

A COMPARATIVE ANALYSIS OF THE DIFFERENCES IN MENTAL HEALTH IN WOMEN AND MENTAL HEALTH IN MEN

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Abstract

Mental health and well being is the main thing which makes the human body production or the cells in the body gets active out of that. However the current scenario is not like that the mental health of men and women are different and having a lot of negative things happening that are affecting the brain to produce less. The current study is going to develop the comparison of the mental health of men and women and the different impactful aspect related to the different aspects of the mental health and its vacillations. The study is also going to verify the current colleges of another impact on the mental health and their related consequences. The study is also going to provide the statistical information about the live reviews of different options regarding the same topic.

Keywords: *Mental health, Anxiety, Depression, Mental instability*

Introduction

The civilized society in this modern generation is running very fast with the help of several inventions of various technologies. Thus it is also very well proven that human intelligence is going to its highest place. The majority of human beings are busy with doing something which is very innovative or productive in terms of the particular factor. Men and women both have equal contributions towards development which is providing the facilities to complete several tough tasks. However, there are several gaps which are present in the intellect of men and women, proved by the researchers on the same topic. The current study is going to comparatively analyze if there is any type of differences present between the mental health of men and women. The study is not only going to focus on the currently available secondary data available, but also it is going to take different reviews from different men and women to understand the actual view of the live people.

Aims and objectives of study

The aim of the study is to analyze comparatively analyze the mental health of men and women in terms of solving different problems of the regular life of different more difficult tasks.

There are a few objectives that are going to be achieved while competing in the study. Like...

- a. To understand the similarities and differences in mental health between men and women.
- b. To determine the reasons behind the differences in mental health between men and women.
- c. To find out the gender differences in mental health
- d. To find out the challenges regarding human mental health for both men and women

Scope of study

The study might be beneficial for providing the best outcomes about the reason for the differences in mental health among men and women. Along with that, the study might be helpful to understand gender differences, challenges and possible solutions to them. Thus t future researchers might be helpful with the fresh data that is going to provide within this study.

Review of Related studies of the Topic

Similarities and differences in the mental health of men and women

There are several similarities in the mental health of men and women like both genders have the ability to tackle various challenges in life (Wang et al.2021). The learning capacity of various types of things are quite similar, so both genders agave the ability to tackle down different things in life. Both genders have a quick response capacity to any emergency felt by the brain. However, there are a few differences that are also available in terms of male and female perspectives. Like...

- a. Adolescent girls have major tendencies of having disorders of the mind to tackle the pressure and the suicidal tendency in the brain along with depression and constant demonization the

major thing found in th females, but the mile have the possibility of anger stress and furious in terms of their level of stress and anger.

- b. Teenage girls have the possibility of inward anxiety problems, whereas boys of the same age have the impatient to burst out about their inner feelings.
- c. In adulthood women have the possibility of having depression or any type of mental stress while they are in negative situations, however, at that moment of discomfort men used to consume bad substances in major cases.

| | Mining (n) | Mining (%) | Other occupation (n) | Other occupation (%) |
|------------------------------|------------|------------|----------------------|----------------------|
| Relationship problems | 25 | 59 | 71 | 45 |
| Pending legal matters | 3 | 7.5 | 15 | 8.5 |
| Financial matters | 3 | 8.5 | 18 | 7.5 |
| Recent employment | 1 | 7.6 | 13 | 13.5 |

Table 1: various reason of mental stress
 (Source: Wang et al.2021,p.67)

The reason behind the differences in the mental health of men and women

According to different psychology experts or neuroscience professionals, the different aspects related to the different reactions of men and humans in terms of getting depression or having anger issue is due to the mentality of both human genders. In most cases, the different types of reactions are due to their assumption of abnormal reactions due to the cultural ideas of masculinity ad Feminist (Plana-Ripoll et al.2019). So both genders gets extremely intolerable for their actions.

It also assumed by most men and women that every one of them has the space to burst out with their internal feelings about any topic, Thereafter its is reported by different studies in the United States have that women have the most percentage of depression and negative stress, so the bursting out of feelings or the going inside of themselves by getting extremely depressed becomes the best solution for them. On the other hand, the men used to cry or yell with anger, so the difference is not only thinking about their feelings or the expressing the feelings also gets diversified.

| | Male (N) | Male (%) | Female (N) | Female (%) | Total (N) | Total (%) |
|-----------------------------|-------------|-------------|---------------|---------------|--------------|--------------|
| Substance related | 16 | 14 | 15 | 11 | 31 | 25 |
| Mood disorder | 33 | 30 | 14 | 10 | 47 | 40 |
| Personality disorder | 10 | 21 | 44 | 14 | 54 | 35 |

Table 2: various problems occurs for mental disorder
 (Source: Plana-Ripoll et al.2019,p.12)

Apart from all these aspects, the internal hormones or other internal things makes the body go through pain, mood swing or major depression or lethargic situation of the body, so in the situation of stress or any either negativity in th female body the action against that becomes very hard compared to men, thus the difference gets deeper.

Evidence on Gender Differences in Mental Health of men and women

To design a systematic theory Freud was most probably the first to compare the mental health of men and women. Physically men are better than women, is held by the Freudian theory. This view persists among many (Maser et al.2019). The debate started with Freud’s approach for these reasons. A separate sense of self is acquired by humans such as an ego and a superego in the course of different stages of improvement, as posited by Freud. An event takes place which outlines the starting of a progressive distinction among the genders in the nature of the self. This event recognized the children’s differences in genitals among males and females and the sight of female genitals dined by the boys at this point. This finding is a huge crisis for girls in their development (Hacimusalar et al.2020). The penis of a brother or playmate is noticed by a girl who is extremely visible and large in the segment. The natural outcome of this crisis for girls is wrath and irritation towards their mothers for guiding them into the world ‘so well-equipped.’ consequently the primary love of the girl turners into their father from their mother.

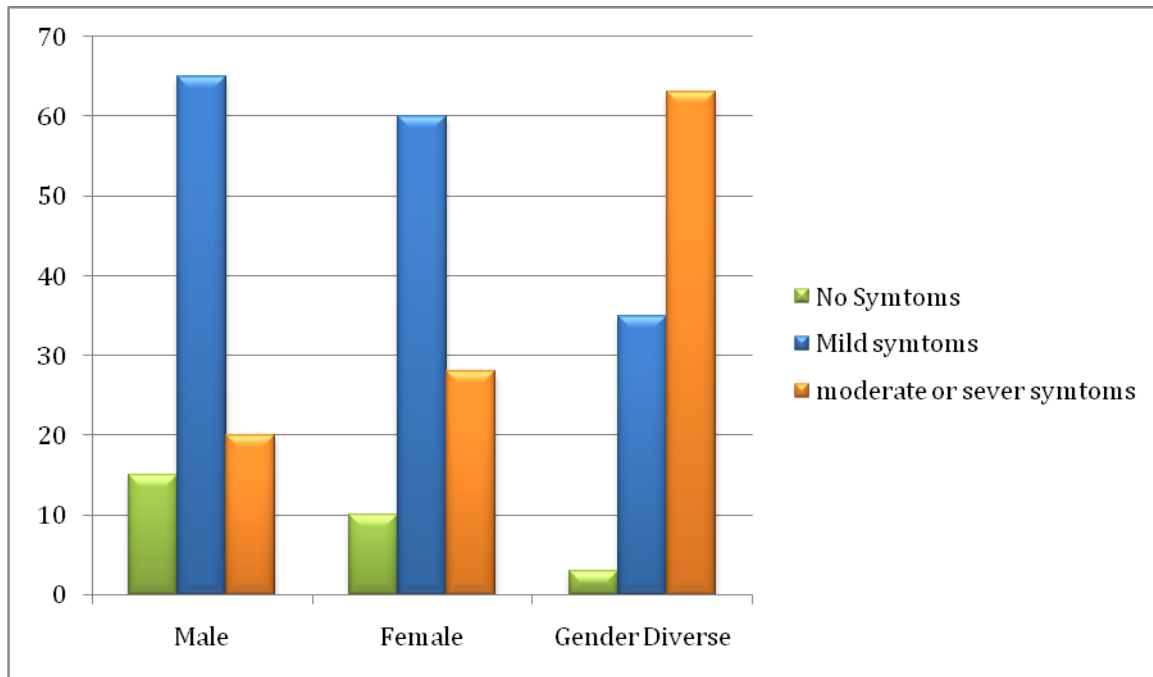


Figure 1: various symptoms and their quantity according to gender
(Source: Rimes et al.2019,p.56)

The dynamic of improvement is less complicated for the boys. In the phallic stage, the crisis of boys comes when the attachment of the boys to their mother intensifies and becomes more physical in tone. The Oedipal situation is created for boys when the desire for the mother and the resulting competition with the father constitute. The parents frightened the boy with castration to try to deflect this situation that is taken seriously in the time of recalling the earlier sight of the genitals of females (Rimes et al.2019). As a result of the castration complex, the boy recognizes that the girl has been castrated and therefore they believe that the threat is real to himself. The Oedipus complex is repressed by the boy and the boy recalls his wishes for possession of the mother. The child identified the authority of the father and the position he will achieve someday as the substitution for the loss. The basis for the superego or conscience is formed by the identification of the morals and standards of the father. The girls and the boys can swing off these natural ways of improvement through these several ways. Women are undersized in both ego and superego improvement according to Freud. These theories which are discussed above are examples of the general views on gender and mental health.

Best Situations for Mental Health of Men and Women

Based on the evidence which is presented, some conditions are pointed out which are positive for both men and women. Mental health can be benefited from greater power and reasonable levels of demand. Thus, for both men and women, full-time employment is one positive situation when there are no kids at home (Agberotimi et al.2020). Part-time employed women with kids also seem to be

in a good shape. For those women who are employed in a full-time job and have kids also, if they have proper security or arrangement for their kids at home or if their husbands share in the domestic labor, specifically in the time of higher pressured tasks.

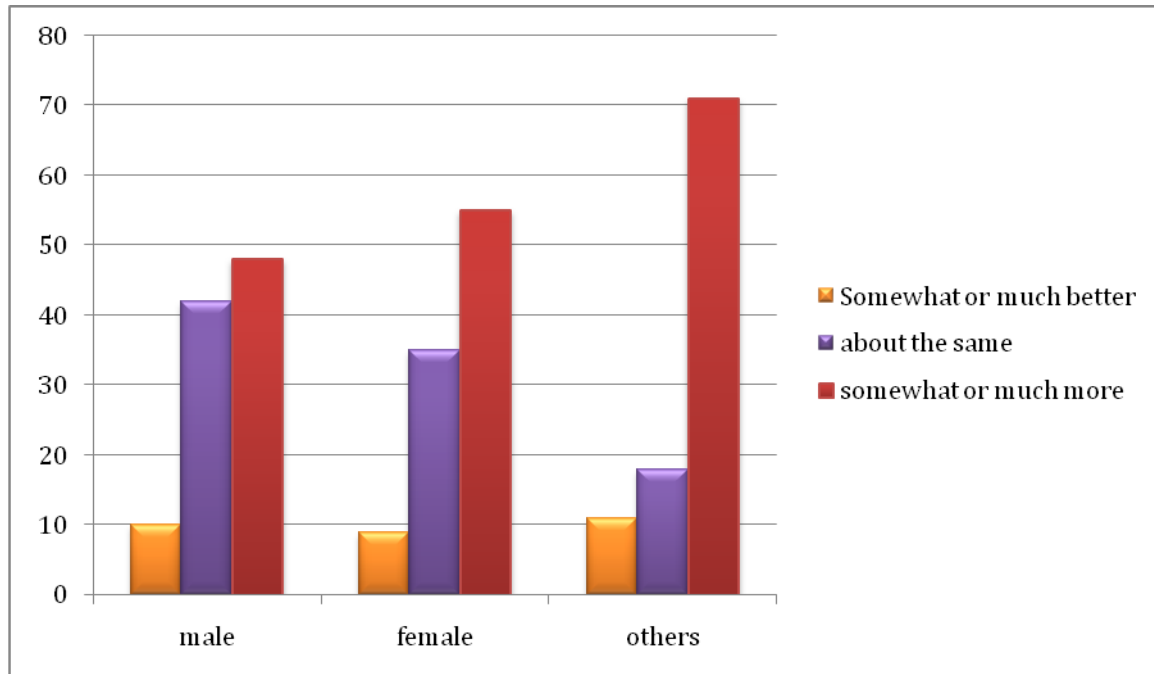


Figure 2: possibility of symptoms of metal disorder by gender
(Source: Agberotimi et al.2020,p.55)

Gain and lose for both men and women from the same conditions, one gender is benefited with the danger of trading off at the amount of the other. This is evidence that when the income of the women who are married increases their happiness both moods and feeling about their marriage. In the workplace, the autonomy and the complexity of the high jobs and low time pressure is also the most positive situation for the mental health of both men and women. In other research, it is shown that positive conditions of a job can even the negative arrangement of the family (Pieh and Probst 2020). Especially high autonomy and low pressure in jobs can reduce the stress of women and they can also manage their job and families and the negative effect on their children will be reduced. Certain types of social relations are also beneficial for both men and women.

Explanation of Gender Differences in Mental Health

The majority of the gender difference in the mental condition of different people is due to various gender risk factors like women having more anxiety or stress in order to achieve income equality in society compared to men. The low social ranking, un-protective child care of girl child, violence based on gender or any other socio-economic disadvantages affecting the women, thus the women are running for different types of mental disorders. Like...

- a. Anxiety: It is likely proved by several studies that the women are likely to get more suffering from General Anxiety Disorder (GAD) (Huang et al.2020). The above-mentioned reasons towards women ask them to feel depressed and then the body and mind get suffered from mental diseases.
- b. Depression: As both men and women have several types of negativity in their life, thus the constant struggle to conquer the problems are making them feel lonely while dealing with those problems, the majority of men and women are having the problem facing the majority of the time. Depression is a thing that cannot be determined in the early stage, but after it grabs the entire portion of the mind and activity of that person, it is then get notified by the person (Wang et al.2020). The reason behind depression in men is likely not achieving the target or goal of life that is been taken by them or feeling of loneliness might make a depressed in most cases, in females due to might be more internal to their body, almost every woman works everywhere to have the problem of panic attack very frequently. The attack makes the depressed without knowing about the condition.

Men and women have almost everything the same in their brains or the hormones related to the mental functioning of the brain but different types of external things happening to them are making them obsessed with many things and their mental health gets disturbed, but the operating power is way too much in the women compared to men (Wang et al.2021).So they can get more time to get out of that mental condition without taking any wrong decision, but for men, it leads to negative results.

Various challenges of Gender differences affecting human mental health

Various challenges related to different genders are making the process more difficult for both men and women to get survived different negative conditions of the mind or brain. Gender difference is leading to condition worse in various sectors or working chapters of the people available for the job. Like...

1. The majority of women are getting negatively affected by gender racism compared to male workers. The majority of the workers women are still not provided very strong or difficult jobs only due to their gender. They are mainly asked about their capacity only due to their gender (Wang et al.2021). This makes them very depressed due to not getting an equal position to evolve to their best position in the company.
2. Not only in companies the majority of the women are working not with the best outcome of them but only in a concessional post, thus they are getting mentally depressed as they are running behind in social stability in terms of respect and money. Most self-independent women do not have the socio-economic stability in their life, still, give their 100 % to the working organization.

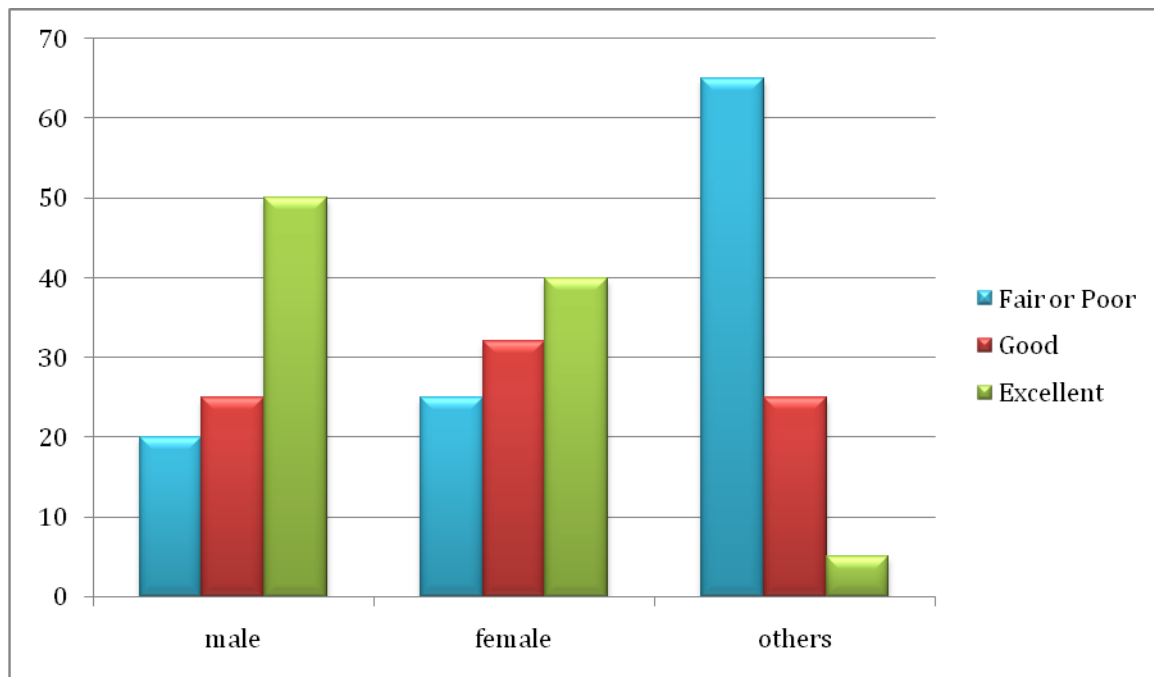


Figure 3: possibility of recovering from mental disorder
(Source:Kiely et al.2019,p.35)

All this negativity makes the women extremely dull and disturbed mentally, but for men the picture is a little different; their point of depression is due to the social and economical growth and growth in the number of achievements. These all things make them extremely depressed and imbalanced. For men, the challenges are like this...

- a. Men are extremely filled with different types of high standard mentality and their achievement to build a social standard. Eventually, their achievement is not achieved by them every time and then they get depressed (Kiely et al.2019). Men mostly start to consume bad substances to forge their mental condition for a certain period of time. But that kills them very slowly if that habit gets continuity.
- b. Apart from the economic portion men are mostly highly sensitive, so the failures in life are not taken by men very effectively, thus most of them get into depression. They get locked in their room, and eventually, they become mental sickness with different conditions of the mind.

Methods

The current study is getting developed on the topic of mental health and its comparative analysis among men and women. As there are various types of mental disorders which are attacking the human brain due to different types of environments being faced by men and women in India? There are various methods for tools are used to gather the data and then analyze it.

Data collection:

The current chapter is developed by taking different reviews from almost 100 participants via an online survey via Google forms. Among them, 50 are men and the rest are women working in different sectors. The primary data collection is mainly used for the collection of different participants. However, some data collection is also taken by the secondary data collection method, where the majority of the data is taken from various journals, books, references or other published materials relevant to the exact topic.

Data Analysis:

The current study is developed by taking different types of data from different sources, the majority of the data are taken from the secondary data collected from different sources of printed media and many more, that type of data is mainly analyzed with qualitative data analysis where the quality, relevance and the updated publication of the data.

Another part of data where the 50 participants are been involved to get their reviews about certain questions related to mental health and its different portions are analyzed with the quantitative data analysis, where the majority of the data is analyzed with the number of reviews supporting a particular portion about the subject hidden in the questions.

The questions that were asked to the participants in the survey are...

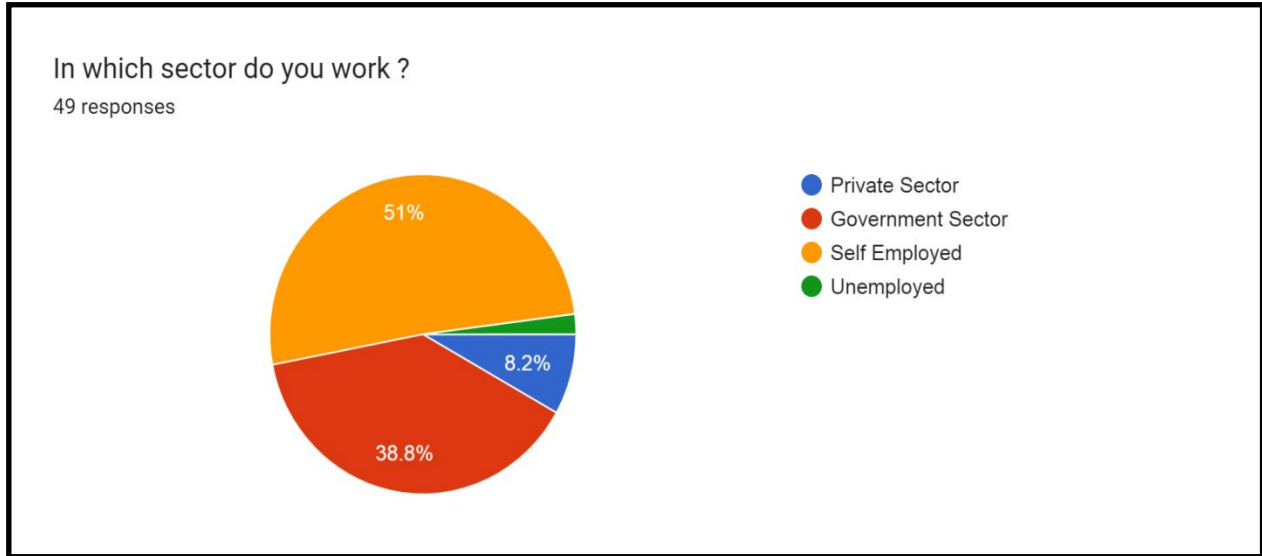
- a. **What is your age?**
- b. **In which sector do you work?**
- c. **How long have you been employed there?**
- d. **How far do you agree that you might have achieved more in your work compared to your current position?**
- e. **How far do you agree that mental health is highly connected with the daily operations you deal with?**
- f. **How far do you agree that the mental health of men and women is negatively affected by stress, depression and sudden panic attacks?**
- g. **Who do you think has better mental health compared to the other gender?**
- h. **Who do you think has the better toleration limit for mental stress and depression?**
- i. **How far do you agree that gender differences can affect mental health?**
- j. **How far do you agree that external challenges can affect the mental health of a person?**

Results and Discussion

The results that came after the reviews about the questions received from the participants are like...

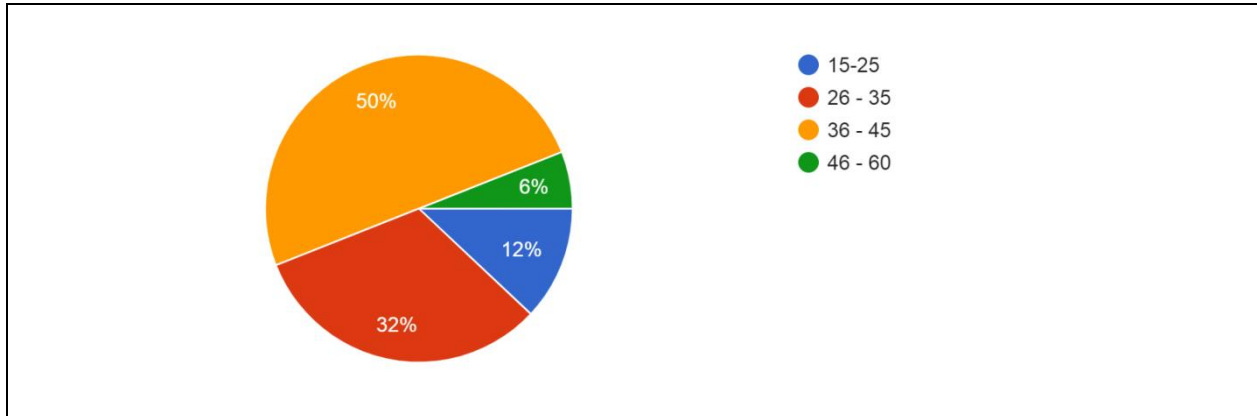
1. In which sector do you work?

The majority of the participants are self-employed which is 51 % then comes the government and private sector employees who participated in the survey, thus it is clear that the majority of the



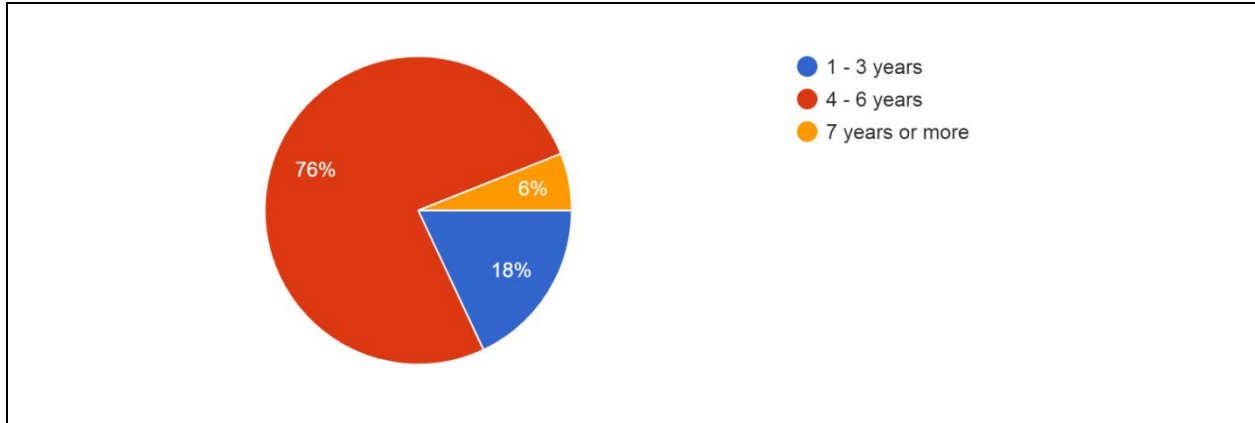
responses related to mental health are coming from the most mentally tense community people, which makes it more important among them very few are unemployed too, so the stress factor is attached with that person too.

2. What is your age?



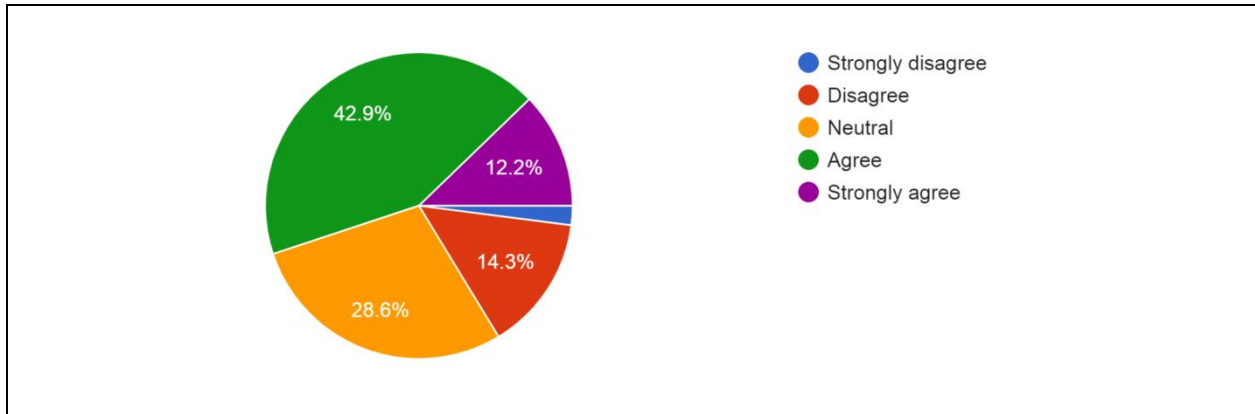
In the second question about age 50 % of them came from the 36-45 age category, so it gets clear that the majority of them are experienced and the review about mental stress is getting more value, the other participants 32% of them are from 26-35-year-old category and the 15-25 and 46-60 category aged people are 12 and 6 % respectively.

3. How long have you been employed there?



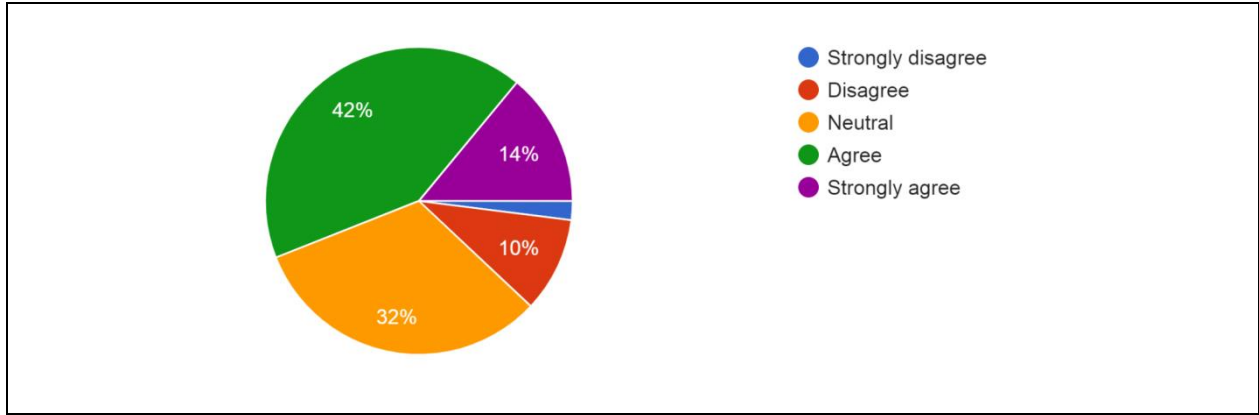
The third question is about their experience in the job, there almost 76 % of people are working for almost 4-6 years. Thus the working experience can make them able to understand the seriousness of mental health and stress in the job sector. Other people are 18 % of them are 1-3 yeast experience and the rest of them are 7 years or more experience.

4. How far do you agree that you might have achieved more in your work compared to your current position?



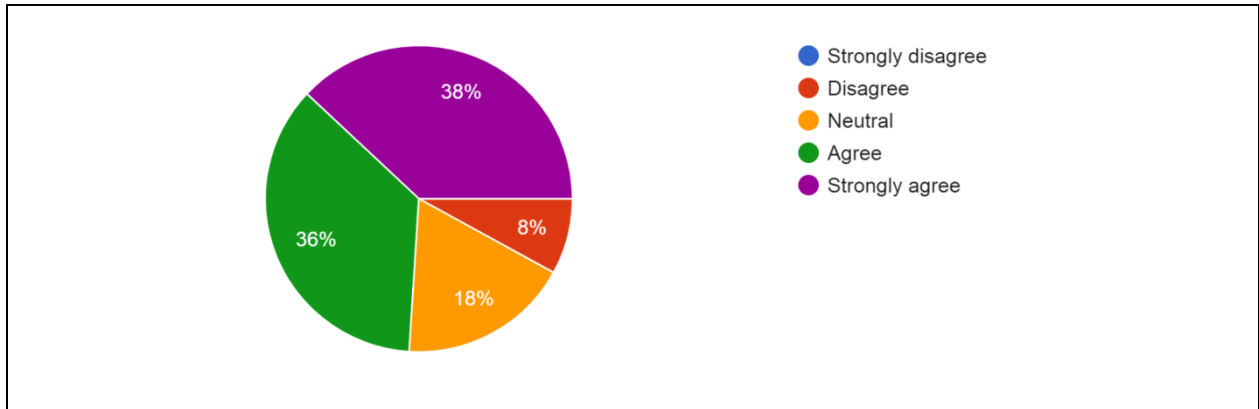
The majority of the participants answered the question about their achievement in the work about that which might have to get better compared to the current position almost 42 % of them have provided agreed and 12 % agreed strongly. However, 28 % of people are neutral on that question and the rest disagreed about the question, which indicates that most of them think that they might have gotten more in their job but are still deprived.

5. How far do you agree that mental health is highly connected with the daily operations you deal with?



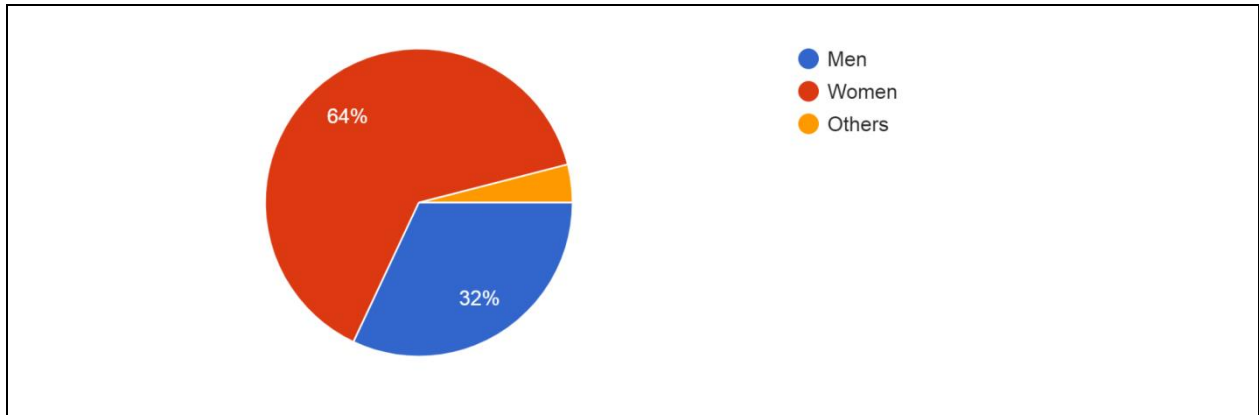
The fifth question is about the connection between better health and daily operations of work, where 42 % strongly agreed that the mental health gets impacted by the daily work and 32 % stayed neutral and 14% showed strongly agree towards the topic, however restwre in disagreed action of the survey.

6. How far do you agree that the mental health of men and women is negatively affected by stress, depression and sudden panic attacks?



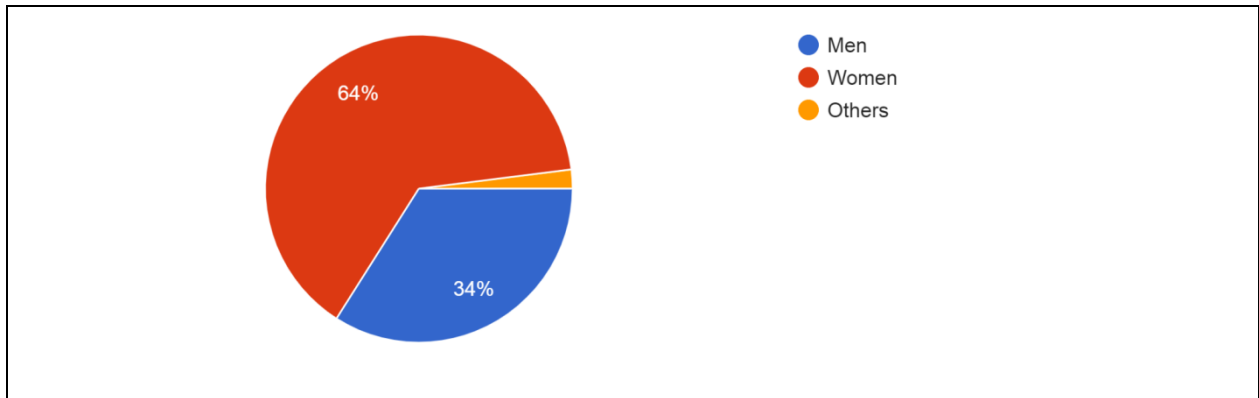
The sixth question is mainly related to the relation between stress and panic attacks with mental health where almost 38 % showed that they strongly agreed about the connection and 36 % showed agreed and 18 % were neutral so the positive reaction is very high in this question.

7. Who do you think has better mental health compared to the other gender?



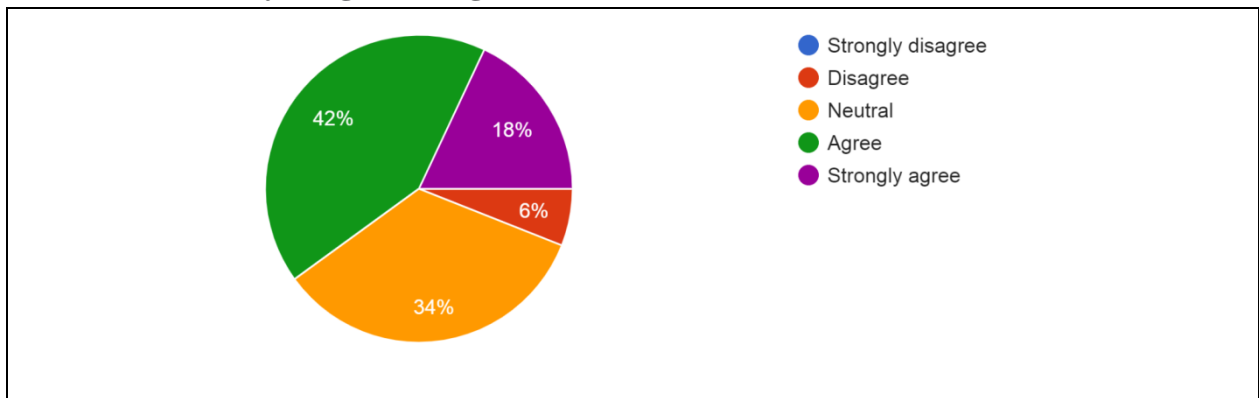
The seventh question about the better according to mental health is voted that the 64 % of the responders said that women are better in mental health whereas 32% voted gone for the favor of men and rest are gone to others.

8. Who do you think has the better toleration limit for mental stress and depression?



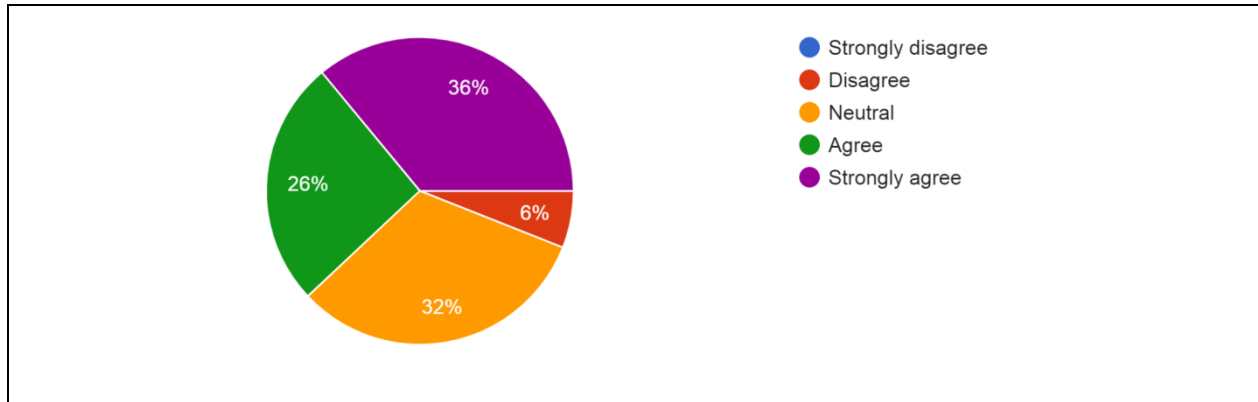
The majority of the better toleration limit is to 64 % of women and the rest of them are men.

9. How far do you agree that gender differences can affect mental health?



The second last question was about mental health and gender differences, so the majority of the Response strongly agreed 18 % and the agreed people are 42% and the rest of them are neutral or negative people.

10. How far do you agree that external challenges can affect the mental health of a person?



The last question is about the external challenges and their effect on mental health, here almost 36,26,32 % of people voted almost strongly agreed, agreed and neutral rest of the people are disagreed about the aspect.

Discussion

After getting the majority of the results it is clear that the majority of the participants are well-equipped to answer the majority of questions. The majority of the participants are clear about answering the settles and they are quite clear to answer all the questions with all their experiences (Hou et al.2020). The majority of the result shows that the majority of the concern about mental health is positively connected with stress and the external environment, however, the most percentage toleration is with women.

Conclusion

After going through the study it is coming to the conclusion that the majority of the mental health issues in men and women are comes from external environments. The majority of mental health and its development is very effective to make a person very strong and focused according to the mind and its different aspects. Various data with the responses from the respondents are very effective for the other researchers on the same topic to get a clear view about the topic. The study might be very helpful for the upcomingresearchers on the same topic.

Future Scope

The study might be very helpful to understand the most important aspects of mental health and its different functions. The majority of the functions are connected to stress, and depression, thus the condition is very clearly established in this study so the stuffy is very helpful to understand in near future. Even medical field scientists might get crucial information about the stress relief options discovered to remove the negativity from mental health.

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