



“A Comparitive Study Of Self Esteem and Depression In Working and Non Working Women”

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1. **ABSTRACT-** The main objective of the study is to compare self esteem and depression in working and non working women. Self esteem is associated with stress, anxiety and depression and low self esteem is characterized by the feelings of worthlessness and incapability . There is a evidence that low self esteem is a learned behavior. A study found out that low self esteem is related to depression and other mental health problems. The results showed that low self esteem may contribute to anxiety, depression, and thoughts of self harm.

Key words- self esteem, depression

2. Introduction-

Depression is state which affects how the person feel, think and handle daily activities such as eating, sleeping and working. To be diagnosed with depression, the symptoms must be present for atleast two weeks. Depression is also called major depressive disorder or clinical depression is a common but serious mood disorder

There are different types of depression

Major depression- It includes the symptoms of depression for atleast 2 weeks that typically interfere with one's ability to to work, study, sleep and eat

Persistent depressive disorder- which includes less severe symptoms of depression, typically last for two years

Perinatal depression- It occurs when women experience major depression during pregnancy or after delivey

Seasonal affective disorder- which comes and goes with the seasons, typically starting in late fall and early winter and going away during spring and simmer

3. SYMPTOMS OF DEPRESSION

Sad, and anxious mood

Feelings of hopelessness and pessimism

Irritability and frustration

Loss of interest or pleasure in hobbies and activities

Difficulty concentrating, remembering or making decisions

Thoughts of death and suicide

Headaches, pain, cramps and digestive problems

Risk factors- There are some of the risk factors associated with depression are-

Depression can happen at any age, But it often begins in adulthood. Depression is now occurring in children also.

Chronic moods and high anxiety disorders in adult begin as high level of anxiety in children

Depression can also occur with other serious disorders such as diabetes, cancer, heart disease, and Parkinson disease. These conditions become worse when depression is present, and some of the research studies also suggest that people who are suffering from depression tend to have more serious symptoms of both the illness

Risk factors include-

History of depression

Trauma and stress

Physical problems and taking certain medications

Self esteem- Self esteem means how we perceive ourselves. It is based on our beliefs, and opinions about ourselves.

- Self esteem helps in recognizing ourselves
- Try new things
- Believe in yourself
- Show some towards yourself and others
- Expression of gratitude

Factors associated with low self esteem are-

- Problems at work
- Being bullied
- Losing job and financial problems
- Mental health problems
- Worries about your appearance
- Physical problems
- Experiencing prejudice and discrimination

4. MATERIAL AND METHODS-

The sample of 250 females were selected from general population for the study following the research norms. All the subjects were selected as per the present exclusion and inclusion criteria. Females were selected from Gwalior city working in different organizations.

Inclusion Criteria of Participants

1. Age 25 to 45 years
2. Sex- female
3. Participants who will give written consent
4. Willing and able to participate
5. Education level till graduation

Exclusion criteria of participants

The working and non working women of age between 25 to 45 years.

Ethical considerations- Every females was explained about the study procedure and a written informed consent was obtained.

Tool-Beck depression inventory was used to measure the level of depression and state self esteem scale was used to measure the self esteem of working and non working women

Screening procedure- Beck depression inventory take 15 minutes time to complete. The scoring of depression was done by adding the scores at the end. If the scores between 1 to 10 are considered normal. 11-16 mild mood disturbance, 17-20 borderline clinical depression, 21-30 moderate depression, 31-40 severe depression and over 40 extreme depression. State self esteem scale was used to measure the level of self esteem. The three parts of the scale were- performance, apperance and social scale

Statistical analysis-

Data was analysed by using “T” Test and Annova. Independent “ T” test was used to find out the significant difference between depression and self esteem in working and non working women

Research design

The present study was concerned with the study of self esteem and depression in working and non working women. Thus 2x2x2 factorial design was considered suitable for the study. Each dependent variable was studied separately.

Working women	High group (self esteem)	Low group (self esteem)	High group (depression)	Low group (depression)
Non working women	High group (self esteem)	Low group (self esteem)	High group (depression)	Low group (depression)

Independent variable- Working and non working women

Dependent variable- Self esteem and depression

Tools of the study-

Beck depression inventory

State self esteem scale

5.Statistical data analysis

Statistical analysis was carried out comparison of high and low group of self esteem and depression in working and non working women. According to the mean difference, variance difference, p-value at 0.05 level and f ratio calculated with f critical table with high and low group of self esteem and depression

1. The observed data difference between the group is statistically significant with low P and rejecting almost all null hypothesis. By comparing F ration calculated with f critical tables values in column by Annova two factor without replication indicates rejecting null hypothesis
2. The study shows that significant different exist at 1% level of significance

6.Result and conclusion-

- Almost all the values found to be significant statistically at ($P < 0.05$ level of significance
- The study highlighted the importance of self esteem found to be higher in working women and low in non working women whereas higher depression is found in non working women and low level of depression in working women

7.References/ bibliography

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