્વાસ્થ્ય વધુ સારું જોવા મળ્યું હતું.

C) કોમર્સ અને આર્ટ્સના વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. કોમર્સના વિદ્યાર્થીઓમાં આર્ટ્સના વિદ્યાર્થી કરતા સિદ્ધિની પ્રેરણા વધુ જોવા મળી હતી.

D) કોમર્સ અને આર્ટ્સના વિદ્યાર્થીનીઓનું માનસિક સ્વાસ્થ્યના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો ન હતો.

E) સિદ્ધિની પ્રેરણા અને શૈક્ષણિક મનોભાર વચ્ચે 0.64 એટલે કે ધન સહસંબંધ જોવા મળ્યો હતો.

પ્રસ્તાવના:

રાષ્ટ્રની ગુણવત્તા શિક્ષિત નાગરિક પર આધાર રાખે છે જે કિશોરોના સારા માનસિક સ્વાસ્થ્ય પર આધાર રાખે છે. માનવ વર્તનને સમજવા માટે અભિ પ્રેરણા નો ખ્યાલ જાણવો જરૂરી છે. વ્યક્તિ સમાજ કે રાષ્ટ્રની પ્રગતિના મૂળમાં સિદ્ધિ પ્રેરણા રહેલી હોય છે . (શાહ 1999) મેકલેલેન્ડે સિદ્ધિ પ્રેરણાને ક્ષેત્ર કરેલું પ્રદાન સામાજિક, ઔદ્યોગિક અને શૈક્ષણિક ક્ષેત્રે મહત્વનું છે. વ્યક્તિની ધ્યેય સિદ્ધિ માટે સંકળાયેલી પ્રેરણાને સિદ્ધિ પ્રેરણા કહેવામાં આવે છે. ગુણવત્તાના મૂલ્યો સાથે હરીફાઈમાં મૂકી શકાય એ રીતે કાર્ય કરવા માટેના વિચારોની ગોઠવણીનું સાતત્ય અને સિદ્ધિ પ્રેરણા (મેકલેન્ડે ૧૯૫૩). આજ 21મી સદી કે જે જ્ઞાનનો સ્પર્ધાત્મક યુગ ગણાય તેમાં ટકી રહેવા દરેક વિદ્યાર્થી પોતાનો ધ્યેય નક્કી કરી પોતાના સપનાનું વાવેતર કરતો હોય છે આ માટે જીવનમાં શૈક્ષણિક ક્ષેત્રે એક નિર્ણાયક તબક્કો આવે છે શું કરવું ? ભવિષ્યમાં શું બનવું? આવા અનેક પ્રશ્નોના જવાબમાં અંગત વિચારો કૌશલ્યો, ક્ષમતા અને પ્રેરણાઓ, માતા પિતાની મહત્વકાંક્ષા તેમજ પોતાના રસ રુચિ ક્ષેત્રમાં ની પૂર્ણતા લાવવાની પ્રબળ ઈચ્છા વગેરે જેવા વ્યક્તિગત ખ્યાલો થી શૈક્ષણિક પ્રવાહ પસંદ કરી આગળ વધવાપ્રયાસ કરે છે. આવા સમયે વ્યક્તિ પોતાના માટે સ્પર્ધાત્મક યુગમાં ટકી રહેવાની કુટુંબની અપેક્ષાઓને પહોંચી વળવા યોગ્ય પરિસ્થિતિની પસંદગી વિદ્યાર્થીને માનસિક દબાણનો અનુભવ કરાવે છે. જેનાથી મનોભાર ગ્રસિત બને છે. પરંતુ મહાન વ્યક્તિઓના ઉદાહરણ જોઈએ તો તેમની સિદ્ધિની પ્રેરણા ઉંચી હતી તે ગમે તેવા સંકટોથી લડીને પણ આગળ વધે છે સફળતાના ઉચ્ચ શિખર પાર કરે જ છે. જે મનોભાર અને નિષ્ફળતાથી હારતો નથી અને જે મનોભાર ગ્રસિત થાય તો પ્રેરણા ઉપર અસર થાય છે તો ઘણી વાર ઉચ્ચ સિદ્ધિની પ્રેરણાની અસર થી મનોભારની અસર ને પહોંચીવળતો હોય છે. આમ પ્રસ્તુત સંશોધન પત્રમાં ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્યનો અભ્યાસ કરવામા આવ્યો છે.

ચાવિરૂપ શબ્દો

➤ પ્રેરણા:

પ્રેરણા એવું વિશિષ્ટ આંતરિક તત્વ છે કે જે પ્રવૃત્તિને ઉદીપ્ત કરે છે. અને તેને પહોંચે છે

➤ સિદ્ધિની પ્રેરણા :

સિદ્ધિની પ્રેરણા એ મનોસામાજિક પ્રેરણા છે સિદ્ધિની પ્રેરણા એટલે જેનાથી પ્રેરિત થઈને વ્યક્તિ પોતાના કાર્યને એવી રીતે કરે છે કે તે કાર્યમાં વધુને વધુ સફળતા મળે.

➤ માનસિક સ્વાસ્થ્ય :

માનસિક સ્વાસ્થ્ય એ વ્યક્તિની અન્ય લોકો સાથે સુમેળભર્યા સંબંધો અને તેના સામાજિક અને શારીરિક વાતાવરણમાં થતા ફેરફારોમાં રચનાત્મક રીતે ભાગ લેવાની ક્ષમતા સૂચવે છે.

સંદર્ભ સાહિત્યની સમીક્ષા (Literature review)

- Denise B. According (૨૦૦૦) પેનેસેવેલિયા યુનિવર્સિટી, તરુણોના માનસિક સ્વાસ્થ્ય પર સિદ્ધિ ની પ્રેરણાનો અભ્યાસ સર્વે પદ્ધતિ દ્વારા કરવામાં આવ્યો હતો તેમાં 123 જેવા વિદ્યાર્થીઓને યાદચ્છિક રીતે પસંદ કરવામાં આવ્યા હતા. જેના પરિણામમાં જાણવા મળ્યું કે સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય વચ્ચે વિધાયક સહસંબંધ જોવા મળ્યો હતો.
- આયેશા ખાન (2018) અલીગઢ મુસ્લિમ યુનિવર્સિટી ઉત્તર પ્રદેશ, માનસિક સ્વાસ્થ્યનો સિદ્ધિની પ્રેરણા સાથેનો સંબંધ એ શીર્ષક હેઠળ તેમણે સંશોધન પત્ર રજૂ કર્યું હતું. યુનિવર્સિટીના 100 જેટલા વિદ્યાર્થીઓને નિદર્શ તરીકે પસંદ કરવામાં આવ્યા હતા. જગદીશ અને શ્રીવાસ્તવની માનસિક સ્વાસ્થ્યની પ્રશ્નાવલી અને ડીઓ મોહનની સિદ્ધિ પ્રેરણા ની પ્રશ્નાવલી દ્વારા માહિતી એકત્રીકરણ કરવામાં આવ્યું હતું. જેના પરિણામમાં જોવા મળ્યું હતું કે સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય વચ્ચે વિધાયક સહસંબંધ જોવા મળે છે.
- James રોબર્ટ (2022) પેરિયાર યુનિવર્સિટી, યુવાનોની ધ્યેયની દિશા અને સિદ્ધિ ની પ્રેરણા ના સંબંધમાં તેમનું માનસિક સ્વાસ્થ્યનો અભ્યાસ એવા શીર્ષકના સંદર્ભ સાથે સંશોધન પત્ર રજૂ કરવામાં આવ્યું હતું જેમાં સેલામ શહેરના 309 વિદ્યાર્થીઓને યાદચ્છિક રીતે નમૂના તરીકે પસંદ કરવામાં આવ્યા હતા. સર્વે પદ્ધતિનો ઉપયોગ માહિતી એકત્રિત કરણ કરવા માટે કરવામાં આવ્યો હતો જેના પરિણામમાં જોવા મળ્યું કે માનસિક સ્વાસ્થ્યને સિદ્ધિની પ્રેરણા સાથે વિધાયક સહસંબંધ છે સિદ્ધિની પ્રેરણા અને લક્ષ્યઅભિમુખતા માનસિક સ્વાસ્થ્ય પર અસર કરે છે.
- Parinaz mahdavi (2023) Kurdistan University, ઉચ્ચતર માધ્યમિક શાળાના 430 વિદ્યાર્થીઓનો નિદર્શ તરીકે પસંદ કરવામાં આવ્યા હતા. તેમને માનસિક સ્વાસ્થ્ય અને સિદ્ધિ પ્રેરણા ની પ્રશ્નાવલી આપી અને ઉત્તરો મેળવવામાં આવ્યા. જેમના પરિણામમાં જોવા મળ્યું કે સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય વચ્ચે વિધાયક સહસંબંધ જોવા મળ્યો હતો.

સંશોધનના હેતુઓ:

- 1) ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓનો તેમની જાતી (સ્ત્રી,પુરુષ) ના સંદર્ભમા સિદ્ધિની પ્રેરણા, માનસિક સ્વાસ્થ્ય નો અભ્યાસ કરવો.
- 2) ઉચ્ચતર માધ્યમિક શાળાનાં વિદ્યાર્થીઓના અભ્યાસનાં પ્રવાહના(આર્ટ્સ & કોમર્સ) સંદર્ભમાં સિદ્ધિની પ્રેરણા અને માનસીક સ્વાસ્થ્યનો અભ્યાસ કરવો.
- 3) ઉચ્ચતર માધ્યમિક શાળાનાં વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણા અને માનસીક સ્વાસ્થ્ય વચ્ચે રહેલા સહસંબંધનો અભ્યાસ કરવો.

અભ્યાસની ઉત્કલ્પનાઓ:

અભ્યાસનાં હેતુઓ તથા સંશોધનની પ્રક્રિયા દિશાસૂચક બને તે માટે અભ્યાસની કેટલીક શૂન્ય ઉત્કલ્પનાઓ રચવામાં આવી છે જે નીચે મુજબ છે.

- 1) ઉચ્ચતર માધ્યામિક શાળાનાં વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.
- 2) ઉચ્ચતર માધ્યામિક શાળાનાં વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓના માનસિક સ્વાસ્થ્ય પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.
- 3) ઉચ્ચતર માધ્યામિક શાળાનાં આર્ટ્સ અને કોમર્સ પ્રવાહનાં વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.
- 4) ઉચ્ચતર માધ્યામિક શાળાનાં આર્ટ્સ અને કોમર્સ પ્રવાહનાં વિદ્યાર્થીઓના માનસિક સ્વાસ્થ્ય પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.

Methodology:

સંશોધનનો પ્રકાર	પ્રાયોગિક સંશોધન પદ્ધતિ
વ્યાપવિશ્વ	ગીર સોમનાથ જિલ્લાના ગ્રામ્ય વિસ્તારની ઉચ્ચતર માધ્યમિક શાળામાં અભ્યાસ કરતા આર્ટ્સ અને કોમર્સ પ્રવાહના વિદ્યાર્થીઓ.
નિદર્શ	૧૦૦ ઉચ્ચતર માધ્યમિક શાળામાં અભ્યાસ કરતા આર્ટ્સ અને કોમર્સ પ્રવાહના વિદ્યાર્થીઓ.
નિદર્શ પસંદગીની રીત	યાદચ્છિક નિદર્શ પસંદગી
સ્વતંત્ર પરિવર્ત્ય	જાતી (સ્ત્રી, પુરુષ), પ્રવાહ(આર્ટ્સ & કોમર્સ)
ફેક્ટોરિયલ ડિઝાઇન	2×2
આધારીત પરિવર્ત્ય	સિદ્ધિની પ્રેરણા, માનસિક સ્વસ્થ્ય
મહિતી એકત્રિકરણ	સિદ્ધિની પ્રેરણા, માનસિક સ્વાસ્થ્ય પ્રશ્નાવલી
માહિતે પૃથ્થકરણ	આકડા શાસ્ત્રિય પ્રયુક્તિ 't' ટેસ્ટ, કાર્લ પિયર્સનની સહસંબંધાક પ્રયુક્તિ.

Research design

2×2 design was used.

A = gender

B = faculty

A₁ = male

B₁ = Arts

A₂ = female

B₂ = commerce

Faculty (B)	Gender (A)	
	Male (A ₁)	Female (A ₂)
Arts (B ₁)	A ₁ B ₁	A ₂ B ₁
Commerce (B ₂)	A ₁ B ₂	A ₂ B ₂

વ્યાપવિશ્વ:

આ અભ્યાસના વ્યાપવિશ્વમાં ગીરસોમનાથ જિલ્લાના ગ્રામ્ય વિસ્તાર અને તેની આસપાસની ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓનો સમાવેશ કરવામાં આવ્યો.

➤ નિદર્શ:

નમૂનાની પસંદગી સ્તરીકૃત રેન્ડમ પદ્ધતિ દ્વારા કરવામાં આવી. ગીર સોમનાથ જિલ્લાના ગ્રામ્ય વિસ્તારમાંથી ઉચ્ચતર માધ્યમિક વિદ્યાર્થીઓના કુલ 100 નમૂના લેવામાં આવ્યા હતા. જેમાં 50 વિદ્યાર્થીઓ આર્ટસ ફેકલ્ટીના અને 50 વિદ્યાર્થીઓ કોમર્સ ફેકલ્ટીના હતા. આર્ટસ ફેકલ્ટીમાંથી 25 છોકરીઓ અને 25 છોકરાઓ હતા અને તે જ રીતે કોમર્સ ફેકલ્ટીમાંથી 25 છોકરીઓ અને 25 છોકરાઓ હતા.

Faculty (B)	Gender (A)		Total
	Male (A ₁)	Female (A ₂)	
Arts (B ₁)	25	25	50
Commerce (B ₂)	25	25	50
Total	50	50	100

સાધનો:

A. વ્યક્તિગત માહિતી પત્રક

વ્યક્તિગત ચલ જેમ કે

1. પુરુષ અને સ્ત્રી

2. આર્ટસ અને કોમર્સ ફેકલ્ટી

B. સિદ્ધિપ્રેરણા કસોટી

સ્કેલ ડેવલપર: ડૉ. આર. ટી શર્મા દ્વારા તૈયાર કરાયેલી આ કસોટીનો હિન્દી ભાષામાંથી ગુજરાતીમાં અનુવાદ કરી ઉપયોગ કરવામાં આવ્યો.

વિશ્વસનીયતા = 0.87

કસોટી પુનઃ પરીક્ષણ = 0.94

માન્યતા : 0.54

સ્કોરિંગ: આ સ્કેલમાં હાલમાં 38 નિવેદનો છે જે બે ઉત્તરો વડે માપવામાં આવેલ છે.

C. માનસિક સ્વાસ્થ્ય પ્રશ્નાવલી

સ્કેલ ડેવલપર : .ડી. જે. ભટ્ટ અને ડૉ. ગીડા દ્વારા રચિત માનસિક સ્વાસ્થ્ય માપન પ્રશ્નાવલી

વિશ્વસનીયતા := 0.94

કસોટી પુનઃ પરીક્ષણ : 0.87

માન્યતા : 0.63

સ્કોરિંગ : પ્રસ્તુત કસોટીમાં 40 વિધાનો છે જેના ‘સહમત’ અથવા ‘અસહમત’ વિકલ્પોમાં જવાબ આપવાના હોય છે. જેમાં ઓછામાં ઓછા 0 અને વધુમાં વધુ 40 માર્ક પ્રાપ્ત થઈ શકે .

Data analysis

ગીર સોમનાથ જિલ્લાની ગ્રામ્ય વિસ્તારની 5 જેટલી શાળાઓના 100 જેટલા વિદ્યાર્થીઓ પાસેથી વ્યક્તિગત માહિતી જેમકે જાતિ અને ફેકલ્ટિ વગેરે પ્રાથમિક માહિતી તેમજ સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય પ્રશ્નાવલી દ્વારા માહિતી મેળવી તેનું આકડા શાસ્ત્રિય પદ્ધતિ દ્વારા પૃથ્થકરણ કરવામાં આવ્યું જેનું વિશ્લેષણ નીચે મુજબ દર્શાવવામાં આવ્યું છે.

Table 1

H₀1. ઉચ્ચતર માધ્યામિક શાળાનાં વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.

Variable	No	Mean	S.D	t- test	Sig
Male	50	20.56	4.95	2.58	sig.
Female	50	26.77	6.52		

ઉપરોક્ત કોષ્ટક મુજબ 100 વિદ્યાર્થી માંથી 50 ભાઈઓ અને 50 બહેનોની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકો નો મધ્યક અનુક્રમે 20.56 અને 26.77 પ્રમાણ વિચલન અનુક્રમે 4.95 અને 6.52 તેમજ ‘t’ ગુણોત્તર 2.58 જે 0.01 કક્ષાએ સાર્થક તફાવત દર્શવતો હતો તેથી ઉપરની શૂન્ય ઉત્કલ્પનાનો અસ્વિકાર થતો હોવાથી વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. વિદ્યાર્થી ભાઈઓ કરતા વિદ્યાર્થી બહેનોમાં સિદ્ધિની પ્રેરણા વધુ જોવા મળે છે.

Table 2

H₀2. ઉચ્ચતર માધ્યામિક શાળાનાં વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓના માનસિક સ્વાસ્થ્યના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.

Variable	No	Mean	S.D	t- test	Sig
Male	50	21.1	4.46	3.314	sig.
Female	50	24.4	5.44		

ઉપરોક્ત કોષ્ટક મુજબ 100 વિદ્યાર્થી માથી 50 ભાઈઓ અને 50 બહેનોની શૈક્ષણિક મનોભારના પ્રાપ્તાંકો નો મધ્યક અનુક્રમે 21.1 અને 24.4 પ્રમાણ વિચલન અનુક્રમે 5.44 અને 4.46 તેમજ 't' ગુણોત્તર 3.314 જે 0.01 કક્ષાએ સાર્થક તફાવત દર્શાવતો હતો તેથી ઉપરની શૂન્ય ઉત્કલ્પનાનો અસ્વીકાર થતો હોવાથી વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓનું માનસિક સ્વાસ્થ્યના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. વિદ્યાર્થી ભાઈઓ કરતા વિદ્યાર્થી બહેનોનું માનસિક સ્વાસ્થ્ય વધુ સારું જોવા મળ્યું હતું.

Table 3

H₀3. ઉચ્ચતર માધ્યામિક શાળાનાં આર્ટ્સ અને કોમર્સ પ્રવાહનાં વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.

Variable	No	Mean	S.D	t- test	Sig
commerce	50	24.44	4.44	3.20	sig.
Arts	50	21.64	5.44		

ઉપરોક્ત કોષ્ટક મુજબ 100 વિદ્યાર્થી માથી 50 કોમર્સ અને 50 આર્ટ્સના વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકો નો મધ્યક અનુક્રમે 24.44 અને 21.64 પ્રમાણ વિચલન અનુક્રમે 4.44 અને 5.44 તેમજ 't' ગુણોત્તર 3.20 જે 0.01 કક્ષાએ સાર્થક તફાવત દર્શાવતો હતો તેથી ઉપરની શૂન્ય ઉત્કલ્પનાનો અસ્વીકાર થતો હોવાથી કોમર્સ અને આર્ટ્સના વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. કોમર્સના વિદ્યાર્થીઓમા આર્ટ્સના વિદ્યાર્થી કરતા સિદ્ધિની પ્રેરણા વધુ જોવા મળે છે.

Table 4

H₀4. ઉચ્ચતર માધ્યામિક શાળાનાં આર્ટ્સ અને કોમર્સ પ્રવાહનાં વિદ્યાર્થીઓના શૈક્ષણિક મનોભારના પ્રાપ્તાંકોનાં મધ્યક વચ્ચે કોઈ સાર્થક તફાવત નહીં હોય.

Variable	No	Mean	S.D	t- test	Sig
commerce	50	22.84	4.94	0.20	Non sig.
Arts	50	22.64	4.94		

ઉપરોક્ત કોષ્ટક મુજબ 100 વિદ્યાર્થી માથી 50 કોમર્સ અને 50 આર્ટ્સના વિદ્યાર્થીઓનો શૈક્ષણિક મનોભારના પ્રાપ્તાંકો નો મધ્યક અનુક્રમે 22.84 અને 22.64 , પ્રમાણ વિચલન અનુક્રમે 4.94 અને

4.94 તેમજ 't' ગુણોત્તર 0.20 જે 0.01 કક્ષાએ સાર્થક તફાવત દર્શાવતો નથી તેથી ઉપરની શૂન્ય ઉત્કલ્પનાનો સ્વિકાર થતો હોવાથી કોમર્સ અને આર્ટ્સના વિદ્યાર્થીનીઓના મનસિક સ્વાસ્થ્યના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો ન હતો.

Table 5

સિદ્ધિની પ્રેરણા અને શૈક્ષણિક મનોભાર નો સહસબંધ

Variables	N	correlation	Level significance
Academic stress	100	0.64	Positive correlation
Achievement motivation			

ઉપરોક્ત કોષ્ટક મુજબ વિદ્યાર્થીઓની સિદ્ધિની પ્રેરણા અને માનસિક સ્વાસ્થ્ય વચ્ચે 0.64 એટલે કે ધન સહસબંધ જોવા મળે છે.

તારણો:

ઉપરોક્ત માહિતીના પૃથ્થકરણ પરથી નીચે મુજબ ફલીતાર્થો તારવિ શકાય

A) ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળે છે. વિદ્યાર્થી ભાઈઓ કરતા વિદ્યાર્થી બહેનોમાં સિદ્ધિની પ્રેરણા વધુ જોવા મળી છે.

B) ઉચ્ચતર માધ્યમિક શાળાના વિદ્યાર્થીઓ અને વિદ્યાર્થીનીઓના માનસિક સ્વાસ્થ્યના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. વિદ્યાર્થી ભાઈઓ કરતા વિદ્યાર્થી બહેનોનું માનસિક સ્વાસ્થ્ય વધુ સારું જોવા મળે છે.

C) કોમર્સ અને આર્ટ્સના વિદ્યાર્થીનીઓની સિદ્ધિની પ્રેરણાના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો. કોમેર્સના વિદ્યાર્થીઓમાં આર્ટ્સના વિદ્યાર્થી કરતા સિદ્ધિની પ્રેરણા વધુ જોવા મળે છે.

D) કોમર્સ અને આર્ટ્સના વિદ્યાર્થીનીઓનું માનસિક સ્વાસ્થ્યના પ્રાપ્તકોનાં મધ્યક વચ્ચે સાર્થક તફાવત જોવા મળ્યો ન હતો.

E) સિદ્ધિની પ્રેરણા અને શૈક્ષણિક મનોભાર વચ્ચે 0.64 એટલે કે ધન સહસબંધ જોવા મળે છે.

પ્રસ્તુત સંશોધનનું મહત્વ:

દરેક વિદ્યાર્થી પોતાની આંતરિક પ્રેરણા મુજબ સિદ્ધિ મેળવવાનો પ્રયત્ન કરતો હોય છે જો તેની પ્રેરણા તીવ્ર હોય તો કોઈ મનોભાર તેને વધારે અસર કરી શકતો નથી જો તે મનોભાર નો ભોગ બની જાય તો પણ તેની આંતરીક પ્રેરણા તેને મનોભાર દૂર કરવામાં મદદ કરે છે. મહાન વ્યક્તિઓના ઉદાહરણ જોઈએ તો તેમની સિદ્ધિની પ્રેરણા ઉંચી હતી તે ગમે તેવા સંકટોથી લડીને પણ આગળ વધે છે સફળતાના ઉચ્ચ શિખર પાર કરે જ છે. જે મનોભાર અને નિષ્ફળતાથી હારતો નથી. પ્રસ્તુત સંશોધનમાં ઉચ્ચતર

માધ્યમિક શાળાના વિદ્યાર્થીની સિદ્ધિની પ્રેરણા તેમજ માનસિક સ્વાસ્થ્ય તેમની જાતી અને ફેકલ્ટિ ના સંદર્ભમાં જાણવાનો પ્રયત્ન કરવામાં આવ્યો છે. આ સંશોધન દ્વારા વિદ્યાર્થીઓની પ્રેરણા જાણી તે મુજબ આગળ વધારવાનો પ્રયત્ન કરવામાં આવે તો શૈક્ષણિક મનોભાર ઓછો કરવામાં મદદ મળી શકે છે અને માનસિક સ્વાસ્થ્ય સારું રહે છે. માટે પ્રસ્તુત સંશોધન વિદ્યાર્થીઓ, વાલીઓ, શિક્ષકો તેમજ શિક્ષણ જગત સાથે જોડાયેલા સર્વ કોઈને ઉપયોગી બની શકે છે.

પ્રસ્તુત સંશોધનની મર્યાદા:

પ્રસ્તુત સંશોધનમાં માત્ર ગીર સોમનાથ જિલ્લાના ગ્રામ્ય વિસ્તારની ઉચ્ચતર માધ્યમિક શાળાના 100 જેટલા વિદ્યાર્થીઓનો જ સમાવેશ કરવામાં આવ્યો હતો તેમજ આર્ટ્સ અને કોમર્સ અવી 2 ફેકલ્ટિનોજ સમાવેશ કરવામાં આવ્યો હતો.

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ચાઈલ્ડ હૂઝ ઓબેસિટી

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Childhood Obesity એટલે બાળકનું જાડાપણું તેવું કહી શકાય. જે બાળકને આ તકલીફ હોય તેને OBESE કહેવામાં આવે છે. આ રોગ અત્યારના હેલ્થ કોન્સીયસના જમાનામાં પણ બાળકોમાં આવી રહ્યો છે. આપણા જીવનમાં ખાનપાન એવી રીતે વણાઈ ગયા છે અને સમયની સાથે સાથે તે બદલાતા રહેતા હોવાથી ઘણીવાર શરીરની કેમીસ્ટ્રી જળવાતી નથી. આહારમાં કાળજી ન રાખવાને કારણે ઘણી સમસ્યાઓ ઉભી થતી હોય છે. આ સમસ્યા જો બાળપણથી આવી ગઈ તો આગળ જતાં ગંભીર બની શકે છે. ક્યારેક જીવલેશ બને છે. ભારતમાં ભૂખમરાથી નહિ પણ વધુ અથવા તો ગમે તેવું ખાવાને કારણે મૃત્યુ પામનારાની સંખ્યા વધુ છે. જે બાબત ખરેખર ચિંતાજનક છે. આપણા પૂર્વજોએ ખાનપાન માટેના એક ચોક્કસ પ્રકારના નિયમો બનાવ્યા હતાં. જેમાં સંધ્યા પછી ભોજન નહીં કરવું. ઉપવાસ કરવો. બહારનું અન્ન ન ખાવું તેની પાછળ શરીરની તંદુરસ્તી જળવાય તે આશય હતો.

આજના સમયે બધા નિયમોનું પાલન કરવું આપણા સૌ માટે શક્ય નથી. પરંતુ જો થોડી કાળજી રાખવામાં આવે તો પણ તમારા શરીરની તંદુરસ્તી જાળવવા માટે મદદરૂપ બનશે. રોચેસ્ટરના વિજ્ઞાની અને સંશોધક ડૉ. સિધિયા અને એલ વિલ્સનના મતે જે બાળકનું "બર્થ વેટ" એટલે કે જન્મના સમયે જ વધારે પડતું વજન કે ઓછામાં ઓછું વજનવાળું હોય તેવા શિશુઓને આગળ જતાં ઘણા રોગોનો ભોગ બનવું પડે છે. જો બાળકનું શરીર સપ્રમાણ હોય તો અનેક રોગોને શરીરમાં પ્રવેશતા અટકાવી શકાય છે. જો તેમના શરીરમાં જાડાપણું ઘટ્યું નહિ તો તેમનામાં હૃદયરોગ, ડાયાબીટીસ, વગેરે જેવા રોગો થવાની શક્યતા રહેલી છે. અત્યારના આધુનિક સમયમાં ઝડપી જીવન વ્યવહારમાં ફાસ્ટફુડનું આગમન, ચટાકેદાર ભોજન, સવારે મોડા ઉઠવું, આરામદાયક જીવન વગેરે કારણોથી મેદ-ચરબીની શરીર પર વૃદ્ધિ થતી જાય છે.

કોઈપણ વ્યક્તિના શરીરનું વજન તેની વય, ઉંચાઈ, કાર્ય કરવાની પદ્ધતિ તેમજ રહેઠાણની જગ્યાને આધારે નક્કી થાય છે. પરંતુ વજનની સપ્રમાણતા અંગે અભ્યાસ કરવા સૌ પ્રથમ એનર્જી બેલેન્સ વિશે જાણવું જરૂરી છે.

જો શક્તિદાયક ખોરાક અને શારિરીક શ્રમ સપ્રમાણ હોય તો વજન સપ્રમાણ રહે છે. જો ખોરાક વધુ હોય અને શ્રમ ઓછો હોય તો વજનમાં વધારો થાય છે. જો ખોરાક ઓછો અને શ્રમ વધારે હોય તો વજનમાં ઘટાડો થાય છે. કેટલીક વ્યક્તિઓમાં વધારાના ખોરાકની એનર્જીને ચરબીમાં ફેરવવાની ક્ષમતા વધુ પ્રમાણમાં જળવાય છે જે વારસાગત હોઈ શકે.

ઓબેસિટીના પ્રકાર :-

● ડેવલપમેન્ટ ઓબેસિટી

જાડાપણું બાળકમાં નાનપણથી જ શરૂ થાય છે. જન્મસમયે વધારે પડતું વજન હોવાથી તે યુવાવસ્થામાં પણ ચાલુ જ રહે છે. જ્યારે બાળક ૪ વર્ષનું થાય છે ત્યારથી જ તેની શરૂઆતના બીજ રોપાય છે. કોષોમાં ચરબી ભરાય છે અને જેમ જેમ બાળક મોટું થતું જાય છે તેમ તેમ વજન વધતું જાય છે. આ દરમ્યાન હાડકાં અને સ્નાયુઓમાં પણ વૃદ્ધિ થાય છે. કેટલાક બાળકો સામાન્ય રીતે ઝડપથી ઉંચા થાય છે અને તેમની ઉંમરના પ્રમાણમાં વધુ પુષ્ટ લાગે છે અને બાળપણથી યુવાવસ્થા સુધી તેમના વજનમાં વધારો થયા જ કરે છે. પરિણામે તેમના શરીરમાં સખત પ્રકારની ચરબી જામે છે. આમ ઉંમરની સાથે વજનમાં પણ વધારો થતો જાય છે. ત્યારે તેને ડેવલપમેન્ટ ઓબેસિટી કહી શકાય.

● રીએક્ટીવ ઓબેસિટી

આ પ્રકારની ઓબેસિટી બાળકમાં માનસિક થાક અને નિરાશાને લીધે જોવા મળે છે. આવા તબક્કા દરમ્યાન બાળકો વધુ પડતું ખાય છે. જેથી વજન વધે છે. જો કે આ સમય દરમ્યાન વજનમાં વધઘટ ચાલ્યા કરે છે. આ પ્રકારના વજન વધારાને કારણે ચરબીની જગ્યાએ પાતળી ચરબીનું પ્રમાણ વધારે જળવાય છે. જાતિ પ્રમાણે પણ વધુ વજનમાં ફેરફાર જોવા મળે છે.

ઓબેસિટી માટે જવાબદાર પરિબળો :-

૧. વારસો

સામાન્ય રીતે રંગસૂત્રો ધ્વારા બાળકમાં વારસાગત જાડાપણું અમુક રીતે જવાબદાર હોય છે. પરંતુ વધુ તો માતાપિતાની અયોગ્ય ટેવને કારણે મેદવૃદ્ધિ થાય છે. જે લોકોની શારિરીક પ્રક્રિયા અનિયમિત અથવા વધુ શ્રમ ન કરતાં હોય તેમના બાળકો વારસામાં એવું જ મેળવે છે. એટલે આ પરિબળ જવાબદાર ગણાય છે.

૨. સામાજિક આર્થિક પરિબળ

સમાજમાં ઉચ્ચ વર્ગના ધનાઠ્ય લોકોનો ખોરાક વધુ કેલરીયુક્ત હોય છે. તેમના આહારમાં ચરબીનું પ્રમાણ વધુ હોય છે અને શારિરીક શ્રમ ઓછો હોય છે. આરામદાયક જીવવાથી મેદવૃદ્ધિનું પ્રમાણ વધુ જણાય છે.

૩. લાગણીનું પાસું

મેદવૃદ્ધિ અને લાગણીને ગાઢ સંબંધ છે. કંટાળો, એકલતા, હતાશા કે સામાજિક અસ્વીકૃતિને કારણે વધું પડતું ખાવાનું મન થાય છે અને આજકાલ તો બાળકો અને યુવા વર્ગમાં પણ ટી.વી.જોતા દરમ્યાન તળેલા નાસ્તા, સોફ્ટ ડ્રિન્ક વગેરે વધુ લે છે. જેથી પણ વજન વધે છે.

૪. ગ્રંથિઓના કાર્યની અનિયમિતતા

કેટલાક લોકોમાં કેટલી ગ્રંથિઓની અનિયમિતતા અને ગ્રંથિની ખામીને લીધે જાડા થાય છે. થાઈરોઈડ પિટ્યુટરી ગ્રંથિનો સમાવેશ થાય છે.

૫. વધુ ચરબીવાળો અને ફાસ્ટ ફુડનું સેવન

આજના યુગમાં ફાસ્ટફુડનો જમાનો આવ્યો છે. બાળકોને ચરબીવાળા ખોરાકમાં બર્ગર, પીઝા, ચોકલેટ, ચીઝ, બટર, અલગ અલગ પ્રકારના સોફ્ટ ડ્રિન્ક્સ, વગેરેનું સેવન વધી ગયું છે અને તેની સામે તેમનો શારિરિક પરિશ્રમ ઓછો થઈ ગયો છે. આને માટે માં બાપ પણ એટલા જ જવાબદાર થઈ ગયા છે. ચાર્ટમાં જોતા જણાશે કે બાળકની ઉંમર વધતાં તેમના સોફ્ટ ડ્રિન્ક્સનું પ્રમાણ વધ્યું છે. જે આગળ જતા હાનિકારક સાબિત થઈ શકે છે.

➤ શરીરના મેદની ગણતરી

શરીરમાં મેદનું પ્રમાણ કેટલું છે તે નીચેની ગણતરીથી જાણી શકાય છે. લીન માસ(પાતળી ચરબી) ને શરીરના પાણીના પ્રમાણથી છુટું ગણાય છે. આ માપવા માટે એન્ટીપાયરીનનો ઉપયોગ થાય છે. સામાન્ય રીતે મસલ ટીસ્યુમાં પાણીનું પ્રમાણ ૭૩.૨ ટકા હોય છે. જે માપવા માટે નીચેનું શારિરિક ચરબી ટકાવારી..

શારિરિક ચરબીની ટકાવારી = ૧૦૦ – શરીરની પાણીની ટકાવારી ૦.૭૩૨

➤ બાળકોમાં જાતિ મુજબ આદર્શ વજન આલેખ

ભારતીય બાળકોમાં છોકરા અને છોકરીનું આદર્શ વજન આલેખમાં જોઈને તેની ઉંમર અને ઉંચાઈ ઉપરથી જાણી શકાશે. આલેખમાં જોતા જ ખબર પડશે કે જે બાળક પોતાની જાતિ, ઉંમર અને ઉંચાઈના પ્રમાણમાં ૧૦ થી ૨૦ ટકા વધુ વજન ધરાવે છે તેને "OVER WEIGHT" કહી શકાય. જે બાળકો પોતાની ઉંમર અને ઉંચાઈમાં જરૂર કરતાં ૨૦ ટકાથી પણ વધુ વજન ધરાવે છે તેને 'OBESE' કહી શકાય.

➤ નોંધ :- આલેખ પાછળ સામેલ કરેલ છે.

➤ વધુ વજન માટે આહાર સંબંધી સારવાર

સૌ પ્રથમ પગથિયું કેટલું વજન ઉતારવાનું છે તે શોધવાનું છે. તે ઉંચાઈ અને વજનના ચાર્ટને ધ્યાનમાં રાખીને સરળતાથી શોધી શકાય છે. બાળકને જાડાપણુ ઓછું કરવા ચરબીને અંકુશમાં લાવવું પહેલા જરૂરી બને છે. તેને હલકા તથા સહેલાઈથી પચે તેવા ખોરાકનો આહારમાં સમાવેશ કરવો. ગ્રીન સલાડ, કાકડી, ટામેટા, કોબીજ, ખાખરા, મગ, મમરાનો ઉપયોગ વધુ કરવો. ઘી, બટાકા, માખણ, ચીઝ જેવું ઓછું આપવું. લીલા શાકભાજી અને ફળો લઈ શકાય. જમ્યા પછી થોડુંક ચાલવું. જમ્યા પછી બપોરે સૂવું નહિ. કબજીયાત થાય તેવું બિલકુલ ન ખાવું. ફ્રિજનું પાણી ન પીવું. ઠંડા પાણી, આઈસ્ક્રિમ, મીઠાઈ ને તિલાંજલી આપવી. એકદમ જમવાનું બંધ કરીને બાળકને પાતળું ન કરવું પરંતુ ઉચિત આહાર નિયમન અને જરૂરી વ્યાયામ થી ઘટાડેલું વજન ફરીથી વધતું નથી.

પ્રતિ સપ્તાહ ૧ પાઉન્ડ(૨.૨.કે.જી.) કે મહિને ૪ પાઉન્ડ વજન ઘટાડવા માટે દૈનિક આહારમાંથી ૫૦૦ કેલરી ઘટાડવી પડે. પરંતુ તે પહેલા ડાયેટ વિશે જાણી લેવું જરૂરી છે. કારણકે વજન ઉતારવા માટે એકદમ કાર્બોહાઈડ્રેટ કે પ્રોટીન બંધ કરી દીધું તો આવું ડાયેટ ભયજનક સાબિત થાય છે. જેથી સ્વાસ્થ્ય જોખમાય છે. દા.ત. પ્રોટીન સ્પેરીંગ મોડીફાઈડ ડાયેટ () પ્રોટીન ડાયેટ જેમાં ૫૦ ગ્રામ જેટલું પ્રોટીન અને ૫૦૦ કેલરી

પ્રતિદિન સૂચવવામાં આવે છે. જે લોકો આદર્શ વજન કરતાં ૩૦ થી ૫૦ ટકા વધુ વજન ધરાવતા હોય તેમને વધુમાં વધુ ૧૨ અઠવાડિયા સંપૂર્ણ ડાક્ટરી દેખરેખ હેઠળ રખાય છે. ત્યારબાદ એક મહિના સુધી બેલેન્સ મેડરેટ કેલરી આપ્યા પછી ફરી તેમને બાર અઠવાડિયા માટે ()ઉપર આદર્શ વજન મેળવવા માટે રખાય છે. જો કોઈ ડાક્ટરી દેખરેખ વગર કરવામાં આવે તો ભયજનક સાબિત થાય છે અને ક્યારેક મૃત્યુમાં પરિણમે છે. જ્યારે વજન ઓછું થાય છે અને આદર્શ વજન પ્રાપ્ત થાય છે. ત્યાર પછી તેને જાળવી રાખવું કાયમી ધોરણે જરૂરી છે.

➤ વધુ વજનમાં કસરતના ફાયદા

કસરત કરવાથી કેલરી બળે છે. સ્નાયુ કસાય છે અને ઉતરેલું વજન જળવાય છે. આ કસરત નિયમિત કરવી જોઈએ. જેમાં દોરડા કૂદવા, સ્વીમીંગ, સાયકલીંગ જેમાં વધુ કેલરી બળે છે અને બાળકોને આનંદ પણ મળે છે. કસરતથી ભૂખ વધુ લાગે છે. પણ ખોરાકના પાચન માટે શારિરીક ક્ષમતા વધે છે. શરીરની રચના, આકાર બદલાય છે. વજન નિયમિત રહે છે. કસરતથી શરૂઆતમાં જે વજન ઘટે છે, તે શરીરમાંથી પાણી અને કાર્બોહાઈડ્રેટ ઘટવાથી હોય છે. લગભગ બે મહિના પછી સાચી ચરબી ઉતરવાની શરૂઆત થાય છે.

કઈ રીતે જાણી શકાય બાળક ઓબેસિટી છે ?

આ રોગ અમુક બાળકોને જન્મતાની સાથે જ વારસામાં પણ મળતો હોય છે. એટલે તેને જોતા જ જાણી શકાય કે બાળક એબનોર્મલ છે. આ ઉપરાંત અમુક પ્રકારના મેડિકલ ટેસ્ટ જેવા કે.....

- Blood Pressure Test
- Thyroid Stimulating hormone
- Fasting Blood Glucose
- Cholesterol Screening
- Liver Enzymes

આમ બાળકોમાં આ બધા ટેસ્ટ કરાવવાથી પણ તેના શરીરમાં ઓબેસિટીનું પ્રમાણ જાણી શકાય છે. આ રોગનું દિવસે ને દિવસે પ્રમાણ વધતું જાય છે. ચાર્ટમાં જોશો તો માલૂમ પડશે કે ૧૯૬૩ થી ૧૯૭૦માં બાળકો અને યુવાનોમાં ઓબેસિટીનું કેટલું પ્રમાણ હતું અને ૨૦૦૦ની સાલમાં બાળકો અને યુવાવર્ગમાં ઓબેસિટીનું પ્રમાણ વધીને સપ્રમાણ થતું દેખાય છે અને આને રોકવું જરૂરી બન્યું છે.

ઓબેસિટીનું પ્રમાણ બાળકમાં કેટલું છે તે મેડિકલ ટેસ્ટ સિવાય આ BMI Table ઉપરથી જાણી શકાય છે. આ ટેબલમાં બાળકની ઉંચાઈ અને ઉંમર ઉપર થી તેનું વજન કેટલું છે તે જાણી શકાય છે. જો આ ટેબલ કરતા તેના વજનમાં વધારો થતો જતો હોય તો તેનામાં ઓબેસિટીનું પ્રમાણ વધી રહ્યું છે તેમ માનવું.

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તરુણોના માનસિક સ્વાસ્થ્યનો મનોવૈજ્ઞાનિક અભ્યાસ

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સારાંશ

આજે કેટલાક વર્ષોમાં માનસિક સ્વાસ્થ્યનું મહત્વ વિશ્વના દેશોએ પણ સ્વીકાર્યું છે. આજના આધુનિક યુગમાં માનસિક સ્વાસ્થ્યનો પ્રશ્ન સળગતો પ્રશ્ન છે, જીવનના દરેક તબક્કે, બાળપણ અને તરુણાવસ્થાથી લઈને પુખ્તાવસ્થા સુધી માનસિક સ્વાસ્થ્ય મહત્વપૂર્ણ છે. તરુણાવસ્થાએ બાળકમાંથી યુવાન બનવાનો સંક્રાંતિ કાળ છે એક જટિલ સમયગાળો છે. કેમકે માનવ જીવનની અવસ્થાઓમાં તરુણાવસ્થાએ એવી અવસ્થા છે કે જેમાં ન્યુરોબાયોલોજીકલ અત્યંત ઝડપી પરિવર્તનો થાય છે જે ઘણા હોર્મોનલ ફેરફારો જેવાકે જૈવિક, જ્ઞાનાત્મક અને મનોસામાજિક ફેરફારો દ્વારા ચિહ્નિત થયેલ છે. માટે આ અવસ્થામાં શારીરિક માનસિક સામાજિક નૈતિક અને આધ્યાત્મિક દ્રષ્ટિબિંદુમાં ક્રાંતિકારી પરિવર્તનો આવે છે જેના કારણે તરુણો અનેક માનસિક સમસ્યાઓ અને સંઘર્ષ અનુભવે છે. માટે પ્રસ્તુત સંશોધનનો મુખ્ય હેતુ તરુણોના માનસિક સ્વાસ્થ્ય પર કેટલાક સ્વતંત્ર પરિવર્ત્યોની શી અસર થાય છે? તે તપાસવાનો હતો. પ્રસ્તુત સંશોધનમાં કુલ નિદર્શ 100 (50 તરુણો અને 50 તરુણીઓનો) ને યાદ્દીક નિદર્શન દ્વારા પસંદ કરવામાં આવેલ હતા. મહિતી એકત્રીકરણ માટે વ્યક્તિગત માહિતી પત્રક અને ડૉ. ડી. જે. ભટ્ટ અને કુ શિલ્પા સીદપરા રચિત માનસિક સ્વાસ્થ્ય કસોટીનો ઉપયોગ કરવામાં આવેલ હતો. એકત્રિત માહિતી નું આંકડાકીય વિશ્લેષણ મધ્યક, પ્રમાણિત વિચલન અને ત્રીટી કસોટી દ્વારા કરવા આવેલ હતું. પ્રસ્તુત સંશોધન માં તારણોમાં જોવા મળ્યું કે તરુણોનાં માનસિક સ્વાસ્થ્ય પર જાતિ તેમજ શિક્ષણનાં પ્રવાહની દ્રષ્ટીએ તફાવત જોવા મળેલ પરંતુ રહેઠાણનાં પ્રકારના સંદર્ભમાં તફાવત જોવા મળેલ નથી.

પ્રસ્તાવના:-

આજના આધુનિક યુગમાં માનસિક અસ્વસ્થતાનો પ્રશ્ન સળગતો પ્રશ્ન છે જે આપઘાત જેવી પ્રાણઘાતક વૃત્તિના મુળમાં પણ પડેલ છે એમ કહી શકાય. આજે કેટલાક વર્ષોમાં માનસિક સ્વાસ્થ્યનું મહત્વ વિશ્વના દેશોએ પણ સ્વીકાર્યું છે આજે માનસિક સ્વાસ્થ્યની જનજાગૃતિ અંગેના કેટલાય અભ્યાસો ચાલી રહ્યા છે છતાં શું? આજે લોકો માનસિક સ્વાસ્થ્ય અને શારીરિક સ્વાસ્થ્ય જેટલું મહત્વ આપે છે ખરા? આના પ્રત્યુત્તરરૂપે કહી શકાય કે આપણામાંના મોટાભાગના લોકો શારીરિક સ્વાસ્થ્યની સરખામણીએ માનસિક સ્વાસ્થ્ય અંગે જોઈએ એટલા પ્રમાણમાં સજાગ કે ચિંતિત નથી. આનો મુખ્ય કારણ એ હોઈ શકે છે કે શારીરિક સ્વસ્થતા કે અસ્વસ્થતાને આપણે સહેલાઈથી પારખી શકીએ છીએ ત્યારે આપણે માનસિક વિક્ષોપો કે સમાયોજનની હળવી સમસ્યાઓ કે જે માનસિક સ્વાસ્થ્યની ખામીનું સૂચન કરે છે તેને પારખી

શકતા નથી. એવી જ રીતે માનસિક સ્વાસ્થ્યની ખામી દર્શાવતી કેટલીક બાબતો જેવી કે આત્મગૌરવ અને આત્મવિશ્વાસનો અભાવ નિર્ણય શક્તિનો અભાવ પીછેહટ અકારણ ચિંતા લઘુતાગ્રંથિ વગેરેને પણ આપણે વ્યક્તિની ખાસિયત અથવા બહુ તો માનવ સ્વભાવની વિચિત્રતા તરીકે ઓળખાવી અને તેની અવગણના કરીએ છીએ. માનસિક અસ્વસ્થતાના લક્ષણ તરીકે આપણે તેની ખાસ ચિંતા કરતા નથી આનું મૂળ કારણ માનસિક સ્વાસ્થ્ય અંગેની આપણી અપૂર્ણ વિભાવનામાં રહેલું છે.

માનસિક સ્વાસ્થ્ય એ "કોઈ વ્યક્તિની મનોવૈજ્ઞાનિક સ્થિતિ છે જે ભાવનાત્મક અને વર્તણૂકીય ગોઠવણોના સંતોષકારક સ્તરે કાર્ય કરી રહી છે." હોલિઝમ માટે હકારાત્મક મનોવિજ્ઞાનના પરિપ્રેક્ષ્યમાં, માનસિક સ્વાસ્થ્યમાં વ્યક્તિની જીવનનો આનંદ માણવાની ક્ષમતા અને જીવન પ્રવૃત્તિઓ અને મનોવૈજ્ઞાનિક સ્થિતિસ્થાપકતા પ્રાપ્ત કરવાના પ્રયત્નો વચ્ચે સર્જનાત્મક સંતુલનનો સમાવેશ થઈ શકે છે.

વર્લ્ડ હેલ્થ ઓર્ગેનાઈઝેશન મુજબ માનસિક સ્વાસ્થ્યમાં "વ્યક્તિગત સુખાકારીનો સમાવેશ થાય છે. વર્લ્ડ હેલ્થ ઓર્ગેનાઈઝેશન (ડબ્લ્યુએચઓ) અનુસાર: "માનસિક સ્વાસ્થ્ય એ માનસિક સુખાકારીની સ્થિતિ છે જે લોકોને જીવનના તણાવનો સામનો કરવા, તેમની સંભવિતતાને સમજવા, શીખવા અને સારી રીતે કામ કરવા અને તેમના સમુદાયમાં યોગદાન આપવા સક્ષમ બનાવે છે.

બર્નહાર્ટના મતે માનસિક સ્વાસ્થ્ય એટલે તમામ આવેગોને આત્મગૌરવના સ્થિર ભાવોમાં સંકલિત કરવા તે.

જે.સી. કોલમેનના મતે માનસિક સ્વાસ્થ્ય એટલે તંદુરસ્ત વ્યક્તિત્વ વિકાસ અને માનસિક રોગના હુમલાથી બચવા માટેનો વ્યવસ્થિત વૈજ્ઞાનિક પ્રયોગ.

માનસિક સ્વાસ્થ્યમાં આપણી ભાવનાત્મક, મનોવૈજ્ઞાનિક અને સામાજિક સુખાકારીનો સમાવેશ થાય છે. તે આપણી વિચારવાની, અનુભવવાની અને કાર્ય કરવાની રીતને અસર કરે છે. તે અમે તણાવને કેવી રીતે હેન્ડલ કરીએ છીએ, અન્ય લોકો સાથે કેવી રીતે કનેક્ટ થઈએ છીએ અને સ્વસ્થ પસંદગીઓ કરીએ છીએ તે નિર્ધારિત કરવામાં પણ મદદ કરે છે. 1. જીવનના દરેક તબક્કે, બાળપણ અને કિશોરાવસ્થાથી પુખ્તાવસ્થા સુધી માનસિક સ્વાસ્થ્ય મહત્વપૂર્ણ છે.

તરુણાવસ્થાએ બાળકમાંથી યુવાન બનવાનો સંક્રાંતિ કાળ છે એક જટિલ સમયગાળો છે જે ન્યુરોબાયોલોજીકલ અને શારીરિક પરિપક્વતા દ્વારા વર્ગીકૃત થયેલ છે જે તોફાન અને તરવરાટની અવસ્થા કહેવાય છે, તરવરાટ તને તાજગીની સાથે આ અવસ્થા સંઘર્ષ અને મનોભારની અવસ્થા પણ કહી શકાય છે, કેમકે માનવ જીવનની અવસ્થાઓમાં તરુણાવસ્થાએ એવી અવસ્થા છે કે જેમાં ન્યુરોબાયોલોજીકલ અત્યંત ઝડપી પરિવર્તનો થાય છે જે ઘણા હોર્મોનલ ફેરફારો જેવાકે જૈવિક, જ્ઞાનાત્મક અને મનોસામાજિક ફેરફારો દ્વારા ચિહ્નિત થયેલ છે. માટે આ અવસ્થામાં શારીરિક માનસિક સામાજિક નૈતિક અને આધ્યાત્મિક દ્રષ્ટિબિંદુમાં ક્રાંતિકારી પરિવર્તનો આવે છે જેના કારણે તરુણો અનેક માનસિક સમસ્યાઓ અને સંઘર્ષ અનુભવે છે.

ઘણી વખત માતા-પિતા અને વડીલો આવા પરિવર્તનોનું મૂલ્યાંકન કરી શકતા નથી. તેથી તરુણો અનેક પ્રકારની મુંજવણ અનુભવે છે જે તેના શારીરિક સ્વાસ્થ્ય ઉપરાંત માનસિક સ્વાસ્થ્યને પણ જોખમાવે છે. માટે પ્રસ્તુત સંશોધનમાં તરુણોના માનસિક સ્વાસ્થ્યનો અભ્યાસ કરવાનો પ્રયાસ કરેલ છે.

માનસિક સ્વાસ્થ્યમાં આપણી ભાવનાત્મક, મનોવૈજ્ઞાનિક અને સામાજિક સુખાકારીનો સમાવેશ થાય છે. તે અસર કરે છે કે આપણે કેવી રીતે વિચારીએ છીએ, અનુભવીએ છીએ અને કાર્ય કરીએ છીએ. તેમજ આપણે તણાવને કેવી રીતે સંચાલન કરીએ છીએ, અન્ય લોકો સાથે કેવી રીતે સંબંધ રાખીએ છીએ અને સ્વસ્થ પસંદગીઓ કરીએ છીએ તે નિર્ધારિત કરવામાં પણ મદદ કરે છે. જીવનના દરેક તબક્કે, બાળપણ અને તરુણાવસ્થાથી લઈને પુખ્તાવસ્થા સુધી માનસિક સ્વાસ્થ્ય મહત્વપૂર્ણ છે.

તરુણાવસ્થાએ માનસિક સુખાકારી માટે મહત્વપૂર્ણ સામાજિક અને ભાવનાત્મક ટેવો વિકસાવવા માટેનો નિર્ણાયક સમયગાળો છે. તરુણાવસ્થા દરમિયાન નવીન પ્રયોગ કરવાની અને નવા અનુભવો મેળવવાની વૃત્તિ, નબળાઈની તીવ્ર સમજ, ઓછી જોખમની ધારણા, સ્વતંત્રતા માટેની તીવ્ર ઈચ્છા અને સ્વ-ઓળખ માટેની આંતરિક શોધ સમસ્યાનો સામનો, નિરાકરણ અને આંતરવ્યક્તિત્વ કુશળતા વિકસાવવી અને લાગણીઓનું સંચાલન કરવાનું શીખવું વગેરે જેવા લક્ષણો ઉદ્ભવે છે તેનો સમાવેશ થાય છે. જે ધીમે ધીમે તેમના સમગ્ર વ્યક્તિત્વને આકાર આપે છે.

છેલ્લા કેટલાંક વર્ષોમાં તરુણોના માનસિક સ્વાસ્થ્ય પર વધુ ધ્યાન આપવામાં આવ્યું છે. તરુણાવસ્થા દરમિયાન નવીન પ્રયોગ કરવાની અને નવા અનુભવો મેળવવાની વૃત્તિ, નબળાઈની તીવ્ર સમજ, ઓછી જોખમની ધારણા, સ્વતંત્રતા માટેની તીવ્ર ઈચ્છા અને સ્વ-ઓળખ માટેની આંતરિક શોધ વગેરે જેવા લક્ષણો ઉદ્ભવે છે તેનો સમાવેશ થાય છે.

સમસ્યા

"તરુણોના માનસિક સ્વાસ્થ્યનો મનોવૈજ્ઞાનિક અભ્યાસ."

અભ્યાસના હેતુઓ:-

જાતિના સંદર્ભમાં તરુણોનું માનસિક સ્વાસ્થ્ય તપાસવું.

રહેઠાણના સંદર્ભમાં તરુણોનું માનસિક સ્વાસ્થ્ય તપાસવું.

શિક્ષણના પ્રવાહના સંદર્ભમાં તરુણોનું માનસિક સ્વાસ્થ્ય તપાસવું.

અભ્યાસની ઉત્કલ્પનાઓ

પ્રસ્તુત અભ્યાસના હેતુને ધ્યાનમાં રાખીને નીચે મુજબની શૂન્ય ઉત્કલ્પનાઓ રચનામાં આવી હતી.

(1) તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યમાં કોઈ સાર્થક તફાવત નથી.

(2) ગ્રામ્ય અને શહેરી રહેઠાણ ધરાવતા તરુણોના માનસિક સ્વાસ્થ્યમાં કોઈ સાર્થક તફાવત નથી.

(3) આર્ટ્સ અને સાયન્સ ના તરણોના માનસિક સ્વાસ્થ્યમાં કોઈ સાર્થક તફાવત નથી.

સંશોધન પદ્ધતિ:-

પ્રસ્તુત સંશોધનનો નિદર્શ સંશોધનના સાધનો માપનતુલાની સમજૂતી પૂર્વ પ્રાયોગિક અભ્યાસ માહિતી એકત્રીકરણ વગેરે નીચે પ્રમાણે દર્શાવેલ છે.

નિદર્શ:-

સંશોધક જ્યારે કોઈપણ સંશોધન હાથમાં લે છે ત્યારે તેને માટે સમજીના બધા જ એકમો પાસેથી માહિતી મેળવવી લગભગ અશક્ય છે તેથી સામાન્ય રીતે સંશોધક નિદર્શને પસંદ કરી તેનો અભ્યાસ કરે છે.

પ્રસ્તુત અભ્યાસ માટે જામનગર શહેરના કુલ 100 તરુણોને યાદચ્છ રીતે પસંદ કરવામાં આવ્યા હતા.

માહિતી એકત્રીકરણના સાધનો:-

પ્રસ્તુત સંશોધનના માહિતી એકત્રીકરણના સાધનો નીચે મુજબ છે.

(1) વ્યક્તિગત માહિતી પત્રક

તરુણોની વ્યક્તિગત માહિતી મેળવવા માટે વ્યક્તિગત માહિતી પત્રક તૈયાર કરવામાં આવ્યું હતું જેમાં તરુણોની જાતિ, ઉંમર, શિક્ષણ, શિક્ષણનો પ્રવાહ, રહેઠાણનો પ્રકાર વગેરે જેવી માહિતી એકત્રીત કરવામાં આવી હતી.

(૨) માનસિક સ્વાસ્થ્ય સંશોધનિકા

તરુણોના માનસિક સ્વાસ્થ્યના માપન માટે ડૉ. ડી. જે. રચિત માનસિક સ્વાસ્થ્ય સંશોધનિકાનો ઉપયોગ કરવામાં આવ્યો હતો. આ તુલનામાં કુલ 40 વિધાનો છે જેમાં સહમત અસહમત અને તટસ્થમાં ઉત્તરો આપવાના હતા.

જેની વિશ્વસનીયતા મુખ્યત્વે ત્રણ પદ્ધતિઓ દ્વારા ચકાસવામાં આવી હતી છે જેમાં તાર્કિક સમાનતા કસોટી દ્વારા 0.81 અડદ વિભાજન પદ્ધતિ દ્વારા 0.94 અને કસોટી પૂર્ણ કસોટી દ્વારા 0.87 ટકા જોવા મળેલ હતી. તેમજ પ્રસ્તુત સંશોધનની યથાર્થતા 0.63 જેટલી ઉચ્ચ જોવા મળેલ હતી.

પરીવર્ત્યો

પ્રસ્તુત સંશોધનના હેતુઓને ધ્યાનમાં રાખીને કેટલાક પરીવર્ત્યો લેવામાં આવેલા હતા.

સ્વતંત્ર પરીવર્ત્ય:-

જાતીયતા :- તરુણ / તરુણી

રહેઠાણનો પ્રકાર:- ગ્રામ્ય / શહેરી

શિક્ષણનો પ્રવાહ:- આર્ટ્સ / સાયન્સ

આધારિત પરીવર્ત્યો:-

માનસિક સ્વાસ્થ્ય સંશોધનિકામાં પ્રાપ્ત પ્રાપ્તિકો.

આકડાશાસ્ત્રીય પદ્ધતિઓ:-

પ્રસ્તુત અભ્યાસમાં એકત્રિત થયેલી માહિતીનું પૃથ્થકરણ કરવા માટે મધ્યક, પ્રમાણિત વિચલન, અને 't' કસોટી દ્વારા કરવામાં આવ્યું હતું.

પરિણામ ચર્ચા:-

HO.1 તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યના મધ્યકો વચ્ચે સાર્થક તફાવત નથી.

કોષ્ટક નં.1

તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યના પ્રાપ્તિકોને આધારે t કોષ્ટક

Sr.	Particular	N	Mean	SD	't'	Significant level
1	તરુણો	50	90.36	36.19	4.32	0.05
2	તરુણીઓ	50	94.66	13.33		

અર્થઘટન

ઉપરોક્ત ટેબલ નંબર. 1માં જોતા જણાય છે કે તરુણો (છોકરાઓ) અને તરુણીઓ (છોકરીઓ) ની જૂથની સંખ્યા 50 છે. તેમજ તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યના મધ્યકો અનુક્રમે 90.36 અને 94.66 છે. તેમજ બંને જૂથ વચ્ચેનો તફાવત ટી 4.32 જોવા મળેલ છે જે 0.05 કક્ષાએ સાર્થક જોવા મળે છે.

તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યના મધ્યકોના પ્રાપ્તિકો જોતા જણાય છે કે તરુણો કરતા તરુણીઓનું માનસિક સ્વાસ્થ્ય સારું જોવા મળેલ છે, તેથી કહી શકાય કે ઉપરોક્ત ઉત્કલ્પના અસ્વીકાર્ય બને છે અને તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યમાં તફાવત જોવા મળે છે. આ પરથી કહી શકાય કે તરુણો કરતા તરુણીઓ નું માનસિક સ્વાસ્થ્ય વધુ સારું છે.

HO.2 ગ્રામ્ય અને શહેરી રહેઠાણ ધરાવતા તરુણોના માનસિક સ્વાસ્થ્યમાં કોઈ સાર્થક તફાવત નથી.

કોષ્ટક નં.2

ગ્રામ્ય અને શહેરી રહેઠાણ ધરાવતા તરુણોના માનસિક સ્વાસ્થ્યના પ્રાપ્તાંકોને આધારે t કોષ્ટક

r.	Particular	N	Mean	SD	't'	Significant level
1	ગ્રામ્ય	50	91.78	47.24	1.36	Not significant Level
2	શહેરી	50	93.24	10.64		

અર્થઘટન

ઉપરોક્ત ટેબલ નંબર. 1માં જોતા જણાય છે કે ગ્રામ્ય અને શહેરી (તરુણો અને તરુણીઓ)ની જૂથની સંખ્યા 50 છે. તેમજ તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યના મધ્યકો અનુક્રમે 91.78 અને 93.24 છે. તેમજ બંને જૂથ વચ્ચેનો તફાવત ટી 1.36 જોવા મળેલ છે જે 0.05 કક્ષાએ સાર્થક જોવા મળે નથી.

ગ્રામ્ય અને શહેરી (તરુણો અને તરુણીઓ) ના માનસિક સ્વાસ્થ્યના મધ્યકોના પ્રાપ્તાંકો જોતા જણાય છે કે ગ્રામ્ય અને શહેરી (તરુણ અને તરુણીઓ)ના માનસિક સ્વાસ્થ્યમાત્રાવત જોવા મળેલ નથી. તેથી કહી શકાય કે ઉપરોક્ત ઉત્કલ્પના સ્વીકાર્ય બને છે અને તરુણોઆ પરથી કહી શકાય કે ગ્રામ્ય અને શહેરી તરુણો અને તરુણીઓના માનસિક સ્વાસ્થ્યમા તફાવત જોવા મળેલ નથી.

HO.3 આર્ટસ અને સાયન્સના માનસિક સ્વાસ્થ્યના મધ્યકો વચ્ચે સાર્થક તફાવત નથી.

કોષ્ટક નં.3

શિક્ષણના પ્રવાહના સંદર્ભમાં તરુણોના માનસિક સ્વાસ્થ્યના પ્રાપ્તાંકોના આધારે t કોષ્ટક

Sr.	Particular	N	Mean	SD	't'	Significant level
1	આર્ટસ	50	94.62	11.02	4.23	0.05
2	સાયન્સ	50	90.4	39.86		

અર્થઘટન:-

ઉપરોક્ત ટેબલ નંબર. 3માં જોતા જણાય છે કે આર્ટસના અને સાયન્સના (તરુણો અને તરુણીઓ) ની જૂથની સંખ્યા 50 છે. તેમજ આર્ટસ અને સાયન્સના (તરુણો અને તરુણીઓ)ના માનસિક સ્વાસ્થ્યના મધ્યકો અનુક્રમે 94.62 અને 90.4 છે. તેમજ બંને જૂથ વચ્ચેનો તફાવત ટી 4.23 જોવા મળેલ છે જે 0.05 કક્ષાએ સાર્થક જોવા મળે છે.

આર્ટસના અને સાયન્સના (તરુણો અને તરુણીઓ)ના માનસિક સ્વાસ્થ્યના મધ્યકોના પ્રાપ્તાંકો જોતા જણાય છે કે સાયન્સના (તરુણો તરુણીઓ) કરતા આર્ટસના (તરુણો તરુણીઓ) નું માનસિક સ્વાસ્થ્ય વધુ સારું જોવા મળેલ છે, તેથી કહી શકાય કે ઉપરોક્ત ઉત્કલ્પના અસ્વીકાર્ય બને છે અને આર્ટસ

અને સાયન્સના (તરુણો અને તરુણીઓ)ના માનસિક સ્વાસ્થ્યમાં તફાવત જોવા મળે છે. આ પરથી કહી શકાય કે સાયન્સના (તરુણો તરુણીઓ) કરતા આર્ટ્સના (તરુણો તરુણીઓ)નું માનસિક સ્વાસ્થ્ય વધુ સારું છે.

નિષ્કર્ષ

- (1) જાતિના સંદર્ભમાં તરુણો કરતા તરુણીઓનું માનસિક સ્વસ્થાય વધુ સારું જોવા મળેલ છે.
- (2) રહેઠાણના પ્રકારના સંદર્ભમાં તરુણો અને તરુણીઓનાં માનસિક સ્વસ્થાયમાં તફાવત જોવા મળેલ નથી.
- (3) શિક્ષણના પ્રવાહના સંદર્ભમાં સાયન્સ કરતા આર્ટ્સના તરુણ તરુણીઓનું માનસિક સ્વાસ્થ્ય વધુ સારું જોવા મળેલ છે.

સંદર્ભસૂચી:-

- સી. જમનાદાસ કંપની 2006 2007 મનોવિજ્ઞાનની મૂળભૂત પ્રક્રિયાઓ, દ્વિતીય આવૃત્તિ પેજ 127-130.
- બી.ડી. ઢીલા એન્ડ ડો. એલ. આર. યાજ્ઞિક એન્ડ ચોથાની 2005 સંશોધન પદ્ધતિઓ પ્રથમ આવૃત્તિ અક્ષર પબ્લીકેશન અમદાવાદ.
- ડો.ડી.જે. ભટ્ટ 2007 માનસિક સ્વાસ્થ્ય સંશોધનિકા મનોવિજ્ઞાન ભવન સૌરાષ્ટ્ર યુનિવર્સિટી.
- સંશોધન પદ્ધતિઓ અને પ્રક્રિયા છઠ્ઠી આવૃત્તિ યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ અમદાવાદ.
- મનોવિજ્ઞાનના પ્રયોગો અને આંકડાશાસ્ત્ર, સી. જમનાદાસ કંપની અમદાવાદ.
- પારેખ બી. યુ. શિક્ષણમાં આંકડાશાસ્ત્ર યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ અમદાવાદ.
- બગડીયા વી. એન. હેલ્થ કેર એન્ડ ઇસ પ્રોબ્લેમ ઇન ઇન્ડિયા ઇન્ટરનેશનલ સોશિયલ સાયન્સ 25 512 540 એસ સર્વે ઓફ રિસર્ચ એન્ડ સાયકોલોજી પાર્ટ વન.
- વર્લ્ડ હેલ્થ ઓર્ગેનાઇઝેશન રિપોર્ટ 2023.
- ચિલ્ડ્રન એન્ડ એડોલેસન્સ મેન્ટલ હેલ્થ એન્ડ સિસ્ટમેટિક રીવ્યુ ઓફ ઇન્ટરેક્શન બેઝ્ડ ઇન્ટરવેન્શન્સ ઇન સ્કૂલ. ઓનલાઇન પબ્લિકેશન.

શિક્ષકોની અસરકારતા: કાર્યમનોભાર અને માનસિક સ્વાસ્થ્યના સંબંધમાં એક અભ્યાસ

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સારાંશ:

પ્રત્યેક ક્ષેત્રમાં માનસિક સ્વાસ્થ્યની સર્વાધિક અગત્ય છે. ખાસ કરીને શૈક્ષણિક ક્ષેત્રે કાર્યરત શિક્ષકોની અસરકારતા માટે માનસિક સ્વાસ્થ્ય એ આગાહીસૂચક ઘટક છે. જો શિક્ષક પોતાના કાર્યક્ષેત્રમાં મનોભાર અનુભવતા હશે તો તેની નિષેધક અસર માનસિક સ્વાસ્થ્ય પર થશે. તેથી શિક્ષકની અસરકારકતા સાથે મનોભાર અને માનસિક સ્વાસ્થ્ય કેવી રીતે સંબંધિત છે તે તપાસવાના હેતુથી પ્રસ્તુત સંશોધન હાથ ધરવામાં આવ્યું હતું. આ માટે કુલ 296 શિક્ષકોના નિદર્શ પાસેથી શિક્ષક મનોભાર સૂચિ, માનસિક સ્વાસ્થ્ય સંશોધનિકા, શિક્ષક અસરકારકતા માપદંડ તથા વ્યક્તિગત ઘટકોની માહિતી પ્રાપ્ત કરવા માટે વ્યક્તિગત માહિતીપત્રક દ્વારા સંશોધન માટે ઉપયોગી માહિતી એકત્ર કરવામાં આવી હતી. માહિતીનું આંકડાકીય વિશ્લેષણ વિચરણ પૃથ્થકરણ પદ્ધતિથી કરવામાં આવ્યું હતું. પરિણામો દર્શાવે છે કે શિક્ષક અસરકારકતા સાથે તેમની જાતિ (Gender), મનોભાર અને માનસિક સ્વાસ્થ્ય સાર્થક રીતે સંકળાયેલા છે.

આવીરૂપ શબ્દો: શિક્ષક અસરકારકતા, કાર્યમનોભાર, માનસિક સ્વાસ્થ્ય.

પરિચય:

શિક્ષકો ભાવિ પેઢીને ઘડવામાં મહત્વપૂર્ણ ભૂમિકા ભજવે છે. જ્યારે શિક્ષકો વધુ પડતા કામના કલાકો, વર્ગનું મોટું કદ, વહીવટકર્તાઓની વધુ પડતી અપેક્ષાઓથી દબાણ અનુભવે ત્યારે મનોભાર, હતાશા અને માનસિક સમસ્યાઓનો ભોગ બને છે. જેની નિષેધક અસર તેમની કાર્ય અસરકારકતા પર થાય છે. પરિણામે વિદ્યાર્થીઓના શૈક્ષણિક વિકાસમાં અવરોધ આવે છે. તેથી શિક્ષકની અસરકારકતા પર મનોભાર, માનસિક સ્વાસ્થ્ય અને તેમની જાતિ (પુરુષ/સ્ત્રી) ની કેવી અસર છે તે તપાસવાનો પ્રયાસ કરવાનો હેતુ હતો.

સંદર્ભ સાહિત્ય:

1. Susan Simmons (2003):
નોંધે છે કે લાંબા સમયનો નમોભાર કાર્યમાં અસંતોષ અને નબળા કૃતૃત્વ માટે જવાબદાર છે. તેની નકારાત્મક અસર વિદ્યાર્થીઓ પર થાય છે.
2. Punia at al (2016):
નોંધે છે કે મોટાભાગના શિક્ષકો ભૂમિકાની અસ્પષ્ટતા, વધુ પડતી જવાબદારીઓ, ભૂમિકા સંઘર્ષ, નિયંત્રણનો અભાવ વગેરેને કારણે મધ્યમ સ્તરનો મનોભાવ અનુભવે છે. તેથી તેમની અસરકારકતા ઘટે છે.
3. Alexander W., et.al. (2021):
નોંધે છે કે શિક્ષકના વ્યવસાયમાં મનોભાર અને મનોદૈહિક બીમારીનું પ્રમાણ વધુ જોવા મળે છે જેની વિપરિત અસર વિદ્યાર્થીઓની પ્રેરણા પર થાય છે. વિદ્યાર્થીઓની મુશ્કેલીમાં વધારો થાય છે.
4. Wenning J. (2022):
નોંધે છે કે નોકરીનો તણાવ શિક્ષકના કાર્ય અને કૌટુંબિક સંઘર્ષ માટે આગાહી સૂચક છે. પરંતુ સ્વ અસરકારક શિક્ષકો આનાથી બચી શકે છે, જેઓ પૂરતું મનોવૈજ્ઞાનિક નિયંત્રણ ધરાવે છે.
5. Triashnadevi (2018):
એ 272 શિક્ષકો પર કરેલ અભ્યાસ બતાવે છે કે શિક્ષકોના માનસિક સ્વાસ્થ્ય અને તેમની અસરકારકતા વચ્ચે નોંધપાત્ર સકારાત્મક સંબંધ છે. માનસિક સ્વાસ્થ્યમાં ગ્રામ્ય કે શહેરી વિસ્તાર સાર્થક તફાવત દર્શાવે છે.
6. Mohammad K.F. (2023):
જણાવે છે કે covid 19 વખતે ઓનલાઇન શિક્ષણ લોકપ્રિય બન્યું આ બાબત શિક્ષકો માટે પડકારરૂપ હતી. તેનાથી દબાણ અનુભવનારા શિક્ષકોનું માનસિક સ્વાસ્થ્ય જોખમાયું. તેઓ ચિંતા, હતાશા અને તણાવનો ભોગ બન્યા. જેઓ માનસિક રીતે સ્વસ્થ હતા તેઓ ઓનલાઇન શિક્ષણ અસરકારક રીતે આપતાં હતા.
7. Vinila L. (2018):
પણ નોંધે છે કે માનસિક સ્વાસ્થ્ય અને શિક્ષકની અસરકારકતા વચ્ચે સાર્થક સંબંધ છે.
8. WHO (2016):
જણાવે છે કે આત્યંતિક તાણ એ માનસિક સ્વાસ્થ્ય અને સામાજિક સમાયોજન માટે જોખમી ઘટક છે. જેઓ માનસિક સ્વાસ્થ્ય ધરાવે છે તેઓ પોતાની વધુમાં વધુ કાર્યક્ષમતાનો ઉપયોગ કરીને વિદ્યાર્થીઓના સર્વાંગી વિકાસને સુનિશ્ચિત કરી શકે છે. નવા વિચારો તેમજ નવા અનુભવોને આવકારે છે.

આજના સમયમાં શિક્ષક અસરકારકતા પર મનોભાર, માનસિક સ્વાસ્થ્ય અને તેમની જાતિ (પુરૂષ/સ્ત્રી) ની અસર તપાસવા માટે પ્રસ્તુત સંશોધન હાથ ધરવામાં આવ્યું હતું.

હેતુઓ:

1. શિક્ષકોની મનોભાર, માનસિક સ્વાસ્થ્ય અને તેમની અસરકારકતાની કક્ષા તપાસવી.
2. શિક્ષકોની અસરકારકતા પર તેમની જાતિ (પુરૂષ/સ્ત્રી)ની અસર તપાસવી.
3. શિક્ષકોની અસરકારકતા પર તેમના મનોભારની અસર તપાસવી.
4. શિક્ષકોની અસરકારકતા પર તેમના માનસિક સ્વાસ્થ્યની અસર તપાસવી.
5. શિક્ષકોની અસરકારકતા પર જાતિ, મનોભાર અને માનસિક સ્વાસ્થ્યની આંતર ક્રિયાત્મક અસર તપાસવી.

નિદર્શ:

રાજકોટ શહેરની ગુજરાતી માધ્યમની શાળાઓમાંથી ચૈદ્ય નિદર્શ પધ્ધતિ દ્વારા કુલ 296 (155 પુરૂષો અને 141 સ્ત્રીઓ) માધ્યમિક શિક્ષકો નિદર્શ માટે પસંદ કરવામાં આવ્યા. જેનું પ્રમાણ કુલ સમષ્ટિના 65.78 % હતું.

માહિતીએકત્રીકરણના સાધનો :

1. વ્યક્તિગત માહિતીપત્રક
2. શિક્ષક મનોભાર સૂચિ
3. માનસિક સ્વાસ્થ્ય સંશોધનિકા
4. શિક્ષક અસરકારકતા માપદંડ

માહિતી વિશ્લેષણ :

પ્રાપ્ત માહિતીનું વિશ્લેષણ કરવા માટે 2 x 3 x 3 ફેક્ટોરીયલ યોજના (ટેબલ નંબર 1) પસંદ કરવામાં આવી હતી. તે માટે ફિશરની વિચરણ પૃથ્થકરણ પધ્ધતિથી આંકડાકિય વિશ્લેષણ કરવામાં આવ્યું.

ટેબલ નંબર : 1

2 x 3 x 3 ફેક્ટોરીયલ યોજના -1

પરિવર્ત્યો અને તેની કક્ષાઓ

ક્રમ	પરિવર્ત્યોના નામ	સંજ્ઞા	પરિવર્ત્યોનું સ્વરૂપ	કક્ષાની સંખ્યા	કક્ષાનું નામ	ગ્રેડ
1	જાતિ	A	સ્વતંત્ર	2	સ્ત્રી શિક્ષકો	A1
					પુરુષ શિક્ષકો	A2
2	મનોભાર	B	સ્વતંત્ર	3	ઓછો	B1
					મધ્યમ	B2
					વધુ	B3
3	માનસિક સ્વાસ્થ્ય	C	સ્વતંત્ર	3	ઓછું	C1
					મધ્યમ	C2
					વધુ	C3
4	શિક્ષકોની અસરકારકતા	-	પરતંત્ર	-	-	

પરિણામો: પરિણામ ટેબલ નં. 2 અને 3 માં દર્શાવવામાં આવ્યું છે.

ટેબલ નંબર : 2

શિક્ષકની અસરકારકતા ના પ્રાપ્તિમાં માટે વિચરણનો સારાંશ

2 x 3 x 3 ફેક્ટોરીયલ યોજના

ચલનની ઉદભવ	સ્વતંત્ર પરિવર્ત્યની સંજ્ઞા	વર્ગોના સરવાળા	પ્રચરણ	એફ. મૂલ્યો	સાર્થકતાની કક્ષા
જાતિ A	1	2444.769	2444.769	4.01	0.05
મનોભાર B	2	14623.13	7311.566	11.98	0.01
માનસિક સ્વાસ્થ્ય C	2	5951.95	9575.97	4.88	0.01
A x B	2	336.289	168.144	0.28	સાર્થક નથી
A x C	2	1744.723	872.362	1.42	સાર્થક નથી
B x C	4	1504.259	376.065	0.62	સાર્થક નથી
A x B x C	4	5281.178	1320.294	2.16	સાર્થક નથી
શેષ	278	169690	610.395		સાર્થક નથી
કુલ	295				

ટેબલ નંબર : 3

સ્વતંત્ર પરિવર્ત્યોની કક્ષા પ્રમાણે શિક્ષકની અસરકારકતા ના પ્રાપ્તાંકોના મધ્યકો અને મધ્યકો વચ્ચેનો તફાવત

પરિવર્ત્યો	કક્ષાઓ	સંખ્યા	મધ્યક	તફાવત	
જાતિ A	A1 પુરૂષ શિક્ષકો	155	304.10		6.94
	A2 સ્ત્રી શિક્ષકો	141	311.04		
મનોભાર B	B1 ઓછું મનોભાર	95	319.54	B1-B2	17.17
	B2 મધ્યમ મનોભાર	111	302.37	B1-B3	18.72
	B3 વધુ મનોભાર	90	300.82	B2-B3	1.55
માનસિક સ્વાસ્થ્ય C	C1 ઓછું માનસિક સ્વાસ્થ્ય	102	300.85	C1-C2	5.43
	C2 મધ્યમ માનસિક સ્વાસ્થ્ય	114	306.28	C1-C3	16.53
	C3 વધુ માનસિક સ્વાસ્થ્ય	80	317.38	C2-C3	11.10

1. શિક્ષકની અસરકારકતા પર જાતિ (પુરૂષ/સ્ત્રી)ની સાર્થક અસર જોવા મળી છે. (F મૂલ્ય = 4.01 > 0.05) અહિં પૂરૂષ શિક્ષકોની અસરકારકતાના પ્રાપ્તાંકોનો મધ્યક 304.10 છે. જ્યારે સ્ત્રી શિક્ષકોનો આ મધ્યક 311.04 છે. તેથી કહી શકાય કે પુરૂષ શિક્ષકોની તુલનાએ સ્ત્રી શિક્ષકો વધુ અસરકારકતા દાખવી શકે છે.
2. ઓછો મધ્યમ અને વધુ મનોભાર ધરાવતાં શિક્ષકોની અસરકારકતાના પ્રાપ્તાંકો વચ્ચે સાર્થક તફાવત પ્રાપ્ત થયો છે. (F મૂલ્ય = 11.98 > 0.01) ઓછો મનોભાર ધરાવનારાઓનો મધ્યક 319.54, મધ્યમ મનોભાર ધરાવનારાઓનો મધ્યક 302.37 અને વધુ મનોભાર ધરાવનારાઓનો મધ્યક 300.82 પ્રાપ્ત થયો છે. તેના પરથી તારણ કાઢી શકાય કે જેમ મનોભાર ઓછો તેમ અસરકારકતા વધુ તથા જેમ મનોભાર વધુ તેમ અસરકારકતાનું પ્રમાણ ઓછું જોવા મળ્યું છે.
3. ઓછું, મધ્યમ અને વધુ માનસિક સ્વાસ્થ્ય ધરાવનારા શિક્ષકોના અસરકારકતાના પ્રાપ્તાંકોના મધ્યકો વચ્ચે સાર્થક તફાવત જોવા મળ્યો છે. (F મૂલ્ય = 4.88 > 0.01) અહિં માનસિક સ્વાસ્થ્ય ધરાવનારાઓનો મધ્યક 300.85, મધ્યમ માનસિક સ્વાસ્થ્ય ધરાવનારાઓનો મધ્યક 306.28 અને વધુ માનસિક સ્વાસ્થ્ય ધરાવનારાઓનો મધ્યક 317.38 પ્રાપ્ત થયેલો છે. તેથી કહી શકાય કે વધુ માનસિક સ્વાસ્થ્ય અસરકારકતા સાથે વિધાયક રીતે સંબંધિત છે.

4. શિક્ષકોની જાતિ, મનોભાર અને માનસિક સ્વાસ્થ્યની આંતરક્રિયાત્મક અસરોની શિક્ષક અસરકારકતા પર સાર્થક અસર જોવા મળી નથી.

ચર્ચા :

1. શિક્ષકો અસરકારકતાપર જાતિ (પુરુષ/સ્ત્રી)ની સાર્થક અસર જોવા મળી છે. આ બાબતને લઈને થયેલા ઘણા સંશોધનો જાતિની બાબતમાં મિશ્ર પ્રતિભાવો દર્શાવે છે. કુલકર્ણા (2012)નોંધે છે કે પુરુષ શિક્ષકો વધુ અસરકારક જોવા મળ્યા હતા. કોરાબોરા (2011) નોંધે છે કે અસરકારકતા સાથે જાતિ સાર્થક સંબંધ ધરાવતું ઘટક નથી ગાલેલ હમદ અલનહદી (2013) નોંધે છે કે સ્ત્રી શિક્ષકો વધુ અસરકારકતા ધરાવે છે. રામકુમાર પાઠક (2023) નોંધે છે કે શિક્ષક અસરકારકતા પર જાતિની સાર્થક અસર જોવા મળતી નથી. આવા મિશ્ર પરિણામો જોવા મળે છે. ત્યારે કહી શકાય કે કોઈ જાતિ સિવાયના ઘટકો જેવા કે બુદ્ધિનું વધુ પ્રમાણ, ચિંતાનું ઓછું પ્રમાણ, જવાબદારીઓનું ઓછું દબાણ, સંતોષજનક કાર્યવાતાવરણ વગેરે અસરકારકતા સાથે સંકળાયેલા હોય. પરંતુ પ્રસ્તુત સંશોધનમાં જાતિ સાર્થક અસર જોવા મળી છે. સ્ત્રી શિક્ષકો વધુ અસરકારક છે. સ્ત્રીઓ પૂરી ચોકકસાઈથી, સંપૂર્ણ સામેલગીરી પૂર્વક શૈક્ષણિક કાર્ય કરી શકવાની પ્રકૃતિ ધરાવતી સામાન્ય રીતે જોવા મળે છે. તેથી સ્ત્રીઓ વધુ અસરકારક હોવાનું જાણવા મળ્યું છે.
2. મનોભારની તીવ્રતા શિક્ષકની અસરકારકતાના પ્રમાણને સાર્થક રીતે ઘટાડે છે. મનોભાર અને અસરકારકતા વચ્ચેના સંબંધ અંગેના અભ્યાસો મોટાભાગે આ પરિણામને સમર્થન આપે છે. કિવક અને કિવક (1979) નોંધે છે કે ભૌતિક પરિબળો, કાર્યના ઘટકો, ભૂમિકા સંદિગ્ધતા, આંતરવૈયક્તિક પરીબળોમાંથી મનોભાર જન્મી શકે અને તેની અસર કાર્ય ક્ષમતા પર થાય છે. મુથા (1980) દર્શાવે છે કે ચિંતા, સૌમ્ય મનોવિકૃતિ શિક્ષકોમાં બિન અસરકારકતા ઉત્પન્ન કરે છે વધુ મનોભાર સાથે નીચું સંસ્થાકીય વાતાવરણ, બંધિયાર શાળાકીય વાતાવરણ જોડાયેલું છે. જે કાર્યક્ષમતાને નિષેધક અસર કરે છે. ખુશાલી પટેલ (2021) નોંધે છે કે મનોભાર એ શૈક્ષણિક અસરકારકતાને નબળી પાડનારો મહત્વનો સ્ત્રોત છે. આ પરિણામો પ્રસ્તુત સંશોધનના પરિણામને સમર્થન આપે છે. મોટેભાગે મનોભારની નિષેધક અસરો જ અસરકારકતા પર જોવા મળી છે.
3. ઉંચું માનસિક સ્વાસ્થ્ય નોંધપાત્ર રીતે અસરકારકતાને વધારે છે. પટ્ટનાયક, મિશ્રા અને મિશ્રા (1993) નોંધે છે કે હેલ્પલેસનેસની અનુભૂતિ અને વધુ પડતું કાર્યદબાણ માનસિક સમસ્યાઓ સર્જે છે. તેથી અસરકારકતા જોખમાય છે. રાને (1993) ના અભ્યાસનું પરિણામ દર્શાવે છે કે માનસિક સ્વાસ્થ્ય, કાર્યસામેલગીરી અને સંસ્થાકીય વાતાવરણ વચ્ચે સાર્થક સહસંબંધ છે. પ્રિયંકા, આર.ડી. (2021) નોંધે છે કે માનસિક સ્વાસ્થ્યની સમસ્યાઓ નકારાત્મક રીતે શિક્ષક અસરકારકતા સાથે સંબંધિત છે. પ્રસ્તુત સંશોધનના પરિણામોનું સમર્થન પ્રાપ્ત થયું છે.

તારણો:

1. પુરૂષ શિક્ષકોની તુલનાએ સ્ત્રી શિક્ષકો વધુ અસરકારક જોવા મળ્યા.
2. વધુ મનોભાર ધરાવનારા શિક્ષકોની અસરકારકતા મધ્યમ કે ઓછો મનોભાર ધરાવનારા શિક્ષકોની તુલનાએ ઓછી જોવા મળી.
3. વધુ માનસિક સ્વાસ્થ્ય ધરાવનારા શિક્ષકોની અસરકારકતા, મધ્યમ કે ઓછું માનસિક સ્વાસ્થ્ય ધરાવનારા શિક્ષકોની તુલનાએ નોંધપાત્ર રીતે વધુ જોવા મળી.

ભલામણ:

આ દિશામાં વધુ મોટો નિદર્શ લઈને તેમજ દરેક પ્રકારના વિવિધ કક્ષાઓ અને માધ્યમોમાં કાર્યરત શિક્ષકો પર અભ્યાસ થઈ શકે. શિક્ષકોની અસરકારકતા સંબંધિત અન્ય ઘટકો શોધીને તેની અસર વિશે જાણી શકાય. શિક્ષકોએ કરેલ સ્વમૂલ્યાંકનની તપાસ તેમના વિશે આચાર્યો કે વિદ્યાર્થીઓએ કરેલા મૂલ્યાંકન સાથે તુલના કરીને વધુ સચોટ પરિણામો મેળવી શકાય. સંસ્થાકીય વાતાવરણ, કાર્ય સામેલગીરી, સમાયોજન, મનોવૈજ્ઞાનિક નિયંત્રણ જેવા ઘટકોનો અસરકારકતા સાથે સંબંધ શોધવા માટે અભ્યાસો હાથ ધરી શકાય.

મર્યાદાઓ:

અહિં પસંદ કરાયેલ નિદર્શ ખૂબ નાનો છે તેથી તેના પરિણામો સમગ્ર શિક્ષકોને લાગૂ પાડવામાં જોખમ રહેલું છે. અહિં માત્ર ગુજરાતી માધ્યમોની શાળાના શિક્ષકોજ પસંદ કરવામાં આવ્યા હતા. અન્ય માધ્યમો પસંદ કરીને તુલનાત્મક અભ્યાસ કરવામાં આવ્યો નથી. અહિં તુલાઓ પરના સમગ્ર આંકને જ ધ્યાનમાં લઈને આંકડાકીય વિશ્લેષણ કરવામાં આવ્યું છે. ઘટકવાર પ્રાપ્તિઓ પણ પ્રાપ્ય હતા પણ તેનો ઉપયોગ કરવામાં આવ્યો નથી. જાતિ, મનોભાર અને માનસિક સ્વાસ્થ્ય સિવાયના અન્ય વ્યક્તિગત પરિવર્ત્યોની અસર ચકાસવાનો પ્રયત્ન કરવામાં આવ્યો નથી.

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COVID-19 Suicide Cases Challenges for India Economically in Terms of Poverty

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Abstract:

Suicide is the 15th leading cause of death worldwide, with over 75% of suicides occurring in low-income and middle-income countries. Nonetheless, evidence on the association between suicide and poverty in low-income and middle-income countries is scarce. We did a systematic review to understand the association between suicidal ideations and behaviours and economic poverty in low-income and middle-income countries. Many suicide cases of Indian COVID-19 get attention from news and social media, even though no particular study has significantly assessed COVID-19's causal factors for suicide. Therefore, 125 COVID-19 suicide cases are covered by current research aged 19 to 65 years; 63 cases were males. The causes of suicide include Fear of COVID-19 after financial problems, sole, social boycott and quarantine pressures, COVID-19 positive, work-related stress, incapacity for lockdown and incapacity to get alcohol. Fear of COVID-19 Given the severe psychological effects of COVID-19, extensive tele-mental health services throughout the country are urgently needed.

Keywords: Suicides, health, COVID-19, poverty

Introduction

COVID-19 has become a significant global mental health issue. Including past pandemics, the general populace and the professional health and care providers both reported inexplicable emotional pain like sorrow, fear, worry, concern, stress. In addition, a non-representative research with just 125 cases showed that the overall COVID-19. While relationships between poverty and mental health in LMICs are receiving increasing, although still inadequate, research attention, the evidence base for the association between suicide and

poverty is concentrated in high-income countries. Sociological theories on the association between economic circumstances and suicide are long standing with evidence suggesting that a lifetime of poverty is protective, whereas a sudden downturn in material fortunes increases risk. Economic and epidemiological theories of suicide have built on these ideas. It is well established that suicidal behaviour is associated with mental illness and individual personality factors, nonetheless the relationship between suicide and mental ill-health is complex. At the macro level, socio-cultural, economic and contextual factors also play a significant role in the aetiology of suicide, such as a positive association between unemployment and completed suicide, and between economic crises and suicide. Add to this new normal, ill-health, joblessness, financial crises and the everyday stresses that people anyway had to deal with and the COVID-19 tunnel stretches dark and seemingly endless with no light at the end of it. Between March and August, we got 142 calls from depressed people. A majority of the callers were facing economic, family or mental health related issues and wanted to end their lives, he said. Using micro data from nationally representative household and labour force surveys, we study the impact and drivers of poverty and inequality in India during the pandemic. We have three main findings. First, India has made significant progress in reducing poverty in recent decades, but the economic downturn associated with the COVID-19 pandemic is estimated to have temporarily increased poverty and inequality. Second, education and employment status seem to be the main factors associated with poverty and income/consumption changes. Finally, the government's expansion of food subsidies has likely played a significant role in mitigating the increase in poverty during the pandemic.

Gujarat-based psychologist Prashant Bhimani said the economic crisis is fuelling "suicidal thoughts".

Suicidal Cases reported in the Indian Newspapers

Number of Cases	Suicide date/ Victim's state/City	Gender	Suicide Reason
90	March to August, 2020 Gujarat	NR	Tested positive for coronavirus
1	Bangluru 1 April, 2020	Male	Tested positive for COVID-19
1	March, 2020 Kerala	Male	Unavailability of alcohol due to lockdown

1	May, 2020 Punjab	Male	Unemployed due to Covid-19 lockdown
1	May, 2020 Jammu & Kashmir	Male	Fear of COVID-19 infection
2	September, 2020 Uttar Pradesh	Male	No work and were stressed

Source: Suicidal Cases reported in the Indian Newspapers

Socio- Economic Correlated of Suicidal Behaviour

Durkheim's sociological perspective established a tradition for considering socio-economic factors associated with suicide. Durkheim provided evidence of correlations between suicide and measures of social integration and social regulation, defined as the moral and normative demands of society on individuals. Durkheim theorised that equality in income and wealth was protective against suicide; he argued that income inequality threatens social integration and results in anomie. Durkheim also speculated that poverty may be protective against suicide since affluence could lead people to believe they are dependant only on themselves, which may engender feelings of anomie and social disintegration. Durkheim's ideas, together with the literature documenting the impact of economic factors on health have spurred a substantial body of research describing the relationship between suicidal behaviour and economic conditions, particularly in HICs. The strength of the association between suicide and poverty appears to be a function of a range of socio-demographic, geographic, and cultural factors. Studies focused on sub-groups of the population, such as the young, reveal associations that remain hidden when examining data at national level. For example, materially deprived rural men in Portugal were more vulnerable to suicide than the general population following the recent economic crises. Socio-economic variables can also be protective against suicide. For example, the initial impact of the recent recession on suicide was buffered by the strength of family networks in Portugal and Spain. Similarly, the availability of social welfare safety nets in Nordic countries exposed to economic uncertainty after the collapse of the Soviet Union appeared to be protective against suicide.

Economic Consequences of Suicide

Suicidal behaviour is not only a human tragedy; it has adverse economic consequences, particularly in resource scarce environments. There are economic costs associated with the morbidity and mortality caused by suicidal behaviour. Morbidity and mortality not only leads

to a loss of productivity with financial implications for the individual and their family, but attending to suicidal individuals also requires resources. In this context it is significant that rates of suicide peak among the working-aged. Recent estimates from the USA suggest that the annual cost of suicidal behaviour in 2013 was \$58.4 billion. The USA analysis conservatively estimates a mean cost of just over \$1 million per suicide; other estimates that include broader costs in Scotland, Ireland and New Zealand place the mean cost per suicide at \$2.5, \$2.3 and \$2.1 million respective. Little is known about the costs of suicide in LMICs, even though LMICs account for the majority of the top ten suicide rates worldwide.

Covid-19 and Government of India

The COVID-19 issue could not have come at a better moment for the BJP administration, which large-scale demonstrations had shaken after the passing of the Citizenship Amendment Act (CAA) in December 2019. The Act facilitates the grant of Indian citizenship to non-Muslim minority religions from Afghanistan, Bangladesh, and Pakistan, but does not apply to Muslim applicants. It is the first time that ethnic stereotyping, which is explicitly prohibited by the Indian Constitution, has been used to deny Muslim applicants' citizenship in India. The National Register of Citizens (NRC), a ruthless bureaucratic activity conducted in the north-eastern state of Assam that endangers almost two million people with statelessness, will be enhanced to entirely cover the country, Indian Home Minister Amit Shah announced in the Indian Parliament in the summer of 2019. The lockdown has inevitably caused a repression as well. Senior BJP leaders have vilified all Muslims and prompted concerns of the "Corona-jihad" following a March 2020 finding of a COVID-19 cluster of cases traced from Tablighi-Jamaat, an Islamic organisation headquartered at New Delhi. It has targeted Muslim minority throughout India (Jain, 2020; Mathur, 2020). It also covered the erosion of the key legal protections for Indian work — some authorities have passed ordinances authorizing the 12-hour working day and removing grievance remedies. These attempts are predicated on a widely held conviction that labour friendly rules have hit India's industrialization, a concept that is categorically rejected by economist Aditya Bhattacharjee's comprehensive explanation. COVID-19 has enabled the ruling party to detain and punish students from universities and public figures who have been speaking out against CAA-NRC-NPR anti-Muslim machinery with impunity earlier this year. The space provided by this movement for hope falls farther away with the passage of each day.

The first phase of lockdown lasted from March 25 through April 14, 2020. The second phase ran from April 15, 2020, to May 3, 2020, while the third phase ran from May 3, 2020, to

May 17, 2020. According to a recent study from the Health Ministry, 82 percent of cases are presently from 10 states, with 66 percent of COVID-19 cases coming from 50 districts throughout India. As of April 15, 2020, the number of cases in India has risen quickly, with 11,855 experiencing exponential growth. Maharashtra has the most instances in India, followed by Tamil Nadu and Delhi. The Indian government has adopted several additional preventative steps to limit and reduce the spread of coronavirus. On March 22, from 7 a.m. to 9 p.m., the country was subjected to a Janta curfew, followed by the announcement of a national lockdown phase 1.0. During the phase 1.0 lockdown, all industries, schools, universities, offices, and government officials stayed closed; only necessary goods were permitted. Medical insurance is also given to all healthcare professionals who worked during the epidemic, including physicians and nurses. In addition, the government provides enough information regarding impacted instances and recommendations for public protection (MOHFW, 2020). However, India's lockdown, issued with just four hours' warning on March 24, has been considered one of the world's most severe.

Discussion

Considering the above-mentioned suicidal cases caused by COVID-19, it is apparent that the majority of Indian instances are the result of the economic crisis due to long term nationwide lockdown. Though prior case studies from India and its neighbouring countries, like Pakistan and Bangladesh, indicated that the foremost few suicide cases due to COVID-19 were reported to be motivated by dread of infection and social boycott (Goyal, Chauhan, Chhikara, Gupta, & Singh, 2020; Mamun & Griffiths, 2020; Mamun & Ullah, 2020). In addition, societal isolation, distance, and financial hardship have been linked to suicide risk in another non-representative research (Thakur & Jain, 2020). On the other hand, the current research offers a more rigorous COVID-19 suicides statistic on economic recession in the general population that was not published in the earlier studies by Thakur and Jain (2020) and Dsouza et al. (2020). Like India, research conducted in another developing nation (Bangladesh) found economic hardship in all but one suicide Economic recessions are described as financial crises, typically assessed in terms of GDP and unemployment rate, which reduces the economic productivism (Oyesanya, Lopez-Morinigo, & Dutta, 2015). Disruptions to the market recession led to lower GDP and higher national unemployment rates. Based on the magnitude of relative and asset-related risks, economic recessions are regarded a significant effect on people's mental health and wellbeing. According to cone study, joblessness and unemployment substantially negatively impact psychological wellbeing problems such as hopelessness, fear, and anxiety

(Rafi, Mamun, Hasan, Hossain, & Gozal, 2019), that serve as mediators of the successful suicidal attempt (Mamun and Griffiths, 2020b). A comprehensive analysis of 31 worldwide researches found a link among economic downturn and higher successful suicidal attempts rate (Oyesanya et al., 2015). The present findings nevertheless confirm the previous research of increased suicide rates due to the financial crisis and economic problems in lockdowns. Current suicide statistics from India are clenching the nation and raising worries in other emerging and impoverished countries across the globe. Globally, it's estimated that 55% of the population does not have sufficient social security; such deficits impact education, civil rights and fundamental food security and nutrition across society (UNDP, 2020). During the Pandemic period of COVID-19, this kind of data threatens in increasing unemployment, scarcity, and hunger in the months to the fore, which are the leading causes for psychological miseries and suicidal attempt completion in severe instances. However, we have no idea how long this epidemic will go, how many individuals will go hungry, how much casualties will occur, and when this catastrophe will end (Mamun and Griffiths, 2020a). Contrary to this, national and international establishments must concentrate and assist the underprivileged voluntarily. Furthermore, no-interest and voluntary moratorium on EMI loans may be given to reduce financial recessions and responsibilities if free aid is not available due to the world's limited resources. Finally, all prior loans should give a moratorium until the conclusion of the COVID-19 epidemic to fight the economic crisis. While suicide is a crime that has a connection to the social issues, including the fear of bullying, harm and social rules, and complicated lawsuits, the study may be limited in the country under the Crime and Tracking Network and the Systems, the Bureau of National Crime Records, the Indian Code of Penal Procedure (IPC) 1860. Despite its limitations, the present study provides fresh lock-down and recession data, which have not before been investigated by reporting all available suicide-related instances by the Indian COVID-19. It is also intended to help safeguard the disadvantaged by bringing national and international authorities' attention to the present outcomes.

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- And trauma. Adjustment disorder (Ahorsu et al., 2020; Frank, Fatke, Frank, Förstl, & Hölzle, 2020;
- Mamun & Ullah, 2020). In extreme cases, these mental distresses accounted for about 90% of
- Suicides globally