



A Comparativ Study of Mental Helth and Depression Among Working and Non-Working Women

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ABSTRACT

An attempt was made to assess the Mental Health and Depression among working and non-working women at Tirupati town. A sample of 80 women was taken out of which 40 were working women and 40 were non-working women. The sample was administered Mental Health Inventory developed by Jagadish and Srivastava (1983) and Depression Scale constructed and standardized by Karim and Tiwari (1986) was used. The results revealed that there was a significant difference in mental health and depression in working and non-working women.

KEYWORDS

Mental health is the capacity of an individual to form harmonious adjustment to one's social and physical environments. Menninger (1945) defines mental health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an ever temper, an alert intelligence, socially considerate behaviour and a happy disposition. Mental health can be describes as absence of symptoms of maladjustment, be they mild and severe. Mentally healthy person is free from all types of maladjustment (Klein, 1956). Bhatia (1982) consider mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life.

During the last few decades, industrialization, urbanization, increasing level of education, awareness of rights, wider influence of media and westernization has changed the status and position of women. The problems of working women are multidimensional and differ from women to women. At present women are in a position to compete with men in all walks of life. The problems of women who combine the different role of a wife, mother and working women are multiple; which can be categorized under different heads as physiological problems, adjustment problems, social problems and economic problems. A working woman baring dual role responsibility one in family and other at job, when cannot discharge her duties equally efficiently feels tens and continuous tension creates stress which in turn may affect her mental health status. Faculty, Institute of Advanced study in Education, Sri Venkateswara University, Tirupati.

Cinamen & Rich (2005) reported that teachers attributed high importance to both roles. Working problems at work are manifold. They are not taken to be as equally efficient worker as men and pays discrimination at the work place. This attitude tends to create feeling of inferiority, uselessness or inability and leads to mental fatigue, stress related illness and high degree of job dissatisfaction among working women. Now a day's woman pays more psycho-social problems as a result of her changing roles and bearing dual responsibilities, one in family and other at job. Study conducted by Mukhopadhyay (1977) found that workingwomen play a dual role in family and work place. They experience a sustained stress to cope with both conditi9ons and have their mental well-being gets affected. Sinha (1997) found that working status of women had Significant effect on anxiety. Leger (2004) found that most working women who experience depression and anxiety retard their success in work place and household lives

Depression is a state of feeling unhappy. It is believed that it is not a solitary stress factors but any two or multiple stressors

occurring simultaneously and accumulating over a period of years that add up to depression (Markush and Favero, 1974; Coleman, 1973). Around the world, depression occurs more frequently among women than among men. The female-male ratio ranges from 2:1 to 3:1 in most countries (Nolen-Hoelske-ma, 1990). A man's life time risk of developing major depression is about 10 per cent. however the risk is much greater for a woman - almost 25 per cent, and the most common psychiatric diagnosis for woman is depression (Russo, 1985). However, psycho-socio factors such as different rearing environments, different social roles and less favourable economic and achievement opportunities may produce greater depression in women than men (Culbertson, 1997).

Pinky Sexena (2009) found that working women are more aggressive than non-working women and working women have higher frustration than non-working women. Revathi and Yogesh (2012) found that non-working women have better mental health when compared to working women and there were significant difference in depression working and non-working women. There is high positive correlation between mental health and depression among working and non-working women.

OBJECTIVES OF THE STUDY

- To measure the Mental Health between working and non-working women.
- To measure the level of Depression between working and non-working women.
- To measure the Correlation between Mental Health and Depression among working and non-working women.

HYPOTHESES

- There is no significant difference between working and non-working women with regard to their Mental Health.
- There is no significant difference between working and non-working women with regard to their Depression.
- There is no significant Correlation between Mental Health and Depression.

METHODOLOGY

SAMPLE

The sample of the study comprised of 80 women, out of which 40 are working and are non-working women drawn in Tirupati town by using Convenient Random Sampling Technique

TOOLS

Mental Health inventory developed by Jagadish and AK Srivastava (1983) was used and Depression Scale Constructed and Standardized by Karim and Tiwari (1986) was used.

ANALYSIS OF RESULTS

The data were analyzed statistically by 't' test to find out the significance of difference between the mean values working and non-working women.. Karl Pearson's Product Moment method was used to find out the Correlation between Mental Health and Depression.

Table 1 Mean and SD Scores of Working and Non-Working Women With Regard to Their Mental Health

Variable	N	Mean	SD	't' value
Working Women	40	163.19	10.54	5.81 **
Non-Working Women	40	177.15	11.63	

** Significant at 0.01 level

Table 1 shows the mean score (163.19) of working women and mean score (177.15) of non-working women. It indicates that there is significant difference in mental health status of working and non-working women. The obtained 't' value (5.81) is significant. Therefore the null hypothesis is rejected. It can be inferred that non-working women are possessed better mental health than working women.

Table 2 Means and SD of Working and Non-Working Women with Regard to Their Level of Depression

Variable	N	Mean	SD	't' value
Working Women	40	166.25	7.91	7.64 **
Non-Working	40	150.42	10.74	

** Significant at 0.01 level

Table 2 revealed that mean score (166.25) of working women and mean score (150.42) of non-working women. It indicates that there is significant difference in their level of depression among working and non-working women. The obtained 't' value (7.64) is significant. Hence, the hypothesis is rejected. It can be found that working women are possessed higher level of depression than the non-working women.

Table 3 Correlation between Mental Health and Depression among working and non-working women

Variable	N	Mean	SD	'r' value
Mental Health	80	168.47	20.92	-0.3234
Depression	80	158.33	12.31	

Table 3 shows that the calculated correlation co-efficient; r; value is -0.3234. It was found that there is negative correlation between mental health and depression. It reveals that good mental health leads to less depression; therefore, mental health and depression are negatively correlated.

CONCLUSION

- Non-working women had possessed better mental health than working women.
- Working women had possessed high level of depression than non-working women.
- There is negative correlation between mental health and depression among working and non -working women.

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