Housewives and mental well-being

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Aim: The aim of this study is to determine level of depression and co-dependency in housewives and to determine whether there is a relationship between depression and co-dependency and factors affecting depression development.

Method: Sample of study is composed of 350 adult housewives living in Altındağ region of Ankara. Data were collected using Personal Information Form developed by the researchers, Co-dependency Assessment Tool (CODAT) and Beck Depression Inventory (BDI). In analysis of data, descriptive statistic analysis, Chi-Square test and Spearman Correlation analysis were used.

Results: Initial results of study showed that mean scores of co-dependency of women were 58.48±12.11 and mean scores of depression were 17.32±13.28. The average depression scores of women who had to be given home care were statistically significantly higher than those who did not have one to be cared for at home (p<0.05). A positive moderate correlation was found between means score of depression and means score of co-dependency (p<0.001, r=0.602).

Conclusion: Co-dependency is a condition that develops in a dysfunctional family environment in a long time and can be prevented and treated, affecting whole family and business life of individual. It is important to deal with concept of co-dependency in relations for community mental health. The sociocultural structure of our society and patriarchal values have many characteristics that can promote co-dependency. Co-dependency is defined by feminist psychologists as pathology in traditional female role. For this reason, evaluating relationship between co-dependency and depression in women is important for mental health of individual, family and community.

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