
Family Relationship and Depression of Aged Women

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Abstract / सारांश

Family is a group of people that may be made up of parents, children, partners, uncle, aunts, cousins and grandparents. As there are many members in a family every member has to perform different role according to his/her ability or responsibility. A strong bonding among all members can only make a family survivable in a society or in today's lifestyle.

In a family to be a women, she have many life roles. Mother, Sister, Wife etc. Every single role of women have their responsibility. In the middle age womens comes to the age of depression due to many reasons like, lack of energy, aging factor, etc.

Age and depression have been a matter of important concern for many psychologists. The influence of age on depression has been investigated by many psychologists Newmann, Joy P.: Engel Rafael

J. and lensen, Julie E. (1991) investigated age differences in depressive symptom experiences and they found that older are more depressed than younger. Varjonon, Jyrkhi

Romana, Kalle; Kaprio, Jaakko; Heikkila, Kanka (1997).

Studied self-rated depression in 12,063 middle aged adults (aged 33-60). They also found increased rates of depression in older rather than younger. Greer, G., Hurt Stephen W. (1982) related the severity of depressive symptoms in adolescents than young adult.

Method of The Study

The present study was conducted on 400 non-working aged women (Falling between 50 to 65 years of age) from Meerut city proper.

Tools: Following tools were used:

- (i) Beck Depression Inventory (BDI)
- (ii) Inventory of Life Style (ILS)

Result and Discussion

Objective of the study was a follows:

- (i) To explore the impact of family relationship on depression level of the respondents.

Accordingly it was hypothesised that "nutritional status positively affected the level of depression in aging women." To test this hypothesis the three groups of poor, moderate and good family relationship were computed on the basis of their minimal, mild, moderate and severe level of depression. Results were summarized in Table-1.

**Percentage Distribution of Respondents according to their
Family Relationship and Depression Level**

Family Relationship	Depression Level				Total
	Minimal	Mild	Moderate	Severe	
Poor	10.6(5)	29.8 (14)	21.3 (10)	38.3 (18)	100.0 (47)
Moderate	17.9 (54)	34.6 (104)	29.2 (88)	18.3 (55)	100.0 (301)
Good	61.6(32)	25.0 (13)	9.6 (5)	3.8(2)	100.0 (52)
Total	22.8 (91)	32.7 (131)	25.8 (103)	18.7 (75)	100.0 (400)

(Actual figures are shown in parentheses)

Chi-square = 64.67699***; D.F. = 6

Contingency Coefficient= .37308

The data as presented in Table-1 reveal that approximately 60 percent of the respondents who have moderate and severe level of depression belong to the poor group of family relationship status. Contrary to this approximately 86 percent of the respondents who have minimal and mild level of depression belong to the good family relationship status whereas 64 percent of the respondents who have mild and moderate level of depression belong to the average relationship status group.

Findings of the present study indicate that family relationship is significantly related to the level of depression among aged women. It is also evident that the respondents of poor family relationship have high level of depression respondents from moderate family relationship have average level of depression. As well as respondents of good family relationship have low level of depression. So it can be stated that the family relationship as a variable among aged women contributes significantly to the level of depression among them. The trend of data is also matched with our day to day observation in our societies a good family relationship minimise automatically a number of negative psychological problems. Centrally, a poor family environments creates a lot of

psychological problems like depression directly or indirectly. Therefore, the hypothesis formulated related in the present context that "family relationship and level of depression among aging women are essentially unrelated" does not gains support from the present findings. To conclude it can be said that–

1. Family relationship and level of depression are significantly related.
2. Family relationship contributed significantly to the level of depression.
3. Aged women with poor relationship have high level of depression and vice-versa.

References

1. Newman Joy, Engel; Rafael, J. and Jensen, Julie, E. (1991). (U. Wisconsin, Inst. on aging and adult life, madison) *Age differences in depressive symptom experiences. Journals of Gerontology, (Sept.), Vol. 46(5), pp. 224-235.*
2. Greer, G., Harish Hamilton. "The Change : Women", *Aging and the Menopause: London, 1991.*