

Comparative Study of Depression and Family Environment among Male and Female Adults

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Abstract

Aim: To compare Depression and family Environment among male and female adults. **Method:** A sample of 200 adults (100 males and 100 females) was selected from Ludhiana District. For data collection, Beck Depression Inventory-II by Aaron T. Beck, Robert A. Steer and Gregory K. Brown and Family Environment Scale by Dr. Harpreet Bhatia and Dr. N.K. Chadha were used. Family Environment scale measures three dimensions – Conflict, acceptance and caring and Independence. **Results:** The results revealed that a significant negative relationship was found between Depression and Conflict, Acceptance & Caring and Independence dimensions of family environment among male and female adults. **Conclusion:** Depression among adults is significantly correlated with all the three dimensions of family environment irrespective of their gender.

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Introduction

Depression is more than just the sad mood. It is a serious condition which affects our physical as well as mental health. People who are severely depressed believe that they are helpless. Depression can occur at any age group. The symptoms of depression are pains affecting other body areas like head, back, neck or chest, lethargy, disturbances of appetite and sleep which could easily be passed on as indicating a physical illness. Seligman, (1990) referred to depression as the “ultimate pessimism.” In India, the family is the most important organization that has survived through the ages. The family environment is affected by a number of factors like the family size, moral religious emphasis, culture and values, family dynamics, control and independence in the family, nature of family, number of the children in family, marital relationships between wife and husband, maternal employment, and socio economic and religious background of the family. Cairney, J. et al. (2003) examined the effect of the stress and social support on the relationship between single parent status and the depression. Single and married mothers who participated in the survey had been derived from the general sample. Analyses showed that, the single mothers were more likely to have suffered the episode of depression as compared with the married mothers, (12-month prevalence), to report a higher levels of chronic stress, a greater number of childhood adversities and the more recent life events. The Single mothers reported lower levels of the social involvement, the perceived social support and the frequency of contact with family and friends than the married mothers. Taylor, Shelly E. et. al. (2006) conducted the Study on the Early Family Environment, Current Adversity, the Serotonin Transporter Promoter Polymorphism, and Depressive symptomatology and found that a non clinical sample of 118 young adult men and women