

DEPRESSION, ANXIETY, STRESS AND LIFE SATISFACTION AMONG EARLY AND LATE MARRIED FEMALES

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ABSTRACT

The current study was conducted to investigate depression, anxiety, stress and life satisfaction among early and late married females. For the purpose of this study the sample was selected from the different areas of Faisalabad which consists on 120 participants (60 early married females and 60 late married females). In order to measure the level of life satisfaction, depression, anxiety and stress the scale of life satisfaction (in Urdu version) SWLS by Deiner Scale, and the depression anxiety stress scale Dass-21 (Urdu version) by Aslam, was used. The results of these scales shows that the depression, anxiety, stress and life satisfaction level among early married females as indicated $r_{EMLS} = .63$, $r_{EMDASS} = .93$ is greater than late married $r_{LMLS} = .48$, $r_{LMDASS} = .18$

1. Introduction

In adolescence marriage was once part of the common and essential evolution, a source of attaining independence, autonomy and an integrity which distinct from one's parents and relatives. Even though it appears to be when most people married, they frequently felt that they really did not know what they were getting into (Parker 2000). Most in recent times, it is often described as simply the marriage is one of a number of life style choices, contesting with progressive schooling, acquirement of career and progress and imbalanced relationship networks (Mackay 1997). According to Census data (ABS 2000) marriage is unusual, which later occurs in life and is act in accordance with a consummation course.

As far as the earlier phases were marked by lengthy periods of adaptation in couplet and family accumulation such as penetrating primitive dedicated affair, wedding, first baby, proprietorship of first home. Anyhow, at this time such incidents appear in a compacted time span where companionship, wedding and house holding exist in quick series, and it often leads both formal marriage and the first child's birth. (Winter and Stone 1999).

In academic and policy research marriage has become the most important topic nowadays. According to the perspective of prospering literature marriage may have a wide range of prosperity, including the improvements in economic well-being of individuals, physical and mental health, and their children's welfare. It focuses on one of these potential benefits of marriage which effects on health by recent research evidence concerns. The brief provides directions for future researches and provides an overview of what is presently known about the relationship between marriage and health.

Life satisfaction can be explained as a feeling of goodness and may be decide in terms of mood, satisfaction with dealings with others and with self-achievements, self-concept, and self-supposed capability to deal with everyday life (Glossary of Terms, 2003). Life Satisfaction is a manner a person feels how his or her life has been and they perceive about where it is going ahead. It is a way of measure of well-being.

According to the research of Vaishnavranja, (2010) which conduct on the presentation on early marriage. The current paper was an effort to get insights on determinants and psychosocial effects of early marriage on the women of rural areas. He took 300 women in his samples that married in their early age and have experience of married life up to 5 to 15 years. It is also derived from the regression analysis that the bad effects of early marriage in earlier ages have more terrible on girl child. Overall the people who get married at early age the respondents having high level of dissatisfaction.

Lehrer (2006) conducted a study on Age at Marriage and Marital Instability: Revisiting the Becker Landis-Michael Hypothesis. The hypothesis of the study stated that in early age marriages has a high risk of failure and separation. As far as it has been recommended now that after obtaining a sophisticated age, the link between age at marriage and matrimonial fluctuation might become confident, the logic is that as bachelor females become mature mentally and , they can choose their companion practically and in a better way. The result indicated that the relationship between age at marriage and marital instability is strongly negative up to the late twenties, and arch collapses after this age.

Bahre et al. (1984) conducted a study on Teenage Marriage and Marital Stability. Theoretically, the marriages which made in earlier age have more possibility to break up, but the cause of this failure is still uncertain. A longitudinal study of a group of two hundred fifty nine married couples indicated that those who made their marriages in later ages and get higher education, and did not face any financial uncertainties found more expected to stay in long and stable marriages.

Lee (1977) conducted a study on Age at Marriage and Marital Satisfaction: A Multivariate Analysis with Implications for Marital Stability. The sample of seven hundred eighty eight married people was taken. In this study he investigated the relationships between these aspects 1) age at marriage, 2) the marital role performance, and 3) marital satisfaction. The purpose was to test the hypotheses related to age at marriage and marital instability in this study which was depicted from a theory. His findings show that the presence of little positive relations between the constructs.

According to results, it is declared that life satisfaction among late married women is greater and depression, anxiety and stress among early married women is greater.

2. Discussions

The current study was conducted to investigate the life satisfaction, stress, anxiety and depression among early and late married females. A sample of 120 participants (60 early married females (age below than 18) and 60 late married females (age above 30 years old) was selected from the different areas of Faisalabad city. In this study the scale of life satisfaction with life (in Urdu version) by SWLS Deiner Sclae, and depression anxiety stress scale (DASS-21) by Aslam was used to measure the level of life satisfaction, depression, anxiety and stress. The results indicate that the level of life satisfaction, depression, anxiety and stress among early married females as indicated ($r_{EMLS}=.63$, $r_{EMDASS}=.93$) is greater than late married ($r_{LMLS}=.48$, $r_{LMDASS}=.18$). The results generally revealed there is a significant difference between the level of life satisfaction, depression, anxiety and stress among the early and late married females. According to the hypothesis life satisfaction level among late married females would be high as compared to the early married females and the depression, anxiety and stress level among late married females would be high as compared to early married women.

3. Conclusion

The females who get married in late age, have high life satisfaction level then those women who get married in early age and the females who got married in early age have high score on depression anxiety stress scale than those who get married in late age. Because early married females have to face many adaptation problems in environment and social settings because they are immature while late married females are mature and have more chances of adaptation in environment.

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