

AN EMPIRICAL STUDY ON DEPRESSION AMONG WORKAHOLIC AND NON-WORKAHOLIC FEMININE GENDER WITH SPECIAL REFERENCE TO KOCHI CITY-THE COMMERCIAL HUB OF KERALA STATE

Dr. Umesh. U,

Assistant Professor,
Department of Commerce,
Amal College of Advanced Studies,
(Aided by Government of Kerala and Affiliated to University of Calicut)
Myladi, Nilambur, Kerala, India.

ABSTRACT

An empirical attempt has been made to compare the level of depression among workaholic and non-workaholic feminine gender. For this, workaholic women (N=50) and non-workaholic (N=50) were drawn from the general population respectively. The present sample was tested on Depression Scale. The scale assessed twelve aspects of depression. The obtained results revealed the significant difference between the working and non-working women in terms of depression. No difference was found in terms of self-harm. The level of depression was found to be high among non-workaholic feminine gender as compared to workaholic feminine gender.

Keywords: *Depression, Working (workaholic) and non-working (non-workaholic) women.*

Introduction:

As today's world by and large is comparatively changing one, the changes that have been in a variety of directions. The profound social changes that India has witnessed after its independence have affected its entire population. Among the middle class urban educated population those changes have affected women much more than men. Today, more and more women are entering into remunerative jobs. A working woman has to perform, two roles. Firstly- a mother and housewife, and secondly of an employee. Both the roles demand on her time and energy. Her employment not only affects her entire personality but also her family relationship and is also liable to face crisis of adjustment which can result in depression. The problem of depression in women is an important aspect of the process of social changes in India.

Depression is a word with many meanings. The feeling of sadness we all have experienced time to time is what people mean when they use the word. The word depression is also used as a label for a collection of symptoms such as sadness, irritability and changes in sleep, appetite and weight. Depression has become the part and parcel of our

everyday life. Depression is a word used by mental health professionals to refer to an illness or group of illnesses called mood disorders. The psychoanalytic theory (Freud, 1940) interprets depression as anger turned inward against self. The behaviorist (Watson, 1919) approach to depression focuses on the similarity between depression and the phenomenon of helplessness.

Depression is not a disease but it is a disease, in the form of uneasiness of the mind. It is a fact that all human being feel depressed in life-time on many occasions but it has a temporary effect on them lasting for a short time. Depression gets magnified because of the society. Many years ago, it was considered that only the women are vulnerable to depression. Though, it is correct to some extent. As women are much emotional and sensitive in nature in comparison to men and become tensed due to even a minor problem. Researchers suggest that there is a difference in the structure of brain of man and woman. This difference makes them more emotional and sensitive than man. So, when the married working women considered balancing of outside job and home life difficult, she use to suffer from depression. The problem of

depression among women, particularly, housewife's is an important aspect of social change. Traditionally, Indian women worked within the frame work of family system. As she was confined to four walls, being a begetter of children and a housekeeper. She was led to underestimate her own potential and submit herself totally to the demands of her family. The condition still exists among women of middle class families, and is also responsible for the rise of depression among them. Some of them have joined hands with men in the work force in the organization. The outcome is that modern women lie in two systems of need to perform both familial as well as professional roles. This in turn leads to a depression and other factors among women. According to Khanna and Shirali (1989) depression was reported most often in non-working women. Harsh (1989) found that lifestyle (working/non-working) by itself does not have a significant effect on depression. Khanna (1992) studied that depression was significantly positively related to positive changes in working samples and negative in non working subjects. Goyal (1997) in his study found that daughters, marriage and financial problems led to depression among women with gynecological problems. These women also experienced greater feelings of insecurity and loneliness. Krause (1984) found that conflicting husband-wife sex-role expectations led to heightened symptoms of depression among housewives, but not among working subjects. Hall Johnson (1988), tested whether unemployed woman would be more depressed than the employed. No significant relationship was found. Asuncion, Avedado, Lopez and Fernandez (1993) concluded that employed mothers reported better mental health adjustment than their unemployed counterparts. Studies conducted by Rowley (1999) reveals, greater household management was significantly correlated with higher depression and lower marital satisfaction scores. According to cognitive theory (Beck, 1971), it is the way people think about themselves that give rise to other factors involved in depression. Depressed people are those who have a negative opinion of themselves, the world and future. Many behaviourists regard depression as the result of extinction, "is a function of inadequate or insufficient reinforces". In other words, once behavior is no longer rewarded, the person ceases to perform them. He or she become inactive and withdrawn in short depressed. Depression depends on the depressed person's predisposition to feeling of inadequacy, the extent to which he regards the world as unfriendly and hostile.

Objective:

The aim of the present study is to find out the significant differences between working and non-working women on level of depression.

Methodology:

The present study was carried out on working and non-working women in Kochi, the queen of Arabian Sea, and the commercial hub of Kerala state. The sample was

selected with the help of quota technique. The total sample for this study constitutes 100, i.e. 50 working and 50 non-working women.

Samples were categorized in the following manner:

Nature	Working women	Nature	Non working women
Employed in nationalized banks	10	Educated women but not working (from urban/corporation)	10
Employed in private banks	10	Educated women but not working (from semi-urban/municipality)	10
Employed in government departments	10	Just literate, but housewife	10
Employed in private firms	10	Illiterate housewife	10
Employed in SHGs, Microfinance, Kudumbasree projects etc.	10	Housewives (widows) dependent on family pension (husband's)	10
Total	50		50

Tool:

To accomplish the aim the Depression Scale (Test Booklet) by Dr. Shamim Firdaus Karim & Dr. Rama Tiwari (1986) was administered on working and non-working women. This scale consists of 96 items related to 12 areas of depression, i.e. apathy, sleep disturbance, pessimism, fatigability, irritability, social withdrawal and self-centeredness, dejection or sadness, self-dislike, self-acquisition, self-harm, somatic reoccupation, and indecisiveness.

Table 1: Percentile norms for depression scale

Percentile	Male	Female	Interpretation
99	289	294	A: Very high depression
95	283	290	
90	276	284	
85	268	273	
80	260	267	
75	234	252	B: High depression
65	210	246	
60	198	230	
55	168	198	C: Moderate depression
50	153	187	
45	140	184	
40	110	171	
35	95	152	
30	87	140	D: Low depression
25	80	116	
20	71	98	
15	62	92	E: Very low depression
10	44	73	
5	38	54	
1	32	41	

Structure:

A comparative research design was adopted for the study to compare the depression level among working and non-working women. The level was assessed by using Depression scale by Karim and Tiwari (1986). The total scores of working women were compared with the total scores of non-working women. The obtained data was statistical analyzed by 't'-test.

Result and Discussion:

Table-2: Mean SDs and 't' Values on Different Dimensions of Working and Non-Working Women

Twelve Aspects of Depression	Working women (50)		Non-Working women (50)		“t” Value
	Mean	S.D	Mean	S.D.	
Apathy	3.84	1.76	4.67	2.24	3.07**
Sleep Disturbances	5.85	2.46	5.27	2.15	1.93
Pessimism	4.36	2.14	6.24	2.96	5.53**
Fatigability	5.48	2.16	4.86	2.23	2.14*
Irritability	5.34	1.72	5.87	1.98	2.21*
Self Centered	6.86	2.74	5.72	2.43	3.35**
Sadness	3.45	1.44	3.82	1.76	1.75
Self-dislike	4.27	1.74	5.18	1.56	4.14**
Self-Acquisition	4.24	1.65	4.83	1.78	2.68**
Self-Harm	0.00	0.00	0.00	0.00	0.00
Somatic reoccupation	3.28	1.58	4.71	1.72	6.50**
Indecisiveness	4.82	2.36	5.75	2.68	2.81**

**significant at 0.01 level

*significant at 0.05 level

(Source: based on primary data)

Table-2 reports the mean and standard deviation for all the 12 aspects of depression of both the groups of subjects, to find out the differences between the level of depression of working women and non-working women. The mean scores of the working subjects were compared with the scores of the non-working subjects. The significance of difference between the mean scores on 12 aspects was tested by 't' values.

The perusal of above table reveals that there are significant differences between working and non-working women regarding aspects of depression—apathy, pessimism, fatigability, irritability, social withdrawal, self-dislike, self-acquisition, self-reoccupation, and indecisiveness. They do not show however, differences in aspects—sleep disturbances, sadness or dejection and showed no response on self-harm. It means that life style had a significant effect on depression. Krause (1984), German Psychologist, also in his studies found the symptoms of depression among housewives but not among working women.

On the basis of the above table, it can be stated safely that working and non-working groups of women differ

significantly on apathy. Non-working women as compared to working women tend to have a lack of sympathy, as well as interest in anything or anyone except their work and home. Whereas, working group tend to be less stiff, cool and skeptical in behavior. They tend to cooperate, pay attention to the people and are emotional and less afraid of criticism. They readily tend to form groups. In regard to sleep disturbances, there seems to be small imperceptible differences between working and non-working women. No significant difference was found. In terms of pessimism, the working women tend to be more optimistic. They will be found more assertive, self-assure and independent minded, whereas, non-working women are more pessimistic in nature. They are totally dependent on their husbands. Working women suffers more from fatigue as compared to non-working women. They may sometimes lead to them unmotivated. As they have to perform two roles. Working women differs significantly with non-working women in terms of irritability. But non-working group tend to exhibit these characteristics in greater number. Working group seems to be more impulsively lively, joyful, and enthusiastic. They are frank, active, expressive and carefree by nature. These characteristics can help them to reduce stress and women anxiety. As non-working women lack these characteristics, it may lead them to become more depressive and annoyed. Working group tend to be more withdrawing and cautious.

On the other hand, greater mean of non-working women tend to make them to suffer from feeling of self-dislike. Working women tends to be careful, conventional and regulated by external realities. It is these practical aspects of a working woman that enable her to be docile and loyal, towards her responsibilities. They score high on self acquisition. Non-working women have a tendency to fall under a category of reoccupation. They tend to be more unsophisticated, sentimental and simple. Working women tend to more placid and non-working are apprehensive. An individual with placid characteristics tends to be mature, un-anxious and confident in herself and her capacity to deal with things. Therefore, working women tend to exhibit better in decision-making. Non-working on the other hand being apprehensive tends to be passive and troubled while making decisions on their own. Hall (1988), Khanna (1992), Asuncion, Avecado, Lopez (1993) also in their studies found the same results. Therefore, "there would be significant differences between the working and non-working women in levels of depression" has been found to be statistically significant.

Conclusion:

The present study was an empirical attempt to study the significant difference among working and non-working women in the levels of depression. Overall the obtained findings are confirmatory to the earlier findings that there are significant differences between working (workaholic) and non-working (non-workaholic) women on the levels of depression.

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