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“Life satisfaction and Depression among Working and non-Working Women of Quetta City”

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KEY WORDS

Depression, Life satisfaction, working, non-working women.

ABSTRACT

Aim of the present study was to explore the level of Depression and Life Satisfaction among working non-working women of Quetta city. Total sample of the study consist of 100 females including (n=50) working women and (n=50) non-workingwomen. Working women were selected from various Universities of Quetta city, while non-working women were from homes. Cross Sectional research design was applied whereas convenient sampling technique was used for data the collection. Measures were used for this research a) Demographic information form b)Satisfaction with life urdu translated scale (SWLS) developed by Denier et.,al (1985).c) Siddiqui Shah depression inventory (SSDS) developed by Salma Siddiqui (1992)were administered. For data analysis descriptive statistic techniques, correlation and regression method were applied to investigate the significant difference between depression and life satisfaction among working and non-working women of Quetta city. Results indicate that depression (53.8) and life satisfaction (70.6) is highly significant in working women compare to non-working women whereas depression is (25.8) and life satisfaction is (13.4) significant P value is ($p<0.001$). Result showed that working women are satisfied with their life and less depressive then non-working women.

Introduction

Women are the most significant part of any culture or society. In present situation women are working in every field of life with men and playing a vital role in the growth and development of the country. [Fareeda and Uzma., \(2018\)](#) Pakistan is the country of 13million people in which 52% are female and the literacy rate is 1.8% which is alarming situation. In Pakistan mostly people are living in joint family system and they are following traditional norms, though 70% of the people are living in rural areas where females are not allowed to get education. Balochistan is under developed province of Pakistan where multiple cultures' people are living together. Women of this province are facing different hardships regarding their jobs due to lack of education, lack of opportunities, different workplace problems and different other circumstances or strict role of family or society. Every culture has different norms, and customs. [Dibaji, Abedi, and Oreyazi \(2017\)](#). Balochistan culture does not support the employed women have no freedom of expression in contrast to the other cities of Pakistan. Women restrict to follow rigid rules and regulations of the society due to less social and family support they are unable to take interests in external activities like employment.

[Barker. \(2007\)](#) [Fareeda and Zeeb., \(2018\)](#) [Balaji, and Sarmathi \(2013\)](#) [Tariq and Sana ., \(2015\)](#) studied that women are educated in urban areas and they are performing their frame of references in different fields while facing difficulties to getting jobs due to discrimination of society.

[Thara, and Vikram , \(2006\)](#) emphasis that those women who are doing their jobs are more depressive because they are facing family issues, less social support and performing dual duties compare to non-working women. Depression is one of the most common psychiatric illnesses which occur due to environmental, physiological or chemical changes. Among Balochistan's women depression mostly initiate due to domestic violence, tribal dispute, failure, marital problems, loss of family members or friends, loss of occupation, harassment etc. [Chong, .,2016,](#) [Marti Kanine.,\(2008\)](#) interprets that life satisfaction is a cognitive unit of individual life frame. . Life satisfaction can be defined as aim, objective and purpose, originated from the Aristotelian ethical model eudaimonism (from Eudemonia the Greek word which means happiness).According to his concept that accurate efforts, actions, activity and work directly related to one's happiness play major role in one's satisfied life ([Beutell.,2006](#)). In current society women are performing various roles and also they are working in offices and home. Most of the cross-culture studies in which discrimination of common aspect related to life Satisfaction such as political, social and financial also obtains more consideration. These types of researches generally categorized by culture as dependent or independent values or contrast their common characteristics, qualities and observe variation into an existing culture of the country however, it has been observed that these type of variation mostly result of geographical changes within the countries or sometimes culture differences between state [Kashima and Khanna \(2004\)](#).

Ahmad, (2009) emphasis that working women are intelligent, independent goal oriented compare to unprofessional women who depend on spouse or other family members.

Hall, (1992). Career oriented females are suffering in less depression and highly satisfaction they are not only economical stable but also have opportunities to utilize their capabilities in their fields which increases their self-esteem and self-confidence, while non-working females are dependent, they have poor decision making (Hashmi ,Khurashid & Hassan(2007) discussed that highly educated career oriented working women are living success full married life and they are less depressive. According to World Health Organization (WHO., 2013) an individual who has mentally or physically healthy are enable to achieve their life goals, fulfilled their need or desires and satisfied with their life. Meaning of life satisfaction is different among various culture and society. (Diener, Emmons, Larsen, & Griffin, (1985). Anubha Srivastava,(2016) life satisfaction is overall evolution of one's life. Moreover satisfaction with life is based one's designation, salary, financial stability, skill, life experience, academic qualification and mental or physical health whereas dissatisfaction is based on poverty, work environment, less income (Akbari., 2012). Pillai & Sen (1998) discussed that Society plays a vital role in shaping human 's attitude. Women are biologically and naturally different from men due to physiological and chemical changes which are directly or indirectly effect mood, behavior or emotions. Lancet (2007).It has

been observed that approximately (91%) women are complaining that they are practicing psychological distress. Women are usually thoughtful and sensitive as compare to men. In Asian society women are bound and unable to express her feeling easily and women are commonly victim of depression due to they are enable to manage their professional and house job.

Method

Problem statement

To explore the level of life satisfaction and depression among working and non-working women in Quetta city

Sample

Total 100 women were selected through applying purposive sampling techniques (n_50) working from various universities and (n_50) non-working women .

Instrument

- a) Demographic information form
- b) Satisfaction with Life Scale (SWLS) developed Diener, Emmons, Larson, and Griffin (1985) will be used to find out the Life Satisfaction the Questionnaire. Test-retest correlation coefficient of this scale was 0.82 and a coefficient Alpha was 0.87 respectively.
- c) Siddiqui Shah depression inventory (SSDS) developed by Salma Siddiqui (1992)

Procedure

Before data collection inform consent form completed by respondents

from Universities of Quetta city. Questionnaires were administered among working and non-working women. For analysis of data descriptive statistic and Regression methods were used.

Results

Table :1 explain the model summary of dependent variable depression, and it is observed that 25.8% well explained the model by predictors, and it is significant as well.

Analysis of variance						
Model		Sum of Squares	Degree of freedom	Mean Square	F	Sig.
1	Regression	2.653	3	.884	3.463	.018 ^b
	Residual	37.281	146	.255		
	Total	39.934	150			

a. Dependent Variable: depression

b. Predictors: (Constant), Income, Academic qualification and marital status are the dependent variables

Table no: 2

Analysis of variance						
Model		Sum of Squares	Degree of freedom	Mean Square	F	Sig.
1	Regression	2.141	3	.714	.894	.446 ^b
	Residual	116.622	146	.799		
	Total	118.763	150			

a. Dependent Variable: life satisfaction

b. Predictors: (Constant), Income, Academic qualification and marital status are the dependent variables

Table: 1.4 explain the model summary of dependent variable satisfaction, and it is observed that 13.4% well explained the model by predictors, and it is insignificant.

Model summary of Depression in working women.

Table :3 Analysis of variance of Depression

Model		Sum of Squares	Degree of freedom	Mean Square	F	Sig.
1	Regression	6.984	4	1.746	14.675	.000 ^b
	Residual	17.133	144	.119		

Total	24.117	148
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a. Dependent Variable: depression

b. Predictors: (Constant), workingwomen, Income, MS (Marital Status), AQ (Academic Qualification)

the model summary of dependent variable depression, and it is observed that 53.8% well explained the model by predictors, and it is significant value is less than 0.001 is highly significant.

Table:4

Analysis of variance of Life Satisfaction

Model		Sum of		Mean		
		Squares	Df	Square	F	Sig.
1	Regression	94.736	4	23.684	89.861	.000 ^b
	Residual	37.953	144	.264		
	Total	132.689	148			

a. Dependent Variable: satisfaction

b. Predictors: (Constant), workingwomen, Income, MS (Marital Status), AQ (Academic Qualification)

: explain the model summary of dependent variable Life satisfaction and it is observed that 70.6% well explained the model by predictors, and it is insignificant where as significant less than 0.001, which is indication of highly significant result.

Discussion

Present study is conducted to investigate whether the depression level has any significant impact on life Satisfaction among working and non-working female. Result generalized on the bases of demographic information (Academic qualification, income, marital status) findings of the study indicate that life satisfaction and depression are positively correlated in working women the value of depression is (53.8) and life satisfaction is (70.6) while significant value is (p<0.001) working women are less depressive because

they are financially stable and satisfied as compared to non-working women. Life satisfaction among non-working women (13.4) shows that they are not satisfied due to dependency on families and depression value is (25.8) which shows that life satisfaction is less and depression is high among non-working women. Findings revealed that working women are economically stable and less in depression in contrast to non-working women.

Akhtar, and Landeen,(2007) studied that working women are less depressive and satisfied with their life as compared to non-working women. Mahvish and Rikza (2015) discussed that career oriented working women are confident while non-working women are not confident highly qualified working women are living happy, satisfied and less depressive life. (Bradly & Crowyn (2004) explains that life satisfaction extends both the ranges to which fundamental needs are encountered and also extended to which a different targets are vision as accomplish from this approach if an individual attained his/her targeted goals.

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