

## Resilience, Body Image and Self-Concept as Correlates of Post-Partum Depression Among Working and Non-Working Women of Sri Ganganagar, Rajasthan

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### ABSTRACT

The present study entitled “Resilience, Body Image and Self-Concept as correlates of Post-Partum Depression among working and non-working women of Sri Ganganagar, Rajasthan” was conducted to gain an insight into the correlation of Post-partum Depression with Resilience, Body image and Self-concept among working urban and non-working rural women of Sri Ganganagar, Rajasthan. The concept of Post-partum Depression is understudied among working urban and non-working rural women. The study was conducted on 250 women out of which 125 were working urban women and 125 were non-working rural women. Standardized tools namely the Brief Resilience Scale (Ohio University,2020), Body Image Disturbance Scale (Hopwood et. al,2001) and the Self-concept scale (Mukta Rani Rastogi,1979) were used. Statistical analysis using descriptive statistics, t-test, Chi-square and Karl Pearson’s Coefficient of correlation were used. The results revealed that a major proportion of working urban women reported high levels of postpartum depression. In addition, a majority of working urban women exhibited low levels of resilience, high body image dissatisfaction and low self-concept. Correlation analysis revealed that women’s status and lower levels of resilience were found to be positively correlated. Women's status and body image dissatisfaction of women were found to be negatively correlated. However, a positive correlation was found between the status of women and low self-concept.

**Keywords:** *Motherhood, Postpartum Depression, Resilience, Body Image, Self- concept, working urban and non-working rural women*

The Post-partum is the period that commences exactly after the child has been delivered. During this transition period, many women experience emotional struggles, in addition to the physical changes that occur during post-partum recovery. Post-partum depression is a serious condition affecting 1 in 10 new mothers. It is linked to chemical, social, and psychological changes that happen after delivery and a rapid drop in hormones.

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Received: May 16, 2025; Revision Received: June 05, 2025; Accepted: June 08, 2025

## **Resilience, Body Image and Self-Concept as Correlates of Post-Partum Depression Among Working and Non-Working Women of Sri Ganganagar, Rajasthan**

### **Resilience**

Resilience is the capacity and dynamic process of adaptively overcoming stress and adversity while maintaining normal psychological and physical functioning (Russo et al., 2012).

In the biological sciences, resilience is described as an ability to make an adjustment in behavior toward adaptability (Hanson & Gottesman, 2012)

Vaghela (2014) studied the impact of emotional-stability on employed and non-working women. The result suggested that employed females had shown better emotional-maturity as compared to non-working females. There is a direct relationship between well-being and resilience.

### **Body Image**

A woman's body image is a psychological expression of her body, including her attitude and self-awareness of her appearance that develops from biological, psychological, and social influences.

Pregnancy represents a time of rapid trimester-specific changes in body's weight and size. This may lead to a poor appraisal of one's appearance, health, and fitness, which may lead to body image dissatisfaction. During pregnancy, women's bodies undergo immense transformation, and dissatisfaction with their bodies increases. This dissatisfaction might lead to unhealthy eating behaviors and weight loss, which might affect the health of the mother and baby.

### **Self-Concept**

Self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself. Baumeister (1999) provides the following self-concept definition: "The individual's belief about himself or herself, including the person's attributes and who and what the self is".

According to Wolffe (2000) it has been described as "something of which we are immediately aware. We think of it as the warm, central, private region of our life. As such it plays a crucial part in our consciousness (a concept broader than self), in our personality a concept broader than consciousness and in our organism (a concept broader than personality). Thus, it is some kind of core in our being".

### ***Objectives of the study***

- To assess the prevalence of post-partum depression among working urban and non-working rural women.
- To study the difference in level of resilience in working urban and non-working rural women.
- To study body image satisfaction and dissatisfaction among working urban and non-working rural women.
- To study the level of self-concept in working urban and non-working rural women.
- To study the correlation of post-partum depression with self-concept, body image and resilience.

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## Hypotheses

- H1: Working urban women will have low resilience.
- H2: Working urban women will have more body image dissatisfaction.
- H3: Working urban women will have a low self-concept.
- H4: Working urban women having post-partum depression will have low resilience, high body image dissatisfaction and low self-concept.

## METHODOLOGY

The present study was conducted on 250 women divided into 125 working urban and 125 non-working rural and the data was drawn from various areas located in the urban and rural locations of Sri Ganganagar, Rajasthan. The study area is selected purposively.

The purposive selection of the area is due to the fact that fewer studies have been conducted in this area. It was seen that the respondents age lies in the range of 25–35 years. The sampling technique used is snowball sampling. The selection of tools was done keeping in mind the objectives of the study and the efforts were made to ensure that tools have adequate psychometric properties.

**Table 1: Tools used**

S.no.	Variables	Tools
1.	Socio Demographic Profile	Schedule developed by the investigator
2.	Resilience	Brief Resilience Scale by The Ohio State University (2020)
3	Body image	Body Image Disturbance Scale (2001)
4	Self-concept	Self-Concept Scale (1979)

## Statistical Analysis

For the analysis, arithmetic mean, median, standard deviation, t-test, chi square and Karl Pearson's coefficient of correlation were used.

## Sample descriptive information

Equal number of working urban and non-working rural women belonging to Sri Ganganagar were taken.

## RESULTS

1. The average score of non-working rural women on the basis of brief resilience scale was high in comparison to working urban women.
2. The average score of working urban women was higher on the body image scale in comparison to non-working urban women.
3. It was also seen that the average score of working urban women was 161 which in non-working rural women was around 168 on self-concept scale. This exhibits that the average score of non-working rural women was higher in comparison to working urban women.
4. Considering working urban women's responses, in brief resilience scale, the standard deviation comes to be around 0.6 which exhibits that the responses vary between 2.1 to 3.3, which showed that most of the responses were close to the average. On the contrary, in the context of non-working rural women's responses, in brief resilience

## Resilience, Body Image and Self-Concept as Correlates of Post-Partum Depression Among Working and Non-Working Women of Sri Ganganagar, Rajasthan

scale, the standard deviation comes to be around 0.7 which indicated that the responses vary between 2.3 to 3.7.

5. In the case of working urban women's responses, on the body image scale, the standard deviation comes to be around 4 which means the responses vary between 11 to 19, which showed that majority of responses were close to the average. On the other hand, in case of non-working rural women's responses, in body image scale, the standard deviation comes to be around 4.5 which means the responses vary between 9 and 18, which means most of the responses are almost close to the average.
6. In regard to working urban women's responses, on the self-concept scale, the standard deviation comes to be around 17.4 which means the responses vary between 143.6 to 179.1, which means the responses were scattered from the average. In the case of non-working rural women's responses, the standard deviation comes to be around 18.8 which means the responses vary between 149.2 to 186.8.
7. Results also depicted that there was a significant difference in rate of resilience among working urban and non-working rural women. Based on the mean score, the working urban women (Mean =2.79, Standard deviation = 0.61) and that of non-working rural women (Mean =3, Standard deviation =0.78), the t-value was found to be -2.45. Thus, it was derived that there were significant differences in Brief resilience scores among the working urban women and non-working women. The working urban women scored on an average low resilience.
8. It was observed that there was a significant difference in scores of body image dissatisfaction among working urban and non-working rural women. Based on the mean score, the working urban women (Mean = 15, Standard deviation = 4) and that of non-working rural women (Mean = 14, Standard deviation = 4.5), the t-value was found to be 3.173. Thus, it was concluded that there were significant differences in Body Image scores among the working urban women and non-working rural women. Thus, the working urban women had higher body dissatisfaction.
9. It was deduced that there was a significant difference in self-concept among working urban and non-working rural women. Based on the mean score, the working urban women (Mean = 161, Standard deviation = 17.4) and that of non-working rural women (Mean =168, Standard deviation =18.8). The t-value comes to be -2.747. Thus, it was derived that there were significant differences in self-concept scores among the working urban women and non-working rural women. The working urban women have low self-concept scores.
10. It was also noted that (90) out of (125) working urban women had low resilience (33) out of (125) fell under normal resilience and (2) out of (125) had high resilience scores. Whereas, among non-working rural women (61) women had low resilience, (61) had normal resilience and (3) had high resilience. On combining the scores (151) women had low resilience, (94) had normal resilience and (5) had high resilience.
11. It also concluded that (13) out of (125) working urban women had low body dissatisfaction (98) out of (125) fell under normal body dissatisfaction and a mere (14) out of (125) women showed high body dissatisfaction. In the case of non-working rural women (33) women reported low body dissatisfaction (78) had normal body dissatisfaction and (14) had high body dissatisfaction.
12. It can be noted that (48) out of (125) working urban women reported to have a low self-concept, (63) out of (125) fell under the category of normal self-concept while (14) out of (125) women seemed to had a high self-concept. In the case of non-

## Resilience, Body Image and Self-Concept as Correlates of Post-Partum Depression Among Working and Non-Working Women of Sri Ganganagar, Rajasthan

working rural women (35) women showed a low self-concept (68) reported to have a normal self-concept and (22) showed a high self-concept. On combining the score (83) women exhibited a low self-concept whereas a majority (131) showed a normal self – concept and a mere (36) reported high self-concept.

13. It is evident that there exists a positive correlation between women's status and low resilience at a 0.001 level. It means higher the status of women, lower will be the scores on the brief resilience scale and higher will be the post-partum depression which will ultimately lead to low resilience in working urban women.
14. The findings also indicated that there exists a negative correlation between women's status and body image at the 0.004 level. It indicates that higher the status of women, lower will be the body image satisfaction. Lower the body image, higher will be the post- partum depression.
15. It was also concluded that there exists a positive correlation between women's status and self-concept at the 0.135 level. It means higher the status of women, lower will be the scores on the self -concept scale and higher will be the post-partum depression which will ultimately lead to low self-concept in working urban women.
16. It is seen that women having post-partum depression had low resilience, high body image dissatisfaction and low self – concept. It was also evident that working urban women had low resilience, high body image dissatisfaction and low self-concept.

### DISCUSSION

The result of the study conducted by Chandra P.S. (2018) in the Indian context lines with the present study, which concluded that women having post-partum depression had low resilience, higher stressful events and low social support. Furthermore, the study concluded that the effect of depressive episodes could be reduced by enhancing social support.

The results of the present study were contrary to the previous research documented by Ladekarl M. et al., (2021) which concluded that no differences exist in changes in Stress, Anxiety, Depression, and Resilience in Depression Anxiety stress scale scores from the second trimester to 2 months postpartum between women with follow-up measures before or during the COVID-19 lockdown in Denmark. These results differed from results reported in studies focusing on new mothers in other countries.

Findings by Sterling (2008) were in line with the present study which concluded that body image attitudes continued to be significant predictors of depressive symptoms in women. Also, the job status and income of women were related to a high level of body image dissatisfaction.

The results of the present study were in line with the research conducted by Kim D.J. (2020), where the researcher concluded that women having post-partum depression are prone to having lower self-concept and it was also associated with high body image dissatisfaction.

The findings of the present study were contrary to the research conducted by Britton (2013), no positive significant relationship was found between the contribution of self- concept and post-partum depression in the new mother's score.

## CONCLUSION

The results revealed that major proportion of working urban women reported higher levels of post-partum depression in comparison to non-working rural women. In addition, majority of working women had lower level of resilience, higher body image dissatisfaction and lower levels of self-concept. Correlation analysis revealed that women's status and low resilience were found to be positively correlated which indicates that more the level of post-partum depression, more will be the scores on brief resilience scale and lower will be the resilience. The correlation between body image dissatisfaction and women's status was found to be negatively correlated. However, a positive correlation was found between status of women and low self-concept.

### Limitations of the study

- The study was restricted to a small sample.
- The study was only limited to Sri Ganganagar district.
- Remedial measures to deal with post-partum depression could be suggested and their effect could be measured.

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## Resilience, Body Image and Self-Concept as Correlates of Post-Partum Depression Among Working and Non-Working Women of Sri Ganganagar, Rajasthan

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### ***Acknowledgment***

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:*** Buttar, A. (2025). Resilience, Body Image and Self-Concept as Correlates of Post-Partum Depression Among Working and Non-Working Women of Sri Ganganagar, Rajasthan. *International Journal of Indian Psychology*, 13(2), 3156-3162. DIP:18.01.281.20251302, DOI:10.25215/1302.281