DEPRESSION AND LIFE SATISFACTION AMONG EMPLOYED AND UNEMPLOYED MARRIED WOMAN IN TURKEY: A GENDER BASED RESEARCH CONDUCTED IN A TRADITIONAL SOCIETY

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ABSTRACT

Expectations based on gender roles are very important in explanation of women's mental problems, just as it is important regarding the discrimination in the division of labour. In this particular study we were investigating the difference in levels of depression and life satisfaction among married employed and unemployed women. We presented theories and explanations as well related researches in this area and employed a quantitative research in order to find out whether employment of married women affects their levels of depression and life satisfaction. The research was conducted in Ankara - Turkey, using two scientific scales; The Satisfaction with Life Scale, and Beck Depression Inventory. We posted and explained five hypotheses in detail. However, the basic attempt was to answer the following research questions: Does employment affect married women's rates of depression and life satisfaction? Is there any difference between working and nonworking married women in regard to depression and life satisfaction? The research results showed that there is a statistically significant relationship between depression and life satisfaction, and there is a negative correlation between depression and life satisfaction in general. Therefore if there is an increase on depression levels, decrease is expected on the level of life satisfaction and vice versa. According to the research results; there is a significant difference between employed and unemployed women on life satisfaction.

Keywords: Depression, Life Satisfaction, Married Women, Employment.

1. INTRODUCTION

The general aim of this study is to find out if there was a relationship between depression and life satisfaction among working and non-working women. People might be satisfied with one aspect of their life and not the other. Some individuals may be particularly unhappy with the particular domain of life and relatively satisfied with other domains. In addition, individual might be satisfied with more domains of their lives and still be dissatisfied overall because of the impact of the particular domain (Diener, 1984). Objective life circumstances or living conditions refer to the objective physical and social characteristics of an area of life whose effects on life satisfaction are cognitively mediated. People will feel more satisfied when they perceive that their standards of fulfilment have been met and less satisfied when they have not been met (Diener, Suh, Lucas, & Smith, 1999).

There are various scientific researches in regard to depression and life satisfaction of employed and unemployed married women. According to the results of some researches; employed married women have more stress in their life, they are more depressed and less satisfied with their life than unemployed married women, but in some researches, it is the opposite. A study of the Mental Health Profile of Turkey shows that except alcohol dependence, women are more prone to mental illness than men. Among these diseases, the most common disease is major depression (Kılıç, 1998: 96). Looking at the statistical studies of the incidence of mental disorders, mental disorders are about twice the rate seen in women than men. Women are also twice more at risk for developing depression in their life than men (Çelikkol, 2001: 217).

Social and cultural factors are also important. Women who have psychological problems are facing difficulties in areas such as marital status, vocational and education, so their mental health problems are closely related to their social status. Various researches were done to assess the risk factors, prevalence, psychosocial factors, cultural factors, and treatment and prevention strategies of depression among different age groups. Some of the empirical researches on Turkish women's state of depression and life satisfaction related to marriage and employment are referred in the text below.

This research can also be helpful in revealing the difficulties of working and non-working married women in Turkey. In some parts of Turkey with traditional society, women are expected to stay home and does only the house work. Sometimes women's employment comes in conflict with the values that may cause marital maladjustment. If they are working, they are supposed to do all duties at home too. Married women have higher rates of depression than unmarried women, but the

reverse is true for men. Marriage seems to confer a greater protective advantage on men than on women. Managing multiple roles in women cause greatest pressures, and under conditions of heavy family responsibilities, the psychological benefits of employment are the least.

2. DEPRESSION AND LIFE SATISFACTION

Women are biologically different from men in many ways and these differences (e.g levels of estrogens, serotonin and melatonin) are providing evidences to why women are so much more vulnerable to depression (Chong, J. 2016). Women are emotional and sensitive. Physiological, social and cultural history of women is very important in a women's attitude and nature of her relations. Women are also more prone to suffer from depression than men. (Nolen - Hoeksema and Girgus, 1994). Stress is very important in depression, and women and men respond to stress differently. Women have more "emotional complaints" like anxiety, depression and eating disorders, but men have more aggressive behaviours, and substance abuse like drugs and alcohol (Chong, J. 2016).

Woman can have depression at any stage of life. The fundamental causes of depression in women are a mixture of brain chemistry, stress, trauma and genetics. During menstrual cycles, after childbirth, and during menopause, women's hormone levels change. Contribute to forms of depression unique to women including premenstrual syndrome, premenstrual dysphonic disorder, postpartum depression, and pre-menopausal depression. The good news is that research is helping us to understand the biological factors for depression in women and identify ways to treat and prevent it. The major types of treatment for depression are the same for women and men. Women who have suffered sexual traumas (such as rape and incest) may want to work with a therapist who has training and expertise in this area.

In addition, a woman's unique biology may predispose her to unique forms of depression not found in men. In addition to the major types of depression that affect men and women, women also suffer from unique types of depression due to their special physiology and hormones. Estrogens, the "female sex hormone," affects more than 300 functions in a woman's body including regulating menstrual cycles, protecting the heart and maintaining strong bones. The fluctuating levels of estrogen during menstrual cycles, pregnancy and menopause may impact mood and, in severe cases, trigger depressive episodes. Unfortunately, these types of depressive episodes in women and girls often are blamed on "being moody," "that time of the month," or "the change" and go untreated. It is time to get beyond stereotypes that prevent women from

getting medical help:

- Premenstrual syndrome can be treated or prevented—there is no reason why women need to suffer so needlessly and frequently.
- More than half of the women suffering from postpartum depression will experience it again with the birth of another child. It is critical to identify this danger and treat it early.
- Rates of suicide for women are highest during the peri menopausal years; these are tragically shortened lives, considering women now live a third of their lives after menopause (Chong, J. 2016).

Difficulties in the marital relationship can play a major role in the development of depressive illness. Epidemiological data demonstrated that unhappy marriages were a potent risk factor for major depressive disorder, associated with a 25-fold increase relative to untroubled marriages in one major study from Yale, (Weissman MM. 1987). Another study found a 10-fold increase in risk for depressive symptoms associated with marital discord (O’Leary KD, et al. 1994)

Fortunately, in spite of the high divorce rate, many couples do report marital happiness. An important research study in 2006 of what makes women happy in their marriage revealed the following factors as important:

- a husband’s emotional engagement
- fairness
- a bread winning husband
- a commitment to marriage
- staying at home
- shared religious attendance

traditional gender attitudes (Wilcox, B. & Nock, S., 2006).

The most common conflicts within the depressed spouse are loneliness, excessive worries and fears, unresolved anger, weaknesses in confidence, selfishness, work related conflicts, and unresolved family of origin loneliness. The most common marital conflicts leading to spousal depression in our clinical experience arise from having a spouse who is controlling, emotionally distant, angry and negative, selfish, faithless, overly responsible, insecure and who lacks balance in life.

Frequently these conflicts arising from personal or from marital conflicts are not fully uncovered and addressed for a numerous reason. The major factors here are pride or the lack of humility for personal issues and the fear of the marriage becoming worse, the fear of the spouse’s anger, a lack of confidence and unresolved childhood fears for the marital issues (Fitzgibbons, Richard P, 2015). A sample of 150 recently married couples provided data regarding marital satisfaction

and depressive symptoms. Approximately 18 months later, 116 of these couples provided complete information on marital satisfaction and depression once again. The data were examined using three sets of causal models, which yielded converging results. For men, causal paths emerged from depression to marital satisfaction, whereas for women causal paths were from satisfaction to depression. The results are discussed in relation to the marital discord model of depression (F. Fincham 1997).

Life satisfaction is a cognitive component of subjective well-being. It refers to the evaluation process in which an individual evaluates the quality of life according to their own unique set of criteria (Pavot and Diener, 1993). Therefore, life satisfaction is estimated as a subjective assessment that allows a person to use any information that is considered relevant to the evaluation of their own lives. Although there is agreement about the most important component of the “good life” such as health and successful relationships, individuals assigned different weights, and these components have different standards of “performance” in certain aspects of life.

Temperament and personality also represents powerful factors, influencing people’s well-being (Diener, Suh, Lucas, & Smith, 1999). A Survey of Modern Living, examined self-esteem, psychological well-being, and physical health of 389 women (206 employed outside the home and 183 homemakers). Results indicate that working women had higher self-esteem and less psychological anxiety than homemakers. Working women also reported better physical health than homemakers (Coleman, & Antonucci, 1976). Currently, the literature suggests that personality play a significant role in whether a woman will judge her life to be satisfying.

However, proximal environmental factors (e.g., recent life events) can influence life satisfaction judgments in the short term. Both nature and nurture (i.e., personality and environment) appear to be influential in determining life satisfaction, and to discount one explanation in favour of the other would not be empirically or theoretically productive. (Beutell 2006.) The study depicts that women have average level of life satisfaction at all age levels. It is found that with an increase in age, the overall life satisfaction decreases; whereas, with an increase in personal income, the overall life satisfaction increases. Moreover, with an increase in family income, the overall life satisfaction of women also increases. A series of path analysis and cross tabulations suggest that for married women life satisfaction is directly linked to their satisfaction with marriage, employment and their leisure experiences.

There is an inverse relationship between satisfaction and the wo-

men's activity. Chipper field and Havens (2001) conducted a study to examine life satisfaction among individuals who had undergone a transition in marital status and those whose marital status remained stable over 7- year period. Among those individuals whose marital status remained stable over the 7 years, women's life satisfaction declined and men's remained constant. Among those who experienced a transition - in particular, the loss of spouse - a decline in life satisfaction was found for both men and women decline being more predominant for men. In addition, men's life satisfaction increased over the 7 years period if they gained a spouse, whereas the same was not true for women. Generally, these findings imply that the relationship between marital status transitions or stability differs for men and women. According to Diener, (1984); "Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive effect, and negative effect."

Although satisfaction with current life circumstances is often assessed in research studies, Diener, Suh, Lucas, & Smith (1999) also include the following under life satisfaction: desire to change one's life; satisfaction with past; satisfaction with future; and significant other's views of one's life." In Turkey, women are more and more joining the labour world.

According to the Ministry of Family and Social Policies' report on "Women's Participation in Labour Force and Women's Employment in Turkey, and the General Directorate on the Status of Women in Turkey"; Women's employment and labour participation rate is increasing according to years. There is 2004 TUIK statistics on women's employment rate which was 20,8% in 2004 rose to 26,7% at the end of 2014 with an increase of 5,9 points. When the women's participation rate in labour force is examined according to the 2014-year data, it is seen that the rate rose to 30,3% with an increase of 7 points.

According to the 2014 figures, it is observed that women are mostly employed in the service sector with a rate of 49,9% (TUIK, 2014). These data show us that there is a huge increase on the rate of women in labour participation in Turkey. Turkey is a developing country and for Turkish people their traditions are very important. Traditionally, women don't work outside the house and this was the case in most of the regions in Turkey in the past. Currently, this situation has changed and this affects the society. It has effects in the labour world and has effects in the families and women's relationships in good and bad ways.

According to Kessler (1983) a study indicates a significant positive relationship between wife's employment and psychological distress

among married men. Employment outside the home is associated with improved mental health among married women. Investigating the determinants of these effects shows that the mental health advantage of employment for women is due to objective changes in their life situations as they move out of the home and into the labour force.

We have a less clear understanding of the relationship between spouse's employment and psychological distress among men, but inferential evidence suggests that traditional sex role orientations explain part of this effect. There is no evidence that objective burdens associated with increased housework or childcare responsibilities play a part in the elevated rates of distress reported by husbands. These conclusions are brought together in a discussion of trends in the relationship between sex and psychological distress (C. Kessler, 1982).

3. METHODOLOGY AND SAMPLE

The purpose of the study is to find out whether employment affects married women's rates of depression and life satisfaction, and whether there is any difference between working and nonworking married women in regard to depression and life satisfaction.

The sample consisted of N 200 selected employed and unemployed married women. Participants were married women in Ankara - Turkey chosen using the snowball sampling procedure. Participants' age ranged from 20 to above. All the participants were Turkish ethnicity.

Table 1 represents the distribution of age range status among participants. In total, 200 participants were participating. Contribution to the study is % 100. 26,5 % of the participants (53) are in between 20 to 30, 38,0 % of the participants (76) are in between 30 to 40, 28,0 % of the participants (56) are in between 40 to 50, % 6,0 of the participants (12) are in between 50 to 50, and % 1,6 of the participants (3) are in between 50 and above.

Table 1: Distribution of Age range

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20-30	53	26,5	26,5	26,5
	30-40	76	38,0	38,0	64,5
	40-50	56	28,0	28,0	92,5
	50-60	12	6,0	6,0	98,5
	60-above	3	1,5	1,5	100,0
	Total	200	100,0	100,0	

Table 2: Distribution of Occupational Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	employed	100	50,0	50,0	50,0
	unemployed	100	50,0	50,0	100,0
	Total	200	100,0	100,0	

Table 2 represents the distribution of occupational status among participants. Among 200 participants, % 50,0 of them (100) are employed, and % 50,0 of them (100) are unemployed.

3.1Hypotheses

H1: There is no statistically significant relationship between depression and life satisfaction among married women

H2: There is no statistically significant difference between employed and unemployed married women on depression

H3: There is no statistically significant difference between employed and unemployed married women on life satisfaction

3.2 Instruments

The research was conducted in Turkey, using the following quantitative approach applying scientific scales:

a. SWLS Satisfaction with Life Scale by Ed Diener

The Satisfaction with Life Scale by Ed Diener Ph.D. is a short 5-item instrument designed to measure global cognitive judgments of satisfaction with one’s life. The scale usually requires only about one minute of a respondent’s time. An example item is:

So far I have gotten the important things I want in life.

5 items rated on a scale from 1 (strongly disagree) to 7 (strongly agree). The SWLS yields a global score by summing the scores of each question. Scores may range from 5 to 35, with higher scores corresponding to greater life satisfaction (Diener E, Emmons RA, Larsen RJ, Griffin S. 1985)

b. Beck Depression Inventory by Aaron T. Beck

The Beck Depression Inventory (BDI) created by Aaron T. Beck, is a 21-item self-report test presented in multiple-choice format, which measures presence and degree of depression in adolescents and adults consistent with the DSM-IV. The BDI evaluates 21 symptoms of depression, 15 of which cover emotions, four cover behavioural changes, and six somatic symptoms. An example item is:

- 0 - I do not feel sad.
- 1 - I feel sad
- 2 - I am sad all the time and I can't snap out of it.
- 3 - I am so sad and unhappy that I can't stand it.

Each answer is scored on a scale value of 0-3. Measures of 0–9 indicates that a person is not depressed, 10–18 indicates mild-moderate depression, 19–29 indicates moderate-severe depression and 30–63 indicates severe depression. General guidelines of scores are: Less than 10 = no or minimal depression, 10-18 = mild-to-moderate depression, 19-29 = moderate-to-severe depression, 30+ = severe depression. Time to administer is 5-10 minutes (McDowell, I. & Newell, C. 1996).

3.3. Procedure and Research Design

As stated above, we investigated the difference in levels of depression and life satisfaction between married employed and unemployed women. Quantitative research methods were used because we needed to quantify data and generalize results from a sample to the population of interest. Conducting quantitative research study allowed us to determine the relationship between employment-unemployment and depression and life satisfaction within the sample of Turkish married women. Quantitative research designs are either descriptive [subjects usually measured once] or experimental [subjects measured before and after a treatment]. We used the descriptive method by applying two scientific scales. A number of participants were used representing the population of interest. A snowball sampling technique - a pool of initial informants to nominate, through their social networks, other participants who meet the eligibility criteria and could potentially contribute to a specific study was applied. The participants responded the two struc-

tured questionnaires (Satisfaction with Life Scale by Ed Diener and Beck Depression Inventory by Aaron T. Beck). Results and data were shared below and discussed.

3.4. Ethical Considerations

In this study both employed and unemployed married women were selected. The participants gave response to personal questions about depression and life satisfaction. Specific instructions for the scales were given to the participants. For ethical reasons, they were informed of the content and consequences of the research before they were asked to participate in this research. All the participants were assured that their responses would be kept confidential and all were ensured that their privacy rights would be protected. All of the participation in this study was voluntarily, and they were assured that the results of questionnaire would be discussed only by the researchers. They were also told that their names would not be unveiled with a view to protecting their rights of confidentiality. In other words, they were notified that the results would be reported objectively in terms of scientific rules, and they would not be used for any other purpose.

4. RESULTS

In this research SPSS 16.0 was used to analyse the collected data. In this part, the results of this research are be presented in tables produced by this software program. Table 3 represents the reliability of Beck Depression Scale. The alpha coefficient for the eight items is .861, suggesting that the items have relatively high internal consistency.

Table 3: Testing Item Analyses of Beck Depression Scale

Cronbach's Alpha	Number of Items
0,861	21

Table 4: Validity of the Beck Scale

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	6,397	30,464	30,464	6,397	30,464	30,464
2	1,734	8,259	38,723	1,734	8,259	38,723
3	1,148	5,468	44,192	1,148	5,468	44,192
4	1,132	5,389	49,581	1,132	5,389	49,581
5	1,077	5,129	54,710	1,077	5,129	54,710
6	,959	4,568	59,278			
7	,915	4,355	63,633			
8	,854	4,067	67,700			
9	,797	3,796	71,497			
10	,737	3,509	75,005			
11	,707	3,366	78,371			
12	,681	3,243	81,614			
13	,598	2,848	84,462			
14	,566	2,696	87,159			
15	,526	2,504	89,662			
16	,496	2,363	92,025			
17	,427	2,033	94,058			
18	,350	1,666	95,724			
19	,343	1,634	97,358			
20	,320	1,526	98,884			
21	,234	1,116	100,000			

H1: There is no statistically significant relationship between depression and life satisfaction among married women

Table 5: Testing for Relationship between Depression and Life Satisfaction

		life total	depression total
life_total	Pearson Correlation	1	-,406**
	Sig. (2-tailed)		,000
	N	200	200
depression_total	Pearson Correlation	-,406**	1
	Sig. (2-tailed)	,000	
	N	200	200

** . Correlation is significant at the 0.01 level (2-tailed).

There is a statistically significant correlation between depression and life satisfaction as correlation coefficient indicates $r = (-.406^{**})$ and there is a negative correlation between depression and life satisfaction in general. It means that if there is an increase on depression, decrease is expected to on the level of life satisfaction and vice versa. According to the results of the study, the research hypothesis is rejected.

Table 6 and 7 test for differences between employed and unemployed married women on depression. In order to analyse the differences between employed and unemployed married women on depression t-test and independent sample test are used. The tested hypothesis here is:

H2: There is no statistically significant difference between employed and unemployed married women on depression

Table 6: Group Statistics

		N	Mean	Std. Deviation	Std. Error Mean
Depression total	Occupational status employed	100	11,9100	6,25404	,62540
	unemployed	100	14,5200	10,07395	1,00739

According to the results on group statistics, unemployed women's depression level is higher than employed women. In other words, unemployed women are more depressed than employed women.

Table 7: Independent Samples Test

Table 7: Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Depression total	Equal variances assumed	7,686	,006	-2,201	198	,029	-2,61000	1,18574	-4,9483	-,2717
	Equal variances not assumed			-2,201	165,442	,029	-2,61000	1,18574	-4,95113	-,2689

Based on the sig (two-tailed) p value result which is 0.029, there is a significant difference between employed and unemployed women on depression scale, which means that the research hypothesis is rejected.

Table 8 and 9 test for employed and unemployed married women's differences on life satisfaction. In order to analyse the differences between employed and unemployed married women on life satisfaction, t-test and independent sample test are used. The tested hypothesis here is:

H3: There is no statistically significant difference between employed and unemployed married women on life satisfaction.

Table 8: Group Statistics

	Occupational status	N	Mean	Std. Deviation	Std. Error Mean
life_total	employed	100	24,7400	5,96898	,59690
	unemployed	100	23,2000	5,53410	,55341

According to the results group statistics, employed women's life satisfaction level is higher than unemployed women. It means that employed women are more satisfied with their life than unemployed women.

Table 9: Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
life_ total	Equal variances assumed	,104	,748	1,892	198	,060	1,54000	,81397	-,06517 3,14517
	Equal variances not assumed			1,892	196,878	,060	1,54000	,81397	-,06522 3,14522

There is no significant difference between employed and unemployed women on life satisfaction scale. P value is 0.60 which showed that there is no significant difference. Based on the mean value, employed women have high level of life satisfaction than unemployed women. As the results reveal that the research hypothesis is accepted.

5. DISCUSSION

The aim of this research was to study the life satisfaction and depression among employed and unemployed woman. Among these total 200 women 100 is employed women and 100 is unemployed women. The Satisfaction with Life Scale by Ed Diener was used, and Beck Depression Inventory by Aaron T. Beck was used.

There were three hypotheses to check the relationship between depression and life satisfaction on employed and unemployed married women in Turkey. The research questions were “Is there any statistically significant relationship between depression and life satisfaction?”, “Is there any statistically significant difference between employed and unemployed married women on depression?”, “Is there any statistically significant difference between employed and unemployed married women on life satisfaction?”. The independent variables were employment/unemployment, and dependent variables were depression and life satisfaction. In discussion part, hypothesis statements will be discussed according to the results one by one.

With this hypothesis 1, we tested if there is any statistically significant correlation between depression and life satisfaction among married employed women. According to the results of the analysis the hypothesis is rejected. Our hypothesis was “there is no statistically significant correlation between depression and life satisfaction among married women. Since the hypothesis is rejected; there is a statistically significant correlation between depression and life satisfaction as correlation coefficient indicates $r = (-.406^{**})$ and there is a negative correlation between depression and life satisfaction in general. It means that if

there is an increase on depression, decrease is expected to on the level of life satisfaction and vice versa. According to the results of the study, the research hypothesis is rejected.

Like in our study, other researchers obtain the similar result as ours. In every study available to our reach about depression and life satisfaction, there is always a negative correlation between depression and life satisfaction. This can be acceptable because when a person feels happier in his life, his depression symptoms (if he has) tend to decrease or disappear. Or a person feels depressed, and then it is normal for him to feel less satisfied with his life. Because when we feel depressed, we are tend to have more negative thoughts about our life and we don't see the positive sides of things, or we are just too overwhelmed by the experiences we are going through and that's why we can't feel satisfied with our life.

Some other researchers found similar results. For example, a study by A.I. Alarape, D.E. Okurame, N.B. Odum (2001), on experience of depression and life satisfaction among 188 working women revealed that there was a significant negative relationship between depression and life satisfaction among women. Our results are supported by another study which is applied to employed nurses authored by M. Yazdanshenas Ghazwin, Mohammad Kavian, it was stated that severe depression was related to lower scores of SWLS. Also a study was conducted in Korea on to depression by C. Lee and H. Yu (2016), family system perception, mental violence, and life satisfaction among women living in Korea. Here, life satisfaction had negative correlations with both depression and mental violence.

According to a study published in International Journal of Psychology and Counselling, authored by Saleh A. Al Khatib (2013); life satisfaction emerged as the most significant predictor of depressive symptoms. They investigate the predictive role of life satisfaction, self-esteem, gender and marital status on depressive symptoms. The findings showed that lower life satisfaction and lower self-esteem were associated with high levels of depressive symptoms. However, life satisfaction emerged as the most significant predictor of depressive symptoms accounting for 32.6% of the variance, self-esteem, gender and marital status each accounted for an additional 6.5% of the variance in depressive symptoms.

Also, according to Seligman (1990), depression is occurring in almost epidemic proportions in modern society. The South pacific journal of psychology published a study by Shaun A. Saunders and C. Roy (2010), which aims to explore the relationship between depression, life satisfaction, and social interest. It was found that depression was negat-

ively correlated with life satisfaction and social interest.

A recent study published on European Journal of Business and Social Sciences by A. Rauf, F. S. Liaqat on Level of Depression, Self-Esteem and Life Satisfaction. Among Infertile Female show that the level of depression is high and the level of self-esteem low in infertile females. Results also showed that there is great impact of depression and self-esteem on life satisfaction among infertile females. The conclusion of this study reveals that infertile females face high level of depression and low level of self-esteem in their life. Life satisfaction = 15.460-.035 depression from one we observe that as the depression level increase, life satisfaction decreases. As one factor depression is found to be significant in this analysis.

IOSR Journal of Humanities and Social Science published a study authored by Dr. Ravindra Kumar (2013) that has the objective to examine the depression and life satisfaction among married and unmarried women. The results indicate that there is significant difference regarding depression and life satisfaction between married and unmarried woman. Results revealed that unmarried women have higher depression in compare to married women. On life satisfaction scale unmarried women have higher life satisfaction in compare to married women.

Another study was conducted by Phagwara K. Dayal (2015) to study depression among women teachers of in relation to their Life satisfaction and depression. The sample consisted of governmental and private school teachers. The result showed that there exists a significant and inverse relationship between depression and life satisfaction of Govt. and private school women teachers.

Our findings are also supported by a study by Malaysian medical students' research published on Social Psychiatry and Psychiatric Epidemiology (2007). The study finds that life satisfaction was negatively and significantly correlated with suicidal attitudes, loneliness and depression; and positively with health, which was negatively and significantly correlated with depression and loneliness.

With hypothesis 2, we tested if there is any statistically significant difference between employed and unemployed women on depression. Our hypothesis is "there is no statistically significant difference between employed and unemployed married women on depression." According to the results of the analysis the hypothesis is rejected; there is significant difference between employed and unemployed women on life satisfaction scale. Based on the sig (two-tailed) p value result which is 0.029, there is a significant difference. Also according to the results group statistics, unemployed women's depression level is higher than employed women. In other words, unemployed women are more de-

pressed than employed women.

In Turkey, married women have a lot of responsibility. Especially if they are in a traditional family, all of the house work in on the women's shoulders, regardless of whether if they are working outside of home or not. As opposed to the research hypothesis, there is a significant different between employed and unemployed women and unemployed women are more depressed than employed women. This could be because the time has changed and like women's way of thinking and women's position in society changed, men also started thinking different about women's employment outside home. They are more positive and supportive towards the women in work places and also their working wives. Men also support their wives about the house work and chores and they share the responsibilities about the house and children. So, this situation affects women's mental health in a positive way.

Also unemployed women are more depressed. This could be because they have less friends and people around to support them. They may feel alone. Also if they have working friends, when they see their economic freedom, they may feel humiliated among them and this could make them unhappy about her. There is also house chores factor, if a woman is not employed outside the house, most of families in Turkey, have the thinking that the women is supposed to do all the chores and this is her duty because she is not working. Thus, unemployed women can feel not worthy and become depressed.

E. Ross (1983) discusses that marriages are shifting from the complementary type, in which the husband is employed and the wife cares for the household and children, to the parallel type, in which both spouses are employed and both are responsible for the housework. This change, however, is far from complete.

Disjunctions in the institution of marriage may be stressful and emotionally disturbing. We hypothesize that the effect of a wife's employment on her depression and her husband's depends on their preferences for her employment and on whether the husband helps with the housework. Using data from a national sample of 680 couples interviewed in 1978, we find that both spouses are less depressed when the wife's employment status is consistent with their preferences. Also, wives are less depressed if their husbands help with the housework, and husbands are not more depressed as a result of helping. These factors lead to the highest depression in transitional marriages. The lowest depression is in parallel marriages.

In 1982 C. Kessler discusses that there is evidence from a large national survey which indicates a significant positive relationship between spouse's employment and psychological distress among married men in

this country. Employment outside the home is associated with improved mental health among married women. Investigating the determinants of these effects shows that the mental health advantage of employment for women is due to objective changes in their life situations as they move out of the home and into the labour force. We have a less clear understanding of the relationship between spouse's employment and psychological distress among men, but inferential evidence suggests that traditional sex role orientations explain part of this effect. There is no evidence that objective burdens associated with increased housework or childcare responsibilities play a part in the elevated rates of distress reported by husbands. These conclusions are brought together in a discussion of trends in the relationship between sex and psychological distress.

Some people discuss that employment outside the home decreases the stressors in marriage for women by providing temporary relief from the demands of childcare and marital roles. On the contrary some people argue that instead of being helpful, employment actually adds to the psychological stress generated by childcare and marital stressors by overloading working women with both employment and home-related responsibilities. According to the results of Krause, N's Study (1983) results indicate that work can reduce the negative effects of some forms of marital stress, but that work does not relieve or heighten stress arising from the childcare role.

There are also some study results which concludes that there is no difference between the depression rates in employed and unemployed subjects. For instance; front Public Health published a research on 2014; authored by Adriana Mihai, Alina Ricean, and Septimiu Voidazan. They conclude that there were no statistical differences ($p=0.054$) between the depression rates in the employed (17.98%) and unemployed (23.80%) samples. Unemployment status increases the depression rate only in vulnerable groups such as single or divorced women; and suicidal ideas were associated with the unemployment status (longer than 8 months).

With hypothesis 3, we tested if there is any statistically significant difference between employed and unemployed women on life satisfaction. According to the results of the analysis the hypothesis is accepted; there is no significant difference between employed and unemployed women on life satisfaction scale. P value is 0.60 which is higher than 0,05, which means that there is no significant difference. Based on the mean value, employed women have high level of life satisfaction than unemployed women.

Like depression, life satisfaction is something which every person has different understanding and values about. Women in general, feel

less satisfied than men. Especially nowadays people can see different people's lives very easily by the internet. Thus, witnessing others' happiness can lower a woman's life satisfaction especially when she is not happy with her own life. Unemployed women have more time during the day than employed women. So they spend much more time on the internet or with their friends. Searching and seeing other people's lives can make unemployed women less satisfied with their own lives.

Some people have more demands from life; some of them can feel satisfied with the small things. But in general, in this century, people have more access to everything and when something (material or spiritual) is easily available to reach and if it is demanded by most of the population, people feel like they have to get it for themselves to feel satisfied. In this century, material things are more demanded by the people and this can create difficult situations. Unemployed women don't have their own salary. It means if they don't have any financial support from someone, they cannot have most of the material things they want. This can be an issue and it can lower a women's life satisfaction.

Also, relationship with others is a very important factor on life satisfaction level. Employed women are usually having more people around themselves and they have more support when they needed. And their resources are more available because they know more people than unemployed people. There is also behaviour factor. If a person cannot get along with people around her, then this person will be less satisfied with her life because this will affect her relationship with others. People around her will be cautious and serious, and maybe they even probably will not want to spend too much time with that person. This might be the reason for unemployed women's lower life satisfaction level than employed women.

A study which was conducted on 150 married employed and 150 married unemployed women in the age range of 20-45 years, published on the Journal of Novel Applied Sciences authored by Maryam Pishghadam (2013), discuss that paid employment has become increasingly significant in the lives of women. So the pertinent questions that arise: Is the woman happier and better adjusted by relinquishing the traditional role or by combining the two roles? According to the results of this study, our hypothesis is supported. They emphasize that "employed women were found to be significantly higher on self-esteem than unemployed women." The reason for higher self-esteem among employed women than unemployed women may be because of the fact that employment is associated with enhanced self-esteem and life satisfaction only when it is regarded as a career or significant life work (M. Pishghadam, 2013).

The hypothesis also was supported by another study which was published on the journal of the Indian Academy of Applied Psychology (2011), by N. Hasnain, S. A. Ansari and S. Sethi. The study aimed to find the difference between married working and non-working women on life satisfaction and self-esteem. They had 80 participants and according to the results of the study, working women showed significantly greater life satisfaction than non-working women. They discuss that the reasons working women have higher life satisfaction might be increased income of family and facilities brought to the family because of double earning.

A study by A.I. Alarape, D.E. Okurame, N.B. Odum (2001), shows that professionally employed women were found to be significantly higher on life satisfaction and self-esteem than unemployed and non-professionally employed women. Non-professionally employed and unemployed women did not differ significantly on life satisfaction and self-esteem. It means status and level of works is important factor for creation the positive consequences of work in women.

A Comparative Study of Employed and Unemployed Married Women in Iran by Irandokht Asadi Sadeghi Azar and Promila Vasudeva discusses that one of the main reasons for higher self-esteem and life satisfaction among professionally employed women is that women who hold multiple roles may be better at coping or less susceptible to psychological distress, and women who have fewer roles may be more psychologically vulnerable and drop or lose roles. Holding more roles is associated with higher self-esteem and job satisfaction (Paula et al., 1986). Higher self-esteem among professional working women as compared to unemployed could be due to the fact that these women would something positive (such as higher status and economic independence) in an opportunity to work outside the home. A feeling of contributing to the welfare of their families as well as society might enhance their self-esteem. Taylor and Spencer (1988) found that working mothers acknowledge the joys of combined employment and family responsibilities.

When a woman goes out to work, she shakes off the feeling of subordination (Stein, 1978). Work provides a woman with more self-esteem and to some extent satisfies her need for recognition freedom, power, independence, and the need for social contacts. And sometimes, job might operate as a safety valve through which frustrations which could be expressed in the family are avoided or diverted (Ross, Mirowsky, and Huber, 1983; Krouse, 1984). In a way, working outside the home provides a set of social ties for women (Baruch et al., 1987). Beside, women are quite communicative and want to discuss their problems

with others (Gupta, 1998). This opportunity would be there more in case of working rather than nonworking women leading to their better self-esteem. Professionally employed women have more autonomy, higher worthiness, less discrimination at work place, lesser role conflicts, more positive attitude of family and husband towards her job (Chaudhry, 1995), they are higher on self-esteem, higher on well-being, have strong ability, committed interests and sound psychological health (Donelson and Gullahorn, 1977), and have a high level of education. All of these positive characteristics make them higher on self-efficacy and self-esteem than unemployed women.

The professionally employed women were higher on self-efficacy than non-professionally employed women. The result is in consonance with hypothesis 2. This finding is similar to the results obtained by Park (2000). He revealed that Korean professional working women have higher gratification and then do housewives. Worker women or women belonging to low socio-economic level and having non-professional career had less support from husband, and did not have any person for helping them and had to work long hours daily and had less efficacy. Park (2000) stated that these professional women enjoyed more in their job and had feeling of worthiness. Geigner and Crow (2004) reported that women who select non-traditional female jobs exhibit certain characteristics that are not present in women who select traditional female jobs. The characteristics such as their perceived gender-role, demographic factors, their occupational activity and self-efficacy are different from their more traditional counter parts. Professionals were found to be higher on self-esteem than non-professionally employed women.

The results of the study are also supported by findings of Poloma (1972), Yogev (1983). They stated that professionally employed women see themselves as able to integrate their roles effectively as career persons with their roles as wives and mothers. They have a very positive feeling about themselves and most of them managed role strain through compromise and compartmentalization as compared to non-professionally employed women. Braboy and Mustillo (2001) too reported that less prestigious occupation is associated with poor self-esteem. The reason for higher self-esteem among professionally employed women than non-professionally employed women may be because of the fact that employment is associated with enhanced self-esteem and life satisfaction only when it is regarded as a career or significant life work.

6. CONCLUSION

The general aim of our study is to find out the relationship between depression and life satisfaction among working and non-working married women. This research was applied to a group of employed and unemployed married women in Ankara - Turkey. Their ages vary but are not under 20. This is one of the limitations of the study; the sample group. The study was conducted to a sample group in Turkish female population. The subjects are from only one region of Turkey. The results would be different when it is applied in an urban and rural area. So the study results cannot be generalized to the whole Turkish female population. Another limitation of the study is the absence of longitudinal data. Before 21st Century, women usually did not work outside home. Of course there were exceptions but there was no research about them in Turkey at that time. This study shows the results of one generation women in contemporary Turkey but we do not have a comparison to generations of married and employed women in 50s, 60s etc.

According to the results of the study, we find that there is a statistically significant relationship between depression and life satisfaction, and there is a negative correlation between depression and life satisfaction in general. It means that if there is an increase on depression, decrease is expected to on the level of life satisfaction and vice versa.

This study also finds that there is significant difference between employed and unemployed women on life satisfaction scale. Based on the results, there is a significant difference. Also according to the results, unemployed women's depression level is higher than employed women. In other words, unemployed women are more depressed than employed women. In addition, the study reveals that there is no significant difference between employed and unemployed women on life satisfaction scale. Based on the results, employed women have high level of life satisfaction than unemployed women.

Woman might be satisfied with one aspect of their life and not the other; it was pointed out that some woman may be particularly unhappy with the particular domain of life and relatively satisfied with other domains. In addition, individual might be satisfied with more domains of their lives and still be dissatisfied overall because of the impact of the particular domain (Diener, 1984). Objective life circumstances or living conditions refer to the objective physical and social characteristics of an area of life whose effects on life satisfaction are cognitively mediated. People will feel more satisfied when they perceive that their standards of fulfilment have been met and less satisfied when they have not been met (Diener, Suh, Lucas, & Smith, 1999).

Working women also reported better physical health than home-

makers (Coleman, & Antonucci, 1976) currently; the literature suggests that personality play a significant role in whether a woman will judge her life to be satisfying. However, proximal environmental factors (e.g., recent life events) can influence life satisfaction judgments in the short term. Both nature and nurture (i.e., personality and environment) appear to be influential in determining life satisfaction, and to discount one explanation in favour of the other would not be empirically or theoretically productive. (Beutell, 2006). The study depicts that women have average level of life satisfaction at all age levels. It is found that with an increase in age, the overall life satisfaction decreases; whereas, with an increase in personal income, the overall life satisfaction increases. Moreover, with an increase in family income, the overall life satisfaction of women also increases.

A series of path analysis and cross tabulations suggest that for married women life satisfaction is directly linked to their satisfaction with marriage, employment and their leisure experiences. There is an inverse relationship between satisfaction and the women's activity. Chipper Field and Havens (2001) conducted a study to examine life satisfaction among individuals who had undergone a transition in marital status and those whose marital status remained stable over 7- year period. Among those individuals whose marital status remained stable over the 7 years, women's life satisfaction declined and men's remained constant. Among those who experienced a transition - in particular, the loss of spouse - a decline in life satisfaction was found for both men and women decline being more predominant for men. In addition, men's life satisfaction increased over the 7 years period if they gained a spouse, whereas the same was not true for women. Generally, these findings imply that the relationship between marital status transitions or stability differs for men and women.

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