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WOMEN AND DEPRESSON *

Introduction

It is opined that, God has made his presence felt in the earth through the creation of Women, who is personification of sacrifice, affection, purity, chastity and love. She as a mother, as a sister, as a wife, and as a mother sacrifice her entire life for the happiness of her family members.

In that process of sacrifice she ignores and forgets self entity and self development. The Patriarchal system that existing in the society has implanted the seeds of women suppression in the society which has grown up like an unvanishable tree for the years to come.

Exploitation of the sentimental feeling of women by man is the root cause for suppression and depression as such.

Depression is a serious condition that can impact every area of women's life. It affects social life, family relationships, career, and one's sense of self-worth and purpose. There are several factors that contribute to the unique picture of depression in women from reproductive hormones to social pressures to the female response to stress.

The degree to which biological factors impinge on the severe susceptibility of depression in women over men is rather trivial. A woman's role as a wife, worker, mother, and caretaker contribute to the levels of everyday stress. The qualities of each of these roles are looked at differently through the eyes of women and men. In reference to marriage, it typically has value and merit if two partners love each other. However, the quality of marriage is more strongly related to home life satisfaction for women compared to men

This difference may be attributed to gender differences in the psychological purpose of marriage. Males may have more instrumental gains from marriage (e.g., in the form of services, such as housekeeping). Females, who have fewer alternatives, may invest more emotionally in their marital roles. From this it can clearly be stated that these differences may result in tension between two partners. And thus may result in depressive feelings for women that may leave them feeling as if they were servants to their husbands, not companions. Women reported higher rates of their partners as less caring and as more likely to be a depressogenic stressor.

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An additional role that women plays parallel to marital roles is parental roles. These two roles are very closely related, because marriage may be the main basis to raise children. As women are labeled in the society as child caretakers. This feeling is very hard to break even to herself . There can be hardly few families in our society that have males as the primary caretaker of their children.

Women even if employed, wish and wants to spend about 70 hours a week with her children. On the opposite spectrum, fathers's involvement with children on an average is about 30 hours a week and do not significantly vary with wives's employment .The average level of role strain for mothers who have careers was not greatly affected. However, women who are employed feel dissatisfaction with the amount of time they are allotted for their children and spouse.

However, because of stereotype of feelings, family sentiments and misconceptions women tend not to complain about their role degradation and supresion . Surveys revealed that, male gender is mote satisfied when more time the female gender spends more time for his service and service of their children. Similarly to that statement, men's perceptions over sharing tasks appeared to depend only on how satisfied they were with the division of tasks. Thus, many men appear to be happy when they are not sharing in domestic tasks, and the fact that they know their wives are not happy about it does not lower their marital satisfaction male domination.

Through the analysis of these two gender roles, it is evident that women are dissatisfied with their gender responsibilities. With the change of scenario and modern world , Women are facing the problem of how to make their lives meaningful. With decreasing family size, increasing longevity, and increased self-expectation, the time over which the married woman undertakes other roles in addition to being a mother is becoming longer.

In modern times the idea that "thin is beautiful" has become the socially accepted norm. The media publicizes what is beautiful; and more often than not women don't seem to equate to these looks. Thus, these contributing factors if taken to the extreme can result in dangerous feelings and habits, such as depression and eating disorders. When in reference to women, these two disorders are extremely comorbid with each other.

The prevalence rates of depression from India range from 1.5/1000 to 37.74/1000. The higher rates of depression have been reported in the rural compared to the urban population.

In addition, depression is also an important consequence of domestic violence, which affects between one-quarter and over one-half of women at some point in their lives. Routine screening of all female patients visiting general hospital settings for domestic violence should be made mandatory so as to prevent detrimental physical and mental health consequences. Recently, there has been a growing trend in India of shifting the age-old status of women from homemakers to the working class, which offers them independence, financial and stability. In the study, released by the Associated Chambers of Commerce and Industry, working women in the age bracket of 21–52 years were surveyed. Sixty-eight percent of the women were afflicted with lifestyle ailments such as obesity, depression, chronic backache, diabetes, and hypertension.

differences in [socialization](#) could play a role as well. Little girls are socialized by their parents and teachers to be more nurturing and sensitive to the opinions of others, while little boys are encouraged to develop a greater sense of mastery and independence in their lives. This type of socialization is theorized to lead to greater depression in women, who must look outside themselves for validation.

Studies show that women tend to use a more emotion-focused, ruminative [coping style](#), mulling their problems over in their minds, while men tend to use a more problem-focused, distracting coping style to help them forget their troubles. It has been hypothesized that this ruminative coping style could lead to longer and more severe episodes of depression and contribute to women's greater vulnerability to depression. Evidence suggests that, throughout their lifetimes, women may experience more [stressful life events](#) and have a greater sensitivity to them than men.

Adolescent girls tend to report more negative life events than boys, usually related to their relationships with their parents and peers, and to experience higher levels of distress related to them. Studies of adult women have found that women are more likely than men to become depressed in response to a stressful life event and to have experienced a stressful event within six months prior to a major depressive episode.

It has also been theorized that women who become housewives and mothers may find their roles devalued by society while women who pursue a career outside the home may face discrimination and job inequality or may feel conflicts between their role as a wife and mother and their work. Due to their social circumstances, adverse life events associated with children, housing or reproduction may hit women especially hard because they perceive these areas as important to their definition of themselves and may feel they have no alternative ways to define themselves when these areas are threatened.

In research by S. Nolen-Hoeksema, she advances her own theory: that men and women respond to depressing life events differently, and that whereas men tend to cut off the depression before it ramifies, women tend to remain focused on their depressed mood in ways that prolong its duration and extend its impact.

In another study, Zamarripa, Wampold, and Gregory (2003) proposed to investigate the generality of the gender role conflict constructs (success, power, and competition; restrictive emotionality; restricted affection between men; and conflicts between work and family) to women in terms of the presence of the conflict in men and in terms of the relation of the constructs to the mental health of women. In terms of generality, three possibilities existed. The first possibility was that men and women manifest equal levels of the various conflicts, and that these conflicts are similarly related to mental health. For example, in this scenario, levels of restricted emotionality would be comparable for men and women, and moreover would be comparably related to depression and anxiety; that is, restricted emotionality would be detrimental to the mental health of both men and women. This outcome would provide evidence against gender specific effects and would not support a socialization explanation.

The second possibility was that the correlations between the conflicts and mental health are invariant across genders but that mean differences exist. For example, it may be that men

restrict emotions to a greater extent than women, but that restricted emotionality is detrimental to both (i.e., restricted emotionality is correlated with depression and anxiety for men and women) (Zamarripa, Wampold & Gregory, 2003).

The third possibility was that there are mean and correlation differences, indicating, for instance, that men are less expressive and that restricted emotionality is more detrimental for men than for women. Also according to a socialization explanation, men are socialized to be less expressive, and this creates particular intrapsychic conflicts for men that lead to symptoms of depression and anxiety.

Several researchers have also suggested that there may actually be no difference in prevalence between men and women. These researchers have proposed the idea that it may actually be that women seek help more often than men or report their symptoms differently, leading to them being diagnosed more often than men. However, other studies have refuted these claims.

Universal primary school education is mandate and a goal of the UN. However many African countries and Asian countries , are nowhere near achieving this goal. In India too despite the Mera Bharat Mahan slogans school literacy has been dismal. While our higher education is among the world's best, as we churn out brilliant doctors and engineers, our elementary and primary school education is below par. Starting of the one year old Aajibaichi shala is a mile stone and beginning of the developmental process in rural areas. Credit goes to Satyaki Ghosh.

Conclusion: Every women should realize that, the hands that rock the cradle have the potentiality to rock the world itself. If opportunities were given to Indian women , India would have been produced many madam curies and monti soris. Especially women in rural areas should be educated regarding gender sensitization and responsibility in nation building.

Definitions of Key Terms

Gender Typing--The process of developing the behaviors, thoughts, and emotions associated with a particular gender.

Depression--A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death. Also called clinical depression.

Gender Role--The accepted behaviors, thoughts, and emotions of a specific gender based upon the views of a particular society or culture.

Comorbidity--The presence of coexisting or additional diseases with reference to an initial diagnosis or with reference to the index condition that is the subject of study. Comorbidity may affect the ability of affected individuals to function and also their survival; it may be used as a prognostic indicator for length of hospital stay, cost factors, and outcome or survival.