

Relationship Study between Level of Psychological well-Being and Social Support among Depressed and Non-Depressed Women

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Abstract

The present research was designed to investigate the relationship between level of psychological well-being & social support among depressed and non depressed married women. The sample consisted of 100 women (50 depressed & 50 non-depressed) were taken from Psychiatry ward Nishter hospital Multan, homes colleges & university of Multan. The data was collected with Psychological well-being scale developed by (Gough, 1987) and social support scale developed by (Zimet, Dahlam, Zimet & Farley, 1988). The data was analyzed by using percentage means standard deviation t test and Correlation. The results indicated that psychological well-being & social support is negatively correlated. The findings revealed that depressed educated, uneducated, working & non working married women have higher level of psychological well-being & non significant differences were found on social support. The result further indicated that non-depressed educated, uneducated, working & nonworking married women have higher level of social support & non significant differences have been found on psychological well-being.

Key Words: psychological well-being, social support, Depression.

Introduction

Psychological well-being is a subjective experience, people are psychologically well to the extent they believe themselves to be. (Wright, Cropanzano & Bonet, 2007) Subjective well-being (SWB) is defined as, "a person's cognitive and affective evaluations of his or her life" (Diener, Oishi & Lucas, 2002, p. 63). Self-acceptance, Self-growth, Purpose and meaning, Autonomy, Connectedness, Mastery improve Psychological well-being, (Wilmer, 2011). Whereas social support according to (Albrecht and Adelman, 1987) is "verbal and non verbal Communication between recipient and providers that reduces uncertainty about the situation, the self, the other or the relationship and functions to enhance a perception of personal control in one's life experience". According to (Gottlieb, 2000) social support is process of interaction in relationships which improves coping, esteem, belonging, and competence through actual and perceived exchange of physical or psychosocial resources. In Reber & Reber (2009), depression is defined a mood state characterized by a sense of inadequacy, a feeling of despondency, a decrease in activity or reactivity pessimism, sadness and related symptoms .

Rationale of study

The aim of the study to assess the level of Psychological well being and social support among depressed and non depressed married and unmarried women. Lincoln, (2000) conduct a research to explore the relationship between social support and psychological wellbeing ignore the negative side of social interactions. This study will investigate the relationship between social support and negative social interactions and their effect on psychological wellbeing.

Objectives of the study

Following are the objectives of the study

To study the relationship between level of psychological well being and social support.

To investigate the level of Psychological well-being among depressed and non depressed married women.

To assess the level of social support among depressed and non-depressed married women.

To study the different demographic variables (education, working and non working) on psychological well-being and social support.

Hypothesis: Hypothesis is formulated in present research to achieve the objectives:

- Psychological well-being is negatively correlated with social support among depressed and non depressed married women.
- Non depressed married women have higher level of psychological well-being as compared to depressed married women.
- Depressed married women have higher level of social support as compared to non-depressed married women.
- Working depressed married women have higher level of psychological well being as compare to non-working non-depressed married women.
- Educated non-depressed married women have higher level of psychological well-being as compare to uneducated non-depressed married women.

Method

The sample consisted of 100 women (50 depressed&50 non-depressed) Depressed married women were taken from Psychiatry ward Nishter hospital Multan. Non-depressed women were taken from homes, colleges & university of Multan. Participants belonged to different education and socio-economic statuses were taken through purposive sampling.

Instruments

Following scales were used in the study:

Psychological well-being scale developed by (Gough, H.1987) was used to assess the level of psychological well-being of depressed and non-depressed women. The scale consists of 38 items. The scoring is based on the format of 0-1 response category was used “ true” responses were assigned score of “1” where as “false” responses were score as “0” high score on the scale represent high psychological well-being.

Social support scale developed by (Zimet, Dahlam, Zimet & Farley, 1988) was used to assess the level of social support among depressed and non-depressed women. The scale consists of 12 items. It is 7 point lickert scale. The Items are divided into factor groups relating to the source of support; with score ranging from 1 to 7. High score indicate high levels of perceived support.

Procedure

To achieve the aim of study Social support scale developed by (Zimet,Dahlam,Zimet&Farley,1988) Psychological well-being scale developed by (Gough, H.1987) were used . All the participants were briefed about the nature and purpose of the current research project. Informed Consent Form was /administered to each of the participants individually to obtain their written consent for participation in this research. The average time to complete the inventories was 45 minutes. The completed inventories were checked when they were handed back, the data was collected in two month. After completion of data it was statistically analyzed on SPSS version 20.

Results

Table 1: Correlation coefficients for scores of depressed and non depressed married women Psychological well-being & Social support scale

Scale	Psychological well-being	Social support scale
Psychological well-being	1	-.212*
Social support scale	-.212*	1

N= 100,*p < 0.05

Result depicted in table 1 is that there is strong negative correlation between Psychological well-being & Social support

Table 2: Mean, Standard deviation, t-value, p-value for the scores of depressed & non-depressed married women on Psychological well-being

Groups	N	M	S.D	t	p
Non -depressed	50	24.52	3.732	-.831	.408
Depressed	50	25.14	3.725		

N= 100, p >0.05

The result of table 2 shows that there is no significance difference of Psychological well-being between depressed & Non-depressed married women

Table 3: Mean, Standard deviation, t-value, p-value for the scores of depressed & non-depressed married women on Social support

Groups	N	M	S.D	t	p
Non -depressed	50	66.78	12.168	7.050	0.000*
Depressed	50	45.90	17.044		

N=100, df=98,*p < 0.05

The result of table 3 indicate that there is significant difference of between depressed & Non-depressed married women on social support

Discussion

The present study was aimed to explore the relationship between Psychological well-being and social support among depressed & Non-depressed married women. The results revealed that level of psychological well-being & social support are negatively correlated. It is according to the previous studies the results further reveal that depressed educated, uneducated, working & non working married women have higher level of psychological well-being & non significant differences were found on social support.

The result further indicated that non-depressed educated, uneducated, working & nonworking married women have higher level of social support & non significant differences have been found on psychological well-being.

Limitations & Suggestions

The study was conducted in limited area with small sample size, for better generalization increase sample size and conducted in different cities.

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