

## A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women

Indira Pathak<sup>1\*</sup>, Bina Srivastava<sup>2</sup>

### ABSTRACT

Gender role-related expectations need to be understood closely in order to understand various psychological issues women in our society face. It's like discriminations labourers face during division of labour. The purpose of this paper is to study the satisfaction and discriminations employed and unemployed married women face in workplaces as well as in social setup. Mental depression is a big problem and already have taken attention of many researchers at many points of time. Researchers are in constant quest of finding out the actual problem of depression. It's natural that if there is any increase in the level of depression, life satisfaction decreases simultaneously. These two variable factors are inversely related to each other. Research findings have made it clear that working women have experienced more depression than non-working women. So, it is clear that every factor has its respective role to play. This study finds that non-working married women perform better-married life than working married women.

**Keywords:** *Depression, Life Satisfaction, Married Women, Employment*

Satisfaction is nothing but a psychic state. It is a state of mind where you make an analytical appraisal of a certain thing. This is a word that could also be a synonym of the terms 'enjoyment' and 'contentment'. This is a term that brings under its umbrella both affective appraisals and also cognitive ones. The state of being satisfied could stable or even fleeting and temporary through a span of time [1]. If you are to look for synonyms for the satisfaction in modern life the words 'subjective wellbeing' and 'happiness' will be perfect fits. Often if the word happiness is replaced by life satisfaction it exhibits the subjective character of the idea with better precision. The term happiness is often applied to indicate at a state of objective good, particularly by the philosophers. The word 'life satisfaction' has a better advantage as compared to subjective well being since life satisfaction brings a large number of aspects and elements within its umbrella and not just the slim margins of present feelings to certain psychosomatic symptoms [2].

In the changing face of the economy, in a large number of families both husband and wife are career-oriented individuals – a phenomenon that has damaging effects on the index of

<sup>1</sup>Professor, Asia-Pacific Institute of Management, Lucknow, Uttar Pradesh, India

<sup>2</sup>Research Scholar, Asia-Pacific Institute of Management, Lucknow, Uttar Pradesh, India

\*Corresponding Author

Received: May 09, 2021; Revision Received: July 17, 2021; Accepted: August 03, 2021

## **A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women**

Life satisfaction. In every nation of the world, it has been seen that better economic growth is often triggered by the involvement of both men and women in the process. This means that both genders must take equal participation in the development of the national economy. This is one of the simplest ways that can control and reduce the poverty index. However, from the earliest times, it has been seen that the women are largely responsible for the maintenance and the welfare of the family members and the house. She has the lion's share of the responsibility of bringing up the children and taking care of them through their growth years. The responsibility of earning food and money is often taken to be the duty of the men of the family. Meanwhile, with a larger percentage of women entering the world of the corporate profession, these long-standing traditional gender roles have seen a huge change in the current times [3]. Work and family happen to be a couple of the most important aspects of the lives of contemporary women.

The term life satisfaction is explained to be an overall 'global assessment of attitudes and feelings about life at a certain point of time in the perspective of the chosen criteria of the individual [4]. Life satisfaction is often assessed from the perspective of a certain domain of life or globally. As mentioned earlier satisfaction is a psychic state and makes an analytical evaluation of a certain thing. Life satisfaction is the extent to which an individual assesses the overall quality of his or her life in completion.

Life satisfaction happens to be a certain way in which an individual sees how his or her life has turned out to be and how they feel about their lives and what they can make of it in the coming times. It can be taken to be an index of well-being and can be measured in terms of satisfaction, mood, and also rapport with people around a person. It will also bring in the aspects of self-concepts, the attained goals, and the self-identified ability to cope with the trials and tribulations of life. Life satisfaction is a state of mind that can have a deep relation to the economic well-being, index of education, experiences, and the area where people live and several other topics. This is a state of mind that can also reflect the best amount of experiences that a person has had so far and the effects it had on him or her positively. These experiences could be moving and motivating helping a person to attain their life goals [5].

Since the era of independence, Indian women have come up a long way. In the earlier days if she began as just a homemaker in the current time's women has attained skills and knowledge on the strength of which they shoulder most of the tasks that were earlier the domains of men only. The new generation of women is rather serious about their careers. However, this is an aspiration that comes with a large number of hurdles. There is little or no consensus amongst the psychologists regarding the exact nature of stress that is faced by the women [6].

The increased rate of modernization and urbanization has brought about rapid changes in Indian families. Women from the various economic strata of the society have entered into occupations instead of salaries. If the exposure of education that modern women have happens to be much higher than what was provided to the women of the yesteryears. This is all the more true in the cities and the urban areas of the nation. This is a phenomenon that has helped to raise awareness amongst the women of the current times and they have become more conscious about their personal development. In addition to increased education and awareness, there have been certain economic pressures that had paved the path for the women on which they have entered the professional realm. The major number of studies done on married Indian working women have pointed out that it was due to some

## **A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women**

economic pressure why the women agreed to join the employment. Stress is one of the major challenges of current times. Stress seems to have affected one and all irrespective of their gender, age, social strata, professional domain, and economic class. Most of the people in the current times have been found to live in a constant state of stress [7].

The term 'work-life balance' refers to the maintenance of the balance between the responsibilities in the office and the family. It seems that in the current times both work and home have become antagonistic platforms where both require time and energy. This is something that has led to the much-debated and discussed work and family conflicts. It is a common phenomenon where we see that the common people are getting paralyzed under the pressures of stress which is why they are unable to live a normal life. So, it is clear that stress and life satisfaction are notions that are connected to each other [8].

Depression is not often a term that will fit all. Again, it cannot be said that women are the only victims to fall within the clutches of depression. However, certain reasons can trigger this problem a notch higher in the females as compared to the males. There are several catalytic reasons for this occurrence. Some common ones are reproductive hormones; the ways women react and respond to stress and also the index of social pressures [9].

### ***Objective of the Study***

**The objectives of the study are,**

- To study the life satisfaction among married employed and unemployed women
- To study the depression among married employed and unemployed women
- To study the depression and life satisfaction among married employed and unemployed women

### ***Causes of Depression in Women***

Women often have a greater chance of getting affected by depression as compared to men. The margin could be as high as two times as that of men [10]. This is different between the two genders that have attained international recognition. Some numerous doctrines and theories try to explain such an occurrence amongst the women. Some of the elements are implicated that consist of psychological, organic, and also social elements [11].

### ***Despair In Married Working and Nonworking Women's***

One of the most common problems that a person might have to face in their marriage is despair in their spouse. Despair is one of the most common responses that arise in the context of grief and loss; it might not always be activated by the event of the death of someone dear or maybe some sort of separation from a loved one [12]. It could also arise due to the loss of a job, moving from the place where the person had been living so far, loss of physical fitness, etc. misery in the relationship of marriage could be one of the main reasons that spark off melancholy. Some of the common symptoms of despair are a feeling of hopelessness, sadness, helplessness, irritability, undue and unexplained tension, often agitation without much of a reason, a person can feel tired and fatigued even without having done much throughout the day, loss of strength and stamina and a reduced interest in any form of activities. Such people can also become reclusive and can appear to be withdrawn from the rest of society. Such people can also develop a loss in their former hobbies and also an aversion to love life. There can be changes in preferences of food, alliterations in weight, patterns of sleep, trouble in reminiscence, and also trouble in concentrating [13].

## **A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women**

### ***Depression And Life Satisfaction***

There are major biological differences between men and women. Differences can be seen in levels of hormones like serotonin, estrogens, and melatonin. This could be one of the major reasons why women are more prone to depression as compared to men [15]. Women are more sensitive and emotional. Aspects like social physiological and cultural history are important elements that can affect the attitude of women and also her relations. Women are at a greater risk of suffering from depression as compared to men [14]. It has been seen that stress plays a rather important role in the domain of depression. In this context, both men and women react differently to stress. Women seem to have a greater number of emotional problems such as depression, anxiety, and also eating disorders when compared to men. However, men seem to exhibit more aggressive natures and also problems like substance abuse like alcohol and drugs [15].

Depression can crop up in women at any point in life. The main causes of the condition could be a blend of brain chemistry, trauma, stress, and genetics. Some of the possible situations when the hormone levels in women alter is that of menstrual cycles, soon after childbirth and also during menopause. These are the times when women experience depression. Some of the common forms of depression experienced are premenstrual syndrome, postpartum depression, premenstrual dysphoric, and also premenstrual depression. The good news in this domain is that increased researches are helping us to understand the biological factors that are leading to depression in women and also the ways to treat it. The type of treatment for this condition is similar for both men and women.

Apart from the major types of depression that affect both men and women, women are also susceptible to certain particular types of depression that could emerge due to the special hormones and the physiology of a women's body. For example, estrogens happen to be the sex hormone in the female body that affects more than 300 functions in the body of a female like protecting the heart, regulating the menstrual cycles, menopause, and pregnancy. This is a hormone that can lead to depression in cases of severity. Often such instances go undetected and uncatered when such times are referred to as 'those times of the month', 'being moody', 'the change' etc. It is time that such stereotypes are broken and the required medical help is seeking.

The problem of the premenstrual syndrome has a treatment and can get prevented. Young girls and women no longer need to suffer from the problem every month.

All those women who are suffering from postpartum depression after their first child are likely to undergo the same situation even in their second pregnancy. This is a condition that must be identified and treated properly.

The rate of suicides in women is the highest in the period of their perimenopause. This is quite pathetic as women are said to live one-third of their lives soon after their menopause [16].

### **REVIEW OF LITERATURE**

The present literature of the domain says that the personality of a woman plays a rather important role in whether a woman will consider her life to be a satisfying one or not. However, the environmental aspects in close proximity can also affect the satisfaction judgment of a person regarding her life in the short span at least. [17] have investigated in

## **A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women**

order to analyze the life satisfaction in people who have experienced a kind of transition in their marital status and amongst those people who had a stable marital status for the last seven years. In the latter group, we see that although life satisfaction amongst the men remained constant for the women it has gone down. In those people who have faced loss of spouse the life satisfaction level has gone down. The feeling is stronger amongst men. In the case of men, it was seen that their satisfaction increased after seven years if they gained a spouse. This was not the same for the women., these findings reveal that marital status and its dynamics can have different effects on the psyche of men and women.

Kousha and Moheen (2014) in their thesis have tried to investigate the elements of life satisfaction amongst the unmarried women of Iran in the urban areas of the country. The revelations of the thesis exhibited the fact that for the married men the element of life satisfaction did happen to be much closely related to the element of satisfaction in their marriage. In this context satisfaction with their leisure, employment was also many important aspects. It has been seen that women often preferred part-time jobs as compared to full-time jobs. It has been seen that women who did not have children could devote any amount of hours to their jobs. This was not the case with the women who had children. In this case, we see that the women just needed a part-time job that will demand limited hours from them [18].

Ayres and Malouff (2017) in their research have proposed the importance of giving brief but self-problem-solving training to the women employees of the company. This is a training that can prove to be very significant for the women employees as they will be able to solve their problems and hence experience better employment and life satisfaction [19].

Perrone et al (2017) in his work did move away from the impacts of work on life satisfaction and said that work satisfaction along with satisfaction in marriage can have a rather powerful impact on the aspect of life satisfaction. [20] also stressed Couples Coping Enhancement Training to increase dyadic competencies which can have positive effects on the general well-being, life satisfaction, and other workplace variables like less burnout and less work stress [20].

Hine et al (2016) in his work “Marital Adjustment, stress and depression are among working and Non-working Married women” have tried to understand the relation between adjustments that are done by the women soon after their marriage, resulting in stress and then depression. In order to conduct this survey a survey sample of 150 women has been taken. It was a mixture of working and non-working women who were all married. Their ages ranged between 18 and 50+ years. They came from the middle to the high socio-economic sections. The findings revealed the fact that there was a rather strong relationship between the adjustments that are done by the women soon after their marriage and the stress and depression that they face. The revelations also said that it was likely that the working women will face a larger number of problems as compared to nonworking married women. The aspect of education also seems to have a rather important influence in this context [21].

Shazia & Seema (2019) in their thesis “Effects on Employment on mothers and Their Children after Disruption of the Family” tried to understand the results of the reputation of the employment details of the mother on the family and the children after a certain disruption in their family [22].

## A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women

Challenge and approach: After the literature review it changed into hypothesized that 1) Divorced working moms will score low on the Variables of depression, anxiety and schizophrenic wondering as compared to divorced non-working mothers, 2) kids of the divorced working mother can have: a) highly stem and high need for fulfillment compared to kids of divorced non-working mothers b) Low rankings at the variable on aggression and depressed temper as compared to youngsters of divorced non-working mothers [22].

### CONCLUSION

The main goal of the current thesis is to find the connection between e depression and that of life satisfaction in the non-working and the working married women. Women can find better satisfaction in certain aspects of their lives as compared to the other ones. It has been found that whereas some aspects of their life can be particularly satisfying the others were not so. It has also been found that even if a person has many aspects of satisfaction in their lives could still be miffed in the overall due to the effects of those few areas of dissatisfaction. It has also been found that working women seem to enjoy a better health index as compared to the ones who are not working. Once again whether women will be satisfied with her life or not will be decided by her personality to a great extent.

### REFERENCES

- [1] Rout, U. R. Cooper, C. L. and Kerslake, H. (2013). Working and non-working mothers: A comparative study. *Women in Management review*. 12(7), 264-275.
- [2] Hashmi, H. A. Khurshid, M. and Hassan, I. (2017). Marital adjustment, stress and depression among working and nonworking married women. *Internet Journal of Medical Update*. 2(1).
- [3] Azar, I. A. S. and Vasudeva, P. (2016). Self-efficacy and self-esteem: a comparative study of employed and unemployed married women in Iran. *The German Journal of Psychiatry*. 9(3), 111-117
- [4] Adhikari, H. (2012). Anxiety and Depression: comparative study between working and non-working mothers. *Global Journal of Human Social Science Research*. 12(12-C).
- [5] Kandel, D. B. Davies, M. and Raveis, V. H. (2016). The stressfulness of daily social roles for women: Marital, occupational and household roles. *Journal of health and social behavior*. 64-78.
- [6] Beatty, C. A. (2016). The stress of managerial and professional women: is the price too high? *Journal of Organizational Behavior* 17(3), 233-251.
- [7] Mostow, E. and Newberry, P. (2015). Work role and depression in women: A comparison of workers and housewives in treatment. *Am J Orthopsychiatry*. 45(4), 538.
- [8] Carl, D. A. and Siddique C. M. (2016). Marital status and psychological wellbeing: A cross-national comparative analysis. *International Journal of Comparative Sociology*. 26, 149.
- [9] Rosenfield, S. (2019). Sex differences in depression; do women always have higher rates? *Journal of Health and Social Behavior*. 33-42.
- [10] Butcher, M. & Hooley, (2018). *Abnormal Psychology*; Coure Concept Boston.
- [11] Borrill, (2016). *All about Depression*; A booklet for People with Depression, their carries, families and friends and The Mental Health Foundation.
- [12] Brown, G. W. and Harris, T. O. (2018). *Social origins of depression: A study of psychiatric disorder in women*. New York: Free Press
- [13] Celikkol, A. (2019). *Çağdaş İş Yaşamında Ruh Sağlığı*, Alfa Yayınları, İstanbul.

## **A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women**

- [14] Coleman, L. M. & Antonucci, T. C. (2016). Impact of Work on Women. *Departmental Psychology*, 19 (2), 290-294.
- [15] Cooper, A. (2018) *Neurology Now*, American Academy of Neurology. 6(2), 18–25.
- [16] Chong, J. (2016). Depression and Women. Psych Central. Retrieved on September 17, 2016, from <http://psychcentral.com/lib/depression-and-women/>
- [17] Clark, B. & Alford, (2019). Scientific Foundation of Cognitive theory and Therapy of Depression. *New YORK Wiley*
- [18] Kousha, M. & Moheen, N. (2014). Predictors of Life Satisfaction among Urban Iranian Women: An Exploratory Analysis. *Journal of Social Indicators Research*, 40(3), 320-357.
- [19] Ayres, J. & Malouff, M. J. (2017). Problem-solving training to help workers increase Positive effect, Job satisfaction, and Life satisfaction. *European Journal of Work & Organizational Psychology*. 16 (3), 279 – 294.
- [20] Perrone, K. M. Webb, L. and Jackson, Z. V. (2007). Relationships between Parental Attachment, Work and Family Roles, and Life Satisfaction. *Career Development Quarterly*, 55(3), 237-248.
- [21] Hine et al (2016). *Psychol Rev.* Apr; 112(2):417-45. Life stress, the «kindling» hypothesis, and the recurrence of depression: considerations from a life stress perspective.
- [22] Shazia, H. & Seema, M. (2019). Joan Dividing Work, Sharing Work, and In-Between: *Marriage Patterns and Depression American Sociological Review*. 48, 809-823.

### ***Acknowledgement***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Pathak I.& Srivastava B. (2021). A Study on The Depression and Life Satisfaction among Married Employed and Unemployed Women. *International Journal of Indian Psychology*, 9(3), 295-301. DIP:18.01.032.20210903, DOI:10.25215/0903.032