

**Role of Self Esteem and Biological Gender upon Mental Health of Management Students
(M.B.A) Studying in Kolkata.**

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Abstract

Mental Health is an expression of our emotion and signified a successful adaptation to arrange of demands. The concepts of mental health are closely related to mental efficiency. Certainly, health of any kind is basic to efficiency. Mental Health is a term used to describe either a level of emotional wellbeing, psychological wellbeing and subjective wellbeing from where we can identify presence of mental health, moderate mental health and absence of mental health. Self-esteem is a psychological trait related to a person's image of self-value and self-confidence in total aspects of human activity. The self –esteem is a critical determinant of mental health and mental illness. Against this backdrop the paper examines the role of self-esteem upon mental health –the emotionally, psychologically and subjectively constructed difference in the roles and responsibilities of male and female college students from post-graduation management (M.B.A students) of Kolkata. Five hypotheses were formed. The findings spoke clearly about i) difference in self-esteem between male and female management students ii) difference in mental health between male- female management students and iii a) dependence of different levels of self-esteem upon mental health iii b) biological gender differ significantly upon mental health of management students iiic) self-esteem and gender interact with each other in respect of mental health conditions. Corey's mental health measure and Rosenberg's self-esteem measure were administered. A t-test was used to find the significant differences among male and female management students of their self-esteem and mental health. A two way ANOVA was conducted to find the interaction effect of self-esteem and gender upon mental health of management students studying in Kolkata. The results showed significant differences among male and female management students with respect to self-esteem and mental health. Again, results indicated a significant interaction effect of self-esteem and gender upon mental health of the students group.

Key words: Mental health, self-esteem, subjective well-being, management students