

A STUDY OF DEPRESSION AMONG WORKING ADULTS IN RELATION TO THEIR MODERNIZATION

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Abstract

The present study was conducted to find out the relationship between depression and modernization among working males and females. The sample of 120 lecturers, doctors and bank employees was taken from the different colleges, hospitals and banks of Moga city. The study of descriptive type and survey method was used for conducting the investigation. For analyzing the relationship, Pearson's Product Moment correlation was employed. The Beck Depression Inventory-second Edition and Comprehensive Modernization Inventory were used to measure the depression and modernization of adults. It was found that there existed a negative relationship between depression and some dimensions of modernization. So the framed hypothesis for this study was partially accepted.

Keywords: Depression, Modernization, & Working Adults

Globalization, modernization and advances in science and technology are unstoppable forces with significant as well as insignificant impact on health status. Modernization, however, is believed to have injurious effects on mental health. Some research suggests that the effects of modernization vary, hurting some but benefiting others. Economic disparity is usually presumed to cause the mental health problems. Mood disorders refer to a category of mental health problems, are a disturbance of the emotions, which spills over into almost every other aspect of life. Depression is a common feature of mental illness or mood disorder, whatever its nature and origin. The term depression itself was derived from the Latin word *deprimere*, "to press down." From 14th century, "to depress" meant to subjugate or to bring down in spirits. It was used in 1665 in English author Ricard Baker's *Chronicle* to refer to someone having "a great depression of spirit," and by English author Samuel Johnson in a similar sense in 1753. Depression defines differently by different authors in different areas like: In Psychology: A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feeling of extreme sadness, quiet, helplessness and death. Also called clinical

depression. Thus, depression is more than occasionally feeling blue, sad or down in the dumps, though depression is a strong mood involving sadness, discouragement, despair or hopelessness that lasts for weeks, months or even longer. Depression is believed to be the result of chemical imbalances in the brain, especially low levels of the neurotransmitter serotonin. Depression is commonly divided into three subdivisions: mild, moderate and severe. Modernization is generally regarded as a process of change- of traditional society into a society based on science and technology. It can be best defined as the process of transforming the old traditional society and nations to the modernity in the fields of social, economic, industrial, technological, political, cultural and educational advancement. Modernization means a value change, significant institutional modifications and improvement. The application of new knowledge and technology in every field of production, consumption, thinking and action is called modernization. It may also be perceived as economic modernization, educational modernization, technical modernization and so for. Industrialization, urbanization, secularization, democratization, westernization, mechanicalisation,

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faith in modern living, emphasis on present and future are the main components of modernization. Bonde, (2008) found that adverse conditions at work, particularly jobs with little scope for decision making, were associated with depression, although diversity and confounding factors make it difficult to confirm that the relationship is causal. Gupta and S.(2009) revealed that view about awareness of both the groups (Govt. and private school students) was same for environment but the mean score of private school students were high than the Govt. school students toward modernization. Grohal, (2010) conducted a study on life stress and depression has been found that stressful life experiences may play a larger role in provoking recurrent episodes of depression in women than in man. Sci. and Caring (2012) in study "Study among adolescents in Bangkok in slum community found that there was a significant difference in the level of depression according to the level of Quality of Life. Chalise(2013) found that there was a significant correlation between feelings of depression and age, sex, previous family type, ethnicity, feeling of loneliness and instrumental activities of daily living. . It has been a common view that modernization necessarily has a negative impact on the mental health status of people. So it is the demand of our society to deal effectively with this problem. socio-cultural change on mental health different positions have been proposed.

OBJECTIVES OF THE STUDY

- To find out the significance of difference in the mean scores of depression among working males and females.
- To find out the significance of difference in the

mean scores of all dimensions of modernization among working males and females.

- To find out the relationship between depression and modernization of working males and females.

METHOD

SAMPLE

In order to collect the data a sample of 120 subjects of lecturers, doctors and bank employees (60 males + 60 females) urban area of Moga District.

PROCEDURE

The study was designed to find the relationship between depression and modernization among working adults. Descriptive method of research was employed for the present study because this method provides assistance to the researcher to study relationship of Modernization and Depression among working males and females. So followed this method for collection of data visited various urban banks, colleges and hospitals of district Moga and took permission from senior officers of the concerned institutions to administrate the below mentioned tests. The instructions of the tests were made clear to the subjects. After collecting the required data from the adults, scoring was done according to the instructions given in the manuals and results were analyzed.

MEASURES

- The Beck Depression Inventory- Second Edition (BDI-II) by Beck, Ward, Mendelson, Mock and Erbaugh (1961).
- Comprehensive Modernization Inventory by Dr. S. P. Ahluwalia and Dr. A.K. Kalia (1985).

RESULT AND DISCUSSION

Table 1: Significance of the Difference between Mean Scores of Depression of working males and females

Group	N	M	S.D	SEM	t-value
Male	60	4.30	4.88	0.63	5.00**
Female	60	10.56	8.36	1.08	

**significant at 0.01 level

Table 1 revealed that the mean scores of depression among working males and females as 4.30 and 10.56 respectively and their standard deviation as 4.88 and 8.36 respectively. The t-ratio is 5.00 with $df = 118$ which is significant at 0.01 level of confidence. This

revealed that a significant difference exists between mean scores of depression among males and females. As the mean score of females is higher than that of males, therefore, it may be said that females have significantly higher level of depression than their male counterpart.

Table 2 Significance of the Difference between Mean Scores of Modernization of working males and females

Group	N	M	S.D	SEM	t-value
Male	60	166.72	16.42	2.12	3.59**
Female	60	176.94	14.63	1.89	

**significant at 0.01 level

Table 2 revealed that the mean scores of modernization among males and females as 166.72 and 176.94 respectively and their standard deviation as 16.42 and 14.63 respectively. The t-ratio is 3.59 with $df=118$ which is significant at 0.01 level of confidence. This revealed that no significant difference exists between mean scores of modernization among males and females. As the mean score of females is higher than that of males, therefore, it may be said that females have significantly higher level of modernization than their male counterpart.

Table 3: Coefficient of Correlation between various dimensions of Modernization and Depression among Working Males and Females (N=120)

Dimensions of Modernization	Coefficient of Correlation (r)
Education	-0.18
Parent -child relationship	0.05
Politics	0.07
Status of Women	0.29**
Marriage	0.05
Religion	0.22*
Socio-Cultural status	-0.27**
Total Score	0.07

** Significant at 0.01 level

* Significant at 0.05 level

Table 3 shows the coefficient of correlation between depression and modernization on the dimension of 'education' as -0.18, on the dimension of 'parent-child relationship' as 0.05, on the dimension of 'politics' as 0.07, on the dimension of 'status of women' as 0.29, on the dimension of 'marriage' as 0.05, on the dimension of 'religion' as 0.22, on the dimension of 'socio-cultural status' as -0.27 and on total modernization as 0.07. Out of the seven dimensions of modernization, only two dimensions

i.e. status of women and religion dimensions are significantly and positively related to depression and one dimension i.e. socio-cultural status dimension is significantly and negatively related to depression. However the rest four dimensions of modernization as well as the total modernization is not significantly related to depression of working males and females. Therefore, Hypothesis stating, "There exists a significant relationship between depression and modernization of working males and females" stands partially accepted.

CONCLUSION

There exists a significant relationship between depression and modernization of working males and females. Out of the seven dimensions of modernization, only two dimensions i.e. status of women and religion dimensions were significantly and positively related to depression and one dimension i.e. socio-cultural status dimension was significantly and negatively related to depression. However the rest four dimensions of modernization as well as the total modernization is not significantly related to depression of working males and females.

EDUCATIONAL IMPLICATIONS

The investigator conducted the study to find out relationship between depression and modernization among adults. Our finding of the study concluded that there existed a insignificant relationship between modernization and depression among working males and females. Depression is a common public health issue with the increasing life expectancy and modernization and it is also associated with morbidity as well as disability among adults and elderly. There are some studies concluded that in this modern era, depression is major cause of health problem for both males and females. Due to modern life style, people have more stress, fear, anxiety and other mental disorders to cope up with their competitive world which leads to depression among them. So this study helps all individuals to take initiative to develop a balance

between two.

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