

To Measure the Level of Depression Among Working and Non Working Married Women

Tariq Rashid, Sana Mustafa

ABSTRACT

Objective: The aim of present study is to investigate and examine the perceived level of depression among working and non-working married women. Sample of the study consisted of 50 working married women and 50 non-working married women. It holds great significance to understand the difference of level of depression among working and non-working women in order to identify the causes and make endeavors to rectify these causes.

Study Design: Cross sectional study. Placed Duration of Study: The sample was taken from MHT hospital, Lahore Grammar School and different areas of Faisalabad. The duration of study was from November 2014 to April 2015. The investigation was to examine the perceived level of depression among working and non working women. It holds great significance to understand the difference of the level of depression among working and non working women in order to identify the causes and make endeavors to rectify these causes BDI Scale was administered individually on a sample of N=100 women' n= 50 working and n=50 non-working women from MTH hospital, Lahore grammar school and different areas of Faisalabad.

Oral as well as written information was given to the participant. **Results:** Results presented in the table indicate that there is highly significant correlation between the two measures. The table also suggests that the correlation of BDI (Beck Depression Inventory) ($t=2.30, df=148$ $**p<.001$). It indicates that if depression is high in working married women then non- working married women. Our hypothesis regarding this relationship is supported, which implies that higher the depression in working married women then non-working women. **Conclusion:** Thus, it can be concluded from the above discussion that there are differences in the western countries and Pakistani regarding depression. The findings of the study indicate that working married women have to face more difficulties in their lives like they experienced more depression as compared to non-working married women. It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations. They cannot give proper attention to their marital lives and this causes depression. **Key words:** Depression, marriage, Working and Non-Working Women.

Article Citation: Rashid T, Mustafa S. To Measure the Level of Depression among Working and Non Working Married Women. APMC 2015;9(2):95-99.

INTRODUCTION

The aim of present study is to investigate and examine the perceived level of depression among working and non-working married women.

Corresponding Author:

Dr. Tariq Rashid
Associate Professor, Psychiatry
University Medical & Dental College, Faisalabad
Tel. +92 300-7908714
E-mail: tariqrashid35@gmail.com

It holds great significance to understand the difference of level of depression among working and non-working women in order to identify the causes and make endeavors to rectify these causes Depression is a mood disorder characterized by one or more depressive episodes i.e., at least two week of depression mood or loss of interest or pleasure in nearly all activities accompanied by at least four additional symptoms such as changes in sleep, appetite, or weight, and psychomotor

activity; decreased energy, feeling of worthlessness or guilt, difficulty thinking, concentrating, or making decisions; or recurrent thoughts of death or suicidal ideation, plans or attempts. Dysthymia or dysthymia disorder “is characterized by at least two years of depressed moods for more days than not, accompanied by additional depressive symptoms that do not meet criteria for a major depressive episode.”¹

Leading marital life along with employment puts dual responsibility on married working women that demands to be paid equally up to the expected level as determined by society. In Pakistan, assuming the role of working women is not always a passion. There are women who need to go out to earn enough money to meet their household expenses. Sometimes, their husbands and in-laws do not fulfill their basic needs that compel them to work for being self-supporting. Moreover, living in joint family, they have to take care of their in-laws along with husband and children. As a result, a huge burden is put on women leading psychological ill-being. It is empirically evident that working women pay dual responsibility and only 7 % women seemed to balance their dual roles.² Doing paid job and household activities are not easy for married women belonging to all social classes.³ Married working women have to pay second shift at home.⁴ They were overburdened with household chores along with jobs.⁵

Brown & Harris, have shown a much clinical differences in the working class of the married women and also focused on number of children and their age as vulnerability factors causing depression.⁶ The number of children more than 3 and less than 14 years of age have been shown a difference in working women suffering from depression. The depression influences behavior of these women affecting their day to day life and, in turn, the life of their whole families. Later on it is affecting the society. Depression is the fourth largest illness in the world. Sadock & Kaplan and Soomro, Riaz, Naveed, Somro conducted a research to compare the level of depression of the non working women and the working women.^{7,8} This research hypothesized that there is a significant difference in the level of depression of the non working women and working women of

Bilal Colony Karachi. The purposive sampling procedure was used for data collection. The results indicate the houses hold average income of the non working women was more as compared to working women but the level of depression was much more in the non working women. The non working women were found to have higher number of children as compared to working women. Having more average number of children was one of the factors of depressions among non working women because they have the burden of handling more babies. The working women were found to have a supporting hand for this. The non working women were less educated as compared to working women, which was another cause for being depressed because education gives better understanding of life and vision.

Similarly Dudhatra and Jogsan’s⁹ objective of his research was to Bushra Akram, Fazeelat Khuwaja- A Study on Depression among Working and Non-working Women of Gujarat, Pakistan¹⁰ find out the mean difference between non-working and working women in mental health and depression. The total sample consisted of 80 women. Results showed significant difference in mental health and depression with respect to both non-working women and working on mental health and depression.

Objective

The objective of this study is to:

- Estimate the level of depression among working and non-working married women.
- Measure the relationship between level of depression with the age.

MATERIALS & METHODS

The aim of the present study the depression has the vital impact on the life of a person. There can be effect of depression on the social life, family relationship and also sense of worth. The investigation was to examine the perceived level of depression among working and non working married women. It holds great significance to understand the difference of the level of depression among working and non working married women in order to identify the causes and make endeavors to rectify these causes.

Participants

The present study included the sample of (N=100) the sample was further divided into two groups of

subjects each consisting of (n=50) working married women and (n=50) non-working married women of Faisalabad. The ages of the subjects ranged from 20 years to 50 years. Convenient sampling technique was used for data collection. In present study BDI was used to measure depression. It comprised of 20 items as its one item having sexual connotation was dropped, so score range of BDI-U is 0-60 and construct validity is 0.8.

Data analysis:

Statistical analysis was carried out by using statistical package for social sciences (SPSS version 19). Descriptive statistics like mean and standard deviation were collected for the analysis of collected data for the test of significance. T-test was used to compare the scores of working and non-working married woman on BDI. The level of significance was considered to be p is less than .001.

RESULTS

Results presented in the **table** indicate that there is highly significant correlation between the two measures. The table also suggests that the correlation of BDI (Beck Depression Inventory) ($t=2.30, df=148$ $**p<.001$). It indicates that if depression is high in working married women then non-working married women. Our hypothesis regarding this relationship is supported, which implies that higher the depression in working married women then non-working women.

The comparison of scores of working and non-working married women on BDI is performed in the following:

Table 1: Means, Standard Deviations and t-value of Scores of Working and Non-Working Married Women on BDI (Beck Depression Inventory)

Group	N	M	S.D	t
Working Women	50	14.93	8.09	2.30
Non Working Women	50	12.34	9.88	

$df= 148, p< .001$

Table 2: Analysis of variance of depression level of married women on the basis of their age

Age	Mean	df	sig
20-25	67.43	3.9	.011
26-30	90.16		
31- 35	110.18		
40-45	119.10		
46- 50	122-2		

Table 2 indicates that there is a significant difference in the level of married women according to their age. The mean comparison reflects the higher depression level after 40 years.

DISCUSSION

This research was undertaken to investigate the level of depression among working and non-working married women. The results indicate that non-working married women are better adjusted in their married life than working married women. Along with this they also do not feel depression in their married life as compared to working married women. Whereas, findings suggest that highly depression level found in working married women due to double duties so they have to face difficulties in their married life and depression in their life.¹¹

This findings support our hypothesis that working married women are more depressed than non. This findings support our hypothesis that working married women are more depressed than non-working married women. Findings indicate that working married women who are engaged in multiple roles have to face severe stressful situations. Work sometimes serves as to put a woman into an unhappy situation, sometimes getting stuck in a situation that increases depression. Only many working married women experience high depression levels, because heavy work puts a bad effect on their lives and it creates depression in their personalities. Working married women would report more depression and less satisfaction than house wives in a sample of 200 Canadian couples].

The results also showed that there was a relationship between age and depression. The

depression level reaches its highest level around the age 40. The average age of working women in this study was 30 and 23 years for non-working. The mild level of depression around late 20s would be quite alarming and it can be harmful in future. Also found that there was a relationship between age and depression- if a woman had depression in early age, she might have more chances of having severe depression in old age.¹²

CONCLUSION

Thus, it can be concluded from the above discussion that there are differences in the western countries and Pakistani regarding depression. The findings of the study indicate that working married women have to face more difficulties in their lives like they experienced more depression as compared to non-working married women. Sometimes, their husbands and in-laws do not fulfill their basic needs that compel them to work for being self-supporting. Moreover, living in joint family, they have to take care of their in-laws along with husband and children. It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations. They cannot give proper attention to their marital lives and this causes depression.

REFERENCES

1. Diagnostic and statistical manual of American psychiatric association. 2013:445-49 (DSM52013 American psychiatric publication)
2. Adhikari, H. "Anxiety and Depression: Comparative Study between Working and Non-Working Mothers." *Global Journal of Human Social Science Sociology, Economics & Political Science* 2012;12(12):1-9.
3. R Sadiq-2014 "Dual Responsibility"-SAVAP International www.savap.org.pk>2014(5.2-33)-pdf
4. Al-Modallal. H., Abuidhail. J, & Sowan. A. "Determinants of depressive symptoms in Jordanian working women." *Journal of psychiatric and mental health nursing* 2010;17:569-576.

5. A Panigral. Mental Health status among Married Women Residing in Bhubaneswar city of India. 2014 www.hindawi.com> journal >bmri.
6. Brown GW, Harris TO. *Social Origins of Depression: A Study of Psychiatric Disorder in Women*. New York: The Free Press 1978:12-17.
7. Sadock & kaplon, *Synosis of psychiatry: Behavioural sciences/clinical psychiatry* 2013.
8. Soomro Riaz, Naveed and Somro. "To compare the level of depression among working and non- working women in Karachi" .*Pak European academic Research*-2013;2:2948-62.
9. Dudhatra, R. R. and Jogsan, Y. A. "Mental Health and Depression among Working and Non-Working Women." *International Journal of Scientific and Research Publications*, 2012;2(8):1-3.
10. Shidhaye R, Patel V. Association of socio-economic, gender and health factors with common mental disorders in women in India" *International journal of Eipidemiology* 2010;39(6):1510-21.
11. Adzlin UM. Marhani AA, Salina, et al. "Prevalence of psychology distress and depressive disorders among married working women in Malaysia." *Malaysian Journal of Psychiatry*, 2011;20(1):45-52.
12. Lancaster CA, Gold KJ, Flynn HA, Yoo H, SM, Davis MM Risk factors for depressive symptoms during pregnancy: a systematic review. *Am J Obstet Gynecol* 2010;202(1):5-14.

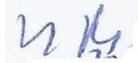
AUTHORS

- **Dr. Tariq Rashid**
Associate Professor, Psychiatry
University Medical & Dental College
Faisalabad
- **Mrs. Sana Mustafa**
Clinical Psychologist, Psychiatry
University Medical & Dental College
Faisalabad

Submitted for Publication: 20-04-2015

Accepted for Publication: 15-05-2015

AUTHORSHIP AND CONTRIBUTION DECLARATION

Name of Author	Contribution to the paper	Author's Signatures
Dr. Tariq Rashid	1 st Author	
Mrs. Sana Mustafa	2 nd Author	