

A Study on Depression among Middle Aged Women in Rural Area

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Abstract: *Depressive disorders constitute an extensive quantity of the general burden of illness and are predictable to form the instant most common cause of disability 2020. To assess the level of depression among middle aged women probable factor following in the problems. A total of 50 women aged 40-59 years were selected by proportionate sampling techniques. Age, education, marital status, socio-economic status, age at menopause. Scales were used for educating levels of depression in these women data were analyzed by using statistical software SPSS. The level of syndrome depression was found to 86.7% and 83.0% respectively. Depression among middle-aged women in rural area. Provision of mental health services in this group is essential. This article is going to discuss about the depression among middle aged women in rural area.*

Key words: *Depression, middle-aged women, symptoms, mental health*

Introduction

The WHO estimate to facilitate 350 million people lives amid depression global. Depression affects more women than men, and it is more significant in populations living in conditions of poverty and structural deprivations. Women present vulnerability to symptoms of anxiety and depression, particularly associated with the reproductive period. The etiology of depression throughout the reproductive life period is due to several factors, including social, psychological, and biological aspects. Some factors that may contribute to this problem are related to rural area and the exposure of women from these areas to certain circumstances, conditions, and behaviors to facilitate can create them additional susceptible to depression. Comprise a sustainable quantity of the trouble of disease and are predictable starting the second mainly ordinary fundamental disability by 2020. Indian studies show to facilitate middle age women report additional emotional distress more health check up and lower confidence than depressive disorders general, during the present study an effort have been complete to discover stage and factor disturbing depressive disorder in focus matured women 40-59 within a south Tamil Nadu. The rural population presents specificities that should be considered: cultural context, socio-economic factors, and difficult access to healthcare services. Therefore it is essential to value the health of the rural population considering their different life and work conditions, especially in relation to depression, characterized as one of the main mental diseases that affect women.

Review of literature

Wanda and Diana (2008) conducted a study on social support and women living with serious mental illness. This study focused on exploring with women their formal and informal source of support, the kind of support people in their lives provided and the kind of support women felt was lacking, semi- structured interviews were conducted with fourteen women living in the community who self-identified as being diagnosed with schizophrenia. Most of these women were unemployed, lived in poverty, and relied on social assistance. Family members and mental health care providers were often identified as the most supportive people in their lives. An important source of support for women with serious mental illness is other women who have serious mental illness. Education and support is needed for women with serious mental illness who support each other.

Symptoms of Depression

- Feelings of hopelessness , pessimism
- Decreased energy, fatigue, being slowed down
- Persistent anxious or empty mood
- Appetite or weight changes
- Restlessness, irritability

Objectives

- ✓ To study socio economic profile of middle aged women
- ✓ To study social problem faced by depressed women
- ✓ To analyze impact of women problem

Rationale of the study

There is a need for the present study about women affected by depressed. It is only through reliable and scientific study status of women infected women in the rural area, their health condition, and care in support available for them and as whole the general picture of the situation could be developed. The women with depression to socially, economically, psychologically, and physically sufferings. The societies isolate them

with the social stigma. Thus they need social support to lead their life as human beings. So the researcher has attempted to study various treatment provided for them and welfare program me available for them through government.

Research Design

A research design is a logical and systematic planned for directing a research study. A research design guides the investigator in the process of collecting, analyzing and interpreting the observation. In this study the researcher had adopted descriptive research design for investigating and studying the problem of women affected depression.

Sampling procedure

The universe of the present study came at 50 respondents in 5 villages.

Tools used for Data collection

Interview schedule was used as a tool for data collection, to collect primary data from respondent. The respondents were the women affected depressed. The interview schedule covered the major areas of personal profile, family conditions, socio economic condition, and education of their children, depression treatment and impact of NGO intervention.

Analysis of Data

Analysis of data is the most skilled task in the research process. The purpose of data analysis is to prepare data as a model where relationship between the variables can be studied. The task of analysis is incomplete without interpretation. In the present study the researcher used SPSS package for the analysis of the data, statistical measures like percentage, chi-square and correlation etc, are utilized to analyze the data.

Findings of the study

This research study reveals the following findings related with the problems faced by depressed women.

- The study shows that 33.3% of the respondents have finished primary school.
- Majority 86.7% of the respondents are married and 13.3% of the respondents are unmarried
- Majority 60 % of the respondents are living in nuclear family because of depression
- Majority 55% of the respondents earn income between Rs. 5000-6000
- The study shows that 83.0 % of the respondents husband addicted to alcohol
- 27% respondents describes are getting guidance and counseling from government hospital and NGO
- Majority 69% of respondents are going to work continuously.

Suggestion

- Government should implement more effective policies regarding rehabilitation of affected people.
- Most of the respondents have the feeling that they are a burden in their family so counseling is helpful for such persons and hence counseling centers should be established for them.
- Though many women are educated, they become prey for giant illness; this should be prevented by giving a proper awareness.

Conclusion

The results revealed that most participants of the study presented no symptoms of depression. The absence of a good relationship with the partner was found to be associated with a higher score of these symptoms, however, socio-demographic, economic, family condition, and reproductive health factors may affect the mental health of rural women, especially those related to depression symptoms, as evidenced in the present study.

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