



Comparative Study on Life Style Stress and Depression Among the Women Professionals and House Wives

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ABSTRACT

Depression is a serious condition that can impact every area of life. It can affect the social life, relationships, career, and sense of self-worth and purpose. For women in particular, depression is common. In fact, according to the National Mental Health Association, about one in every eight women will develop depression at some point during her lifetime.

Women are more prone to depression than men, but the causes of female depression and even the pattern of symptoms are often different. The findings of the present study thus conclude that life style stress was found to be low among the working professionals and moderate among the house wives. The level of depression was found to be high among both working professionals and house wives. The study also concludes that the type of family influences the lifestyle stress of the respondents.

KEYWORDS : Lifestyle, Stress, Depression, Women Professionals, House Wives.

INTRODUCTION

The present modern society has paved the way for the empowerment of women through various means. Today's women have stepped into all the fields and professions. But the long working hours with high levels of stress and lack of time for oneself have its impacts on women. The dual working culture ie, both in office and home leads to stress. Most of these women do not even realize that they are stressed out because of the multifaceted roles they have to play. The modern Indian women are constantly balancing between professional and personal fronts at the cost of their own well being and health. They seek medical help only when things are serious. The rising incidences of cancer, heart disease, diabetes, chronic liver disease, Alzheimer's and declining fertility may be explained with this reason. All these are co related in the sense that all these diseases are lifestyle related. (Ranjit Chakraborti, 2006)

Recent studies have found a link between having a stressful job and heart. A good-quality study by researchers in Finland found that people who have stressful jobs are more likely to have heart problems than people who say their jobs are not stressful. (Nyberg, 2013).

Depression is a serious condition that can impact every area of one's life. It can affect the social life, relationships, career, and sense of self-worth and purpose. Women are subjected to depression than men, but the causes of female depression and even the pattern of symptoms are often different. Many factors contribute to the unique picture of depression in women— ranging from reproductive hormones to social pressures.

A study conducted by the global watchdogs found that while around 9% of people in India reported having an extended period of depression within their lifetime, around 36% suffered from what is called major depressive episode (MDE). MDE is characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy and poor concentration besides feeling depressed. The average age of depression in India is 31.9 years compared to 18.8 years in China and in the US (22.7 years). The World Psychiatric Association (WPA) says that one out of 10 people globally suffer from major depression and almost one out of five persons has suffered from this disorder during his lifetime (one-year prevalence is 10% and lifetime prevalence is 17%) as reported by Kounteya Sinha (2012).

Review of Literature

Tae Min Song. et.al (2013): The major findings were as follows: women were more likely to experience stress and depression than men. Individuals over 40 showed a higher tendency toward stress and depression than those under 40 years. Age and gender specific paths from stress to problem drinking, exercise, and depression were positively inter-correlated; the path from exercise to depression indicated

an inverse association. These results suggest that Korean adults drink alcohol to relieve stress, but problem drinking increases stress which leads again to depression. Moderate exercise reduces stress which again leads to the reduction of depression. The results indicate the need for evidence-based stress management programs for the psychological well-being of problem drinkers and additional research on the socio-demographic and cultural context of alcohol consumption in Korea.

Madhu Mathur (2009) consider that demographic shift toward elder women population need to focus attention on their physical, social and emotional well-being. The ageing women experience a range of changes, physical as well as psychological and this period is known as the period of serious crises. The present study by this author examined the predictors of depression among ageing women (n = 400). The results showed that the level of economic status followed by education and social support are the prime factors contributing to depression in aged women. Findings also suggest that the change in life style and spiritual health are the means to achieve holistic health.

A report released by the WHO (2002) states that depression threatens to be the world's most

common illness by the end of the century especially in women. The reason seems to be, increasing stress levels, demands of work place, mechanization of life and nuclear families along with disillusionment with the old world values and systems that makes a person an easy target for depression. The change in the family patterns and the variation in social and economic status between generations are additional reasons of stress

Chadha and Bhatia (2005) conclude that old people in the affluent society suffer from isolation because they cannot look to their grown up children for the psychological support. The modern non-working woman seems to have created a cocoon around them in a society where everyone is racing to outdo the other. It is been observed that higher rates of depression in women is not due to greater vulnerability but due to the particular stresses that many women face. These stresses faced by many women, include major responsibilities at home and work, caring for children and looking after ageing parents.

Objectives of the present study

1. To study the demographic profile of the women professionals and House wives.
2. To measure the level of lifestyle stress and depression of the respondents
3. To study the factors influencing lifestyle stress and depression of the respondents.

Methodology

Descriptive design was used for the present study. Relay sampling technique was used to select the samples. The size of the sample was 238 respondents which include 119 working professionals and 119 housewives. Interview schedule was used to collect the data from the respondents. It consists of demographic profile and standardized life-style stress and depression scales. Both primary and secondary data were collected for the purpose of the study. The data were analyzed using percentage analyses, t-test and ANOVA.

Analysis and Interpretation

Table 1: Socio-economic Profile

Variable	Particulars	Women Professionals		House wives		Total	
		Frequency	%	F	%	F	%
Age	Less than 30 years	24	20.1	46	38.7	70	29.4
	31-35	36	31.3	33	27.7	69	29.0
	36-40	27	22.7	24	20.2	51	21.4
	41 and above	32	26.9	16	13.4	48	20.2
Type of family	Nuclear family	53	44.5	48	40.3	101	42.4
	Joint Family	66	55.5	71	59.7	137	57.6
Qualification	SSLC	-	-	31	26.1	31	13.0
	Diploma	6	5.0	4	3.4	10	4.2
	Degree	45	37.8	59	49.6	104	43.7
	Post graduate	26	21.8	25	21.0	51	21.4
	Professional	42	35.3	-	0.0	42	17.6
Native	Rural	29	24.4	41	34.5	70	29.4
	Urban	90	75.6	78	65.5	168	70.6
Habit of reading	Yes	93	78.2	87	73.1	180	75.6
	No	26	21.8	32	26.9	58	24.4
Marriage type	Arranged	100	84.0	100	84.0	200	84.0
	Love	19	16.0	19	16.0	38	16.0
Number of children	Nil	10	8.4	9	7.6	19	8.2
	1	27	22.7	25	21.0	52	21.8
	2	60	50.4	48	40.3	108	45.3
	3 and above	22	18.5	37	31.1	59	24.7

The above table shows that majority (29.4%) of the respondents belong to age group less than 30 years. The next majority (29%) are in 31-35 years age group. Among women professionals' majority (31.3%) are between 31-35 years of age and among housewives the majority (38.7%) of the respondents are less than 30 years of age.

The table indicates that majority (57.6%) of the respondents are living in joint family. This may be because they need parents' and in-laws' support for child rearing or may be traditionally bounded. Majority of both the women professionals (55.5%) and the house wives (59.7%) belong to joint family.

The above table indicates that majority (43.7%) of the respondents

are Graduated. The next majority (21.4%) comes under Post graduation. Majority of the women professionals (37.8%) and the house wives (49.6%) are Graduates by their educational qualification.

The above table shows that the majority (70.6%) of the respondents' native place belong to urban areas and for only 29.4% of the respondents it is from rural areas. Majority of the women professionals and the house wives belong to urban areas.

It can be understood from the above table that majority (75.6%) of the respondents have reading habits. Whereas only 58 (24.4%) out of 238 do not have reading habits. Majority of both the women professionals (78.2%) and the house wives (73.1%) have reading habits.

From the above table it is inferred that majority (84%) of the respondents' marriages are arranged and in case of only few (16%) it is of love marriage. For majority of both the women professionals' (84%) and house wives' (84%) marriages are of arranged type.

The above table shows that majority (45.3%) of the respondents have two children. The next majority (24.7%) have 3 or more children. Majority of both the women professionals (50.4%) and house wives (40.3%) have two children.

Table 2: Level of Life Style Stress and Level of Depression

		No. of Respondents	Percentage	No. of Respondents	Percentage
Life Style Stress	Low level	43	36.1%	29	24.4%
	Moderate level	34	28.6%	46	38.7%
	High level	42	35.3%	44	37.0%
Level of Depression	Low level	32	26.9%	29	24.4%
	Moderate level	37	31.1%	32	26.9%
	High level	50	42.0%	58	48.7%

The table 2 shows that 36.1 percent of the women professionals had low level of life style stress, 35.3 percent of them had high level of life style stress and 28.6 percent of them had moderate level of life style stress. The same table shows that majority (38.7 percent) of the house wives had moderate level of life style stress. So as for as the life style stress is concerned it is low for women professionals and moderate for house wives.

The table reveals that 42 percent of women professionals had high level of depression, 31.1 percent of them had moderate level of depression and 26.9 percent of them had low level of depression. The table also reveals that 48.7 percent (majority) of the house wives had high level of depression. Hence both the category of women has high level of depression.

Table 3: Influence of Socio-Economic Variables on Life Style Stress and Depression

Variables	Statistical test	Value	Result
Age and life style stress	ANOVA	F= .926 (P>0.05)	Non-significant
Type of family and life style stress	t-test	t= 1.99 (P<0.05)	Significant
Age and Depression	ANOVA	F= 1.524 (P>0.05)	Non-significant
Type of family and Depression	t-test	t= 0.972 (P>0.05)	Non-Significant

The table 3 shows that there is a significant difference in the level of life style stress among joint family and nuclear family respondents at 0.05 level.

From the table 3 it is clear that the socio economic variables namely age do not influence the level of life style stress of the respondents. It also shows that age and the type of family do not influence the level of depression of the respondents.

Conclusion

The life style stress was found to be low among the women professionals and moderate among the house wives. The level of depression was found to be high among both working professionals and house wives. The study also concludes that the type of family influences the lifestyle stress of the respondents. Joint family relieves or reduces the life style stress but the chances of practicing it by women professionals is remote due to other practical problems associated with that type of family system.

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