

# AN ANALYSIS OF DEPRESSION AMONG WORKING AND NON-WORKING WOMEN

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## ABSTRACT

The present study examined the level of depression among working women (N=40) Non working women (N=40) women significantly scored higher on depression in comparison to non working women. There is a significant difference in the depression problems perceived by working and non working women. The aimed of present study is to analysis the depression problem faced by working and non working women. Depression is a state of low mood and aversion to activity that can affect a person's thought behavior, feelings and sense of well-being. This mood disorder is becoming more common among middle age female population and especially working women.

**Keyword:-** Depression, working women, Non-Working Women.

## INTRODUCTION

Feeling of depression and joy are universal which makes it all the more difficult to understand that disorder of mood can be so incapacitating that violent suicide may seem the better option than living consider the following case

Indian women have been gradually coming out of traditional roles and are entering in to male dominated culture. The problem of depression in women particularly working women is an important aspect of the process of social and economic changes in the India of. **1990s (Kumar & Murthy, 1999)**

Generally a woman's working within the frame work of the family system. The interface between work and life has the potential to be more depressionful for women who work outside the home.

Depression is a normal and natural response to loss or loved one, job loss of physical health or relocation symptoms of depression include feelings of sadness hopelessness, helplessness, anxiety, irritability, agitation, fatigue, low energy and a reduce activity level are some common factors and they maybe also withdrawal from social contact and loss of a interest in previously enjoyed activities.

Working women may be prone to depression because they bear the double burden of housework and a job outside the home since they have to work in two different environments on being the office and other the home. So far as a Indian women they play a dual role as working women and a house wife. She also take care the children also.

Depression is a normal features of our lives modernity brought women education in its wake and she changed the area of activity. She stepped out of the threshold of house and joined service with her counterpart. Now she got admiration, equality and opportunity. But the euphoria was ephemeral as she was supposed to take to this job as an additional responsibility and not expected to shrink household work this brought problems like strain and depression.

### **Pilani and Sen 1998**

Depression is a common illness world wide with an estimated 350 million affected it is a leading cause of disability world and is a major contributor to the global burden of disease it often starts at the young age and affects women more commonly than men it affects not only the person affected but also the family and the society almost 1 million people commit suicide because of depression as burden of disease estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.2% for women and the one year prevalence has been estimated to be 5.8 for men and 9.5% for women. It is estimated by the year 2020 if current trends for demographic and epidemiological transition continue the burden of depression will increase to 5.7% of the total burden of disease and it would be the second leading cause of disability adjusted life years second only to ischemic heart disease.

**Objectives:-** By taking in to consideration the available theoretical constructs and literature concerning the problem of the present study the following major objectives were proposed to examine:-

1. To study the depression problems faced by working and non-working women.
2. To find out the depression problem faced by urban working women and rural working women.
3. To find out the depression problem faced by urban and rural non-working women.

**Hypotheses:-** Depression problem of working and non-working women in urban as well as in rural women do not differ significantly.

**Research Methodology:-** To find out the actual picture of depression among the working and non-working women in urban and rural area the 80 women have been selected random only and interviewed. Again out of 80 sample 40 women (20 working and 20 non-working women) selected from the urban areas and some procedure also adopted for the rural area.

Table selection on sample

Study Area	Working Women	Non-working Women	Total
Urban Area	20	20	40
Rural Area	20	20	40
Size of sample	40	40	80

Women sample comprised to official and teaching staff working in colleges and institutions of district U. S. Nagar Uttarakhand.

**Tools:-** The following tools were utilized in this study:-

A depression scale constructed & standardized by Shamim Karim or Rama Tiwari.

The whole test constitutes of 96 items related to twelve aspects of depression apathy, sleep, pessimism fatigability, irritability, social withdrawals, self centeredness, rejected or sadness, self dislike, self acquisition, self harm, somatic reoccupation, indecisiveness. To know the psychometric properties of a test is very essential for the proper development of a test for this purpose at first aspect of depression has been collected with the help of the studies of Kovacs and Beck (1972) Lang and Tisher (1978) cantwell and Carlson (1979) Cytryn Maknew and Bunny (1980) Kazdin (1981) Kovacs (1981) Birleson (1981) Howard and Margaret Middleton (1985) etc.

There 15 aspects of depression were given to twenty psychologists and psychiatrists for rating on a five points scale (Not, at all, a little bit, moderately quitea bit and extremely).

**RESULT:-** The main objective of present study is a comparative study of depression among working and non-working women in it statistical '+' method is used and their correlation was measured.

Results discussion of present study is as under-

**Table-1**

Showing the mean SD and 't' value of depression among working and non-working women.

Sr No	Variable	N	MEAN	SD	t
1	Working women	40	189.9	24.5	2.11
2	Non-working Women	40	177.72	4.47	

**Table-2**

Showing the mean SD and + value of depression among urban working women and rural working women.

Areas	N	MEAN	SD	+
Urban Working women	20	169	22.72	0.40
Rural working Women	20	173	36.58	

**Table-3**

Showing the mean SD and 't' value of depression among urban non-working women and rural non-working women.

Areas	N	MEAN	SD	+
Working women	20	176.3	2.027	12.84
Non-working Women	20	178.15	6.216	

The result obtained on the basis of depression reveals significant difference of working and non-working working women.

The working women received higher mean score 189 as compared to the non-working women 177.72. There has mean difference is 11.28 and standard deviation score of working women received 24.5 and non working women 4.47 and 't' value is 2.11. There has a significant difference among working and non-working women in depression. So we can say that depression of non-working women is lesser than the working women and rural working women received higher score as compared to the urban working women.

The estimate of the global burden of disease predicts that disability word wide by 2020.

**DISCUSSION:-** This research was under taken to investigate the level of depression among working and non-working women. The result indicates that non-working women are better adjusted in their life than working women. We found that highly depression level in working

women due to dual responsibility. Obviously they face much more depression as compare to the non-working women.

This findings support our hypothesis that working women are more depressed than non-working women. Depression is widely prevented in women in India across all age groups. The multiple roles played by India women contribute to stress. There by making her susceptible to depression. Depression is a serious condition that can impact every area of women's life It affects social life family relationship career and one's sense of self-worth and purpose women and depression is holding a relationship of much interest over the last two decades as more and more women enter the work force, they are increasingly exposed not only of the same-work environment as men but also to unique pressure created by multiple role and conflicting expectations.

### **Nelson and Burke 2000 change 2000**

It has long been observed that women are about twice as likely to become clinically depressed (to have dysthymia or unipolar depression) as are men these differences occur in most countries around the world.

**(Nolen Hoeksema and Girg's 1994 whilelm and Roy 2003 Ge and conger 2003)**

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#### DEPRESSION A HIDDEN BURDEN

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[www.twitter.com/who](https://www.twitter.com/who) 2012 [www.who.int/mental](http://www.who.int/mental) health.

DEPRESSION IN WOMEN National Institute of mental health U. S. Department of health and human services National Institutes of Health NIH Publication NOTR 16-4779  
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