

## **RELATIONAL STUDY BETWEEN AGGRESSION AND DEPRESSION IN NON-WORKING MIDDLE AGED WOMEN**

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### **ABSTRACT**

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#### **Keywords:**

Early Middle Age  
Women,  
Late Middle Age Women,  
Depression,  
Aggression,  
Relationship

This study explored relationship between depression and aggression in early and late non-working middle aged women. In this study 100 females, 50 early non-working middle aged and 50 late non-working middle aged women were chosen purposely for the study. A good rapport was established with the females, to collect their socio-demographic subject's details with their concerns. Tools administered on them are Beck Depression Inventory-II (BDI – II) and Aggression Inventory (AI). Findings of study revealed that there is a significant positive co-relation in depression and aggression among early middle aged woman while there was non-significant negative correlation in depression and aggression among late middle aged women.

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## **1. Introduction**

Middle Age is a stage in life of an individual between early adulthood and old age, between around 45 to 65 Years. Numerous changes take place between young adulthood and this stage. Body movement and metabolism slow down and they become more sensitive to diet, substance abuse, stress, and rest. Chronic health problems become an issue along with disability or disease. Experiencing a sense of mortality, sadness, or loss is common at this age especially in women. Women in addition experience menopause. Menopause can have many side effects like changes can occur to skin, physical fitness decline and a decrease in maximal heart rate, cognition loss. They may go through many social issues such as personal, marital and career.

Depression is a problem which can be extremely painful, regardless of individual's age or experience. It may begin at early adulthood stage, with likely recurrences. Mostly women are affected by depression in comparison to men, and unemployed people are also at high risk. Patient may suffer from sadness, indifference or apathy, or irritability or a change in a number of neuro vegetative functions, (such as sleep patterns, appetite and weight, motor agitation or retardation, fatigue, impaired concentration and decision-making) accompanied with the feelings of shame or guilt, and thoughts of death or dying. Patient might remain untreated for nine months to several years. Almost eight out of ten people experience an initial depression. Nearly 10 to 15 percent people suffer subsequent manic episode. Symptoms of major depressive disorder is defined as a period of depressed mood, loss of interest, loss of pleasure in most activities, with other symptoms which include change in body weight, constant sleep problems, tiredness, inability to think, agitation, greatly slowed behavior, thoughts of death, suicide and more symptoms include excessive guilt or feelings of worthlessness.

### **Definitions based on the ICD-10**

Depressive episode: The patient suffers from low mood, reduced energy, and decrease in daily activity, feel tired after even minimum effort. Have low or minimum interest in enjoyment, concentration is reduced. Disturbed sleep and change in appetite are also observed with reduced self-esteem and self-confidence, even in the mild form, some ideas of guilt or worthlessness are often present. Mood swing are also part of day to day life, and may be accompanied by "somatic" symptoms, such as loss of interest and pleasurable feelings, depression is experienced

worst in the morning, psychomotor retardation, agitated feeling, loss of appetite, weight loss, and loss of libido. Depending upon the severity or number of the symptoms, a depressive episode may be specified as mild, moderate or severe.

### **Symptoms of Clinical Depression**

DSM-5 diagnosis of major depressive disorder (MDD) is five depressive symptoms to be present for at least 2 weeks which are either depressed mood or loss of interest and pleasure. As per DSM-5 criteria, additional symptoms must be present, such as changes in sleep, appetite, concentration or decision making, feelings of worthlessness, suicidality, or psychomotor agitation or retardation.

DSM-5 Criteria for Major Depressive Disorder is sad mood or loss of pleasure in usual activities. Counting at least five symptoms (sad mood and loss of pleasure):

1. Sleep disturbance
2. Psychomotor agitation or retardation
3. Weight increase / decrease or change in appetite
4. Loss of energy
5. Worthlessness or excessive guilt feeling
6. Difficulty in concentrating, thinking, or making decisions`
7. Recurrent thoughts of death or suicide

Aggression is observed as a behavior that is intended to harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Aggression can be physical as well as non-physical. Physical aggression is aggression that involves harming others physically or acting violently towards other person. Nonphysical aggression is not defined as causing harm physically to an individual. It can be experienced in the form of verbal, relational or social aggression, which mean deliberately causing harm another person's social relationships, for instance by gossiping about another person, excluding others from our friends circle, or giving the "silent treatment" (Crick & Grotpeter, 1995). Aggression in nonverbal form are sexual, racial, and homophobic jokes which are designed to cause harm to individuals. We can be aggressive without appearing to be aggressive.

Identification of Aggressive behavior on the basis of classification done in ICD-10 is the tendency to act impulsively without considering consequence of action, outburst of intense anger, threatening behavior, inability to plan ahead and lack of self-control is observed. Behavior also comprises of bullying, excessive disobedience, rudeness and uncooperativeness.

### **Literature Survey**

Mendes D. D & et.al. (2009). This study was conducted to study the risk factors leading to the development of aggressive behavior. Eleven longitudinal studies were selected out of which 8 were prospective and 3 were case-control studies, and a cross-sectional study evaluating the biological and socio-environmental risk factors related to aggressive behavior. Five studies on gene expression, five on the exposure to tobacco, alcohol and cocaine in the prenatal period, one the effect of early malnutrition on the development of aggressive behavior and another one the impact of child maltreatment. It was concluded that the main biological factors were genetic i.e. low expression of the monoamine oxidase gene and the serotonin transporter gene, variations in transporter and dopamine receptor genes, substance use during intrauterine development i.e. tobacco, alcohol and cocaine and nutrition i.e. malnutrition. The main environmental factors were child abuse, poverty, crime and antisocial behavior at childhood, while the most evidence-based factor was early age neglect. Biological and environmental factors together infuriate a hostile environment, thus increasing the risk for the development of aggressive behavior.

Stephen S. L., Tracy E. W and Nicki R. C. (2011). This research suggests that involvement in relational aggression is associated with serious adjustment problems and future social maladjustment (e.g., problematic friendships; rejection), internalizing problems (e.g., depressive symptoms), and school avoidance. Despite the literature increasingly focusing on the harmful and damaging nature of relationally aggressive behavior. This article reviews the developmental research related to relational aggression and intervention programs to prevent relational aggression. Programs reviewed target preschool through eighth-grade students. Strengths and limitations of each program are discussed. It is recommended for future researchers to develop and validate school-based programming for relational aggression, and implications for school psychologists are discussed.

Anne Campbell (2015). In this study age, operational sex ratio and high variance of female in relation to male in competition. These women, do not find fighting in-ethical to cultural conceptions of femininity. When, competitive pressures are high, young women's aggression is less injurious and frequent than young men's. It is discussed that the intensity of female aggression is constrained by the greater centrality of mothers, rather than fathers, to offspring survival. It is not yet concluded that amygdala is responsible for aggression, but it suggests that due to heightened reactivity of amygdala threatening of stimuli, may be better able to exert prefrontal cortical control over emotional behavior and it consciously register fear more strongly via anterior cingulate activity. On the neural circuitry of emotion, impact of testosterone and oxytocin is also considered.

Dwivedi A. & Srivastava A (2016). This study explored depression and self-esteem between working and non-working married women. In this study 140 females 70 working and 70 non-working who fulfilled the inclusion and exclusion criteria were selected purposely for the study. After developing the good rapport with the females, their socio-demographic details were collected with their concerns. After that Beck depression inventory (BDI) and Rosenberg self-esteem scale were administered on them. Findings revealed that there is significant difference between working and non-working married women on depression and self-esteem.

Madhu Mathur (2009). Demographic shift toward elder women population need to focus attention on their physical, social and emotional well-being. The ageing women experience a range of changes, physical as well as psychological and this period is known as the period of serious crises. The present study examined the predictors of depression among ageing women (n = 400). The results showed that the level of economic status followed by education and social support are the prime factors contributing depression in aged women. Findings also suggest that the change in life style and spiritual health are the means to achieve holistic health.

## **2. Research Method**

**Aim:** -To investigate depression and aggression in non-working middle aged women.

**Objectives:-**

1. To find out relation between depression and aggression of non-working middle aged women.
2. To find out relation between depression and aggression of non-working early middle aged women.
3. To find out relation between depression and aggression of non-working late middle aged women.

**Hypotheses:-**

1. There will be significant relationship between depression and aggression in non-working middle aged women.
2. There will be significant relationship between depression and aggression in early non-working middle aged women.
3. There will be significant relationship between depression and aggression in late non-working middle aged women.

**Sample:-**

A sample of 100 (50 early middle aged and 50 late middle aged) were purposely selected for the present study fulfilling the inclusion and exclusion criteria.

**Inclusion Criteria:-**

1. Age criteria between 45 years to 65 years.
2. Women who were co-operative for the study.
3. Women who are not working professionally anywhere.
4. Females were taken.

**Exclusion Criteria:**

1. Males were excluded.
2. Working middle aged women.
3. Women below 45 years age.
4. Females having psychiatric comorbidity.

**Tool Used:-**

1. Aggression Inventory.
2. Beck depression inventory (BDI).

**Beck Depression Inventory (BDI):**The Beck Depression Inventory is a 21-item self-report scale used in both clinical and research studies. It can be used in individuals that are ages 13 years and older, and rates symptoms of depression in terms of severity on a scale from 0 to 3 based on the 21 specific items. Higher scores with a maximum score of 63 and lower score obtained can be 0. Scores from 0 to 9 is minimal depressive symptoms, scores 10 to 16 is mild depression, scores 17 to 29 is moderate depression and scores 30 to 63 is severe depression. Reliability of BDI is 0.89, test-re-test reliability is 0.93.

**Aggression Inventory:**Aggression Inventory by Mr. M.K.Sultania. It consists of 67 questions with subscales divided into 8 parts: Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression and Guilt. There are 15 negative answers and rest are positive ones.

**Procedure:-**

In this study 100 females 50 early middle aged and 50 late middle aged were selected purposely for the present study. After developing the good rapport with the females, their socio-demographic details were collected with their concerns. After that beck depression inventory (BDI) and Aggression Inventory were administered on them.

**Statistical Analysis:-**

Data collected was analysed in terms of mean and standard deviations and Pearson's correlation for statistical analysis.

**3. Results & Interpretations**

The findings of this study about depression and aggression, in early and late middle aged non-working women shows result of relation between depression and aggression did not reach level of significance in early middle aged non-working women but there is significant relationship between depression and aggression of late non-working middle aged women. Overall result

obtained of relation between depression and aggression in early & late middle aged non-working women was also not significant.

Product Moment Correlation Coefficient Method was used to investigate whether depression and aggression were significantly related to the age factor. Results obtained are presented in **Table 1 & 2**.

	Non-Working Middle Aged Women			
	N	Mean	S.D	R
Overall Depression	100	19.02	9.31	0.14
Overall Aggression	100	38.78	7.27	

**Table 1: Table Showing Mean, S.D and r (Product Moment Correlation Coefficient) of overall depression and overall aggression in non-working middle aged women**

	Early Middle Aged Women				Late Middle Aged Women			
	N	Mean	S.D	r	N	Mean	S.D	R
Depression	50	18	10.35	0.16	50	20.04	8.08	0.57
Aggression	50	37.02	7.27		50	40.54	7.61	

**Table 2: Table Showing Mean, S.D and r (Product Moment Correlation Coefficient) of depression and aggression among early and late middle aged women**

Mean, S.D and Product Moment Coefficient Correlation were used in comparing the two sets of data. Product Moment Coefficient Correlation r was used to ascertain the relationship between studied variables like age, depression and aggression.

Non-Significant Correlation between depression and aggression, ( $r = 0.14$ ,  $P < 0.01$ ) which indicate that depression in non-working middle aged women do not affect aggression in them. It means that depression in middle aged women does not impact on their aggression. It is clearly indicated that age factor doesn't disturb depression and aggression.

Non-Significant Correlation between depression and aggression, ( $r= 0.16$ ,  $P<0.01$ ) which indicate that depression in early middle aged women don't affect aggression in them. It means that depression in early middle aged women does not impact on their aggression. It is clearly indicated that age factor doesn't disturbs depression and aggression.

Positive Significant Correlation between depression and aggression, ( $r=0.57$ ,  $P>0.01$ ) indicate that Aggression of late middle aged women is affected by their Depression. It means the late middle aged women depression induces aggressive behavior at this age or vice versa. It is clearly indicated that age factor disturbs Aggression and depression in late middle aged women.

The sample of 100 (50 non-working middle aged women and 50 non-working middle aged women) were taken who fulfil the inclusion and exclusion criteria. Tool used were Beck Depression Inventory – (BDI-II) and Aggression Inventory. Further, mean was found to be 18 & 20.04 and standard deviation 10.35 & 8.08 respectively of early and late middle aged women, Pearson coefficient  $r$  for depression were found to be of 0.16 of early and late middle aged women. Further, mean was found to be 37.02 & 40.54, standard deviation 7.27 & 7.61 respectively of early,late middle aged women, Pearson coefficient  $r$  for aggression were found to be of 0.57 of early and late middle aged women. The overall mean and standard deviation of depression was found to be 19.02 & 19.31 of and the overall mean and standard deviation was found to be 38.78 & 7.27 for aggression, result showed Pearson coefficient  $r$  for depression and aggression non-working middle aged women to be of  $r = 0.14$ . The results revealed that the non-working middle aged women possess no sign and symptom of aggressive behavior if they are suffering from depression. This is only true in case of late middle aged women. The hypothesis is being not met that the aggression in early middle non-working women will be higher if depression is higher. Hypothesis is unmet in case of overall non-middle aged women also, as results in this case also showed that there is no relation between aggression and depression. Hypothesis is met only in case of late middle aged women, where it is revealed that depression has a great impact over the aggressive behavior they possess and vice versa. Findings partially support our hypotheses that late non-working middle aged women show aggressive behavior while suffering from depression. It can be supposed that in few cases if non-working middle aged woman is behaving aggressive then she might be under depressive thoughts.

#### **4. Discussion**

Pearson product moment correlation coefficient was used to find the relationship between depression and aggression among non-working middle aged women.

##### ***Hypothesis I***

*There will be significant relation between depression and aggression in non-working middle aged women (N=100).*

Pearson product moment correlation coefficient analysis revealed that relationship between depression was a non-significant predictor of aggression ( $r = 0.14$ ). Thus, results indicate that there is a non-significant relationship between perceived stress and self-esteem as  $p$  value is greater than 0.05. Thus, hypothesis is *rejected*.

##### ***Hypothesis II***

*There will be significant relationship between depression and aggression in early non-working middle aged women (N=50).*

Pearson product moment correlation coefficient was used to find the relationship between depression and aggression among early middle aged non-working women. No relationship between depression and aggression ( $r = 0.16$ ) in early middle aged women is seen. Thus, results indicate that there is non-significant relationship between perceived stress and self-esteem as  $p$  value is greater than 0.05. Thus, hypothesis is *rejected*.

##### ***Hypothesis III***

*There will be significant relationship between depression and aggression in late non-working middle aged women (N=50).*

Pearson product moment correlation coefficient was used to find the relationship between depression and aggression among late middle aged non-working women. Regarding the relationship between depression and aggression highlights a significant relationship between depression and aggression ( $r = 0.057$ ,  $p = 0.01$ ). Thus, results indicated that there was a

significant relationship between depression and aggression as  $p$  value is 0.01. Thus, hypothesis is accepted.

## 5. Conclusion

According to the result's aggressive behavior in middle aged women is observed in both the stages of middle adulthood i.e. early and late; aggressive behavior present may be in different forms such as indirect aggression, spreading rumors, verbally assaulting or humiliating any individual, this all symptoms may be sometimes witnessed due depression, or symptoms triggering depression in women at this stage.

Factors causing Aggression among women in this stage observed are: loneliness, interference by partners in their daily life, no proper daily routine, financial dependency, feeling of sharing their children with someone else (i.e. his spouse), witnessing younger generation leading an independent and better lifestyle, impact of watching glamorous and idiotic daily soap opera being telecasted on television, a feeling of "no identity" or "loss of identity".

### Future Research to be done:

- Sample size can be increased.
- Sample can be taken from different places.

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