CHAPTER V

SUMMARY

The adult women experience a range of changes—psychological as well as physical. Hvigthurst (1952), called it a stage of change in personality and abilities, Neugarten (1965) called it as the year of opportunity, Bromley (1977) as apex of satisfaction and effectiveness. On the other hand Beauvoir (1953) called it as a period of serious crisis and end of the child bearing days. The period thus presents a combination of psychological and social factors influencing life style and change in personality of women. Despite the fact that various etiological factors had been identified in the Indian women extensively, the added factors of feeling of worthlessness family responsibilities, job street, low income, physiological decline loneliness are also contributory in the pathogenesis of depression. Ramamurthi (1984), Jamuna (1987), Jaiprakash and murthy (1981, 1997). Anathraman (1981) considered health status, education, life style, family relationship, social class as some of the major influencing factors in the lives of adult women. Indian researches have also evidenced that life-dissatisfaction, psychological distress, lower morale, medical problems are found in adult women Shirolkar & Prakash (1995), Rashmi & Prakash (1996) described that psychological complaints are a way of expressing their helplessness at events and situations that surrounded them and are beyond their control. Hence this phase of life can be used purposefully for the betterment of self and
society by taking remedial measures. Institutions and organizations can play a vital role in educating the women about their health care, residential care, life style and more effective will be changing their mind set & psyche.

Life style is currently one of the abused words of the English Language. Social scientist, management scholars and layman use it to refer almost anything of interest, be it individuality, fashion, standard of life, consumption pattern, or status symbol. Despite its popularity, life style seems to have been largely by passed as an important construct in social sciences. Indeed, the term has appeared in the psychological literature (e.g. Adler, 1930; Coffin and Lipsey, 1981; Mitchel, 1984), sociological literature (Weber, 1966; Sobel, 1981; Mitchel, 1983; Horely, 1988) and management literature (Plummer, 1974; Wells, 1975; Friedlander and Green, 1977; Mitchell, 1983 and 1984). With a few notable exceptions, however these references must be described as fleeting.

Adler posited the existence of 4 basic styles of life (Dominant, Getting, Avoiding and Socially useful type). Non-Adlerian psychologist, Mitchell (1984), has developed a value inventory "describing different life styles reflecting a wide variety of life values". This inventory, however, does not consider behaviour, or even personal goals, in the assessment of life styles. Although values appear important if not critical to the consideration of life styles the characteristic expression or
behavioural manifestation of underlying values must also be viewed as essential. Mitchell (1983) presented a rationally derived set of nine types of life styles purporting to capture characteristic way of living in the United States. He named these life styles as Survivors, Sustainers, Belongers, Emulators, Achievers, I Am-Me, Experiential, Socially conscious and Integrated.

Recently, Horley (1988, 1992) is deeply involved in the study of life styles. In a study of large community sample in Canada, Horely et. al. (1988) have identified three distinctive life styles, viz., 'Pressured', 'Relaxed', and 'Wishful thinking'. However, they found 4 life styles in their second study of university students reporting high subjective well being. They were tentatively labeled as 'Hedonistic', 'Adventuristic', 'Individualistic' and 'Promethean'. In a follow up study, Horley (1992) has discovered three general life style, viz. 'Released', 'Pressured' and 'Self-Improvement'.

Reynolds and Darden (1974) adopt a psychological perspective, arguing that a life style in a construction system built from consistent combinations of personal construct, which are used to interpret, conceptualize, and predict events. Whereas, Plummer (1974) has explained life style in terms of three variables viz. Activities, interest and opinion.
Life style has been recognized as one of the major factor in many of the psychosomatic illnesses such as, essential hypertension, cardiac heart disease etc. and may have significant factor in depression also. Therefore the present study is designed to investigate the role of life style in depression and suicidal ideation among adult women. The problem is entitled as, **A study of depression and suicidal ideation in relation to life style among adult women.**

**OBJECTIVES OF THE STUDY**

1. To assess the level of depression among adult women.
2. To assess the suicidal ideation in adult women.
3. To examine relationship between life style, depression and suicidal ideation among adult women.
4. To identify the role of life style in predicting depression and suicidal ideation among adult women.

**Hypotheses :**

For the above research purpose following Null hypotheses were formulated :

1) There will be no significant relationship between life style and depression among adult women.
2) There will be no significant relationship between life style and suicidal ideation.
3) There will be no significant relationship between depression and suicidal ideation.

4) There can be a varied level of depression among adult women.

5) There can be a varied level of suicidal ideation among adult women.

Sample

A sample of 300 adult women selected from Jaipur (Rajasthan) on the basis of non-random purposive sampling basis.

Inclusion Criteria

1. Adult women age range 25-40 years included.

2. Women from the urban area included

3. Married women included.

4. Literate women considered.

Exclusion Criteria

1. Diagnosed case of severe depression not taken.

2. Adult women having chronic health problem not include.

Psychological Measures

1. Beck Depression Inventory (BDI) by Beck (1987)
2. Life style Inventory (LSV) developed by Vashishtha, A.C. (2009)

3. Nasib Kumar (2011) Adult Suicidal Ideation Questionnaire (Hindi version)

DATA ANALYSIS

For analyzing the data, following statistical techniques were used, such as percentage, mean, SD and Chi-square test.

MAIN FINDINGS:

1. From the above research it has been found that depression and lifestyle are closely related and lifestyle plays a crucial role in depression.

2. The research strongly shows a relationship between lifestyle and suicidal ideation. As the lifestyle changes the level of suicidal ideation also varies.

3. Depression comes out to be a strong and influential determinant of suicidal ideation. As the level of depression increases the risk of suicidal ideation also increases.

CONCLUSION:

The main objectives of the study were to explore the factors affecting life style in adult women. If focused on healthy adult life and successful life. The study revealed that successful adult life includes the
following components - Good health, low risk of disease and disability; High mental and physical functioning; Sound mental health; Active engagement with life, i.e. enjoying physical activity and leisure; Strong social support; Physical comfort and financial support; Proper education and literacy for legal right for women; Harmonious relationship with the spouse and family members and Participation in social work an religious activities.

As mentioned above, these components were found responsible for meeting out psychological distress. These showed factors were found responsible for bringing change in life style. It dependence on the circumstances and socio-psychological environment how these factors interacted with each other causing depression or coping with depression. Suicidal ideation strongly influenced by depression and the style of life.

**IMPLICATIONS OF THE STUDY:**

The present study was based on exploring various factors affecting life-style of adult women and causing depressions in them. As the findings show that for successful and healthy adult life of woman it is important:

- To educate them and literate them about legal rights for women.
- To make them aware of age-related health problems which could be cured or regulated with proper care and medication.
To make them aware of healthy food and nutritious diet.

To provide social, moral support to the elders for providing them psychological comfort and solace.

To motivate them and to give them company for physical exercise-slow walking, yoga, meditation etc.

To give them respect and time and make them realize that their valuable presence and guidance is unparallel.

To make them realize that their contribution in digestive chores is more valuable than any kind of financial support.

**SUGGESTIONS FOR FURTHER RESEARCHES:**

As the present study has been undertaken with certain delimitations, its findings can not be generalized. Inspire of this, there are some significant dimensions, which need to be taken into consideration such as :

- The various age groups of women should be taken into consideration because factors causing depression vary in each segment of life.

- Besides these factors causing depression (nutrition, health, physical, fitness, relationship with family, stress reduction, education etc.), the attitude towards life, physical comfort, age-


related problems and weakness, psychological, biochemical factors causing problems should be tracked in older women for their healthy and successful life.

- Various other tools should be administered to measure level of depression and intensity of psychological distress.

- Identification of depressed women and various modes of coping with depression should be used as better remedies such as positive attitude towards life and interest, leisure enjoyment, social work and religious activities, yoga and exercise, meditation and medication as antidepressant drugs.

- Beside married Women, unmarried women and widows should also be taken into consideration because their psychological problems will be more traumatic and severe.

- Psychological problems of housewives and working adult women should be studied parallel and remedies should be provided for better effect.