



## Journal of International Women's Studies

---

Volume 21  
Issue 5 *Women as Enablers of Change*

Article 2

---

August 2020

### Depression, Anxiety, Stress and Marital Adjustment among Women

Rema M.K.

Parneet Kaur

Follow this and additional works at: <https://vc.bridgew.edu/jiws>

 Part of the [Women's Studies Commons](#)

---

#### Recommended Citation

M.K., Rema and Kaur, Parneet (2020). Depression, Anxiety, Stress and Marital Adjustment among Women. *Journal of International Women's Studies*, 21(5), 2-8.  
Available at: <https://vc.bridgew.edu/jiws/vol21/iss5/2>

This item is available as part of Virtual Commons, the open-access institutional repository of Bridgewater State University, Bridgewater, Massachusetts.

## Depression, Anxiety, Stress and Marital Adjustment among Women

By Rema M.K.<sup>1</sup> and Parneet Kaur<sup>2</sup>

### Abstract

Marriage, especially for women in a patriarchal society involves a huge transition process. The struggle with new responsibilities and expectations is overwhelming in itself. But with the feelings of worthlessness and feeling trapped and bound in a loveless and thankless bond, come distress and adjustment issues. According to a recent Nielsen survey on “Women of Tomorrow”, out of 21 nations and 6500 women, India is a leading nation when it comes to stress in women. About 87% of women were stressed most of the time and 82% claimed that they did not find time to relax. Women in the age range from 22 years to 55 years are the most stressed and are struggling hard to strike a balance between their home lives, social activities and jobs. The present study aims to examine depression, stress, anxiety and adjustment issues among women. A total of 80 married women were selected for the study with 40 working and 40 non-working women. The Revised Dyadic Adjustment Scale and Depression Anxiety Stress Scales were administered to collect data. Negative relationship was obtained between stress, anxiety depression and marital adjustment among married women. Anxiety and Marital adjustment are moderately correlated (-.346) while Stress (-.454) and Depression (-0.487) are highly correlated with marital adjustment.

*Keywords:* Women, Depression, Anxiety, Marital adjustment, Correlational analysis, Indian women

### Introduction

For much of the history of the world, men and women lived together because they needed each other. Marriage was an economic arrangement, and love and emotional support came second or perhaps not at all.

Mothers who are working have work related stress that increases with the constant pressure to meet the demands of both their homes and professional obligations. Anxiety could be a by-product of stress and or an individual's temperament could be that of an anxious person. Often, health issues can also trigger anxiety situations.

The age and stage of the child could also be a cause of parenting stress and anxiety. Throughout the various developmental stages of the child a mother goes through drastic physical and emotional upheavals and changes, where she has to adapt herself constantly. Either when she has a new-born infant and is sleep deprived but constantly think of feeding and caring for her baby, or when she has to be continuously attentive since her baby has started to crawl, walk, talk or adapting to the changes in the diet of the child (liquid to solid).

---

<sup>1</sup> Dr. Rema. M. K is currently working as Assistant Professor in the department of Psychology, Kristujayanti College. She had done several publications in national and international journals. She is interested in teaching and counselling, adolescence, adults and old age people. Mail id is [dr.rema@kristujayanti.com](mailto:dr.rema@kristujayanti.com).

<sup>2</sup> Ms. Parneet Kaur is a Research Scholar at Christ University, Bangalore, India

## **Review of Literature**

Researchers have been trying to measure the depression and stress levels of women after marriage for decades. There has been a significant amount of research done on this. In what follows are the most important research studies carried out by various researchers on depression stress, anxiety and adjustment issues faced by women. Hashmi, Khurshid and Hassan (2007) found significantly higher relationship between marital adjustment, depression and stress among women. Increased stress level was associated with working status of Turkish women (Sanlier Nevin, 2007).

Dave (2015) conducted a study to find out marital adjustment among women. It was found that there is significant difference in marital adjustment between women based on their employment status. On the other hand, Jamabo & Ordu (2012) showed contrary results in their study.

## **Significance of the study**

The outcome of this research will add to the body of knowledge on the factors which are important to enhance the happiness level of married women. Psychologists and mental health professionals can help married women find strategies to increase and improve their wellbeing. Common people will be better enabled to understand the perception of married women. Research results would help women to understand themselves better and seek help before their mental health issues affect their day to day activities.

## **Research Methodology**

### *Problem Statement*

The research problem is to understand depression, stress, anxiety and marital adjustment among women in Bangalore, India.

### *Research design*

Correlational research design used for the present study to find the relationship between depression, stress, anxiety and marital adjustment issues among women.

### *Measures*

Depression, stress, anxiety and marital adjustment

### *Objectives of the Study*

The present study was undertaken with the following objectives:

- To assess stress, anxiety, depression and marital adjustment among women.
- To identify the relationship among depression, stress, anxiety and marital adjustment.

## **Hypothesis**

### *Null hypothesis*

H<sub>0</sub>= There will be no significant relationship among stress, anxiety, depression and marital adjustment.

### *Alternate hypothesis*

H1: There will be a significant relationship among stress, anxiety, depression and marital adjustment

### **Sample**

The present research studied the vast population of married women in India. This study involves checking depression, anxiety, stress and adjustment level of married women. Researchers decided to study the representative sample selected randomly. The sample size of approximately 80 married Indian women (40 working and 40 non-working) were considered for this research study.

### **Tests/ Tools**

The Revised Dyadic Adjustment Scale, or RDAS and Depression Anxiety Stress Scales (DASS) were used to assess the variables.

### **Procedure**

The data was collected from married Indian women. All the participants of the study were individually informed regarding confidentiality and informed consent taken before completing Dyadic Scale and DASS scale. Data was also collected using Google forms. The scores of both the groups i.e., employed women and housewives were statistically analysed.

### **Statistical Analysis**

The following statistical tools were used for analysing the data procured from the respondents selected for the study. Descriptive statistics used to compute Mean and SD of the depression, anxiety, stress and marital adjustment. Pearson's product moment correlation was done to test the hypothesis.

### **Results and Discussion**

*The main findings of the present study are shown in tables below.*

**Objective 1** To study the Stress, Anxiety and Depression level of women

**Objective 2** To study the level of marital adjustment among women.

**Table 1: Mean and SD of Stress, Anxiety and Depression (DASS 21 scale) among Employment Status**

Employment Status		Stress Score	Anxiety Score	Depression Score
<b>Working</b>	<b>N</b>	40	40	40
	<b>Mean</b>	13.60	7.85	9.55
	<b>Std. Deviation</b>	8.726	6.233	9.109
<b>Non-Working</b>	<b>N</b>	40	40	40
	<b>Mean</b>	12.70	8.20	11.10
	<b>Std. Deviation</b>	8.540	6.321	8.676
Total	<b>N</b>	80	80	80
	<b>Mean</b>	13.15	8.03	10.33
	<b>Std. Deviation</b>	8.591	6.240	8.873

**Interpretation:** From Table 1, it appears that the mean score of stress in working women is 13.60 which is average, whereas the mean score of stress in non-working women is 12.70 which is also within normal range. The mean score of anxiety in working women is 7.85 which is average, whereas the mean score of anxiety in non-working women is 8.20 which falls under the mild category.

The mean score of depression in working women is 9.55 which falls in the normal category, whereas the mean score of depression for non-working women is 11.10, which falls in the mild category.

**Table 2: Mean and SD of Consensus, Satisfaction, Cohesion and total Dyadic Score of Revised Dyadic Scale**

Employment Status		Consensus Score	Satisfaction Score	Cohesion Score	Dyadic Score
Working	N	40	40	40	40
	Mean	21.73	13.40	9.75	44.88
	Std. Deviation	4.619	3.855	4.205	10.508
Non-Working	N	40	40	40	40
	Mean	22.03	14.55	9.75	46.33
	Std. Deviation	5.753	3.178	4.711	11.967
Total	N	80	80	80	80
	Mean	21.88	13.98	9.75	45.60
	Std. Deviation	5.186	3.558	4.437	11.213

**Interpretation:** From table 2 it appears that the mean score of Consensus in working women is 21.73, which indicates that there is a high stability in relationships in terms of decision making,

values and affection. Whereas the mean score of Consensus in non-working women is 22.03 which also shows high stability in relationships in terms of decision making, values and affection.

The mean score of satisfaction in working women is 13.40 which show high stability and satisfaction in relationships in terms of stability and conflict. Whereas the mean score of satisfaction in non-working women is 14.55, which also shows high stability and satisfaction in relationships, in terms of stability and conflict.

The mean score for cohesion for working women and non-working women is 9.75 which shows a moderate level of satisfaction in terms of common activities and discussions. A mean of total dyadic score for working married women is 44.88 and for non-working women 46.33.

As per the manual cut-off score for the RDAS is 48 and scores of 47 and below indicate marital/relationship distress. The mean of total marital adjustment/ dyadic score for working women is 44.88 and for non-working women is 46.33, which shows distress in their relationship. As per manual cut-off score for the RDAS is 48 and scores of 47 and below indicate marital/relationship distress.

**Objective 2:** To find relation between depression, stress, Anxiety and marital adjustment.

**Hypothesis: Ho:** There is no relationship among depression, stress, anxiety and marital adjustment.

**Alternate hypothesis**

H1: There will be significant relationship between stress, anxiety, depression and marital adjustment.

**Table 3: Correlation between Marital Adjustment score and Stress, Anxiety and Depression**

		<b>Marital Adjustment Score</b>
<b>Stress Score</b>	Pearson Correlation	-.454**
	Sig. (2-tailed)	<b>.000</b>
	N	80
<b>Anxiety Score</b>	Pearson Correlation	-.346**
	Sig. (2-tailed)	<b>.002</b>
	N	80
<b>Depression Score</b>	Pearson Correlation	-.487**
	Sig. (2-tailed)	<b>.000</b>
	N	80

\*\* Significant at .01 level.

Table 3 shows the correlation between the stress score and the marital adjustment score is  $-.454$  which is moderate negative correlation. The correlation between anxiety score and marital adjustment score is  $-.346$  which is a weak negative correlation. The correlation between the depression score and marital adjustment score is  $-.487$ , which is a moderate negative correlation. The correlation between the stress score and marital adjustment score is  $-.454$  which is moderate negative correlation. Hence, the null Hypothesis is rejected which shows that there is significant correlation between the given variables. A negative correlation is found between marital adjustment and depression among married women (Dandona, 2013). Non-working wives face more marital adjustment problems in comparison to their partners. Secondly, working women teachers face marital adjustment problems in a greater degree to that of non-working women. Working women because of the added responsibilities of their jobs may suffer from more severe causes of maladjustment at home or in the office (Rani, 2013)

### **Conclusion**

The correlation between the stress score and marital adjustment score is  $-.454$  which is a moderate negative correlation. The correlation between the anxiety score and the marital adjustment score is  $-.346$  which is a weak negative correlation. The correlation between the depression score and marital adjustment score is  $-.487$  which is a moderate negative correlation. Hence the **NULL Hypothesis is rejected** which states that there is no significant correlation between given variables. The alternative hypothesis is accepted. There was correlation found among stress, anxiety depression and marital adjustment issues.

## References

- Dandona, A. (2013). Study on Marital Adjustment and Depression of Working and Non-Working Married Women. *International Journal of Education, Development, Society and Technology*, 1 (1), 46-51.
- Dave, V.A (2015) Marital adjustment in working and non-working women. *Indian Journal of Research*, 4(5), 107-108.
- Hashmi, H.A., Khurshid, M. & Hassan, I. (2007). Marital adjustment, Stress and Depression among working and non-working married women. *Journal of Medical Updates*, 2 (1), 19-26.
- Jamabo, T & Ordu. S.N (2012). Marital adjustment of working class and non-working-class women in Port Harcourt metropolis, Nigeria. *International Journal of Psychology and Counselling*, 4(10), 123-126.
- Rani (2013). Marital adjustment problems of working & non-working women in contrast of their husband. *International Journal for Research in Education*, 2 (7), 43-46.