

Study of Depression, Mental Health and Emotional Maturity in Working Women

Dr. Shailendra Kumar Singh*

Abstract:

Background: A women 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 towards the eternal relation we know that women are generally more at risk to develop psychological disorder and depression in particular. **Aim:** present study was conducted to study the depression, emotional maturity and mental health of working women in comparison to non-working women. **Method:** As a sample total 100 women were selected from different localities of Varanasi of U.P, among which 50 were working in different organization and rest 50 were housewives. Sample was selected through purposive sampling technique. As a tool: Personal data sheet, Beck Depression Inventory (Hindi version), Mental health Inventory (Srivastva,1983) and Pal's emotional maturity scale were used. **Conclusion:** working and non-working women significantly differed to each other on depression level, autonomy area of mental health and emotional maturity.

Key words: Women, Mental Health, Depression, Emotional maturity

Background

Women and depression is 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 dysthmia or unipolar depression) as are men. These differences occur in most countries around the world.

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

Indian women have been gradually coming out of traditional roles and entering into the male dominated areas. In recent years the role and status of the women have been changed tremendously. With increasing female education and more liberty for their rights and privileges, women's attitude towards their stereotyped role is changing. Their participation in education and work place has also led to their increased socio-familial roles. Women who work outside the home are required to make many socio-familial adjustments that may contribute more stress and anxiety. The problem of stress in women, particularly working women, is an important aspect on the process of social and emotional changes. Women in India today have more opportunities to pursue their higher education and more and more women have started taking up the jobs outside their homes. Women exist under cultural norms and values so the

* Associate Professor, Deptt. Of Psychology, M.B.S.PG. College, Gangapur, Varanasi(U.P.)

working women have to make an adjustment with the family members are expected to make such adjustments. So this in turn leads to a number of stress and strain among working women. Mental health has been reported as an important factor influencing an individual's various behaviours, activities, happiness and performance. Mental pressure is a vital cause of the mental health problems which arise due to various conditions. If the mental condition is good, women can take various responsibilities of a family and herself, understand the complications, try to solve them, plan for future and adjustment with others by becoming mentally strong. Mental health can be defined as the ability to make adequate social and emotional adjustments to the environment, on the plane of reality. In other words it is the ability to face and accept the realities of life (Bhatia, 1982). The interface between the work place and the family life is more stressful for the women who work outside the home and they have to perform both familial as well as professional roles. This in turn, leads to stress of a person and affects mental health. Rastogi and Kashyap (2001) reported that significant negative relationship existed between occupational stress and mental health among married employed in teaching, nursing and clerical jobs. The sources of stress for working and non-working women are heavy workload, lack of co-operation from colleagues or neighbours and negative community attitude. Ojha and Rani (2004) observed significant negative correlations between life stress and positive self-evaluation and between life stress and integration of personality among working and non-working women. Review literature shows that working and non-working women are significantly differed in their personal and social characteristics, but very few studies were done in this context in our social milieu. So, present study was conducted to study the depression, emotional maturity and mental health of working women in comparison to non-working women.

OBJECTIVES OF THE STUDY

The main objectives of present study are as under:

- To measure the depression between working and non-working woman.
- To study and compare the various dimension of Emotional Maturity of working and non-working women.
- To compare the level of mental health of working and non-working women
- To assess the relation between socio demographic variable and mental health of working women
- To measure the correlation between mental health and depression.

Hypotheses:

Ha1- There would be significant difference in depression level of working and non-working women.

Ha2- There would be significant difference in mental health of working and non-working women.

Ha3- There would be significant difference in emotional maturity of working and non-working women.

Ho1- There would be no significant correlation between socio demographic variables and mental health

Ho2- There would be no significant correlation between depression and mental health

Methodology:**Sample:**

As a sample total 100 women were selected from different localities of Varanasi of U.P, among which 50 were working in different organization and rest 50 were housewives. Sample was selected through purposive sampling technique. Following inclusion criteria were taken under consideration during selection of sample:

- Subject must be of female sex
- Must be minimum educated upto 12 th class
- Able to comprehend and understand items of Hindi and English Questionnaire
- Must be cooperative
- Must be age range between 25-40 yrs

Tools:

As a tool following questionnaires were used

- Socio demographic and personal data sheet
- Beck Depression Inventory(Hindi adaptation)
- Mental health Inventory(Srivastva,1983)
- Emotional Maturity Scale(Pal,1988)

PROCEDURE

After establishing rapport selected scales were administered individual to every subject. All the instruction were strictly following which are been given the manual of inventory. The responses of inventory have scored as per scoring keys. This has given in the manual of inventory. Raw data was analysed with the help of SPSS win13.0 version. Mean, SD and t test and Pearson r was used.

Result:

Most of the sample belongs to middle socio economic strata, Hindu religion and semi urban area of habitat. Most of the sample was married and belongs to nuclear family and educated minimum up to graduation level from both study groups .Result was presented in following ways:

Table-1 comparison of depression between working and non- working women

Groups	M	SD	t
Working women	19.30	3.63	4.98**
Non-working women	16.65	2.86	

* Sig on .05 level

The result obtained on the basic area of depression reveals significant difference of working and non-working woman. The working woman received higher mean score **19.30** as compared to the non-working woman **16.65**. There has significant difference among working and non-working woman in depression. So we can say that depression of non-working woman is lesser than the working woman. 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 non-working woman is lesser than the working woman. Evidences of research findings given by **Pandya M. and Zala K. (2009)** conducted study on 120 male employess. Results indicate the depression of non-working man is lesser than the working

male. Therefore we can say that present findings are supported by **Pandya M. and Zala K. (2009)**.

Table-2 Comparison of Working and non-working women on domains of mental health scale

Scale domain	working women M±SD	non- working women M±SD	t
Positive self-evaluation	29.92±5.50	29.23±5.34	.23
Reality Perception	26.12±3.45	26.67±3.12	1.08
Integration of personality	36.28±5.68	35.98±5.43	.55
Group attitude	29.14±3.45	29.86±4.45	.45
Autonomy	19.42±2.78	23.54±3.12	6.56*
Environmental mastery	27.89±3.12	26.78±3.15	.67
Total score	170.20±20.12	172.32±16.89	.45

* Sig on .05 level

Table 2 depicts that ‘t’ values of all dimensions indicates no significant difference between the two groups with respect to mental health except the sub scale of autonomy (t=6.56,P>.05).It means that there were no significant difference between groups regarding to overall mental health, other it was also clear that working women felt more autonomy than non-working. The mean score of working and non-working women on mental health were 172.32 and 170.20 respectively. This could be because that the age range of the working and non-working women is very less. They have better mental health because they share the feeling with each other and they are self-confident and realize their capabilities. Hence both working and non-working women might not have exhibited any difference. The findings of the result were supported by the study of Ojha and Rani (2004) who reported no significant difference between working and non-working women in mental health.

Table-3 correlation between socio- demographic variables and mental health

Socio demographic variables	PSE	PR	IP	AT	GO	EM	Overall Mental health
Age	.04	.30*	.29*	.06	.24	.08	.24
Education	.33	.28	.013	.034	.023	.09	.26
Income	.04	.28	.23	.04	.016	.26	.23

* Sig on .05 level

The correlation analysis is presented in Table 3. It revealed that the mental health of working and non-working women is affected by many internal and external factors. The selected demographic variables have impact on mental health status. There was a positive and significant relationship of age with Perception of Reality, Integration of Personality, Group Oriented attitude and overall mental health of working women. This might be because of most of the working women fell under 34-40 years of age group. So they could manage the situations better. Murray et al. (2003) explained that there was no significant relationship between age

and mental health of unemployed women. It was also observed that education was positively and significantly related to Positive Self Evaluation, Perception of Reality and overall mental health of working women while no significant relationship was found with any dimensions of mental health of non-working women. This might be due to that most of the working women had completed graduation and post-graduation as compared to non-working women. This finding is supported by Rastogi and Kashyap (2001) who reported that teachers had better mental health than compared to other professionals. The income of the working women was positively and significantly related to Perception of reality, Integration of personality, Environmental mastery and overall mental health. This could be explained that better financial position contributes for good mental health. In the present study majority of the working women were from upper middle socio economic status which provides better accessibility to all the health facilities to improve their mental health status. The findings are in contradictory with the study conducted by Bharathi and Reddy (2002) which found no significant relationship between incomes and stresses.

Table-4 Comparison of Working and non-working women on domains of emotional maturity scale

Scale domain	Non- working women M±SD	working women M±SD	t
Emotional instability	33.78±3.50	29.43±3.34	4.84**
Emotional regression	28.12±3.63	26.77±3.12	1.43
Faulty social adjustment	37.38±4.68	33.95±5.43	4.12**
Lack of independence	19.19±2.45	16.46±3.55	4.01**
Flexibility	28.42±3,18	25.54±2.12	3.98**
Total score	18.20±10.32	17.22±09.89	2.78*

* Sig on .05 level** Sig on .01 level

Above table showed that both groups differed significantly on all domains of emotional maturity except the emotional regression. Working women have felt better emotional maturity than non-working women. Earlier study done by vagehla, 2014 also supported that working women have better emotional maturity. They have comparatively better capacity of appraisal of negative factor and interpersonal conflicts and difficulties. No one studies was earlier addressed the emotional intelligence among working and non-working women but few studies on another area reveals that emotional intelligence is a dependent variable that was moderated by various factors like support system and marital quality of working personnel. Working women faced every day a new and unknown challenge in their life, whereas house wife faced mostly stereotypical challenge in their life, so, working women more efficient in solving problems and expert to know and understand emotional stimulus.

Table-5 correlation between mental health and depression

variables	Mental health
Depression	.65**

* *Sig on .01 level

The **0.65** high positive correlation between mental health and depression. It is clearly revealed from table-3 that there is a higher positive correlation between mental health and

depression among working and non-working woman. Evidences of research findings given by **Doshi R. (2008)** conducted study on 100 male. Result indicate that there is a higher positive correlation between mental health and depression. So we can say that present findings are supported by **Doshi R. (2008)**. It is also supported by **Jogsan (2007)**.

Conclusion:

Working and non-working women significantly differed to each other on depression level, autonomy area of mental health and emotional maturity.

References:

1. Aggarwal, O. P., Bhasin, S. K., Sharma, A. K., Chhabra, P., Aggarwal, K. and Rajoura, O. P., 2005, A new instrument (scale) for measuring the socio-economic status of a family : Preliminary study. *Indian J. Comm. Med.*, 34 (4) : 111-114.
2. Bharati, T., and Reddy, N.V., 2002, Sources of job stress among primary school teachers. *J. Com. Gui. Res.*, 19(2): 247-253.
3. Bhatia, B. D., 1982, Mental health in education. Advanced educational psychology, *Sterling publishers pvt. Ltd.*
4. Doshi R. (2008).Saurashtra Psychological Association Abstract. Suchitra Publication, Rajkot.p. 14.
5. Jagadish, S. and Srivastava, A. K., 1983, Manual for mental health inventory, published by manovaigyanik parikshan sansthan, Varanasi.
6. Jogsan Y. A. (2011). A Study of Sexual Harrasment and Mental Health Among Government and Private B.Ed. and P.T.C. Colleges Students "Indian Journal of Psychology and Mental Health", Vol. 4, 155-159.
7. Murray, C. L., Gein, I. and Solberg, M., 2003, A comparison of the mental health of employed and unemployed women in the context of a massive layoff. *Women and health*, 37(2): 55-72
8. Ojha, S. and Rani, U., 2004, A comparative study of the level of life stress and various dimension of mental health among working and non-working Indian women. *J. com. Guid. Res.*, 21(3):297-303.
9. Pandya M. and Zala K. (2009).Saurashtra Psychological Association, Abstract Suchitra Publication, Rajkot, p. 30-33.
10. Rastogi, R. and Kashyap, K., 2001, A study of occupational stress and mental health among married working women. *J. Com. Guid.Res.*, 18(2): 189-196.
11. Vaghela, E. (1998). The Self- the Global factor of Emotional Maturity. Journal Article, Roper Review, Vol.20. 1998.

