

The Comparison of Mental Health and Marital Satisfaction between Administrative and Medical Staff in the Medical Education Center for Neuropsychiatry and Other Staff in Bandar Abbas

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ABSTRACT

Background. Marital satisfaction is the most important component in the marriage. It seems mental health, as a component of individual traits, relates to marital satisfaction. Additionally, job environment is a factor significantly affecting marital life and mental health. The study aims at comparing mental health and marital satisfaction between administrative and medical staff in the Medical Education Center for neuropsychiatry and other staff in the Medical Education Center in Shahid Mohammadi Hospital in Bandar Abbas. Using one-way analysis of variance, the relationship between mental health and marital satisfaction in 344 married males and females in Ibn sina and Shahid Mohammadi Hospitals was assessed. Mental health was measured through Enrich mental satisfaction and scl-90 mental health questionnaires. In the first group (Shahid Mohammadi Hospital), the mean was 2.7583 that was higher than that of the second group (Ibn Sina Hospital). Therefore, it can be said that the most participants in the study i.e. the first group enjoyed high mental health and marital satisfaction. The results showed that mental health and marital satisfaction in administrative and medical staff in Shahid Mohammadi Hospital are higher than those of administrative and medical staff in Ibn Sina Hospital.

KEYWORDS: Mental Health, Marital Satisfaction, Administrative And Medical Staff, Other Staff

1. INTRODUCTION

The family is a main element in a society. Achieving a healthy society is dependent on the health of the family as well as the healthy family depends on people have ideal relationships with each other [1]. The marriage is an important legal social entity that supports sustainable marital relations by providing a typical set of rights, privileges, commitments, responsibilities and expectations of a new role and makes family and social framework survive [2]. Marital satisfaction is defined as a person's general feelings and attitudes towards his/her spouse and relation with her/him [3].

Different variables relate to marital satisfaction over time one of which is the person's health level [4]. In the current society, on numerous grounds such as change in family systems and job pressures, familial and marital difficulties and conflicts have increased significantly. Given that current societies consider sustainable mental health of people important, it is necessary to study and know the factors creating and maintaining mental health [5]. It is substantially important to focus on mental health and marital satisfaction in staff. The purpose of the study is to compare mental health and marital satisfaction between administrative and medical staff in Medical Education Center for neuropsychiatry and other staff in Shahid Mohammadi Hospital in Bandar Abbas.

2. MATERIAL AND METHODS

The method is descriptive of causal comparative type. In the study, mental health and marital satisfaction were compared between administrative and medical staff in Medical Education Center for neuropsychiatry and other staff in Shahid Mohammadi Hospital in Bandar Abbas. The population is all staff in Medical Education Center in Shahid Mohammadi Hospital in Bandar Abbas amounting to 1000 people and all staff in neuropsychiatry Ibn Sina Hospital in Bandar Abbas amounting to 80 people. In the study, 287 staff in Medical Education Center in Shahid Mohammadi Hospital in Bandar Abbas and 66 staff in neuropsychiatry Ibn Sina Hospital were randomly selected, all married and qualified for the study, to fill questionnaires. First, data related to theoretical principles and literature review was collected by using desk method; second, Enrich marital satisfaction and scl90 mental health questionnaires were used to collect the study data.

Using the coefficient alpha 0.92, Olson et al. [6] reported that reliability ranges from 0.65 to 0.94 in test and retest, internal consistency according to Cronbach alpha is from 0.69 to 0.97 and classification and discrimination capacity is 90.9 percent. While investigating validity in Enrich measure, Alpha is from 0.69 to 0.97 and correlation between test and retest in 4 later weeks ranges from 0.65 through 0.94 [6]. Olson used the test to investigate marital satisfaction. The reliability in Enrich marital satisfaction questionnaire is 0.89 according to Cronbach alpha.

Interview was used to collect data as in applied studies. To analyze data, descriptive statistics such as mean, standard deviation and correlation as well as inferential statistics were used, SPSS 16 was used to analyze data.

3. RESULTS

As seen from table 1, low frequency is 132 in males (38.4 percent) and high frequency is 212 in females (61.6 percent). As seen from table 2, the mean in the first group is 2.7583 that is higher than that of second group.

Hypothesis: There is a difference between mental health of staff in mental department and mental health of other staff. The hypothesis was tested by using one-way analysis of variance, the results is presented in table 3. Considering value F and that value P is lower than 0.05 and intergroup mean is 43.153, it is confirmed.

Table 1. Frequency distribution and percentage in terms of gender

Sample	Frequency	Percent
Male	132	38.4
Female	212	61.6
Total	344	100.00

Table 2. Mental health status in both groups

		Frequency	X	S	Standard Deviation	Minimum	Maximum
First group	Shahid Mohammadi Hospital	66	2.7583	0.52582	0.06472	1.00	3.00
Second group	Ibn Sina Hospital	228	1.8401	0.47476	0.03144	1.08	2.51
Total		294	2.0462	0.61907	0.03610	1.00	3.00

Table 3. The results of one-way analysis of variance

Variable	Source	Sum of squares	Degree of freedom	Mean squares	Value F	Significance level
Mental health	Intergroup	43.153	1	43.153	182.258	0.000
	Intragroup	69.137	292	0.237		
	total	112.290	293			

DISCUSSION

The study compared mental health and marital satisfaction between administrative and medical staff in the Medical Education Center for neuropsychiatry and other staff in Shahid Mohammadi Hospital in Bandar Abbas. The results showed that:

There is a difference between mental health of staff in mental department and mental health of other staff and that mental health of other staff is better than that of staff in mental department. Therefore, the hypothesis is confirmed. The results are partly in line with Sahebi [7] that investigated mental health of staff in Shiraz hospitals. The results showed that stressor factors at work such as conflict with physicians as authority and nurses' colleagues in the hospital and lack of support for nurses decrease marital satisfaction and mental health in nurses. To clarify above findings, it came in mental health definition that adjustment to environment is very important.

There is a difference between marital satisfaction of staff in mental department and that of other staff, marital satisfaction of other staff is better than that of staff in mental department. Therefore, the hypothesis is confirmed. The results are in line with Habib and Shirazi [8] that investigated job satisfaction and mental health of staff in a hospital. It showed that 0.61% staff were satisfied with their jobs and 0.39% were not. Satisfaction in nurses was significantly lower than that of administrative staff. To clarify above findings, marital adjustment and marriage satisfaction is important in a marriage.

There is a difference between mental health of female staff in mental department and that of other staff, mental health of other female staff is better than that of staff in mental department. Therefore, the hypothesis is confirmed. There is a difference between mental health of male staff in mental department and other staff, mental health of other male staff is better than that of staff in mental department. Therefore the hypothesis is confirmed. The results are partly in line with Arasteh [2] that investigated mental health and related factors in medical and non-medical staff in hospitals in Sanandaj. To clarify above findings, it is obvious that undesired conditions influence not only efficiency but also dissatisfaction and stress.

There is a difference between marital satisfaction of female staff in mental department and other staff, marital satisfaction of other female staff is better than that of staff in mental department. Therefore the hypothesis is confirmed. The results are partly in line with Sadeghi [9] that investigated mental health of staff in Medical Education Center in Shahid Rajai Hospital in Ghazvin.

There is a difference between marital satisfaction of male staff in mental department and that of other staff, marital satisfaction of other male staff is better than that of staff in mental department. Therefore, the hypothesis is confirmed. The study is partly consistent with Hoseini [4], the comparison of mental health of male

staff working at medical and non medical departments in Shahidzadeh Hospital in Behbahan. In the study, he showed that there is a significant difference between mental health of medical staff and that of non-medical staff. Generally, result of present study showed working in neuropsychiatry sections can threaten staff mental health. Hence to prevent these risks planning is necessary.

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