



A Study of Depression Among Women Teachers in Relation to Their Life Satisfaction.

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ABSTRACT

This study was conducted to study depression among women teachers of in relation to their Life satisfaction. The sample taken consisted Govt. and private school teachers from Moga district of statistical techniques such as Mean, Standard-Deviation, and critical ratio and coefficient of correlation were used. The result showed that there exists a significant and inverse relationship between depression and life satisfaction of Govt. and private school women teachers.

KEYWORDS : Depression, Life satisfaction, women teachers, Government and Private Schools.

INTRODUCTION:

Life is not a bed of roses. It is very complex by nature. Sometimes it seems to be simple and at another moment life seems to be difficult. Thus, Life is full of emotional ups and downs. But when the “down” times are long lasting or interfere with our ability to function, we may be suffering from a common, serious illness - depression. Depression is as old as human civilization. It was Hippocrates who considered black bile in the body, the cause of sadness or depression. Today, we know much about the nature of depression still it had not been fully understood. Major depression affects our mood, mind, body, and behaviour. Nearly 18 million people in country —one in ten adults experience depression each year and about two-thirds don't get the help they need. Depression can develop in anyone, regardless of race, culture, social class, age, or gender. A woman by nature is expressive, emotional and sensitive and hence more prone to depression.

The word ‘depression’ can be used in many contexts. In common parlance, we call it the “dark mood” Etymologically it means to be in ‘Low Spirits’. According to the Oxford dictionary, depression is a feeling of sadness, low self-esteem, and inability to perform. **Kisker (1976)** defines “Depression as a change in mood in the direction of sadness, despair and hopelessness.” Depression can be understood as:

- 1. A mood:** It refers to a transient state of feeling sad, blue, forlorn, cheerless, and unhappy and down.
- 2. A symptom:** It refers to a complaint that often accompanies a group of psychosocial problems.
- 3. A syndrome:** a wide spectrum of psychological dysfunctions that vary in frequency, severity and duration.

Life satisfaction is complex concept relating to psychological and environmental life conditions. Life satisfaction is the extent to which a person is pleased or satisfied by the content and environment or is displeased or frustrated by inadequate life conditions and environmental situation. One should be satisfied in matters of life, money, power and materialistic things so that he can retain his mental peace. **Wolman (1973)** defines Life satisfaction as “the attainment of desires and fulfillment of essential condition. The dictionary of life considers it to be a dynamic process which goes on throughout one's life”. **Denies (1984)**, quotes “Life satisfaction as individual's personal judgment of well being and quality of life based on his chosen criteria”.

REVIEW OF LITERATURE:

Muzamil and Masood (2008) found that with an increase in age, the overall life satisfaction decreases; whereas, with an increase in personal income, the overall life satisfaction increases. Moreover, with

an increase in family income, the overall life satisfaction of women also increases whereas **Saha et al. (2013)** observed negative relationships between depression and self esteem as well as with life satisfaction of college students. The results also showed a great ratio of depressive symptoms among college students.

JUSTIFICATION OF THE STUDY:

The future of a country depends upon its educated human resources, but in the present materialistic and complex life, we find a large number of dissatisfied and depressed human beings. The teachers being a corner stone of the arch of education must be satisfied with his life so that he delivers the best of his ability. A dis-satisfied teacher is a loss not only to himself but also to entire society. A sound mind and emotionally strong and intelligent person can enjoy his life better. If a teacher is dissatisfied with his life, he may always be surrounded by various problems and hurdles in the performance of his/her duties. Instead of becoming a good teacher he becomes an irritable and worried person who can't help himself or his students.

As far as related studies on life satisfaction and depression are concerned most of them are conducted abroad and are related to life satisfaction of sick, the elderly people, handicapped, nurses, employees and retired persons. But the more important section of education “the teachers” has comparatively been neglected and the research in this area in India is still in the embryonic stage. Consequently, the present study was designed to fill this gap.

OBJECTIVES:

- 1.** To study and compare the depression in women teachers working in Govt. and private schools.
- 2.** To study and compare the life satisfaction in women teachers working in Govt. and private schools.
- 3.1** To find out the relationship between depression and life satisfaction in Govt. and private school women teachers.
- 3.2** To find out the relationship between depression and life satisfaction in Govt. school women teachers.

- 3.3** To find out the relationship between depression and life satisfaction in private school women teachers.

HYPOTHESES

- 1.** There exists no significant difference in depression of women teachers belonging to both Govt. and private schools.
- 2.** There exists no significant difference in life satisfaction of women teachers belonging to both Govt. and private schools.

3.1 There exists no significant relationship between depression and life satisfaction of Govt. and private school teachers.

3.2 There exists no significant relationship in depression and life satisfaction in Govt. school women teachers.

3.3 There exists no significant relationship in depression and life satisfaction in private school women teachers.

DESIGN OF THE STUDY:

Method and Sample: The method of the present study was descriptive survey. The sample of the study consisted of 200 women teachers working in government and private schools of Moga District.

Tool Used:

1. Depression scale developed and standardized by Shamim Karim and Rama Tiwari (1986).
2. Life satisfaction scale developed and standardized by Q. G. Alam and Srivastava (1996)

Statistical Techniques used: Mean, Standard Deviation, C.R. Coefficient of correlation was computed.

ANALYSIS AND INTERPRETATION:

Hypothesis 1: There exists no significant difference in depression of women teachers belonging to Govt. and Private Schools.

Table 1

Sr.No.	Variable Depression	N	Mean	S.D.	SE _D	C.R	Level of significance
1.	Govt. teachers	100	62.4	4.3	7.38	2.33	0.05
2.	Private teachers	100	45.2	21.7			

Table 1 shows that obtained t-value is 2.33 which is significant at 0.05 level which signifies that Govt. and private school women teachers differ significantly on the scores of depression. Therefore, hypothesis 1 is rejected.

Hypothesis 2: There exists no significant difference in life satisfaction of women teachers belonging to govt. and private schools.

Table 2

Sr. No.	Variable Life satisfaction	N	Mean	S.D.	SE _D	C.R	Level of significance
1.	Govt. teachers	100	41.81	4.3	1.67	5.19	0.01
2.	Private teachers	100	60.89	15.3			

Table 2 shows that. Obtained t-value is 5.19 which is significant at 0.01 level. This signifies that Govt. and private women teachers differ significantly on the scores of life satisfaction. Therefore, hypothesis 2 is rejected.

Hypotheses

3.1: There exists no significant relationship between depression and life satisfaction of govt. and private schools women teachers.

3.2: There exists no significant relationship in depression and life satisfaction in govt. school teachers.

3.3: There will be no significant relationship in depression and life satisfaction in private school teachers

Table 3

Sr. No.	Group	Variables	N	Correlation value 'r'
3.1.	Total Sample	Depression	200	-0.11
		Life satisfaction	200	
3.2.	Govt. Teachers	Depression	100	-0.53
		Life satisfaction	100	
3.3.	Private Teachers	Depression	100	-0.25
		Life satisfaction	100	

Section 3.1 of table 3 represents co-efficient of correlation between depression and life satisfaction of total sample. The value of 'r', -0.11 shows a significant and negative relationship between depression and life satisfaction of women teachers. Therefore, hypothesis 3.1 is rejected. **Section 3.2** represents co-efficient of correlation between depression and life satisfaction of women teachers of Govt. Schools. The value of 'r' is -0.53 which indicates significant and negative relationship between depression and life satisfaction of Govt. school teachers. Therefore, hypothesis 3.2 is rejected. **Section 3.3** shows that co-efficient of correlation between depression and life satisfaction of women teachers of Private Schools -0.25 which indicates that there is a significant and negative relationship between depression and life satisfaction of Private school women teachers. Therefore, hypothesis 3.3 is rejected.

Conclusions:

1. There exists a significant difference in depression of women teachers belonging to both Govt. and private schools. Govt. teachers are found to be more depressed than their counter parts.
2. There exists a significant difference in life satisfaction of women teachers belonging to both Govt. and private schools. Private school teachers have been found more satisfied in life than govt. school teachers
3. There is a significant and inverse relationship between depression and life satisfaction of Govt. and private school teachers. Teachers who are more satisfied in life are found to be less depressed in various situations.

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