The International Journal of
INDIAN PSYCHOLOGY

Research Paper

Mental Health and Depression among Working and Non-Working Women

Dr. Anil Balaso Balugade[1]*

ABSTRACT

The present study investigated mental health and depression of working and non-working women. A total 100 urban women (50 working and 50 non-working) from Kolhapur city, Maharashtra state, India were selected through random sampling method. The variables of the study were measured by using Mithila Mental Health Inventory developed by Anand Kumar and Giridhar P. Thakur and Depression Scale developed by Dr. Shamim Karim and Dr. Rama Tiwari were used in this study. The obtained data was analyzed by using mean, SD, t test and correlation. The result reveals that there is no significance difference found among working and non-working women in relation to mental health and depression. The result also reveals that there is no correlation found between mental health and depression among working and non-working women.

Keywords: *Working Women, Non-Working Women, Mental Health, Depression*

Mental health plays an important role in human being especially in women's life. It may affects on relationship, self-esteem, work performance as well as physical health. There is need to recognize and get help for mental health concerns. Mental health conditions are not common among the men and women. Some research results indicate that more than 5 women have mental health problems in United States. Some biological and psychosocial factors also influence on mental health of women. Most of women are facing the common mental health problems such as depression and anxiety in recent days. According to Beck (2006) depression is a maladaptive cognitive process and it's connected with our feelings and emotions. It caused to kind of psychological disorders.

We know that women are proving her that she is independence as well as a lot of talent as compare to men. At present, she is actively working nearby every sector. She is showing her smartness and talent and proving a good worker, employer and owner. But, in male dominated culture, a woman has to face many problems especially mental health issues while proving her achievement. There is lot of mental health problems arising in working place of women such as poor working environment, discrimination, inequality, excessive workload, insecurity, work related stress, workplace bullying, sexual Harrashment etc. The research result shows that working women performs multiple roles such as household as well as workplace duties and it makes high risk in stress related diseases.

[1]Assistant Professor, Department of Psychology, Shri Shahaji Chhatrapati Mahavidyalaya, Kolhapur (MS)
*Corresponding Author

In another side, non-working women also facing a lot of mental health problems such as anxiety, depression, loneliness, emotional disturbance, irritability, sleep disturbance, eating problems etc. Non-working women are engaging in the household duties such as cooking, cleaning and maintaining house, watching clothes etc. In this regard, she is facing a lot of problems such as role conflict, family conflicts, interpersonal and intrapersonal conflicts which caused to make poor mental health.

REVIEW OF LITERATURE

1. **Dudhatra Revati and Jogsan Yogesh (2012)** studied effect of mental health and depression among working and non-working women. The total sample was 80 working and non-working women. An effective tool of mental health inventory prepared by Dr. D. J. Bhatt and Gita R. Geeda (1992) and depression scale developed by Beck (1961) were used for the data collection in this study. The obtained data was analyzed with mean, SD. T test and correlation. The study results stated that there is significance difference in mental health and depression among both working and non-working women. The study results also stated that there is positive correlation found between mental health and depression among both working and non-working women.

2. **Kumari Reeta (2014)** explored the study of relation between marital adjustment, stress and depression of working and non-working women. The sample of the study comprised of 240 women (120 working and 120 non-working). The Dyadic adjustment scale (2000), Beck's depression scale (1996) and stress scale were used for the assessment of the study variables. The study results indicate that working married women fights marital problems as compare to non-working marital women. It also indicates that non-working women shows less depression than working women.

3. **Puthanikar et al. (2017)** conducted a study on depression among working and home making women. The total sample of 120 women (60 working and 60 non-working) from Dharwad district, Karnataka state, India involved in the study. The descriptive research method was used for this study. The Depression Inventory developed by Beck was used for the data collection. The obtained data was analyzed through Mean, SD and t test. The study result reveals that there is significance difference between working and non-working women in relation to depression. It also reveals that non-working women shows higher depression than working women.

4. **Bhardwaj Vinod Kumar (2018)** examined level of stress among working and non-working women in relation to healthiness, wellbeing and depression: A comparative study. This was a cross sectional study. A total sample comprised of 150 women (75 working (teachers) and 75 non-working (housewife) and the age group of the participants was of 30 to 45 years. The variables of the study were measured through Beck's depression scale (1961), perceived stress scale (1983), Friedman well-being scale and Leddy healthiness scale (1996). The obtained data was analyzed by using mean, SD and t test. The researcher found that there is significant difference in depression, healthiness and well-being among working and non-working women. The result of the study also indicates that working women shows better healthiness than non-working women. However, non-working women shows less depression than working women.

Need and Importance of the Study

We know that women are a gift of God. Women has fulfilled with a lot of good characteristics such as empathy, adjustment, honesty, tolerance, innovativeness etc. As

compare to past, todays' women has entered every sector and working her duties responsibility be honestly. She is working at home as well as in other sectors. Today's women are playing different roles in society. But, there is need of to understand and develop mental health of women. A lot of psychological issues such as depression, a lot of anxiety, loneliness, irritation etc. are increasing day by day among the both working and non-working women. So, it is an attempt to understand and develop the mental health of the women.

Statement of the Study
To investigate the mental health and depression among working and non-working women.

Objectives
1. To measure the mental health of working and non-working women.
2. To measure the depression of working and non-working women.
3. To measure the correlation between working and non-working women in relation to mental health and depression.

Hypotheses
1. There will be no significance in mental health among working and non-working women.
2. There will be no significance in depression among working and non-working women.
3. There will be no significant correlation between working and non-working women in relation to mental health and depression.

METHODOLOGY

Sample
The total sample comprised of 100 women (50 working and 50 non-working) from urban area of Kolhapur city, Maharashtra state, India. The sample of the study adopted through simple random method.
Following table is showing sample of the study.

Table No. 1 Sample of the Study

Independent Variable	Area	Total
Working Women	Urban	50
Non-working Women		50
Total		**100**

Variables
Independent Variable:
- Working women
- Non-working women

Dependent Variable:
- Mental Health
- Depression

Operational Definitions:
- **Working Women:** Working women are those women who are working outside the home for earning money.

- **Non-working Women:** Non-working women are those women who are working at the home and work household duties.

Tools

The following standardized two scales were used to data collection in this study.

I) Mithila Mental Health Status Inventory (MMHSI):

This inventory is developed by Anand Kumar and Giridhar P. Thakur. It consists of 50 items. There are five parts including egocentrism, alienation, expression, emotional instability and social non-conformity with five options such as very true, true, doubtful, false and completely false. The scoring procedure of the inventory is different for each statement. The positively worded items of the inventory indicate scores of 5, 4, 3, 2 and 1 and the negatively worded items of the inventory indicate scores in reverse way. The following table indicates the scoring procedure of the inventory.

Table No. 2 Scoring Procedure

Score for Positively Worded Items	Scoring Procedure	Score for Negatively Worded Items	Scoring Procedure
Very True	5	Very True	1
True	4	True	2
Doubtful	3	Doubtful	3
False	2	False	4
Completely False	1	Completely False	5

The maximum possible score for the each scale is 50 and minimum score is 10. The maximum and minimum score of the whole inventory is 250 and 50 respectively. This inventory is divided into five scales. The high score on MMHSI indicates poor mental health and low score indicates good mental health. The original form of MMHSI is English but it also available in Hindi form. This is self-administrating inventory. There is no time limit for solve the scale but it can be complete within 20 to 30 minutes. The reliability coefficient of the established through split-half method and test-retest method was found 0.90 and 0.87 respectively.

II) Depression Scale (DS):

This scale is developed by Dr. Shamim Karim and Dr. Rama Tiwari. It consists 96 items related to twelve aspects of depression such as apathy, sleep disturbance, pessimism, fatigability, irritability, social withdrawal and self centeredness, dejected or sadness, self-dislike, self-acquisition, self-harm, somatic reoccupation and indecisiveness. There are five responses such as not at all, a little bit, moderately, quite a bit and extremely. There is no time limit to solve the scale. The scoring procedure of the scale is very simple. The following table indicates the scoring procedure of the scale.

Table No. 3 Scoring Procedure

Sr. No.	Response	Scoring Procedure
1	Not at all	0
2	A little bit	1
3	Moderately	2
4	Quite a bit	3
5	Extremely	4

The maximum raw score of the scale indicates high depression and minimum raw score indicates low depression of an individual. The coefficient reliability of this scale found high and test-retest reliability found 0.891.

Statistical Analysis

The very effective statistical tools such as Mean, SD, 't' test and correlation were adopted for analyzing the obtained data.

RESULT AND DISCUSSION

Table No. 4 Mean, SD and 't' value of Mental Health among Working and Non-working Women

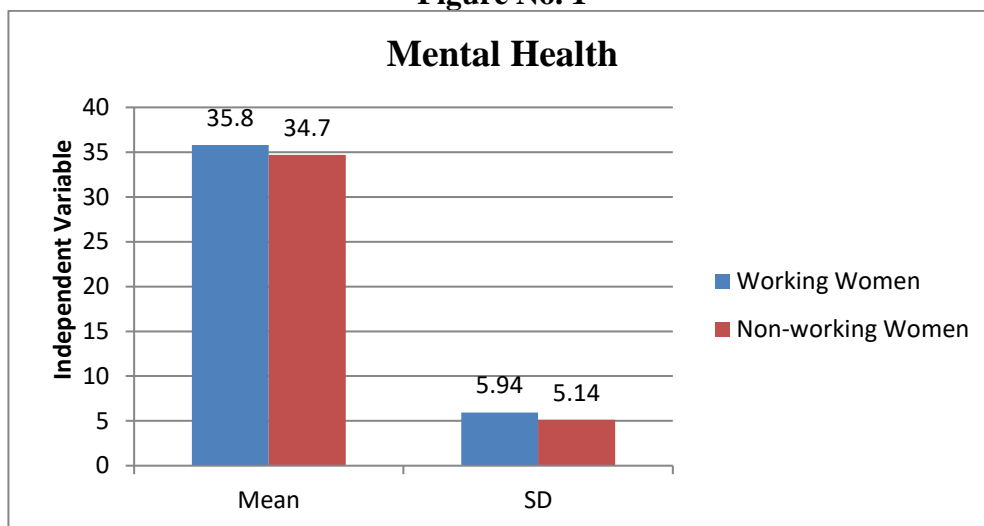| Dependent Variable	Independent Variable	N	Mean	SD	't' Value	Significance
Mental Health	Working Women	50	35.8	5.94	0.17	NS
	Non-working Women	50	34.7	5.14		

Figure No. 1

Table No. 4 and Figure No. 1 depicts that mean, SD and 't' value of mental health of working and non-working women. Mean score of working women is 35.8 and SD is 5.94. Mean score of non-working women is 34.7 and SD is 5.14. The obtained 't' value is 0.17 which statistically not significant. It means that **hypothesis no. 1 "There will be no significance in mental health among working and non-working women" is accepted.**

This result might be occurred because of, both working and non-working women shows equal interest and attitudes towards their family responsibility and distributed work. Both are equally emphasis on boost of mental health. Both women may be faces to incoming challenges, conflicts and hazards in same manner. Similar studies show that, Ashabahen Tadvi (2014) found that there is no significance difference between working and non-working women on mental health. Sapna et al. 92018) also indicates that there is no significance difference between mental health of working and non-working women.

Table No. 5 Mean, SD and 't' value Depression among Working and Non-working Women

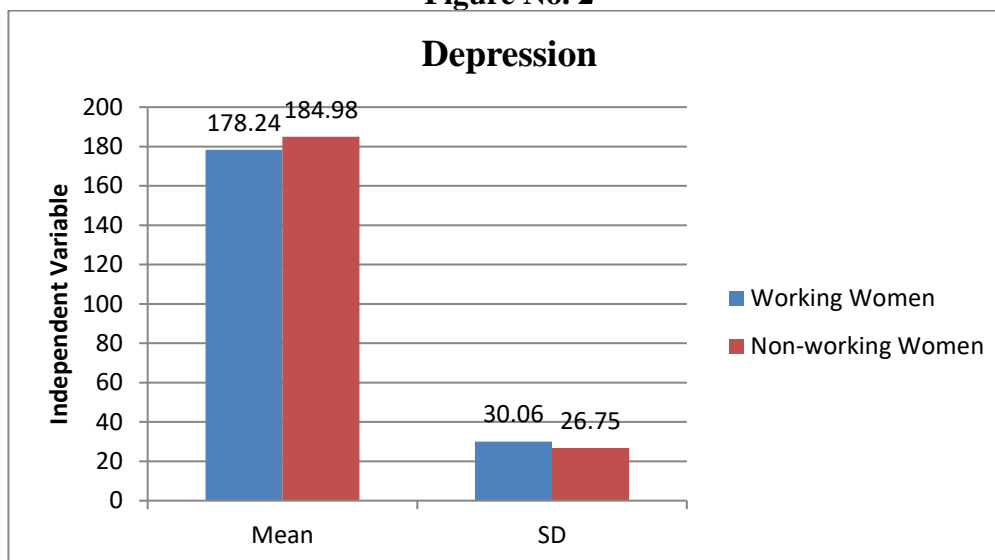| Dependent Variable	Independent Variable	N	Mean	SD	't' Value	Significance
Depression	Working Women	50	178.24	30.06	0.23	NS
	Non-working Women	50	184.98	26.75		

Figure No. 2

Table No. 5 and Figure No. 2 depicts that mean, SD and 't' value of depression of working and non-working women. Mean score of working women is 178.24 and SD is 30.06. Mean score of non-working women is 184.98 and SD is 26.75. The obtained 't' value is 0.23 which statistically not significant. **It means that hypothesis no. 2 "There will be no significance in depression among working and non-working women" is accepted.**

This result might be occurred because of, both working and non-working women shows control their emotions and thoughts equally. Both may be emphasis on exercise and physical as well as mental health. Both are equally promote to family, involve and communicate with family members. Similar studies shows that, Diker Joshi (2021) highlighted that there is no statistically difference found between depression of working and non-working women.

Table No. 6 Correlation between Mental Health and Depression among Working and Non-working Women

Correlation	Dependent Variable	Mean	SD	'r' value	Significance
Correlation between Mental Health and Depression	Mental Health	35.27	5.55	0.04	NS
	Depression	181.61	28.51		

Figure No. 3

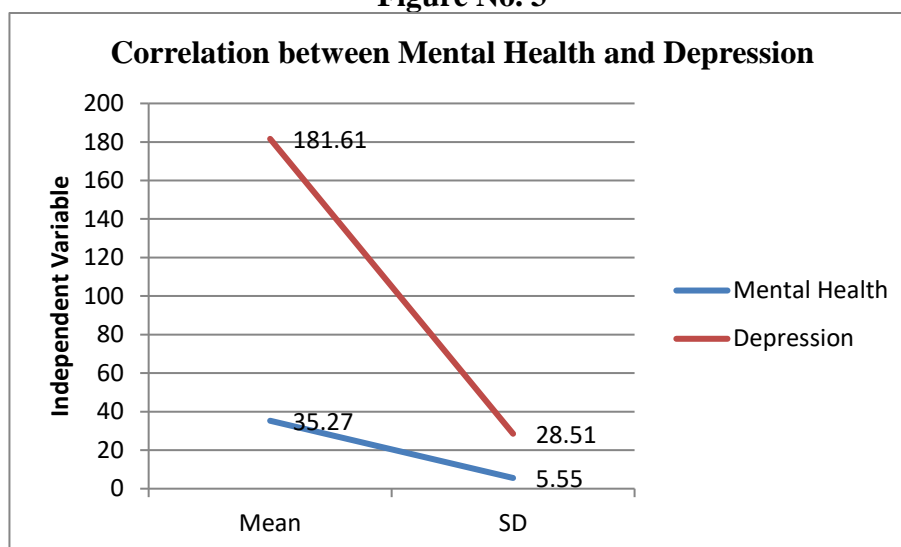Correlation between Mental Health and Depression

Table No. 6 and Figure No. 5 depicts that correlation between mental health and depression among working and non-working women. The obtained 'r' value is 0.04 which statistically not significant. It means that **hypothesis no. 3 "There will be no significant correlation between working and non-working women in relation to mental health and depression" is accepted.**

This result might be occurred because of; depression is a major aspect of mental health. A good mental health is a strong dimension of physical and mental health. A good mental health reduces depression and anxiety. So, there is negative association between mental health and depression.

CONCLUSIONS

There were three hypotheses tested in this study and following conclusions were drawn.
1. There is no significance difference found between working and non-working women on mental health.
2. There is no significance difference found between working and non-working women on depression.
3. There is no significance correlation found between mental health and depression among working and non-working women.

REFERENCES

Bhardwaj, V. (2018). Level of stress among working and non-working women in relation to healthiness, well-being and depression: A comparative study. *International Journal of Creative Research Thoughts (IJCRT).* Vol. 5(3), pp. 1884- 1899.

Dudhatra, R. and Jogsan, Y. (2012). Mental health and depression among working and non-working women. *International Journal of Scientific and Research Publications.* Vol. 2(8), pp. 1-3.

Kumari, R. (2014). Marital Adjustment, stress and depression among working and non-working women: A case study of Ranchi Town in Jharkhand. Journal of Social Development. Vol. VII (1 and 2) pp. 1-6.

Puthanikar, L., Sreevalli, C. and Dhiksha, J. (2017). Depression among working and home making women. *International Journal of Innovative Research Explorer.* Vol. 4(7), pp. 116-121.

Sapna et al. (2018). Mental health status of working and non-working women. International Journal of Social Sciences review. Vol. 6(7), pp. 1459-1461.

How to cite this article: Balugade, A. B. (2023). Mental Health and Depression among Working and Non-Working Women. *International Journal of Indian Psychology*, *11(4),* 762-769. DIP:18.01.068.20231104, DOI:10.25215/1104.068