

Difference in Depression among Working and Non-Working Middle Aged Women

^[1]Nishat Eqbal, ^[2]Dr. Pratibha Sharma
^[1]Mewar University, ^[2]Mewar University.

Abstract – The purpose of present study was to evaluate the differences in degree of depression suffered by both working & non-working middle aged women. A total sample of 200 middle aged women (100 working and 100 nonworking) were studied. Tool used for the study was Beck Depression Inventory-II (BDI-II). The result showed that there were insignificant differences in degree of depression of working and non-working. Hypothesis is thus rejected that 43% working middle aged women are found mild depressive while 47% non-working middle aged women who are found moderately depressed caused due to large number of duties performed with no result obtained.

Keywords – Depression, working, non-working, middle age and women.

I. INTRODUCTION

Depression is a problem which is quite common these days, causing lots of pain, to the individual regardless of age or their life circumstances. Depression usually starts in early adulthood, with recurrences. Women are more affected by depression than men, and unemployed people are also at high risk. A report by WHO stated that depression threaten to be the world's most common illness by the end of the century, especially in women. Depressive episode may be characterized by sadness, indifference or apathy, or irritability. It is usually associated with change in a number of neuro vegetative functions, (such as sleep patterns, appetite and weight, motor agitation or retardation, fatigue, impaired concentration and decision-making), feelings of shame or guilt, and thoughts of dying. The duration may ranges from nine months to several years. Around eight of ten people experience an initial depression.

Symptoms of major depressive disorder is a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include change in body weight, constant sleep problems, tiredness, inability to think clearly, agitation, greatly slowed behavior, and thoughts of death and suicide. Other symptoms are excessive guilt or feelings of worthlessness.

In case of depression affected persons are unlikely to realize that they are depressed and are therefore unlikely to seek help for themselves. They are also unable of taking appropriate treatment as directed by health care professionals. In chronic conditions the occurrence of depression affects the quality of care provided by patients themselves and received by others.

Indian studies showed that middle-aged women report more psychological distress, more medical problems and lower morale than men. Depressive disorders are among the most common psychiatric disorders in the community. However it goes unrecognized. Therefore in the present study, an attempt has been made to find level and factors affecting depression in women aged 40–60 years.

II. METHODOLOGY

Aim: To find out depression among working and non-working middle aged women.

Hypothesis: There will be significant difference in depression among working and non-working middle aged women.

Sample: A sample of 200 (100 working and 100 non-working) were purposely selected for the present study fulfilling the inclusion and exclusion criteria.

Inclusion Criteria:

- Women who were co-operative for the study.
- Age criteria above 40 years to 60 years.
- Only females were included.

Exclusion Criteria:

- Males Were Excluded
- Females having other psychiatric co-morbidity.

Tool Used: **Beck depression inventory (BDI-II)** a depression rating scale widely utilized 21-item in both clinical and research studies for individuals aged 13 years and older. It rates symptoms of depression in terms of severity on a scale from 0 to 3 based on the 21 specific items. The sum of the BDI generally represents the severity of the depression with the test being scored differently for the general population compared to those individuals with an established clinical diagnosis of depression. Scores on BDI-II from 0 to 9 represent minimal depressive symptoms, 10 to 16 indicate mild depression, 17 to 29 indicate moderate depression, and 30 to 63 indicate severe depression. Reliability of BDI is 0.89, test re-test reliability is 0.93

Statistical Analysis: - Data collected was analyzed in terms of mean and standard deviations, comparisons were made between the groups using t-test for statistical analysis.

Results: Depression Level in middle aged women

• **Depression in Working and Non-Working Women**

	N	Mean	S.D	T-Test	Significance Level
Working Women	100	14.52	6.75	1.139	N.S.
Non-Working Women	100	19.02	9.31		

Table 1

• **Depression Subtests in Working and Non-Working Women**

	N	Mean	S.D	T-Test	Significance Level
Sadness					
Working Women	100	0.53	0.69	2.066	Significant at 0.01 level
Non-Working Women	100	0.85	0.85		
Pessimism					
Working Women	100	0.65	0.77	0.980	N.S.
Non-Working Women	100	0.81	0.86		
Past Failures					
Working Women	100	0.46	0.66	3.570	Significant at 0.05 level
Non-Working Women	100	1.04	0.94		
Loss of Pleasure					
Working Women	100	0.76	0.59	0.000	N.S.
Non-Working Women	100	0.76	0.88		
Guilty Feelings					
Working Women	100	0.70	0.69	2.348	Significant at 0.01 level
Non-Working Women	100	1.09	0.95		
Punishment Feelings					
Working Women	100	0.63	0.75	1.480	N.S.
Non-Working Women	100	0.89	0.99		
Self-Dislike					
Working Women	100	0.41	0.60	0.850	N.S.
Non-Working Women	100	0.52	0.69		
Self-Criticalness					
Working Women	100	0.82	0.90	0.091	N.S.

Non-Working Women	100	0.85	0.98		
Suicidal Thoughts					
Working Women	100	0.34	0.67	0.000	N.S.
Non-Working Women	100	0.34	0.67		
Crying					
Working Women	100	0.84	0.94	2.417	Significant at 0.01 level
Non-Working Women	100	1.34	1.12		
Agitation					
Working Women	100	0.79	0.86	-0.125	N.S.
Non-Working Women	100	0.76	0.73		
Loss of Interest					
Working Women	100	0.78	0.68	0.609	N.S.
Non-Working Women	100	0.88	0.94		
Indecisiveness					
Working Women	100	0.65	0.74	1.031	N.S.
Non-Working Women	100	0.82	0.90		
Worthlessness					
Working Women	100	0.31	0.58	3.974	Significant at 0.05 level
Non-Working Women	100	0.95	0.98		
Loss of Energy					
Working Women	100	0.93	0.56	0.933	N.S.
Non-Working Women	100	1.07	0.90		
Change in Sleep					
Working Women	100	0.85	0.54	2.144	Significant at 0.01 level
Non-Working Women	100	1.20	1.02		
Irritability					
Working Women	100	0.65	0.66	-0.681	N.S.
Non-Working Women	100	0.68	0.80		
Change in Appetite					
Working Women	100	0.78	0.63	1.994	Significant at 0.01 level

Non-Working Women	100	1.14	1.11		
Concentration Difficulty					
Working Women	100	0.97	0.80	-	N.S.
Non-Working Women	100	0.85	0.87	0.717	
Tiredness or Fatigue					
Working Women	100	0.84	0.76	2.223	Significant at 0.01 level
Non-Working Women	100	1.27	1.02		
Loss of Interest in Sex					
Working Women	100	0.80	0.74	0.609	N.S.
Non-Working Women	100	0.91	1.04		

Table 2

Total data of 200 women of middle age related in present study, categorized in 100 working women, 100 non-working women, mean age of the study population was 49.2 with the range of 40 to 60 years. Mean age of non-working women was 51.5 and of working women is 53.9. This overall result indicates that depression level among working women and non-working women is non-significant.

The result shows that depression in various subtests among working and non-working women is that sadness, guilty feelings, crying, change in sleep, change in appetite, tiredness or fatigue are significant at 0.01 level.

The result also shows that depression in various subtests among working and non-working women is that past failures and worthlessness are significant at 0.01 level.

Furthermore, result shows that depression in various subtests among working and non-working women is non-significant in pessimism, loss of pleasure, punishment feeling, self-dislike, self-criticalness, suicidal thought loss of agitation, loss of interest, indecisiveness, loss of energy, irritability, concentration difficulty and loss of interest in sex.

Factors involved for depression were observed as the economic / financial dependency, feeling of having no identity, aloofness, unfulfilled desires during lifetime were the major reasons for non-working middle aged women and lack of sufficient time for family and work, excessive responsibilities and salary differentiation with male staff member unsupportive behavior of family members were the major reasons for working middle aged women of depression.

III. INTERPRETATION

The mean of depression was found to be 14.52 for working and 19.02 for non-working early middle aged women, standard deviation of working was 6.75 and non-working was 9.31 and t-test for early middle aged women was 1.139.

The mean of sadness in depression of was found to be 0.53 for working and 0.85 for non-working late middle aged women, standard deviation of working was 0.69 and non-working was 0.85 and t-test for early middle aged women was 2.06.

The mean of pessimism in depression of was found to be 0.65 for working and 0.81 for non-working late middle aged women, standard deviation of working was 0.77 and non-working was 0.86 and t-test for early middle aged women was 0.98.

The mean of past failures in depression of was found to be 0.46 for working and 1.04 for non-working late middle aged women, standard deviation of working was 0.66 and non-working was 0.94 and t-test for early middle aged women was 3.57.

The mean of Loss of pleasure failures in depression of was found to be 0.76 for working and 0.76 for non-working late middle aged women, standard deviation of working was 0.59 and non-working was 0.88 and t-test for early middle aged women was 0.00.

The mean of guilty feelings in depression of was found to be 0.70 for working and 1.09 for non-working late middle aged women, standard deviation of working was 0.69 and non-working was 0.95 and t-test for early middle aged women was 2.348.

The mean of punishment feelings in depression of was found to be 0.63 for working and 0.89 for non-working late middle aged women, standard deviation of working was 0.75 and non-working was 0.99 and t-test for early middle aged women was 1.480.

The mean of self-dislike in depression of was found to be 0.41 for working and 0.52 for non-working late middle aged women, standard deviation of working was 0.60 and non-working was 0.69 and t-test for early middle aged women was 1.850.

The mean of self-criticalness in depression of was found to be 0.82 for working and 0.85 for non-working late middle aged women, standard deviation of working was 0.90 and non-working was 0.98 and t-test for early middle aged women was 0.091.

The mean of suicidal thoughts in depression of was found to be 0.34 for working and 0.34 for non-working late middle aged women, standard deviation of working was 0.67 and non-working was 0.67 and t-test for early middle aged women was 0.000.

The mean of crying in depression of was found to be 0.84 for working and 1.34 for non-working late middle aged women, standard deviation of working was 0.94 and non-working was 1.12 and t-test for early middle aged women was 2.417.

The mean of agitation in depression of was found to be 0.79 for working and 0.76 for non-working late middle aged women, standard deviation of working was 0.86 and non-working was 0.73 and t-test for early middle aged women was -0.125.

The mean of loss of interest in depression of was found to be 0.78 for working and 0.88 for non-working late middle aged women, standard deviation of working was 0.68 and non-working was 0.94 and t-test for early middle aged women was 0.609.

The mean of indecisiveness in depression of was found to be 0.65 for working and 0.82 for non-working late middle aged women, standard deviation of working was 0.74 and non-working was 0.90 and t-test for early middle aged women was 1.031.

The mean of worthlessness in depression of was found to be 0.31 for working and 0.95 for non-working late middle aged women, standard deviation of working was 0.58 and non-working was 0.98 and t-test for early middle aged women was 3.974.

The mean of loss of energy in depression of was found to be 0.93 for working and 1.07 for non-working late middle aged women, standard deviation of working was 0.56 and non-working was 0.90 and t-test for early middle aged women was 0.933.

The mean of change in sleep in depression of was found to be 0.85 for working and 1.20 for non-working late middle aged women, standard deviation of working was 0.54 and non-working was 1.02 and t-test for early middle aged women was 2.144.

The mean of irritability in depression of was found to be 0.65 for working and 0.68 for non-working late middle aged women, standard deviation of working was 0.66 and non-working was 0.80 and t-test for early middle aged women was -0.681.

The mean of change in appetite in depression of was found to be 0.78 for working and 1.14 for non-working late middle aged women, standard deviation of working was 0.63 and non-working was 1.11 and t-test for early middle aged women was 1.994.

The mean of concentration difficulty in depression of was found to be 0.97 for working and 0.85 for non-working late middle aged women, standard deviation of working was 0.80 and non-working was 0.87 and t-test for early middle aged women was -0.717.

The mean of change in appetite in depression of was found to be 0.84 for working and 1.27 for non-working late middle aged women, standard deviation of working was 0.76 and non-working was 1.02 and t-test for early middle aged women was 2.223.

The mean of change in appetite in depression of was found to be 0.80 for working and 0.91 for non-working late middle aged women, standard deviation of working was 0.74 and non-working was 1.04 and t-test for early middle aged women was 0.609.

IV. DISCUSSION

The study was conducted to investigate the difference in depression among working and non-working middle aged women. Objective defined for the study was “to see the depression among working and non-working middle aged women”. Total sample of 200 (100 non-working middle aged women and 100 working middle aged women) were taken who fulfil the inclusion and exclusion criteria. Tool used was Beck depression inventory-II (BDI-II).

Depression prevalence among working and non-working middle aged women: Among the study population of 200 middle aged women 17 (17%) non-working women and 24 (24%) working women had minimal depression, while mild depression could be observed among 26 (26%) non-working and 43 (43%) working women. Moderate depression was present among 47 (47%) non-working and 30 (30%) working women, whereas 10 (10%) of the non-working and 3 (3%) of the working women had severe depression.

V. CONCLUSION

The result showed non-significant difference in depression among working and non-working middle aged women. The hypothesis is therefore rejected in the study, “There will be significant difference in depression among working and non-working middle aged women.” Thus in the result it is concluded that there is not much difference in the feeling of depression among working women and non-working women. The difference is also not observed in many other factors showing working and non-working women feel same level of depression in pessimism, loss of pleasure, punishment feeling, self-dislike, suicidal thoughts, agitation, loss of interest, indecisiveness, loss of energy, irritability, concentration difficulty and loss of interest in sex.

This is due to the dual responsibilities women feel overburdened with, as they have to meet their pace with social norms being no such change in atmosphere and their daily activities, which is leading them to feel depression. Study here reveals that 43% of working women face mild depression while 47% non-working women face moderate depression at this age.

Although employed females face lot of challenges in 21st century being more sophisticated, cultured and competent enough to perform their duties and maintain their financial and professional position. The scores reflect that they need better psychological health, working condition, share of her household burden, and change in environment. Study clearly states that the non-working middle aged women are laden with the feeling of worthless, solitude and unproductive lifestyle, as they are alone performing household task, being less educated in some cases, financial dependency leads to feeling of frustration.

VI. IMPLICATION

This study can be useful to the upcoming researchers and clinical practitioners who are engaged in studies related to middle aged women and their level of depression, though previously many researchers have proved that depression in women is more prevalent in comparison to men. Therefore this study may be useful for counseling and providing therapies to women and their family and friends who are facing problems in their regular activities and responsibilities at workplace or at home.

This study may further help in finding out causes & onset of sadness, pessimism, suicidal thoughts, irritability, feeling of guilt, self-dislike, agitation, crying and worthlessness among women in various fields.

The contribution of study can be towards the causes of less academic achievement, emotional dependence, wrong eating habits, nurturing family, sacrificing wishes / desires for the sake of family members and early menopausal conditions and can be observed as a cause of depression in middle aged women.

VII. LIMITATION

- The study was conducted among working and non-working women who are present in the community at the time of data collection.
- The study is only been conducted on urban population.
- The study was conducted among working and non-working women who are willing to participate.

VIII. REFERENCES

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