

Comparative Study of Depression and Life-Satisfaction among Working Middle-Aged Women

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Abstract: *The present study was conducted to find the level of life satisfaction among 100 working middle-aged women using standardized structured tests of depression and Life satisfaction. The result shows that depression present among working middle-aged women is at a moderate level among many women while life satisfaction among the majority of women is at a very low and low level. Women who fulfilled the criteria were selected for the Study. Findings revealed that there is no significant difference between working and non-working married women regarding life satisfaction.*

Keywords: middle-aged, women, life-satisfaction and working

1. Introduction

Age plays a major role in an individual projecting oneself. It has a great impact on the behavior, decision-making, or dealing with problems of an individual. Much change in life takes place in an individual between 45 and 65 years which is considered Middle Age. Among women in this age group roles and responsibilities increase making them exhausted as they go through transitions in all directions of life, like family responsibilities and physical, biological, emotional, intellectual, cognitive, psychosocial, and social systems. They experience changes in physical appearance and biological changes such as menopause during this phase, emotional change experienced in women is mainly related to sadness due to various loss reasons. This phase can also be characterized by competence, maturity, responsibility, stability, social change, and change of role in the family from being parents to grandparents. Other social relations affected are the intensity of relationships with friends, children & parents. Several other changes in midlife are also observed among middle-aged people such as growing concern about sexual diseases, the onset of memory loss, deficit incompetence, change in responsibility, declining stability, fading creativity, becoming less practical, growth in substance abuse, and rise in stress. At this stage, people usually make choices based on circumstances they are suffering presently such as a parenthood crisis or the death of a spouse.

Various aspects of life satisfaction such as health satisfaction, personal satisfaction, social satisfaction, marital satisfaction, family life satisfaction, economic satisfaction, and job satisfaction are considered to understand the level of life satisfaction in the life of a person. It is an intellectual measurement of the complete and essential position of an individual is supposed to be comparatively regular and is inclined by social influences. Contentment and emotional well-being are considered vital in understanding theories of life satisfaction, though they can be well understood from a psychological and philosophical perspective.

Indian Context of Life Satisfaction: As per Indian Philosophy, the satisfaction of a person is observed as the

ability oneself to enjoy their life, as more enjoyment makes a person happier.

Depression is a serious condition and illness among people suffering; depressive disorder interferes with normal working, and disrupts the routine of both patients and caregivers. Symptoms prevalent in people suffering from depression may vary depending on the patient and his or her situation. Depression may sometime co-exist with other mental or physical illnesses. Therefore this study aims to investigate depression and life satisfaction in working middle-aged women.

2. Literature Survey

Lewis, V. G. and Borders, L. D. (1995) in his study explained regrets in life circumstances, leisure-time activities, job satisfaction, sexual satisfaction and internal locus of control in single professional middle-aged women to find out significance of life satisfaction among them.

Mukhopadhyay, S. (2009) conducted a study and showed in his result that a women working face a lot of difficulty in accomplishing all the demands arising at workplace and home at together, while non-working women face difficulty due to financial dependence and monotonous tiring household responsibilities.

Balaji, A., Sarumathi, V., & Saranya A (2013) assessed depression & its risk working & non-working adult female. Depression observed was severe in 2.9% working & 2.3% in Non-Working population of women respectively. Altogether the result of depression suffered collectively in working and non-working women was high.

Akram, B. & Khuwaja, F. (2014) explored in their study about women of working status go through depression comparatively less than women of non-working status. Factors that had impact on the depression were education, family system, number of children, age and monthly income. Additional results showed that lawyers and managers experienced more depression than doctors, teachers, lecturers and self-employed among working women.

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Arshad, M., Mahmood, K. & Gull, S. (2015) studied that there was a noteworthy dissimilarity between the scores of women working and women nonworking on positive well-being.

Bansal, P. & et. al (2015) attempted to find and reach to the conclusion that middle aged women suffer anxiety and depression widely prevalent, hence mental health services are much required to tackle the issue.

Dwivedi, A. & Srivastava A. (2016) explored self-esteem & depression & between married working women & married non-working women, revealing significant dissimilarity amongst women of working status & women of not-working status among married women on self-esteem & depression. As per result the women with higher self-esteem are more confident, organized & practical while not-working women show unstable mental-health due to low self-esteem.

The research objectives are as follows-

- 1) To find out the difference between depression and life satisfaction in working middle-aged women.
- 2) To find out the difference between early-working and late-working middle-aged women with depression.
- 3) To find out the difference between early working and late working middle-aged women on life satisfaction.

Based on the above-mentioned objectives, the following hypotheses are proposed-

- 1) There will be no significant difference between depression and life satisfaction in working middle-aged women.
- 2) There will be no significant difference between early-working and late-working middle-aged women with depression.
- 3) There will be no significant difference between early-working and late-working middle-aged women in life satisfaction.

3. Research Methodology

4. Result and Discussion

Hypothesis No.1: There will be no significant difference between Depression and Life Satisfaction of Working Middle-aged Women.

Table 1: Mean, S. D and T-Test of Depression and Life-Satisfaction in Working Middle-aged Women

Working Middle-aged Women (N = 100)						
Variables	N	Mean	S. D	T-Test	Table Value	Significance Level
Depression	100	14.52	6.75	-98.61	2.63	Negatively Significant at 0.01 level
Life-Satisfaction	100	115.42	7.69			

T-test is used to find the significance of the difference between the total scores of Depression and Life-Satisfaction among working middle-aged women (N=100). The present data shows that Depression has low mean scores (M=14.52) and (S. D=6.75) whereas Life-Satisfaction high has mean

Participants

A sample of 100 (50early and 50latemiddle-aged) were purposely selected for the present study by fulfilling the inclusion and exclusion criteria (See Figure 1).

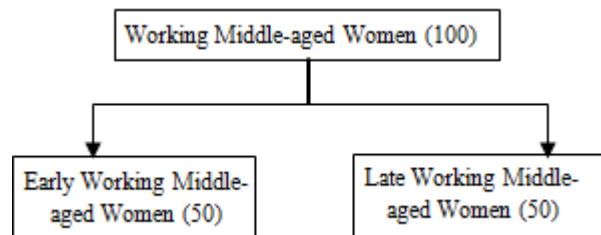


Figure 1: Distribution of participants

Inclusion Criteria-

- 1) Age criteria between 45 years to 65 years.
- 2) Women who were co-operative for the study.
- 3) Women who are not working professionally anywhere.
- 4) Females were taken.

Exclusion Criteria-

- 1) Males were excluded.
- 2) Working middle-aged women.
- 3) Women below 45 years age.
- 4) Females having psychiatric co-morbidity.

Tool Used: Life Satisfaction Scale (LSS) by Alam and Srivastava (1971).

Procedure: In this study 100 professionally working females 50 early middle-aged and 50 late middle-aged were selected purposely for the present study. After developing the good rapport with the females, their socio-demographic details were collected with their concerns. After that LSS were administered on them.

Statistical Analysis: Data collected was analysed in terms of mean, standard deviations, and t-test is used for statistical analysis.

(M=115.42) and (S. D=7.69). The difference obtained using the t-test is (t=-98.61) which shows that it is negatively significant at 0.01 level. It proves that there is a difference in depression and life satisfaction between working middle-aged women.

Table 2: Percentage wise Distribution of Depression in Working Middle-aged Women (N=100)

Depression in Working Middle-aged Women (N=100)		
	No. of middle-aged women in Depression	Percent of middle-aged women in Depression
Minimal Depression	24	24%
Mild Depression	43	43%
Moderate Depression	30	30%
Severe Depression	3	3%
	100	100%

Percentage-wise distribution of scores on the Beck Depression Inventory-II is shown of factor depression among working middle-aged women (N=100) undergoing the levels of depression. It clearly reveals that 24% of working middle-aged women go through depression at a

minimal level, 43% of working middle-aged women go through depression at a mild level, 30% working middle-aged women go through depression at a moderate level, while there are 3% working middle-aged women have depression at a severe level.

Table 3: Percentage wise Distribution of Aggression in Working Middle-aged Women

Life-Satisfaction in Working Middle-aged Women (N=100)		
	No. of middle-aged women in Life-Satisfaction	Percent of middle-aged women in Life-Satisfaction
Very Low Life Satisfaction	9	9%
Low Life Satisfaction	35	35%
Average Life Satisfaction	54	54%
High Life Satisfaction	2	2%
Very High Life Satisfaction	0	0%
	100	100%

Percentage-wise distribution of scores of Life Satisfaction in working middle-aged women (N=100). Data reveals that a very low level of life satisfaction is seen among 9% of working middle-aged women, a low level of life satisfaction is seen in 35% of working middle-aged women, the average level of life satisfaction is seen in 54%, high life satisfaction is seen only in 2% working middle-aged women. A very high level of life satisfaction is not present in even a single working woman.

Hypothesis 1 is rejected. The result clearly indicates that there is a significant difference between the two factors i. e. Depression and Life-Satisfaction among working middle-aged women. The result shows the negative significance of the data selected, which means that if there is more depression then there will be less life-satisfaction among working middle-aged women or vice versa.

Hypothesis 2-There will be no significant difference between Early Working Middle-aged Women and Late Working Middle-aged Women on Depression.

Table 4: Mean, S. D and T-Test of Depression in Early Working Middle-aged Women and Late Working Middle-aged Women

Working Middle-aged Women (N = 100)					
Age Group in Working Middle-aged Women	N	Mean	S. D	T-Test	Significance Level
Early Working Middle-aged Women	50	15	7.28	0.707	Significant at 0.01 level
Late Working Middle-aged Women	50	14.04	6.22		

T-test is applied to see the significance of the difference between the total scores of depression between early-working middle-aged women (N=50) and late-working middle-aged women (N=50). Early middle-aged women's mean is (M=15.00) and (S. D. =7.28) whereas late working

woman mean is (M=14.04) and (S. D. =6.22) and (t=0.707) which is positively significant at 0.01 level. It proves that early and late working middle-aged women are depressed at the same level.

Table 5: Percentage wise Distribution of Early and Late Working Middle-aged Women in Depression

Levels of Depression	Working Middle-aged Women (N=100)			
	Early Working Middle-aged Women		Late Working Middle-aged Women	
	No.	Percent	No.	Percent
Minimal Depression	13	26%	11	22%
Mild Depression	20	40%	23	46%
Moderate Depression	14	28%	16	32%
Severe Depression	3	6%	0	0%
Total	50	100%	50	100%

Percentage-wise distribution of scores of BDI-II shows depression in early-working middle-aged women (N=50) and late-working middle-aged women (N=50). It shows that 26% early working and 22% late working middle-aged

suffer the minimal depression, 40% of early working and 46% late working middle-aged women suffer mild depression, 28% of early working and 32% late working middle women suffer from moderate depression, 6% early

and 0% late middle-aged women suffer from severe depression. Overall total working middle age (N=100) women, there are 24% minimal depression, 43% mild depression, 30% moderate depression, and 3% severe depression.

Hypothesis 2 is Rejected. The result of the selected data shows that there is not much difference in suffering from depression at various stages in middle-aged women (N=100). It shows that slightly less depression among early

middle-aged women in comparison to late middle-aged women in mild and moderate levels of depression scale, while there is slightly higher depression in early middle-aged women at minimal and severe levels. The result shows the significance of the data selected, which means that there is no difference in levels of depression during different stages of middle age. Here it can also be concluded that working women suffer from mild depression in their middle age span.

Hypothesis 3 There will be no significant difference between Early Working Middle-aged Women and Late Working Middle-aged Women on Life Satisfaction

Table 6: Mean, S. D and T-Test of Life Satisfaction in Early Working Middle-aged Women and Late Working Middle-aged Women

Working Middle-aged Women (N=100)					
Age Group in Working Women	N	Mean	S. D	T-Test	Significance Level
Early Working Middle-aged Women	50	116.8	7.51	1.814	N. S.
Late Working Middle-aged Women	50	114.04	7.69		

T-test is calculated between the total scores of life satisfaction among early non-working middle-aged women (N=50) and late-working middle-aged women (N=50). Early middle-aged women's mean is (M=116.80 and (S. D. =7.51) while the late non-working woman mean is (M=114.04) and

(S. D. = 7.69) and (t= 1.814) which is non-significant. This means that early-working middle-aged women and late working middle-aged women have life satisfaction at the same level.

Table 7: Percentage wise Distribution of Early Working Middle-aged Women and Late Working Middle-aged Women in Life Satisfaction

Levels of Life Satisfaction	Working Middle-aged Women (N=100)			
	Early Working Middle-aged Women		Late Working Middle-aged Women	
	No.	Percent	No.	Percent
Very Low Life Satisfaction	3	6%	6	12%
Low Life Satisfaction	13	26%	22	44%
Average Life Satisfaction	32	64%	22	44%
High Life Satisfaction	2	4%	0	0%
Very High Life Satisfaction	0	0%	0	0%
Total	50	100%	50	100%

Percentage-wise distribution of scores of LSS shows life satisfaction of early-working middle-aged women (N=50) and late-working middle-aged women (N=50) are going through. It shows that 6% of early and 12% late working middle-aged have very low life satisfaction, 26% early and 44% late working middle-aged have low life satisfaction, 64% of early and 44% late working middle-aged women have average life satisfaction, 4% early and 0% late working middle have high life satisfaction and 0% early and 0% late working middle-aged have very high life satisfaction. Overall total working middle age (N=100) women have 9% very low life satisfaction, 35% low life satisfaction, 54% average life satisfaction, 2% high life satisfaction, and 0% very high life satisfaction.

Hypothesis 3 is accepted. The result of the selected data shows that there is a difference in levels of life satisfaction at various stages in working middle-aged women (N=100). It shows that late-working middle-aged women have very low life satisfaction higher in comparison to early middle-

aged women while early middle-aged women have average life satisfaction higher than late middle-aged women. The result shows non-significance among data, which means that there is a difference in levels of life satisfaction during different stages of middle age. Here it can also be concluded that working middle-aged women have average life satisfaction at an early stage in comparison to the late middle-age stage.

5. Conclusion

According to the result, depression and life satisfaction show different results among working middle-aged women. It shows a mixed result in the case of depression, like 1/4th of the selected data are under minimal depression and 3/4th under mild and moderate depression while life satisfaction present in working middle-aged women is only 2% of them have high life satisfaction whereas near about half of the data shows life satisfaction at an average level in working

middle-aged women and 1/3rd of the chosen data have life satisfaction at a low level.

Factors responsible for moderate depression and low life satisfaction among women in this stage observed are loneliness, not having an appropriate social image as per expectation, interference by partners in their daily life, comparing their lives with others, no proper daily routine, financial dependency, the feeling of sharing their children with someone else (i. e. his spouse), witnessing younger generation leading an independent and better lifestyle, impact of watching glamorous daily soap opera being telecast on television, a feeling of “no identity” or “loss of identity”.

6. Future Scope

- 1) Sample size can be increased.
- 2) Sample can be taken from different places.
- 3) Research can be conducted including males.
- 4) Unexplored dependent variable can also be researched.

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