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Impact of Family and Working Status on Depression of Women

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Abstract

Objective of present study find out the effect of family and working status on depression among housewife and working women. **Methodology:** In this study which is depression of women in relation to their structure of family and working status pattern were studied. To reach out the objectives of present investigation 2X2 factorial design is used. The present studies were carried out on a sample of 120 women subject. Half of the subjects of the sample were Housewife and remaining half will be working women. **Result:** There is significant difference between nuclear family women and joint family women on depression. Women's of nuclear family level of depression is high than the women's of joint family. There is significant difference between housewife and working women on depression. The women's of working level of depression is high than the housewife. There is significant interaction effect of independent variables on depression.

Keywords: Depression, Women, Family.

Introduction:

Depression adds to huge malady trouble at national and worldwide levels. At the individual and family level, depression prompts low quality of life, causing tremendous social and monetary effect. Depression is related with neediness in an endless loop. Depression frequently brings about hindered working, which affects all parts of a person's life and family influencing various territories of instruction, marriage, work and public activity. These thus lead to loss of

profitability, expanded human services costs and noteworthy passionate torment. Individuals with depression are likewise unfit to get to quality social insurance because of expanding costs.

Depression can be mellow, moderate or extreme, in view of symptomatology. Finding is regularly founded on the craft of tuning in or perception by others, as target appraisals are as yet inaccessible. While serious structures are anything but difficult to distinguish, mellow and moderate structures, particularly as co morbid conditions can regularly go undetected. Contingent upon the seriousness of sickness, sociocultural setting and age, depression frequently shows in various ways, with differed introductions: India is home to an expected 57 million individuals (18% of the worldwide gauge) influenced by depression.1 With India seeing huge changes (counting globalization, urbanization, movement, and modernization) that is combined with fast socio-statistic progress, depression is probably going to increment in the coming years.

Depression influences the two people, however a larger number of women than men are probably going to be determined to have depression at whatever year. Endeavors to clarify this distinction are continuous, as analysts investigate certain elements (organic, social, and so on.) that are novel to women. Numerous women with a burdensome sickness never look for treatment. Be that as it may, by far most, even those with the most extreme depression, can improve with treatment. A higher pervasiveness of depression among women and working age grown-ups (matured 20–69 years) has been reliably revealed by Indian examinations. Depression is likewise basic among the old. A few reasons are ascribed to higher rates among women – organic and hormonal components are seen as assuming a more prominent job in the midst of a wide cluster of social and monetary elements. Researchers are inspecting numerous potential reasons for and contributing components to women's expanded hazard for depression. Almost certainly, hereditary, natural, concoction, hormonal, ecological, mental, and social factors all cross to add to depression.

On the off chance that a lady has a family history of depression, she might be more in danger of building up the ailment. Nonetheless, this is anything but a firm rule. Depression can happen in women without family accounts of depression, and women from families with a past filled with depression may not create depression themselves. Hereditary qualities explore demonstrates that the hazard for creating depression likely includes the mix of various qualities

with ecological or different components. Cerebrum science gives off an impression of being a noteworthy factor in burdensome issue. Researchers are additionally concentrating the impact of female hormones, which change all through life.

Objectives:

1. To study the impact of working status on depression of women.
2. To study the impact of nuclear and joint family on depression of women.
3. To study the interaction effect of independent variables on depression of working and housewife women.

Hypotheses:

1. There will be significant difference between housewife and working women on depression.
2. There will be significant difference between nuclear family women and joint family women on depression.
3. There will be significant interaction effect of independent variables on depression.

Operational Definitions:

Depression

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.

Nuclear Family

The nuclear family or elementary family is a term used to define a family group consisting of a pair of adults and their children. This is in contrast to a single-parent family, to the larger extended family, and to a family with more than two parents. Nuclear families typically center on a married couple;

Joint Family

Family in which members of a unilateral descent group (a group in which descent through either the female or the male line is emphasized) live together with their spouses and offspring in one homestead and under the authority of one of the members.

Housewife

A married woman who stays at home, does cleaning, cooking, etc., and does not have another job outside the home.

Working Women's

A woman who is gainfully employed; often, specific such a woman as distinct from a housewife.

Research Method:

Participants:

Population of the present study comprised all women i.e. working and housewife the age range between 25 to 40 years old. The total population considering for the study in Aurangabad district Maharashtra India. The present studies were carried out on a sample of 120 women subject. Half of the subjects of the sample were Housewife and remaining half will be working women (serving as assistants in different government and semi-government establishments). Half of the both group were members of the joint family while the remaining half were members of the nuclear family. The purposive random sampling method were used, out of this 120, the number of sample as per the planning is presented as below.

THE NUMBER OF SAMPLE AS PER THE PLAN

		Working Status		
		Housewife	**Working women**	**Total**
Structure of family	**Nuclear**	**30**	**30**	**60**
	Joint	**30**	**30**	**60**
Total		**60**	**60**	**120**

Psychological Parametric:

1. The Beck Depression Inventory –BDI (1996)

The Beck Depression Inventory- Second Edition (BDI-II) is a 21 item self-report instrument for measuring the severity of depression in adults and adolescents aged 13 years and older. This version of the inventory (BDI-II) was developed for the assessment of symptoms-corresponding to criteria for diagnosing depressive disorders listed in the American Psychiatrist Association's Diagnostic and Statistical Manual of Mental Disorders and Statistical Manual of Mental Disorders fourth edition-DSM IV-1994. During the last 35 years the BDI has become one of the most widely accepted instrument for assessing the severity of depression in diagnosed patients and for detecting possible depression in normal populations. The two comprehensive reviews concerning the BDI's applications and psychometric properties across a broad spectrum of both clinical and non-clinical populations have reported its high reliability, regardless of clinical population. The average coefficient alpha of the BDI for psychiatric patients falls in the high 0.80s. Similarly, the concurrent and construct validity of the BDI with respect to a variety of psychological measures has been established. The BDI, moreover differentiated patients with clinical depression from non-depressed psychiatric patients It is scored by summing the ratings for the 21 items. Each item is rated on a 4-point scale ranging from 0 to 3. If examine has made multiple endorsements for an item, the alternative with the highest rating is used. The maximum total score is 63. The cut score guidelines below are suggested for total scores of patients diagnosed with major depression.

Variable in the study:

Various independent and dependent variables which was taken into consideration in the present investigation described as follow;

Independent Variables:

1. Structure of family (nuclear & joint)
2. Working status (Housewife & Working women)

Dependent Variables:

1. Depression

Research Design:

In this study which is depression of women in relation to their structure of family and working status pattern were studied. To reach out the objectives of present investigation 2X2 factorial design will be used as depicted below;

Working status (B)	**Structure of family (A)**	
	Joint Family (A1)	**Nuclear Family (A2)**
Housewife B1	A**1** B**1**	A**2** B**1**
Working Women B2	A**1** B**2**	A**2** B**2**

Statistical analysis:

In this study examine the impact of working status and structure of family on depression of women. Structures of family explain in the two parts one is joint family and second is nuclear family. Working status included two levels one is housewife and second is working women. Structure of family and working status there are two independent variables included in this study. F test is used for statistical analysis. Results are interpreted as below.

Table No. 1

Mean and SD of women on depression score

Variable		N	Mean	SD
Structure of family	Nuclear family	60	30.78	8.96
	Joint family	60	27.37	9.34
Working Status	Housewife	60	26.45	9.35
	Working women	60	31.70	8.49

Table No. 1 shows that the mean and SD score of women's groups who included in structure of family on depression. Mean and SD score of women's of nuclear family respectively is 30.78 and 8.96 and Mean and SD score of women's of joint family respectively is 27.37 and 9.34. Women's of nuclear family mean score on depression is higher than the mean score of women's of joint family.

Table also shows that the mean and SD score of women's groups who included in working status on depression. Mean and SD score of women's of housewife respectively is 26.45 and 9.35 and Mean and SD score of women's of working respectively is 31.70 and 8.49. Women's of working mean score on depression is higher than the mean score of women's of housewife.

Table No. 2

Summary of ANOVA Table

Source	**Type III Sum of Squares**	**df**	**Mean Square**	**F**	**Sig.**
Structure of family	350.21	1	350.21	4.51	.036
Working status	826.88	1	826.88	10.65	.001
Structure of family * working status	54.68	1	54.68	.70	.403
Error	9002.57	116	77.61		
Total	111677.00	120			

Table No. 2 shows that the summary of ANOVA on dependent variable depression. First independent variable is structure of family (A) f values is 4.51 (df = 1 and 116) is significant at the level of 0.05. That's meant the nuclear and joint family women's are significantly differing

from each other on depression. F value and means score indicated that the women's of nuclear family level of depression is high than the women's of joint family. Results indicated that the hypothesis no. 1, there will be significant difference between nuclear family women and joint family women on depression is accepted. Second independent variable is working status (B) f values is 10.65 (df = 1 and 116) is significant at the level of 0.01. That's meant the housewife and working women's are significantly differing from each other on depression. F value and means score indicated that the women's of working level of depression is high than the housewife. Results indicated that the hypothesis no. 2, there will be significant difference between housewife and working women on depression is accepted.

The result of the interaction effect of independent variables such as structure of family and working status on depression f value is 0.70 (df = 1 and 116) which is not significant both the level. Thus structure of family and working status has no separate influence on depression. Result indicated that the hypothesis no. 3 is there will be significant interaction effect of independent variables on depression is rejected.

Conclusion:

There is significant difference between nuclear family women and joint family women on depression. Women's of nuclear family level of depression is high than the women's of joint family. There is significant difference between housewife and working women on depression. The women's of working level of depression is high than the housewife. There is significant interaction effect of independent variables on depression. A widespread research to be carried out in the area of family related structures. Besides the variables studies in this research, the researcher can study variables such as area of residence i. e. urban and rural, caste, culture, religion, marital status etc.

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