LEVEL OF DEPRESSION, SELF-ESTEEM AND LIFE SATISFACTION AMONG INFERTILE FEMALE

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ABSTRACT

The aim of the current study was to check the level of depression, self-esteem and life satisfaction among infertile females. To investigate how infertility effects on female's life. The 120 participant selected as a sample from Faisalabad city. The data was collected from different areas of Faisalabad.Saddiqui Shah Depression Scale and Rosenberg Self Esteem Scale were used to check the level and effect of depression and self esteem on life satisfaction of infertile females. Regression and t- test was applied for statistical analysis. The results of the study 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 reveal that infertile females face high level of depression and low level of self esteem in their life.
Keyword : Depression, Self-esteem, life satisfaction, infertile female.

1. INTRODUCTION

Infertility is considered major stressors in the lives of peoples which create stressful events for couples, especially for women. The infertility is elaborated by some people that crisis of infertility consist of many problems e.g. loss of feeling, lack of personality, health, self-confidence, lack of personal control. Studies show that 24.9 % Iranian couples face infertility in their marriage and a great number of populations suffer from such problems. The couples face infertility in many forms such as stress, depression, physical symptoms and their performance is low and they feel anger, low self-confidence, frustration and dissatisfaction. Mostly infertile females manage life stresses with self-confidence; others have problems in managing life stresses. They suffer from depression, other forces manage their lives but they could not manage their lives and had dissatisfied with their life.Information of that study which is concerned with the relationship between depression and personality cognitive factors among infertile females. Counseling centers help in treating depression, particularly mental health problems. Counseling centers provide Successful work which prevent depression over life time and improve cognition of infertile females who face depression and impairment in cognition. Such studies main focus on people differentiates their lives between two factors: cognitive and affective factors. The cognitive factor is related to life satisfaction and affective factor focus on positive and negative feelings such as joy and sorrow.(Klonowicz, 2001).

Most of the researchers reported that with the passage of time life satisfaction change (Diener, Oishi, & Lucas, 2003).stressfulsituations did not change it rapidly. One study present that personality described variations in life satisfaction and personality traits may be manage with the passage of time and they made life satisfaction more stable. (Spector et al. 2001). Depression and self-esteem lead to negative factors. Research showed how depression is affected by self-esteem and some studies presented that the risk of depression is decrease due to self-esteem. Life satisfaction is a multifactor construct which is concerned with analysis of life's ups and downs just like finances, self-esteem, health,job and interpersonal relationships (Michalos, 1991).

An illness that is related habits of the person which is affected by body, mood and thoughts just like eating, sleeping and thinking about things. The criteria of depression's symptoms could last for weeks, months or years. The depression's symptoms includes lack of interest in social activities, loss of energy, lack of appetite, consistently sad and anxiousmood, feelings of hopelessness and guilt feelings, avoid social activities, high level of fatigue, lack of sleep, difficulty in concentration, or nervousness, consistent physical problems like digestive problems, headaches, and suicidal ideation. The main types of depression arebipolar disease major depression, and dysthymia. The chance of depression increased by many factors like abuse, sexual, or emotional abuse,past physical abuse could cause depression later in life. Personal conflicts and family conflicts cause depression in those people who have biological vulnerability. The chances of depression increased by the natural events such as death of a loved one. The risk of depression may be increased by the family history of depression. A Depression is a complicated factor that may be transferred from generation to generation. Sometimes many events such as graduating, stating new job, losing a job or getting married or divorcedand other personal problems become the cause of depression. Sometimes depression is due to the major illness. About 30% of people with substance abuse problems suffer from depression.

The word self-esteem is a Greek word which is meant by "reverence for self." The "self" part of self-esteem consists of attitudes, values and beliefsthat we hold about ourselves. According to psychology, the term self-esteem described a person's overall sense of self-worth and personal value. Self-esteem is a

personality trait that maintain stability and enduring. Self esteem means loving and good feeling about yourself. Many causes of low self-esteem include following e.g. punishment, neglecting behavior of parents. Other people prejudiced who are belonging to a family or social group which includes warmth, an absence of praise, affection and interest, at home or school. Sometimes experiences are caused by negative beliefs about yourself later in life like, abusive relationship and stressful events. In psychology self esteem shows person's appraisal related to his or her own worth and Self-esteem also focus on beliefs and emotions like shame, disappointment and pride.(Hewitt, John P. 2009).

Life satisfaction had been defined as an individual is satisfied with his/her life. Our understanding point of view is that how youth outcomes are affected by life satisfaction. Acurrent pilot study sample of adolescents nationally representative showed that it is negatively concerned with outcomes likedepression, substance use, getting in fights, and positively concerned with good grades (Lippman et al., 2012). overall assessment show that feelings and attitudes about one's life ranging from negative to positive. Well-being has three main indicators: life satisfaction, positive effect and negative affect.(Diener, 1984).

Low self-esteem and depression both are related to negative thoughts. Self esteem is related to beliefs about oneself which could be positive or negative. Low self esteem increased in a person who developed a negative experience with others. Depression had been defined as psychological and physical disorder that influenced by self-esteem. Researches shows
that the risk of depression increased in people who have low self esteem. The people who have low self-esteem may have more chances of depression and that can be treated. Low self-esteem and depression both increase the chances of helplessness. Depression and low self-esteem had been concerned with eating disorder. Low self-esteem could affect a person's personality, views and need to weight lost and looking attractively. When the people have failed to achieve their goals, they may choose the physical and mental physical power to achieve their goals.

2. Literature Review

Kazandi, Gunday, Memer, ErthurkOzknay M.D did research on this topic "The status of depression and anxiety among infertile Turkish couples'' in 2009. The Results showed that there is significant differences between fertile couples and infertile couples.

Shindel, Nelson, Naughton, Ohebshalom, Mulhall did research on this topic "Sexual Function and Quality of Life in Male Partner of Infertile Couples. The results of this study showed that male partners have significantly lower standardized scores on the Mental Health subscales.

Lee1, Sun and Chao did a research on this topic "The effects of infertility diagnosis on the marital and sexual satisfaction and distress between husbands and wives in Taiwan.'' The results of this study showed that Female members expressed less marital and sexual satisfaction than their husbands.

Drosdzol, and Skrzypulec did a research on this topic"Depression and anxiety in Polish infertile couples'' in 2009. The results showed that infertile women have more depression and anxiety as compare fertile women.

Kissia, Romdhanea, Hidarb, Bannoura, Idris, Khairib and Ali did research on this topic "Depression,anxiety, self-esteem and general psychopathology among couples undergoing infertility treatment between men and women'' in 2012.The results shown that Infertile women had more scores on depression, anxiety, self esteem scale than their husbands.

Nelson, Shindel, Naughton, Ohebshalom and Mulhall did research on this topic "The valence and Predictors of Depression, Relationship Stress and Sexual Problems in Female of Infertile Couples'' in 2008. The results were positive. The level of depression and stress was more in female partner as compare to male.

Sarvkolai, Shahidi and Yaghoubi did a research on this topic 'The Comparison of depression , anxiety, self-esteem, and life satisfaction between fertilized and infertilized women.'' The results were obtained that there was a relationship between the two variables and there is a reverse relation between depression, self-esteem and anxiety in both groups fertile and infertile women so whatever depression and anxiety of subjects become more, their self-esteem reduced and vice versa. In the group of infertile, reverse severity of depression, anxiety and self-esteem is stronger.

Tara M. Cousineau, Domar, did a research on this topic ''Psychological impact of infertility'' 2006. The results were positive of this study. Infertility has great psychological impact one's life who suffering from it.

Objectives
The aim of the study is
1. To find the effect of depression and self esteem on life satisfaction of infertile females.
2. To find out level of depression among infertile female.
3. To investigate the satisfaction with life in infertile females.
4. To check the level of low self-esteem in females due to infertility.

Hypothesis
1.   Therewould be the averagelevel of depression among infertile females is ≤29.
2.   There would be theaverage level of self esteem among infertile females is ≤ 81.
3.   There would be no effect of self esteem and depression on life satisfaction among infertile female.

2.Method
Sample:

This study has been designed to investigate the level of depression, life satisfaction and self-esteem among infertile females. Different areas and clinics of Faisalabad were chosen for data collection.120 participants (infertile females) were selected as a sample for this study. The sample was drawn on the basis of inclusion exclusion criteria. Inclusions criteria married Female , age 30-45and excluded criteria unmarried female and married female less than 30 and more than 45. It was truly represent the whole population and comprised the females ranging from the age of 30 to 45 year.

4. Research Design:
The sample was taken by using non probability sampling. Purposive sampling technique was used for this research. The data was collected from some areas, colonies and clinics of Faisalabad.
Variables :
Thedefinition of variables are as follow;
Depression:
 "Depression is a disorder that is characterized by loss of interest, guilt feelings, disturb sleep, sadness, loss of appetite, feeling of tiredness and poor concentration.''
Self- Esteem:
 " The term self esteem is used to reflect the person's evaluation and emotions such as triumph, shame, pride and despair.''

Life satisfaction:

   "The term life satisfaction is use for the assessment of attitude and feelings of person in his life from positive to negative."

Infertile females:

"Infertility is a disease of the reproductive system defined by failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse."

Data Collection Instruments:

1) Saddiqui Shah Depression scale (SSDS)

2) Rosenberg Self-Esteem Scale.

 3) Satisfaction with life scale (SWLS)

   1) Dr. Salma Saddiqui Depression Scale

      Dr. Salma Siddiqui Shah scale described the purpose of the study. It was develop as a validate self-report scale to measure the depression in both clinical and non-clinical Population of Pakistan. This scale consists on 36 items.

 There are some following ranges:

- 0-28: minimum
- 29-39: mild
- 40-49: moderate
- 50-above: severe

2) Rosenberg Self-Esteem Scale:

   Morris Rosenberg developed self esteem scale to measure the self- esteem by instructing the participant to choose an item according to their current feelings. The scale consists on ten items.

        The average score of the self esteem is 81. Below 81 shows low self esteem and above 81 shows high self esteem.

3) Satisfaction with life scale:

   The Satisfaction with Life Scale was developed to measure the life satisfaction. It was developed by the Ed Diener and his colleagues Emmons, Griffin and Larson in 1985. This scale consists on 5-items that are completed by the individual who'ssatisfaction with life is being measured.

Procedure:

       The current study was carried out with 120 participants were selected as a sample. The participants those were selected for this study their age range was from 30 to 45 year. In this study, the information about duration of marriage, educational level, number of miscarriages, duration of infertility, support from husband and pressure from family members was also collected. The sample was taken from the Faisalabad city. The data was collected from different areas, colonies and clinics of the Faisalabad. The available tools were found and permission was taken directly from the authors. The Urdu version test were used according to the demand of population. Self esteem, Siddiqui Shah Depression Scale and satisfaction with life were used. The tests were administered individually. During this study procedure, the researcher has to face some difficulties such as transport problems, some females hesitate to providing information regarding their problem. These problems solved very well and collected the data. After the data collection, data was organized on SSPS data sheet and statistical analysis was run.

Result:

The results are shows as;

ANOVA

Model	Sum of Squares	df	Mean square	F	Sig.
Regression	39.868	1	39.868	8.369	.005
Residual	562.099	118	4.674		
Total	601.967	119			

a. Predictors: (Constant),the life depression
b. Dependent variable:LS

As ANOVA table is significant it shows that at least one factor is effecting the life satisfaction significantly.

Modal Summary:

Model	Un-standardized coefficient		Standardized		
	B	Std.Error	coefficient	t	Sig
1(constant)	15.460	.548		28.213	.000
Dep	-.035	.012	-.257	-2.893	.005

a. Predictor : (Constant), dep

Life satisfaction is 66% variate is explained by self esteem and depression.

Coefficient

Model	Un-standardized coefficient		Standardized		
	B	Std.Error	coefficient	t	Sig
1(constant)	15.460	.548		28.213	.000
Dep -.035	.012	-.257	-2.893	.005	

a. Dependent variable :LS

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.

Discussion

 The current study was design to check the level of self esteem, depression and life satisfaction among infertile females. In current study, the effect of depression and self esteem on life satisfaction was studied. How much these variables effect the life satisfaction of infertile females. In this study Siddiqui Shah Depression Scale, Rozenberg Self Esteem and satisfaction with life was used for data collection. These are self-reported scales used for the evaluation of exsistence and level of the depression and level of self esteem and life satisfaction among infertile females. Saddiqui Shah Depression Scale was used to check the severity of the depression in infertile females. Self esteem scale was used to measure the level of self esteem(high, low) among infertile females. Satisfaction with life used to measure that how much infertile females are satisfied with their life.

The results of present study rejected the first hypothesis in which it supposed that the average level of depression among infertile females is ≤29. But, results are apposite of the hypothesis. As p-value =0.000 is less than 0.05 so we reject HO and may conclude that the average level of depression among infertile females is greater than 29. Furthermore it can be stated that the infertile females has high level of depression then its cut off value. The results of the present study are different from the previous study. A previous research done by Drosdzol, and Skrzypulec on this topic "Depression and anxiety in Polish infertile couples'' in 2009. The results showed that infertile women have more depression and anxiety as compare fertile women.

The results of present study are also shows that infertile females has severe depression which score is more than 29. The present study assume the average level of depression in infertile females are less than 29 but the results are opposite which shows that the average level of depression in infertile are greater than 29.

 The second hypotheses is accepted by present study. In which it is supposed that the average level of self-esteem among infertile females is ≤ 81. So, results supporting the hypothesis that the level of self esteem is less than 81. 81 is the cut –off score, less than 81 shows low self esteem and greater than 81 shows high self esteem. As p-value =.058 is greater than 0.05 so we accept HO and may conclude that the average level of self esteem among infertile females is greater than 81. The results of present study shows that infertile female has low self esteem in their life. The present results are similar to the previous findings that infertile females has low self esteem.Sarvkolai, Shahidi and Yaghoubi did a research on this topic 'The Comparison of depression , anxiety, self-esteem, and life satisfaction between fertilized and infertilized women.'' The results were obtained that there was a relationship between the two variables and in fact there is a reverse relation between depression and self-esteem, anxiety and self-esteem in both groups fertile and infertile women so whatever depression and anxiety of subjects become more, their self-esteem reduced and vice versa. In the group of infertile, reverse severity of depression, anxiety and self-esteem is stronger.This findings of this study shows that infertile females has high level of depression and low level of self esteem. If the level of depression increase in infertile females than the level of self esteem would be decrease and vice versa.

The third hypothesis rejected by the result of present study which assume that there is no effect of self esteem and depression on life satisfaction among infertile female. The results are opposite which shows that 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. The p-value is less than 0.05 for depression level, so impact of depression level is significant on life satisfaction. The p-value is greater than 0.05 for self-esteem, so impact of self esteem level is insignificant.

Furthermore it can be stated that depression level decreases the life satisfaction significantly but self esteem is found to be insignificant. The present study reject the assumption that there is no effect of self esteem and

depression among infertile females. The previous study done by Tara M. Cousineau, Domar, on the topic ''Psychological impact of infertility'' 2006. The results were positive of this study. Infertility has great psychological impact one's life who suffering from it

But, the results of present study are negative that there is no effect of depression and self esteem on life satisfaction among infertile females.

Conclusion

This study is about the depression, self esteem, life satisfaction and infertile females. We study the level of these variables on the population which is infertile females. The present research identified the effect of depression and self esteem on life of infertile females. The finding of present research suggested new results about the effects and levels of depression and self esteem among in fertile females. How they effect the life satisfaction of females who suffering with infertility. The study also conclude that infertile females have high level of depression and low level of self esteem in their life.

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