

# Mental Health and Depression among Working and Non-Working Women

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**Abstract-** The main purpose of this research was to find out the mean difference between working and non-working women in mental health and depression. The total sample consisted 80 women were taken. The research tool for mental health was measured by Dr. D.J. Bhatt and Gita R. Geeda (1992). While the tool for depression were used which made by Beck (1961). Here 't' test was applied to check the significance of mental health and depression in working and non-working women to check the correlation method is sued.

Results revealed that significant difference in mental health and depression with respect to both working and non-working women on mental health and depression. While the correlation between mental health and depression reveals 0.71% high positive correlation.

**Index Terms-** Mental Health and Depression

## I. INTRODUCTION

The sense of one's identity or self is an important dimension of individual's personality giving each one of us unique individuality. 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 nique 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 dysthymia or unipolar depression) as are men. These differences occur in most countries around the world. (Nolen - Hoeksema and Girgus, 1994; Whilelm and Roy, 2003; Ge and Conger, 2003).

Depression are 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.

Health is a process, which evolves on environmental and historical lines towards farther objectives. Thus locals is always

in a given control depends upon existing conditions which are themselves related to the changes that take place in the environment. Internal organic factors, their homeostatic state and interaction with the environmental life of an individual would be very simple if all the needs were automatically fulfilled. But it is a fact that there are many obstacles both environmental and personal that mental interface and such obstacles place an individual in a stressful situation.

In a book entitled mental hygiene in public health P. V. Lewkan has written that mentally healthy individual is one who is him self satisfied, lives peacefully with his neighbors, makes healthy citizens of his children and even after performing these fundamentals duties has enough energy left to do something of benefit to society. Possessing mental health, an individual can adjust properly to his environment, and can make the best effort for his own, his family's and his society's progress and betterment. The chief characteristic of mental health is adjustment. The greater the degree of successful adjustment the greater will be the mental health of the individual. Lesser mental health will lead to less adjustment and greater conflict.

The purpose of present investigation was to find out the difference between working and non-working women as regards the level of depression and mental health.

## II. PROBLEM OF THE STUDY

The problem of present study is to find out the mental health and depression among working and non-working women.

## III. OBJECTIVE OF THE STUDY

The main objectives of study were as under:

1. To measure the mental health between working and non-working woman.
2. To measure the depression between working and non-working woman.
3. To measure the correlation between mental health and depression.

## IV. HYPOTHESIS OF THE STUDY

To related objectives of this study null-hypothesis were as under:

1. There is no significant difference in mental health among working and non-working woman.
2. There is no significant difference in depression among working and non-working woman.

3. There is no significant correlation between mental health and depression.

## V. METHOD

### Participants

According to the purpose of present study 80 working and non-working woman has been selected. There were 40 working and 40 non-working woman were taken as a sample from Rajkot City (Gujarat).

### Instruments

For this purpose the following test tools were considered with their reliability validity and objectivity mentioned in their respective manuals. In present study two questionnaires used in research.

#### (A) Mental Health Scale :

The mental health scale was made by **Dr. D. J. Bhatt and Ms. Geeta R. Geeda**. This scale contains 40 statements pertaining to five domains aim of mental health, these five dimensions include perception of reality, integration of personality, positive self-evaluation, group oriented attitudes and environmental mastery to be rated an 3-point scale. In this scale statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are psotive and for agree, disagree, neutral 3, 2, 1 score is used and which are negative statements for agree, disagree, natural 2, 3, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half-divided method, and test, re-test has 0.87.

#### (B) Beack Depression Inventory (BDI)

The depression scale was made by **Beck ward, Mendesion, Moch and Drbaug (1961)**. It is comprised of twenty one items. Although the inventory was designed as a clinical instrument but in practice it is frequently used to dichotomies subjects in to depressed and non-depressed groups. This inventory has test-retest reliability coefficient ranging from 0.74 to 0.83 on different time intervals and positively correlated with hamilton depression rating scale with a person r of 0.71. Gujarati adoption by Sardar Patel University in Gujarat (1990). This is 4 point scale. Reliability and velidity of Gujarati adoption was 0.86 and 0.65.

## VI. RESEARCH DESIGN

The aim of present research was to study the mental health and depression among working and non-working woman. For these total 80 woman were taken as a sample from Rajkot City (Gujarat) out of 80 woman 40 were working woman and 40 were non-working woman. Here to measure mental health. The mental health scale was used which was made by **Dr. Bhatt and Gida (1992)** and to measure depression, the depression test was used which was made by **Beck (1961)**. Here't' test and correlation method was used. The result discussion is as under

## VII. RESULT AND DISCUSSION

The main objective of present study was to do comparative study of mental health and depression among working and non-working women. In it statistical 't' method was used and their correlation was measured. Results discussions of present study is as under :

**Table - 1**  
**Showing the Mean, SD and 't' value of Mental Health Among Working and Non-working woman**

Sr. No.	Variable	N	Mean	SD	t
1	Working Woman	40	68.80	9.26	2.36*
2	Non-working Woman	40	73.92	10.72	

\* P < 0.05

\*\*P < 0.01

The result obtained on the basic area of mental health reveals significant difference of working and non-working woman.

The non-working woman received higher mean score **73.92** as compared to the working woman **68.80**. There has mean difference is **5.12** and the standard deviation score of working woman received **9.26** and the non-working woman received **10.72**. So we can say that non-working woman have a good mental health than the working woman. The 't' value of mental health is **2.36**. There has significant difference between working and non-working woman. It means hypothesis is not accepted.

It is clearly revealed from Table-1 that there is a significant difference of mental health on working and non-working woman. In simple terms it can be concluded that mental health of working woman is lesser than non-working woman. Evidences of research findings given by **Jogsan (2011)** conducted study on 200 male and female. Results indicate the females have better mental health to compared males. Therefore, we can say that present finders are supported by **Jogsan (2011)**. It is supported by **Rai and Yadav (1992)**.

**Table - 2**  
**Showing the Mean, SD and t-value of Depression Among Working and Non-working Woman**

Sr. No.	Variable	N	Mean	SD	t
1	Working Woman	40	19.30	3.63	5.00**
2	Non-working Woman	40	16.65	2.86	

\* P < 0.05

\*\*P < 0.01

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 mean

difference is **2.65** and standard deviation score of working woman received **3.63** and non-working woman received **2.86** and the 't' value is **5.00**. 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 - 3**  
**Showing the Correlation Between Mental Health and Depression Among Working and Non-working Woman**

Sr. No.	Variable	N	t
1	Mental Health	80	0.71**
2	Depression	80	

**\*\*P < 0.01**

The result obtained that high positive correlation between mental health and depression among working and non-working woman.

The **0.71** 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)**.

### VIII. CONCLUSION

We can conclude by data analysis as follows:

There were significant difference in mental health among working and non-working woman results indicate the non-

working woman have better mental health to compared working woman. There were significant difference depression among working and non-working woman. We can say that the depression of non-working woman is lesser that the working woman. There were 0.71 correlation are seen between mental health and depression.

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