

## Mental Health and Depression Among Working and Non-Working Married Women

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### ABSTRACT

The main purpose of this study was to find out the mean difference between mental health and depression among working and non-working married women. The total sample consisted 80 married women were taken. The research tool for mental health was measured by Dr. D.J. Bhatt and Gita R. Geeda (1992). While the tool for depression were used which made by Beck (1961). The obtained data was analyzed t-test to know the mean difference between working and non-working married women and Pearson correlation method was used. Results revealed that significant difference in mental health and depression with respect to both working and non-working married women on mental health and depression. While the correlation between mental health and depression reveals -0.74 negative correlation.

**Keywords:** *Mental Health, Depression, working and non-working married women*

The sense of one's identity or self is an important dimension of individual's personality giving each one of us unique individuality. Women and depression are 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 nuique pressure created by multiple roles and conflicting expectations (Nelson and Burke 2000; Chang 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 Girgus, 1994; Whilelm and Roy, 2003; Ge and Conger, 2003).

Depression are normal features of our lives. Modernity brought women education in its wake and she changed the arena of activity. She stepped out of the thoeshold of house and joined service like man. 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. She not expected to shrink household work. This brought problems like strain and depression. (Pillai and Sen) (1998).

A woman by nature is expressive emotional and sensitive. Physiological social and cultural background of women probably plays a key role in mending a women's attitude and natures

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towards the eternal relation we know that women are generally more at risk to develop psychological disorder and depression in particular.

Health is a process, which evolves on environmental and historical lines towards farther objectives. Thus, locals are always in a given control depends upon existing conditions which are themselves related to the changes that take place in the environment. Internal organic factors, their homeostatic state and interaction with the environmental life of an individual would be very simple if all the needs were automatically fulfilled. But it is a fact that there are many obstacles both environmental and personal that mental interface and such obstacles place an individual in a stressful situation. In a book entitled mental hygiene in public health P. V. Lewkan has written that mentally healthy individual is one who is himself satisfied, lives peacefully with his neighbors, makes healthy citizens of his children and even after performing these fundamentals duties has enough energy left to do something of benefit to society.

Possessing mental health, an individual can adjust properly to his environment, and can make the best effort for his own, his family's and his society's progress and betterment. The chief characteristic of mental health is adjustment. The greater the degree of successful adjustment the greater will be the mental health of the individual. Lesser mental health will lead to less adjustment and greater conflict. The purpose of present investigation was to find out the difference between working and non-working married women as regards the level of depression and mental health.

### ***Problem of the Study***

The problem of present study is to find out the mental health and depression among working and non-working married women.

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

The main objectives of study were as under:

1. To measure the mental health between working and non-working married woman.
2. To measure the depression between working and non-working married woman.
3. To measure the correlation between mental health and depression.

### ***Hypothesis of the Study***

To related objectives of this study null-hypothesis were as under:

1. There is no significant difference in mental health among working and non-working married woman.
2. There is no significant difference in depression among working and non-working married woman.
3. There is no significant correlation between mental health and depression.

## **METHODOLOGY**

**Sample:** According to the purpose of present study 80 working and non-working married women has been selected. There were 40 working and 40 non-working married women were taken as a sample from Jamnagar City (Gujarat).

**Tools:** For this purpose, the following test tools were considered with their reliability validity and objectivity mentioned in their respective manuals. In present study two questionnaires used in research.

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### (A) Mental Health Scale:

The mental health scale was made by Dr. D. J. Bhatt and Ms. Geeta R. Geeda. This scale contains 40 statements pertaining to five domains aim of mental health, these five dimensions include perception of reality, integration of personality, positive self-evaluation, group-oriented attitudes and environmental mastery to be rated a 3-point scale. In this scale statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, neutral 3, 2, 1 score is used and which are negative statements for agree, disagree, natural 2, 3, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half-divided method, and test, re-test has 0.87.

### (B) Beck Depression Inventory (BDI):

The depression scale was made by Beck ward, Mendesion, Moch and Drbaug (1961). It is comprised of twenty-one items. Although the inventory was designed as a clinical instrument but in practice it is frequently used to dichotomies subjects in to depressed and non-depressed groups. This inventory has test-retest reliability coefficient ranging from 0.74 to 0.83 on different time intervals and positively correlated with hamilton depression rating scale with a person r of 0.71. Gujarati adoption by Sardar Patel University in Gujarat (1990). This is 4-point scale. Reliability and velidity of Gujarati adoption was 0.86 and 0.65.

### Research Design

The aim of present research was to study the mental health and depression among working and non-working married women. For the total 80 married women were taken as a sample from Jamnagar City (Gujarat) out of 80 married women 40 were working married women and 40 were non-working married women. Here to measure mental health. The mental health scale was used which was made by Dr. Bhatt and Gida (1992) and to measure depression, the depression test was used which was made by Beck (1961). Here 't' test and correlation method was used. The result discussion is as under

## RESULT AND DISCUSSION

The main objective of present study was to do comparative study of mental health and depression among working and non-working married women. In its statistical 't' method was used and their correlation was measured. Results discussions of present study is as under:

*Table – 1 Showing the mean, SD and 't' value of mental health among working and non-working married woman*

Sr. No.	Variable	N	Mean	SD	T
1	Working married women	40	82.05	13.33	3.65**
2	Non-working married women	40	92.37	11.96	

\* P < 0.05, \*\*P < 0.01

The result obtained on the basic area of mental health reveals significant difference of working and non-working woman.

The table-1 indicates that the mean score of Mental Health in working married women are 82.05 and non-working married women are 92.37. The standard deviations for both working married women and non-working married women are 13.33 and 11.96 respectively. The t-value was 3.65 which were significant at 0.01 levels. So, we can say that first hypothesis was rejected.

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It is clearly revealed from table-1 that there is a significant difference of depression on working and non-working woman. In simple terms it can be concluded that mental health of working married woman is lesser than non-working married woman. Evidences of research findings given by Sonalba G. Parmar (2014) conducted study on 30 working married women and 30 non-working married women. Results indicate in simple terms it can be concluded that mental health of working married women is lesser than non-working married women. Therefore, we can say that present finders are supported by Sonalba G. Parmar (2014).

**Table – 2 Showing the mean, SD and t-value of depression among working and non-working married woman**

Sr. No.	Variable	N	Mean	SD	t
1	Working married women	40	9.25	11.15	<b>2.92**</b>
2	Non-working married women	40	2.1	4.73	

\* P < 0.05, \*\*P < 0.01

The table-2 indicates that the mean score of Depression in working married women are 9.25 and non-working married women are 2.1. The standard deviations for both working married women and non-working married women are 11.15 and 4.73 respectively. The t-value was 2.92 which were significant at 0.01 levels. So, we can say that first hypothesis was rejected.

It is clearly revealed from table-2 that there is a significant difference of depression on working and non-working woman. In simple terms it can be concluded that depression of working married woman is higher than non-working married woman. Evidences of research findings given by Tariq Rashid et al (2015) conducted study on 50 working married women and 50 non-working married women. Results indicate in simple terms it can be concluded that depression of working married woman is higher than non-working married woman. Therefore, we can say that present finders are supported by Tariq Rashid et al (2015).

**Table – 3 Showing the correlation between mental health and depression among working and non-working married woman**

Sr. No.	Variable	N	r
1	Mental Health	80	<b>-0.74</b>
2	Depression	80	

According to table-3 the result obtained negative co-relation between mental health and depression. It was -0.74 negative co-relations between mental health and depression. It means mental health decrease depression increase and mental health increase mental depression.

### **CONCLUSION**

There were significant difference in mental health among working and non-working married woman results indicate the working married woman have better mental health to compared non-working married woman. On the basis of this result, we can say that because of heaps of mental pressure with regard to bringing up the children, maintaining pleasant relationship with in laws and their relatives and above all having good compatibility with the husband, extreme isolation are some the factors insofar as mental health is concerned and it is evident from the result that non-working women suffer more as compared to working woman. There

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were significant difference depression among working and non-working married woman. We can say that the depression of non-working married woman is lesser than the working married woman. Working women have household responsibilities as well as job responsibilities, so depression are high. There were -0.74 correlation are seen between mental health and depression.

### **Suggestions**

Endeavour can be executed to analyze more than 100 data of sample with efficacy to attain better results. For the accumulation of information, varied methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different mental health and depression among working and non-working married woman from different state and district to ascertain their mental health and depression. To crown the research work, other method of selecting sample can be appropriated.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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