

## THE EFFECT OF PREGNANT WOMEN'S INVOLVEMENT IN TAPOVAN RESEARCH CENTER ACTIVITY AND EDUCATION ON HER MENTAL HEALTH

Ashok N. Prajapati\*

*Assistant professor, Center of Research, Children's University, Gandhinagar, Gujarat, India.  
Email: anprajapati84@gmail.com*

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### ABSTRACT

*The purpose of this research is to investigate some of the factors affecting on mental hygiene of the pregnant women. Null Hypothesis was framed regarding the pregnant women from the involved and not involved point of view of Tapovan research center activity and from educational point of view regarding below and above graduation. A random sample method was used to select 120 pregnant women's from north and middle Gujarat. Collection of data was carried out with the help of mental hygiene inventory, which contains personal data sheet and mental hygiene inventory for pregnant women. For analysis of data 't' test was used. Results revealed that significant difference was found whenever pregnant women involved in Tapovan research center activities. On the contrary no significant difference was found with respect to education.*

**Key-words:** Pregnant Women, Involvement, Education and Mental Health

*\* Author for correspondence*

### INTRODUCTION

In the past the significance of 'health' was only 'the physical health'. But the concern of physical health is not unlike from the mental hygiene. Even the medical science has accepted that mental factors are more or less responsible for every type of physical illness. If one has to bring about the complete answer to the physical health, he has to plan each activity keeping in view the decisive factors of the mental health. The term "mental hygiene" includes the totality of the health of the society.

The concept of mental health and adjustment are closely related. A person who possesses sound mental health may be said to be an adjusted person. Mental hygiene is a branch of science which deals with the mental health of the individuals. Clifford

Beers started the movement of mental hygiene in the first decade of the 20<sup>th</sup> century with the publication of *A Mind That found itself* (1908). His book revolutionized the concept of mental health.

For the last several years, the concept of mental health has been accepted at the global level. Approximately all the countries of the world have accepted the importance of the mental hygiene and the many institutions related the mental health have been established in America and the European countries. The mental health of the person is the relative state rising from the context of the social milieu he has got and his abilities. Since of this, the mental health is not an invaluable ideal, but the 'real state' which can be evaluated in the particular context.

### Definition of Mental Health

The WHO defines mental health as “a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. It was previously stated that there was no one “official” definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how “mental health” is defined.

In line with E G Boring, “The aim of mental hygiene is to aid people to achieve more satisfying and more productive life through the prevention of anxieties and maladjustments.”

Menninger (1945) defined “mental health as the adjustment of human beings to each other and to the world around them with a maximum of effectiveness and happiness”.

In the words of D B Klein, “Mental hygiene as its name suggests is concerned with the realization and maintenance of the mind's health and efficiency”

Kaplan and Sadock (1993) define mental health as: “a condition of well-being and the feeling in person when can come to terms with society and personal situation and social features are satisfying for him/her”

Mental health is as important as physical health to everyone. A good mental health is necessary for leading a good life. One cannot succeed in one's life efficiently if he/she is suffering from stresses and strains and is struggling with mental health problems such as depression or unsteady feeling due to academic, social or family pressures, with poor mental health one loss overall effectiveness (Negi,

2010). Mental health is a balance between all aspect of life- social, physical, mental, spiritual and emotional aspect of a person. It imparts on how we manage our surroundings and make choices in our lives – clearly. It is an integral part of our overall health (Negi, 2010).

The theoretical viewpoint on social support research indicates that the availability of social support contributes to overall wellbeing (Lakey & Cohen, 2000). Myers, Sweeney and Witmer (2000) projected a wheel of wellness to accommodate the developmental dimension in a wellness model. The model proposed five life tasks, depicted in a wheel, which are interrelated and interconnected. Those five tasks were essence or spirituality, work and leisure, friendship, love, and self direction. The life task of self direction were further subdivided into the 12 tasks of (i) sense of worth, (ii) sense of control, (iii) realistic beliefs, (iv) emotional awareness and coping, (v) problem solving and creativity, (vi) sense of humor, (vii) nutrition, (viii) exercise, (ix) self care, (x) stress management, (xi) gender identity, and (xii) cultural identity. These life tasks interrelate dynamically with a diversity of life forces, including but not limited to one's family, community, religion, education, government, media, and business/industry.

### Characteristics of Mental Health (Johada, 1958)

Dissimilar theoreticians have recommended a multitude of criteria for defining mental health. A swift overview of related literature makes to say Johoda (1958) as most broad among them. She summarizes a set of criteria in current use are given below:

1. Attitude towards the self
2. Self-actualization
3. Integration
4. Autonomy
5. Perception of reality, and
6. Environmental mastery

### **Tapovan research centre**

Pre-natal education is a part of cultural way of life in Indian tradition. It is necessary that the education of a child's excellence begins from its conception and continues all through the life. During pregnancy the child is affected by the physical, psychological and spiritual well-being of the mother. We need to authenticate this knowledge through a series of researches. Children's University has taken initiative with the help of a two-dimensional concept of TAPOVAN RESEARCH CENTRE. These two dimensions are: (1) Researches in the eugenics and (2) Guidance and education of pregnant mothers for giving birth to the best of the children.

### **Concept of Tapovan Research Centre**

- I. It is a centre of researches in eugenics.
- II. Incredible centre for educating pregnant women; it has a beautiful garden and other facilities.
- III. A unique place for nurturing best progeny for transforming the society
- IV. A centre of development and implementation of profound and the best practices in Garbh-sanskar and Garbh-vignan
- V. A centre for the harmony of family and the expecting mothers

A research-centre for studying the developmental progresses of a child in the womb and the expecting mother's physiological, psychological and affective development.

### **Activities of Tapovana Research Center**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1. Pranayam/Yoga                   | 9. Showing Film/<br>Video       |
| 2. Prayer                          | 10. Prakrtivihar                |
| 3. Meditation                      | 11. Sanskrit Reading            |
| 4. Garbhasamvad                    | 12. Personal Counseling         |
| 5. Art skills/ Paintings           | 13. Group Counseling            |
| 6. Games–Intellectual/<br>Physical | 14. Mathematical<br>Puzzles     |
| 7. Music                           | 15. Development of<br>Elocution |
| 8. Reading/Discussion              | 16. Storytelling                |

Presented research was carried with the intention of checking impact of Tapovan research center's activities on pregnant women's mental health.

### **Objective of this Study**

The main objectives of study were as under:

1. To study the mental health of pregnant women with respect to her involvement in activities carried out by Tapovan research center.
2. To study the mental health of pregnant women with respect to their education.
3. To measure the mental health of above graduate and below graduate pregnant women with respect to her involvement in Tapovan research center activities.

### **Hypothesis of This Study**

1. There is no significant difference between score of mental health of involved and not involved pregnant woman in Tapovan research center's activities.

2. There is no significant difference between score of mental health of below and above graduate pregnant woman in Tapovan research center's activities.
3. There is no significant difference between score of mental health of below and above graduate pregnant woman with respect to their involvement in Tapovan research center's activities.
4. There is no significant difference between score of mental health of below and above graduate pregnant woman who were not involved in Tapovan research center's activities.
5. There is no significant difference between score of mental health of involved and not involved pregnant woman with respect to their above graduation in Tapovan research center's activities.
6. There is no significant difference between score of mental health of involved and not involved pregnant woman with respect to their below graduation in Tapovan research center's activities.

### Variables

The following variables were treated as independent and dependent variable:

#### (1) Independent Variables:

- (I) Education Level-Below & Above Graduate
- (II) Involvement of Tapovan Activities - Involvement & Not Involvement

**(2) Dependent Variables:** Score achieved on Mental Hygiene Inventory

### Research design

2\*2 Factorial Design:

A			
B	A1	A2	Total
B1	A1B1 (30)	A2B1 (30)	60
B2	A1B2 (30)	A2B2 (30)	60
Total	60	60	120

**A1** = Sample of Pregnant women who were participating in Tapovan research center activities

**A2** = Sample of Pregnant women who were not participating in Tapovan research center activities

**B1** = Sample of Pregnant women who were of below graduate

**B2** = Sample of Pregnant women who were of above graduate

### Research Sample

According to the purpose of present study all the pregnant women of North Gujarat and Middle Gujarat were constituted as population for the present study. Total 120 pregnant women were randomly selected as a sample from Gandhinagar and Mehsana district. Out of these 120 pregnant women 60 pregnant women were randomly selected who were participating in Tapovan Research Center activities and 60 who were not participating in Tapovan Research Center activities. Out of these 60 pregnant women in both category randomly 30 pregnant women who were below graduate and 30 were above graduate were selected as a sample.

### Tools

Following standardized tools will be used for collecting the data.

### (1) Personal Data Sheet:

A personal data sheet developed by investigator was used to collect information about types of family, education, income per month and participating in Tapovan research center activities.

### (1) Mental Hygiene Inventory :

The mental hygiene Inventory was made by Dr. D. J. Bhatt and Ms. Geeta R. Geeda. This scale contains 40 statements pertaining to five domains aim of mental health, these five dimensions include perception of reality, integration of personality, positive self evaluation, group oriented attitudes and environmental mastery to be rated a 3-point scale. In this scale statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 35, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, neutral 3, 2, 1 score is used and which are negative statements for agree, disagree, natural 2, 3, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half-divided method, and test, re-test has 0.87 and validity is 0.63 established by the author.

### Procedure

In this research test were administrated to 120 pregnant women to study the various hypotheses. Before attempting the questionnaire the subjects were requested to read the instruction carefully and follow them in true spirits. After collecting data 't' test was used to check the significant difference.

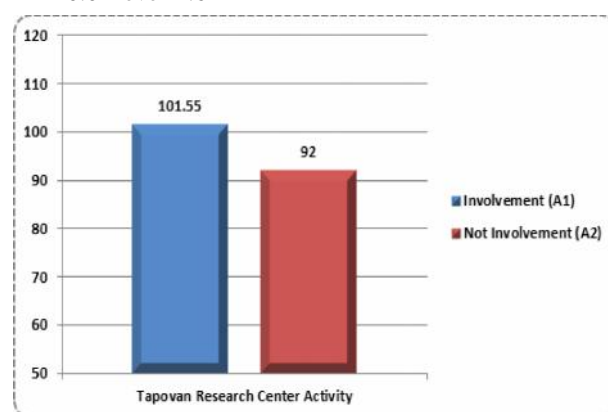
### Result and Discussion

*Ho.1 There is no significant difference between score of mental health of involved and not involved pregnant woman in Tapovan research center's activitie*

**Table:1 Result of Mean Scores of regarding involvement of pregnant women in Tapovan Research Center Activity.**

Particular	N	M	SD	't'	Significant
Involved	60	101.55	8.17	5.47	0.01
Not Involved	60	92.00	9.60		

- Significant level of 'T' value
- 0.05 level 1.98
- 0.01 level 2.62



**Fig:1 Bar Chart of Mean Scores of regarding involvement of pregnant women in Tapovan Research Center Activity.**

It is observed that the mean scores in Table No.01 and Graph No: 1 revealed that pregnant women who were involved in the Tapovan research center activities acquire more score (M=101.55) than the not involved (M=92.00) on mental health inventory.

To test the hypothesis t test has been calculated. The value of the t ratio between mean score of mental health of pregnant women who are involved in Tapovan research center and not involved in Tapovan research center is 5.47, which is significant at 0.01 level of significances. It means that hypothesis has been rejected. From the mean score it has been

seen that the mental health of the pregnant women who are involved in the Tapovan research center is significantly higher than the women who are not involved.

*Ho.2 There is no significant difference between score of mental health of below and above graduate pregnant woman in Tapovan research center's activities.*

**Table:2 Mean Scores on Mental Health with regard to Education.**

Particular	N	M	SD	't'	Significant
Below Graduate	60	97.37	9.06	0.67	NS
Above Graduate	60	96.18	11.07		

- Significant level of 'T' value

➤ 0.05 level 1.98

➤ 0.01 level 2.62

It could be seen the mean scores in Table No. 02 that the below graduate exhibit more mental health (M=97.37) than above graduate (M=96.18). For testing the significance of difference, t test has been calculated. The t value is 0.67 which is not significant. It reveal that null hypothesis no. 2 is accepted.

*Ho.3 There is no significant difference between score of mental health of below and above graduate pregnant woman with respect to their involvement in Tapovan research center's activities.*

**Table:3 Mean Scores on Mental Health with regard to Education and their involvement in Tapovan research center activities**

Particular	N	M	SD	't'	Significant
Below Graduate	30	102.23	6.11	0.56	NS
Above Graduate	30	100.87	9.87		

- Significant level of 'T' value

➤ 0.05 level 2.00

➤ 0.01 level 2.66

It could be seen the mean scores in Table No. 02 that the below graduate exhibit more mental health (M=102.23) than above graduate (M=100.87). For testing hypothesis t test has been calculated. The t value is 0.56 which is not significant. It proves that null hypothesis no. 3 is accepted.

*Ho.4 There is no significant difference between score of mental health of below and above graduate pregnant woman who were not involved in Tapovan research center's activities.*

**Table:4 Mean Scores on Mental Health with regard to Education and their involvement in Tapovan research center activities**

Particular	N	M	SD	't'	Significant
Below Graduate	30	92.50	8.98	3.38	NS
Above Graduate	30	91.50	10.31		

- Significant level of 'T' value

➤ 0.05 level 2.00

➤ 0.01 level 2.66

It could be seen the mean scores in Table No. 02 that the below graduate exhibit more mental health (M=92.50) than above graduate (M=91.50). For testing hypothesis t test has been calculated. The t value is 0.38 which is not significant. It proves that null hypothesis no. 4 is accepted.

*Ho.5 There is no significant difference between score of mental health of involved and not involved pregnant woman with respect to their above graduation in Tapovan research center's activities.*

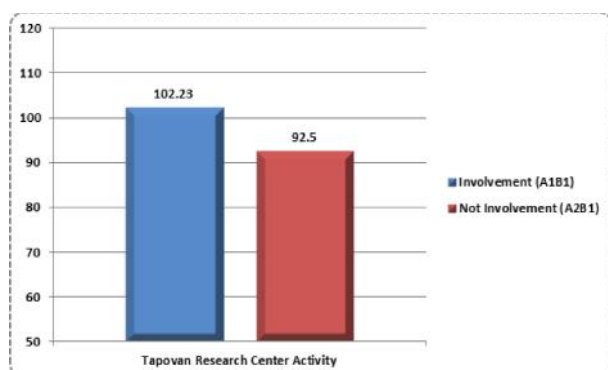
**Table:5 Mean Scores on Mental Health with regard to below graduation and involvement in Tapovan research center activities.**

Particular	N	M	SD	't'	Significant
Below Graduate	30	102.23	6.11	4.17	0.01
Above Graduate	30	92.50	8.98		

- Significant level of 'T' value

➤ 0.05 level 2.00

➤ 0.01 level 2.66



**Fig:2 Bar Chart of Mean Score on Mental Health in Relation to Involvement of Tapovan research center activities and below graduation.**

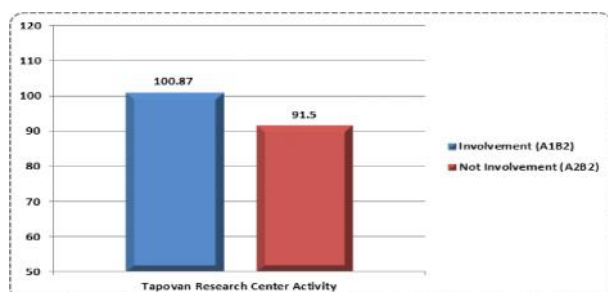
It is observed that the mean scores in Table No.05 and Chart No: 2 that the mean score of mental health of below graduate pregnant women who are involved in Tapovan research center activities is more ( $M=102.23$ ) than not involvement ( $M=92.50$ ). Table No. 05 reveals that the difference between mean scores of two groups is significant at 0.01 level ( $t=4.17$ ); therefore null hypothesis No.5 is rejected.

*Ho.6 There is no significant difference between score of mental health of involved and not involved pregnant woman with respect to their below graduation in Tapovan research center's activities.*

**Table:6 Mean Scores on Mental Health with regard to above graduation and their involvement in Tapovan research center activities.**

Particular	N	M	SD	't'	Significant
Involved	30	100.87	9.87	3.55	0.01
Not Involved	30	91.50	10.37		

- Significant level of 'T' value



**Fig:3 Bar Chart of Mean Score on Mental Health in Relation to their education (Above Graduation) and their Involvement in Tapovan research center activities**

➤ 0.05 level 2.00

➤ 0.01 level 2.66

It is observed that the mean scores in Table No.06 and Chart No: 2 that the mean score of mental health of above graduate pregnant women who are involved in Tapovan research center activities is more ( $M=100.87$ ) than not involvement ( $M=91.50$ ). Table No. 06 reveals that the difference between mean scores of two groups is significant at 0.01 level ( $t=3.55$ ); therefore null hypothesis No.6 is rejected.

### Conclusion

1. Pregnant women who were involved in activities which were carried out by Tapovan research center whose mental health was better than pregnant women who were not involved in it. It means that the activities are carried out by Tapovan research center was effective for mental health.
2. No significant difference was found between below and above graduate pregnant women's mental health. So that it was concluded that educational qualification has no impact on mental health.
3. No significant difference was found between below and above graduate pregnant women's who involved in activities which were carried out by Tapovan research center. So there was no effect of educational qualification on pregnant women's mental health who was involved in activities which were carried out by Tapovan research center.
4. There was no significant difference between below and above graduate pregnant women's who were not involved in activities which were



carried out by Tapovan research center. So there was no effect of educational qualification on pregnant women's mental health who was not involved in activities which were carried out by Tapovan research center.

5. Significant difference was found between involved and not involved pregnant. Women's those who were below graduate qualification and participating in Tapovan research center were higher in mental health.

6. Pregnant women who were involved and had above graduate qualification and participating activities which were carried out by Tapovan research center whose mental health was better than pregnant women who were not involved in it. It means that the activities are carried out by Tapovan research center was effective for mental health.

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