

# A Psychological study of Mental Health of Cleaners Employees of Vadodara city

Name of the presenter: Dr.WINSTON DUNN

Designation: Assistant Professor

Shah K.S. Arts and V.M. Parekh commerce College, Kapadwanj, 387620

Department of Psychology

Sub Themes: Perspective in community mental health

## ABSTRACT

The present study purpose of cleaners employees men. Were they mentally healthy or not mentally healthy on the duty time? In study were in Vadodara city, were on duty check out 40 employees (20 contract based and 20 corporation employees) mental health. For this information Dr.A Jansari and Dr.H.D.Badami and Dr.C.H. Badami used "Mental Health Analysis Questionnaire (Revised) for these generating data. The Man-Whitney "U" test was used to analysis the data for dimensions implies that contract base employees and Vadodara corporation employees comprise they were more negative scenes in contract base employees. There was no significant difference between the positive scenes of contract base employees and corporation employees.

Key words:-

Employees, Cleaners, contract based, corporation based

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Name of the presenter: Dr. Arvindgiri K. APARNATHI

Designation: Assistant Professor

Shah K.S. Arts and V.M. Parekh commerce College, Kapadwanj, 387620

Department of Psychology

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## **Introduction:**

In this modern times people lose their physical strength because of that they even losing their mental health too and become patient of psychosomatic disorder. Because of that all are become more aware for mental health as compare to physical health. Here we all have a question "What is mental health?"

A state of well-being in which every individual realises his or her own potential, Can cope with the normal stresses of life. Can work productive and fruitfully, and is able to make a contribution to his or her community" → WHO

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 related to other and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

In modern times when a person carries burden of work it adversely affects on his physical and mental health. All the works and activities of a person affect on his health. The health of persons with constant burden of work and engaged in profession which affects physical and mental health which has been studies in the present study.

## **Problem of study:**

A Psychological study of Mental Health of Cleaners Employees of Vadodara city

## **Objectives of the study:**

- 1) To find out and compare the negative science to mental health of contract base cleaners employees and Vadodara corporation cleaners employees.
- 2) To find out and compare the positive science to mental health of contract base cleaners employees and Vadodara corporation cleaners employees.

## **Hypothesis:**

- 1) There is no significant difference between contract base clearance employees and Vadodara corporation clearance employees on negative scence of mental health
- 2) There is no significant difference between contract base clearance employees and Vadodara corporation clearance employees on positive scence of mental health.

**Variables:**

- 1) Independent variables: in which sector do cleaners work?
- 3) Dependent variables: Mental health Analysis questionnaire

**Sample:**

“Sample means the random selection of population.” The sample for the present study was drawn from the contract base clearance employees and Vadodara corporation clearance employees. Located in Vadodara cities, Gujarati state. The sample consisted of total 40 men Cleaners employees. (20 contract base clearance employees and 20 Vadodara corporation clearance employees) age group of 20 to 35 years.

**Tools:**

In the present study measure the Mental Health. “Mental health Analyses questionnaires.” by Dr. Ashwin Jansari and Dr. H.D. Badami and Dr. C.H.Badami Ahmedabad was used which is very reliable in this questionnaire.

**Statistical Technique:**

Mann-Whitney “U” test was applied to know the significant differences between mental health of in w

In which sector	N	Rank	U	Z	Level of significant
Contract base	20	534	76	4.33	Significant
Vadodara corporation	20	285	325		

hich sector do cleaners work?

**Table 1**

**Result and Discussion:**

**Table No. 1** Shows the Rank difference, “U” and Z -value and significant level of cleaners employees in which sector on negative scence of mental health.

Shows negative scence of mental health of contract base cleaners employees and Vadodara corporation cleaners employees. For contract base cleaners employees obtain rank is 534 and “U” is 76 and Vadodara corporation cleaners employees obtain rank is 285 and “U” is 325 for both groups “Z” value is 4.33 its level of significant is 0.01

The result show that there is a significant difference in the negative scence of mental health, it Rank level of negative scence of mental health is more in contract base cleaners employees than Vadodara corporation cleaners employees. The reason for contract base cleaners employees to deal with maximum amount of stress as compared to the others. They shoulder family responsibilities as well as have cope with their job due to which negative impacts arise. A part from this is can be said that low wages and job insecurity among contract base employees also affect etc. Maybe effect to contract base cleaners employees. So reject Hypothesis No.1.

**Table 2**

**Table No.-2**

Shows the Rank difference, "U" and Z -value and significant level of cleaners employees in which sector on positive science of mental health.

Shows positive science of mental health of contract base cleaners employees and Vadodara corporation cleaners employees. For contract base cleaners employees obtain rank number is 427 and Vadodara corporation cleaners employees obtain rank number is 257. "U" for contract base employees 183 and Vadodara Corporation employees 353 for both group "Z" value is 0.59 its level is not significant.

With reference to the hypothesis No.2 The result show that there is no significant difference between the Rank level of positive science of mental health of contract base cleaners employees and Vadodara corporation cleaners employees. It can be interpreted that is no effect of in which sector do cleaners work on positive science

In which sector	N	Rank	U	Z	Level of significant
Contract base	20	534	76	4.33	Significant
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of mental health. That's why the fact of hypotheses is accepted.

**Conclusion:**

- There is a significant difference between content bases cleaner employees and Vadodara corporation cleaners employees regarding negative science of mental health is more in contract base cleaners employees than Vadodara corporation employees.
- There was no significant difference between contract bases cleaner employees and Vadodara corporation cleaners employees regarding positive science of mental health.

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