

# To Study Depression in Middle Aged Women

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**Abstract :** The purpose of present study was to evaluate the differences in degree of depression suffered by both working & non-working middle aged women in early and late middle age stages. Total samples of 80 middle aged women (40 working and 40 non-working) were studied. Tool used for the study was Beck Depression Inventory-II (BDI-II) & Unstructured Interview to find the result. The result showed that there were insignificant differences in degree of depression of working and non-working at early and late middle aged women stage and also in case of late middle aged women, while it is significant in case of early middle age women who are working and non-working. Hypothesis is thus partially fulfilled that only 25% non-working middle aged women are found depressive while 40% working middle aged women who are found depressed, in case of second hypothesis it is fulfilled that Late middle aged women 45% are having mild depression while among early middle age it is only 20%.

KeyWords: Depression, working, non-working, middle age and women.

## I. INDIAN ENGLISH NOVELS

These days' women are not restricted merely to their involvement in domestic chores, and nurturing family, they are performing duties apart from homemaking. A significant number of women are working and they are maintaining their dual roles of as employee and household keeper with financial assistance to their families, which continues from their younger age i.e. of being unmarried /single to middle age, during which they have to perform numerous task inside as well as outside home. The working women are mostly in depression regarding their housekeeping as they are absent from home for a long time. Depression constitute a substantial proportion of the global burden of disease. 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. It often starts at the young age yet studies showed that middle-aged women reported more psychological distress, more medical problems and lower morale than men. It is among the most common psychiatric disorders in the community. Therefore in the present study, an attempt has been made to find level affecting depression in women aged 45–65 years.

It affects not only the person suffering from the illness but also the family and the society. Many people commit suicide because of depression. Various studies were done to assess the prevalence, psychosocial factors, cultural factors, co-morbidity, and treatment and prevention aspects of depression among various age groups. After a thorough literature review it was observed that there were no large scale studies done on middle aged working and non-working women population. So this study was done to compare the prevalence and risk factors of depression among working and non-working middle aged women.

**Depression:** Depression is a common but serious illness, depressive disorder interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. Symptoms prevalent in people suffering with depression may vary depending on the individual and his or her particular illness but it can be diagnosed symptoms mentioned here, like feeling sad, anxious or “empty” persistently, feelings hopelessness and/or pessimism, guilt, worthlessness, helplessness, irritability, restlessness, loss of interest in activities or hobbies once pleasurable, including sex. Feels Fatigue and decreased energy. Difficulty in concentrating, remembering details and making decisions, Insomnia, early-morning wakefulness, or excessive sleeping, Overeating, or appetite loss, Thoughts of suicide, suicide attempts, Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment. Depression often co-exists with other illnesses.

**Middle Aged Women and Depression:** Depression is more common among women than among men. Biological, life cycle, hormonal and psychosocial factors unique to women may be linked to women's higher depression rate. Researchers have shown that hormones directly affect brain chemistry that controls emotions and mood. Women are particularly vulnerable to depression to a severe form of premenstrual syndrome (PMS), sometimes called premenstrual dysphoric disorder (PMDD), a condition resulting from the hormonal changes that typically occur around ovulation and before menstruation begins. During the transition into menopause, some women experience an increased risk for depression. Many women face the additional stresses of work and home responsibilities, caring for children and aging parents, abuse, poverty and relationship strains.

Depression as per ICD-10: ICD-10 has different guidelines based on symptoms, which can be mentioned as:

Mild depressive episode: Depressed mood, loss of interest and enjoyment, and increased fatigability are usually regarded as the most typical symptoms of depression, and at least two of these. None of the symptoms should be present to an intense degree. Minimum duration of the whole episode is about 2 weeks. An individual with a mild depressive episode is usually distressed by the symptoms

and has some difficulty in continuing with ordinary work and social activities, but will probably not cease to function completely.

**Moderate depressive episode:** At least two of the three most typical symptoms noted for mild depressive episode should be present, plus at least three (and preferably four) of the other symptoms. Several symptoms are likely to be present to a marked degree, but this is not essential if a particularly wide variety of symptoms is present overall. Minimum duration of the whole episode is about 2 weeks. An individual with a moderately severe depressive episode will usually have considerable difficulty in continuing with social, work or domestic activities.

**Severe depressive episode:** All three of the typical symptoms noted for mild and moderate depressive episodes should be present, plus at least four other symptoms, some of which should be of severe intensity. However, if important symptoms such as agitation or retardation are marked, the patient may be unwilling or unable to describe many symptoms in detail. The depressive episode should usually last at least 2 weeks.

During a severe depressive episode it is very unlikely that the sufferer will be able to continue with social, work, or domestic activities, except to a very limited extent.

## II. METHODOLOGY

**Aim:** To investigate depression among working and non-working middle aged women

**Hypothesis:** Non-working middle aged women are more depressive than working middle aged women.

Late middle aged women are more depressive than early middle aged women.

**Sample:** A sample of 80 (40 working and 40 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 18 years to 60 years.
- Females were taken.

**Exclusion Criteria:**

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

**Tool Used:** Beck depression inventory (BDI): The Beck Depression Inventory-II is 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 from 0 to 9 represent minimal depressive symptoms, scores of 10 to 16 indicate mild depression, scores of 17 to 29 indicate moderate depression, and scores of 30 to 63 indicate severe depression. Reliability of BDI is 0.89, test re-test reliability is 0.93

**Unstructured Interview:** Women were interviewed accompanied with BDI-II, to find out the trigger elements of depression caused to these women. They were asked questions randomly about their attitude towards lifestyle, eating habits and medical checkup requirements.

**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:****Table 1: Mean, standard deviation and t-score of depression of non-working Middle aged women.**

Grouping	N	Mean	S.D	T-Test
Early Middle Age	40	10.65	8.04	1.25
Late Middle Age	40	13.10	9.44	

**Table 2: Mean, standard deviation and t-score of depression of working Middle aged women.**

Grouping	N	Mean	S.D	T-Test
Early Middle Age	40	18.80	10.99	2.99
Late Middle Age	40	13.20	4.38	

**Table 3: Mean, standard deviation and t-score of depression of early middle aged women.**

Grouping	N	Mean	S.D	T-Test
Working	40	18.80	10.99	3.79
Non-Working	40	10.65	8.04	

**Table 4: Mean, standard deviation and t-score of depression of late middle aged women.**

Grouping	N	Mean	S.D	T-Test
Working	40	13.20	4.38	0.06
Non-Working	40	13.10	9.44	

Totally 80 women of middle age participated in interview, categorized in 40 working women, 40 non-working women, 40 early middle aged and 40 late middle aged, mean age of the study population was 55 with the range of 45 to 65 years. Mean age of non-working women was 53.5 and of working women is 52.9. Mean age of early middle aged women was 48.03 and of late middle aged women is 57.38. This overall result indicates that depression among working women is higher than non-working women whether they are at early middle age or late. Furthermore, the result shows that depression in early middle age is more prevalent in case of working women, but in case of non-working women late middle age women are more prone to depression. It was observed that the economic problems, no identity, loneliness, unfulfilled desires during lifetime were the major reasons for non-working late middle aged women and insufficient time, numerous responsibilities and workplace stress were the major reasons for working early middle aged women of depression.

Depression prevalence among working and non-working middle aged women:

Among the study population of 80 middle aged women 15 (37.5%) non-working women and 13 (32.5%) working women had no / low depression, while mild depression could be observed among 10 (25%) non-working and 16 (40%) working women. Moderate depression was present among 12 (30%) non-working and 9 (22.5%) working women, whereas 3 (7.5%) of the non-working and 2 (5%) of the working women had severe depression.

Depression prevalence among early and late middle aged women:

Among the study population of 80 middle aged women 20 (50%) early middle aged women and 8 (20%) late middle aged women had no / low depression, while mild depression could be observed among 8 (20%) early middle aged and 18 (45%) late middle aged

women. Moderate depression was present among 10 (25%) early middle aged and 11 (27.5%) working women, whereas 2 (5%) of the early middle aged and 3 (7.5%) of the working women had severe depression.

### III. DISCUSSION

The study was conducted to investigate the difference in depression among working and non-working middle aged women and early and late middle aged women. Objective defined for the study was “to see the depression among working and non-working middle aged women”. Total sample of 80 (40 non-working middle aged women and 40 working middle aged women categorized in early and late middle aged) were taken who fulfil the inclusion and exclusion criteria. Inclusion criteria: Age criteria above 45 years to 65 years. Women who were co-operative for the study. Females were taken. Exclusion criteria: Males were excluded. Females having other psychiatric comorbidity. Tool used was Beck depression inventory (BDI).

The mean of depression was found to be 10.65 for early middle aged and 13.10 for late middle aged non-working women, standard deviation of early middle age was 8.04 and late middle age was 9.44 and t-test for non-working women was 1.25. The mean of depression was found to be 18.80 for early middle aged and 13.20 for late middle aged working women, standard deviation of early middle age was 10.99 and late middle age was 4.38 and t-test for non-working women was 2.99. The mean of depression was found to be 18.80 for working and 10.65 for non-working early middle aged women, standard deviation of working was 10.99 and non-working was 8.04 and t-test for early middle aged women was 3.78. The mean of depression was found to be 13.20 for working and 13.10 for non-working late middle aged women, standard deviation of working was 4.38 and non-working was 9.44 and t-test for early middle aged women was 0.06.

### IV. CONCLUSION

The result showed insignificant difference in depression among working and non-working middle aged women, and early and late middle aged women. The results revealed that the 40% working middle aged women possess mild depression while in non-working middle aged women only 25% faces mild depression. In case of late middle aged women 45% are having mild depression while among early middle age it is only 20%. The hypothesis is therefore not met in first cases, “Non-working middle aged women are more depressive than working middle aged women”. While in another one it is being approved, “Late middle aged women are more depressive than early middle aged women”. Thus the result concludes that the working women are fulfilling dual responsibilities to meet their pace with society with no such change in atmosphere and their daily chores, which is leading them to feel depression at mild level. Though employed females face lot of challenges in modern day society being more cultured and competent enough to perform their duties due to 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.

### V. IMPLICATIONS

This study appears to be applicable to the field of research based on middle aged women and their level depression, though in previous researches it is discussed that depression in women is more prevalent in comparison to men. Therefore this study may contribute towards providing counseling and therapies to women who are facing problems in performing their day to day activities and responsibilities at workplace or at home.

This study might help in finding out causes & onset of sadness, pessimism, feeling of guilt 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.

### VI. LIMITATIONS:

- The study was conducted among working and non-working women who are present in the community at the time of data collection.
- The study was conducted among working and non-working women who are willing to participate.
- The sample size was small.

### VII. FUTURE DIRECTIONS:

- Sample size can be increased.
- Sample can be taken from different places.

**VIII. REFERENCES:**

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