

Assessment of The Level of Depression and Anxiety Among Married Women: A Comparative Study with Reference to their Work Role

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Abstract

The aim of the present study is to investigate the level of depression and anxiety among working and non working married women and also attempt to determine the relationship between depression and anxiety. Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feeling and sense of well-being. It is a common illness worldwide with an estimated 350 million affected. This mood disorder is becoming more common among women. The sample of the study consisted of 75 working and 75 non working married women. The purposive sampling method was used for data collection and a sample of a total of 150 married women from areas and different workplaces of the Nainital district. Beck's depression scale and Spielberger , Gorsuch and Lushene state anxiety inventory were used for data collection. Data was collected based on purposive sampling . The finding of this study revealed that there is a significant difference in depression and anxiety levels of married working and non working women and also find a significant positive correlation between depression and anxiety.

Keywords

Depression, Anxiety, Married , Woking, Non working

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Any assessment of the study of women has to start from a social framework & that determines women's role & their position in society. Unlike past, present-day women can be seen almost in every working field. According to the Human Development Report(2005), despite of constituting half of the world's population, women perform nearly 2/3rd of work hours, receive 1/10th of the worlds income & own 1/100th of the worlds property. And according to the National Committee of Women, the growth of women labor in the organized sector is minimal in the last 60 years i;e 3.44% in 1911 to 17.35% in 1971.

Anxiety and depression are after highly correlated with each other. Some psychiatric disorders such as depression differ in men & women. Genotype alone doesn't determine whether an individual will develop a given psychiatric disorder (Plomin, Defries, Craig & McGuffin, 2003). Men and women differ in their mental and physical disease vulnerability and sex differences appear to matter in the biological combination to human health. (Institute of medicine, 2001) Depression is the fourth largest illness in the world . The estimate of the global burden of disease predicts that depression and anxiety. It will be the second leading cause of disability worldwide by 2020. It affects social life , family relationship , career and one's sense of self-worth and purpose. WHO states that the burden of depression is 50% higher for females than males in India. The prevalence of depression is 9%, of major depressive episodes is 36% and the average age of onset of depression is above 32yrs in India. Depression is basically an illness involving body, mood & thoughts that affects the way a person eats, sleeps, feels and precepts various things. Depression and lack of self-esteem can lead o various detrimental effects of stress. Fatigue is also one of the signs of depression (Nerman L Keltner, Lee Schwecke, Carol E Bosingtrom, 2007)

Anxiety is an emotion characterized by an unpleasant state of inner turmoil but in excess, it destabilizes the individual and dysfunctional state results. Anxiety is also a common disorder in Indian women. The possible risk factors for higher prevalence of anxiety in women in India include age, socio-economic status, education and work role.

Marriage is one of the most intense human relationships. The quality of their relationships is continually redefined by spouses and is potentially crucial to their overall experiences of family life (Pimentel 2000). Martial satisfaction significantly lowers the depression among women .

The prevalence of depression and anxiety was found to be 25.5% and 63% respectively in India.(AdityaPriya ,Sanjay Chaturvedi et. al,2018)

Review of literature

The literature reviewed for the present study has been organized with reference to the findings offrom 1990-2017, the share of mental health disorders in the country had doubled by **NamitaKholi(2019)**, The prevalence of depression and anxiety was found to be 25.5%,and 63% respectively in India(**AdityPriya,SanjayChaturvedi, et al 2018**), Studies find that multiple roles played by Indian women contribute to stress thereby making her susceptible to depression by **NeenaBohra, ShrutiSrivastava, and N.S. Bhatra (2015)**, Studies on women have also shown the importance of identifying risk factors like interpersonal conflicts, marital disharmony and sexual coercion by **Sandeep Grover, AlakanandaDutt, and AjitAvasthi (2010)**, Life stress of working women of public & private sector by **A.L. Sutariya (2010)**, Women mental health by **Parcella DA (2010)**, To find a significant relationship between earlier anxiety and later depression by **Rincketal (2010)**, Working status & stress of middle-class women by **Mukopadhyaya (2009)**, Frustration among working & non working women by **Dr. PinkySaxena (2009)**, Martial adjustment by **Hina Ahmed Hashmi (2007)**, 73% of persons with major depression have comorbid lifetime anxiety disorders, whereas 27-77% of those with a principal diagnosis of an anxiety disorders develop a lifetime depression by **Brow , Campbell , Lehman, Grishan , Mancell(2001)**

Objective

To assess the depression and anxiety level of married women on the basis of their mode of working .

Hypotheses

- a) There would be no significant difference in depression level between working and non working women.
- b) There would be no significant difference in anxiety level between working and non working women.
- c) There would be a significant relationship exist between depression and anxiety of working and non working women.

Methodology

Sample : This is a study involves 75 married working women and 75 non-working women from the Nainital district . The sample consisted of a total of 150 married women . In this study, samples have been collected through purposive random sampling.

Tools : Beck's depression scale and *Spielberger, Gorsuch and Lushene state anxiety* inventory were used to measure the depression and anxiety level of respondent

Results

Sample	Number	Mean	Standard deviation	t-score	Level of significance
Working women	75	30.79	10.25	1.41	Significant
Non-working women	75	33.05	9.25		

Table 1 – Showing Mean, Standard deviation and t- score on Depression

Here mean of working women is 30.79 and non-working is 33.05.”t” value (1.41) is in the significant range I;e (0.05)that’s why the null hypothesis is rejected. That means working women are more satisfied than non-working women and also less in depression level.

Sample	Number	Mean	Standard deviation	t-score	Level of significance
Working Women.	75	8.58	2.05	4.03	Significant
Non-working Women	75	10.41	3.41		

Table 2- Showing the Mean, S.D. and t-score on anxiety

Table 2shows that the mean score of anxiety of working Married women is 8.58 and non working is 10.41 S.D is 2.05 and 3.41. The calculated t-value is 4.03 which is rejected at 0.05 level. This also shows the less anxiety level of working women than non working.

Variables	Number	r	Df	P
Anxiety Vs Depression	150	0.571	148	<.01

Table-3 shows the significance of the relationship between Anxiety and Depression among working and non-working women

Table 3 shows clearly reveals a significant positive correlation between anxiety and Depression (r =.571, df=148; p<.01).

Conclusion

The overall study reveals that *there is a significant difference between depression and anxiety level of married working and non working women and also find a significant positive correlation between depression and anxiety of these women.* From this study it has been seen that non working women are more prone to depression, anxiety, stress arising from marital relationships is manifested in chronic disorders such as insomnia and hypertension also as they don't easily go outside and have the same environment and manage all the responsibilities at home and also can't express their feelings easily.

In India, 35% of women showed high anxiety levels. Non working had 1.2 times higher anxiety 1.3 times higher stress than working women.(Patil P.A. et al.2017)

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