

## Relation Among Depression, Loneliness and Self-Efficacy of Adolescents of Working and Non-Working Mothers in Bangladeshi Sample

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### Abstract

The main purpose of this study was to investigate the relation among depression, loneliness and self-efficacy of adolescents of working and non-working mothers whether mother's occupation has any effects on adolescent's depression, loneliness and self-efficacy. Assess whether depression, loneliness and self-efficacy of adolescents differ by gender or not. The participants of the relevant study are 100 adolescents of working mothers where 50 are male and 50 are female and 100 adolescents of non-working mothers where 50 are male and 50 are female between the age group of 15 to 18 years selected purposively by convenience sampling technique. To collect the data researcher used Bangla Version of the Revised UCLA Loneliness Scale by Russell and Dan. The Depression Scale suggested by Rahman and Uddin, and adopted Bengali Version by Ilyas et al. of Sherer's General Self-Efficacy Scale. Descriptive and correlation statistical techniques are employed to depict the quantitative data. Results shows that children of working mother are more depressed and lonely and less self-efficient than the children of non-working mother.

**Keywords:** Depression; Self-efficacy; Loneliness scale

### Introduction

Depression is an emotional state marked by great sadness and apprehension, feelings of worthlessness and guilt, loss of interest and pleasure in usual activities. Although loneliness comes time to time of all age but during adolescence (particularly early adolescence) it is stayed in peak because of many changes in social expectations, roles, relationships, and identities, which may increase the experience of loneliness. Self-efficacy one's perceived capabilities for learning and performing actions at designated levels. According to Albert Bandura, self-efficacy is "the belief in one's capabilities to organize and execute the courses of action required to manage prospective situations" [1]. Research in where using longer depression scales such as the Beck Depression Inventory also find a strong relationship between loneliness and depression [2]. The consistent association of loneliness and depression Bragg proposed a distinction between "depressed loneliness" and "non-depressed loneliness". In a study of college students, Bragg [3] found that depressed loneliness was associated with fairly global negativity, seen in dissatisfaction with social relations, school, work, and many facets of life [3]. In contrast, non-depressed lonely people expressed dissatisfaction only with their social relations; they were not necessarily unhappy about other aspects of their lives. While Bandura [1] reported that a low self-efficacy is associated with a low self-esteem [1]. Heslin and Klehe [4] noted that self-efficacy is related to the experience of stress and work burnout. Specifically, low self-efficacy can lead to a sense of helplessness and hopelessness about one's capability of self-esteem [4]. Dussault and Deaudelin [5] found a negative correlation between self-efficacy and loneliness ( $r = -0.25$ ). This finding suggests that loneliness is more likely exists in people who have lower self-efficacy. In this study working mother is indicating them who are attached with job, business almost five years at this time and non-working mother means mother who are only housewives [5]. According to Raymond Montemayor and Mark D. Clayton, maternal employment might be more likely to result in problems for adolescents when it takes place in the context of family instability, undesirable peer influences and lack of maternal supervision [6]. Lakhe completed a study which has the aim to see the social adjustment of the adolescents of working and non-working mothers result shows that adolescent's total level of adjustments of working mother is higher than non-working mother [7]. Suprerna Khanna studied on relationship between emotional intelligence and

social maturity of adolescent children of working and non-working mothers and finds significant social maturity in adolescent children of working mothers than non-working mothers [8]. In Bangladesh, there are almost 27.7 million adolescents'. Among them, a significant number are suffering different mental health problems like anxiety, depression, stress, loneliness, low self-efficacy etc. [9]. To show the remaining risk factors towards the differences in depression, loneliness and self-efficacy regarding mother's working status (working women, non-working women). It also hypothesized that high-low self-efficacy is also correlated with low-high depression.

### Materials and Methods

This cross-sectional study was conducted among conveniently selected 200 children of age 15 to 18 studied in a high school of urban area of Bangladesh. Equal number of boys and girls from grade 10 to 12 who agreed to participate were included. Half of children's mothers are working women and half of others are house wife. They are from lower to upper-middle income group. Demographic and personal information questionnaire, Bangla Version of the Revised UCLA Loneliness Scale [10], The Depression Scale [11], Adapted Bangla Version of Sherer et al.'s General Self-Efficacy Scale [12] was used to collect data. The t-test analysis, correlation analysis and multiple regression analysis was carried out to analysis the obtained data.

### Results

As shown in Table 1, there is significant effect of gender on depression. The mean score is 103.69 in males and 110.92 in females. The t-value is -2.19. We see that females obtained higher scores than

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males and the difference is significant ( $P < 0.05$ ). So, it can be said that male adolescents are less depressed than female adolescents.

There is significant effect of gender on loneliness. The mean score is 48.85 in male and 54.25 in female. The t-value is -3.31. Here also seen that female obtained higher scores on loneliness than males and the difference is significant ( $P < 0.001$ ). So, it can be illustrated that female adolescents are lonelier than male adolescents. But there is no significant effect of gender on self-efficacy. The mean score is 57.92 in male and 56.07 in female. The t-value is 0.79. Here the scores of males and females are almost same. So, the difference is not significant ( $P > 0.05$ ).

As shown in Table 2, in depression, there is significant effect of working status of mothers on depression. The mean score is 127.24 in adolescent of working mothers and 87.37 in adolescent of non-working mothers. The t-value is 22.50. Here adolescents of working mother obtained higher scores on depression than adolescents of non-working mother and the difference is significant ( $P < 0.001$ ). So, it can be said that adolescents whose mother works in outside are more depressed than adolescents whose mother stay at home.

In loneliness, there is significant effect of working status of mothers on loneliness. The mean score is 59.69 in adolescent of working mothers and 43.41 in adolescent of non-working mothers. The t-value is 13.40. Here adolescents of working mother obtained higher scores on loneliness than adolescents of non-working mother and the difference is significant ( $P < 0.001$ ). So, we can say that adolescents whose mother works in outside are lonelier than adolescents whose mother stay at home. In self-efficacy, there is significant effect of working status of mothers on self-efficacy. The mean score is 43.36 in adolescent of working mothers and 70.63 in adolescent of non-working mothers. The t-value is -20.88. Here adolescents of working mother obtained low

scores on self-efficacy than adolescents of non-working mother and the difference is significant ( $P < 0.001$ ). So, adolescents whose mother works in outside have less self-efficacy than adolescents whose mother stay at home.

As shown in Table 3, the correlation between depression and loneliness is 0.593 and their significant level is 0.01. It indicates that depression and loneliness has positively correlated with one another. It means, if depression is increases, loneliness is also increases. If depression decreases, loneliness decreases.

The correlation between depression and self-efficacy is -0.721 and their significant level is 0.01. It indicates that depression and self-efficacy has negatively correlated with one another. It means, if depression is increases, self-efficacy is decreases. If depression decreases, self-efficacy increases. The correlation between loneliness and self-efficacy is -0.605 and their significant level is 0.01. It indicates that loneliness and self-efficacy has negatively correlated with one another. It means, if loneliness is increases, self-efficacy is decreases. If loneliness decreases, self-efficacy increases.

## Discussion

According to the National Comorbidity Survey-Adolescent Supplement (NCS-A), about 11% of adolescents have a depressive disorder by age 18 [9]. Loneliness is an unpleasant experience that occurs when a network of social relationships of a person is significantly deficient whether qualitatively or quantitatively. Here we saw a significant effect of gender on depression and loneliness but no significant effect of gender on self-efficacy. There is a significant effect of working status of mothers on depression, loneliness and self-efficacy. And the correlation between depression and loneliness is 0.593, depression and self-efficacy is -0.721 and loneliness and self-efficacy is -0.605. It indicates that depression and loneliness has positive correlation but depression and loneliness has negative correlation with self-efficacy. If depression is high, loneliness is also high but if depression and loneliness is high then self-efficacy is low.

## Conclusion

The results showed that, adolescents of working mothers, compared to adolescents of non-working mothers, are more depressed and lonely and has less self-efficiency. On the other hand, housewife mother's child's self-deficiency is very high. According to Raymond Montemayor and Mark D. Clayton [6], "The relationship between maternal employment and adolescent's development is enormously complex and no simple generalizations are possible". The reason for this complexity is that many intervening variables alter the impact that maternal employment has on adolescent development [6]. One variable which might have an important effect is the changing social context of maternal employment. With more and more mothers entering the labor force, maternal employment is becoming increasingly accepted. This gradual disappearance of the social stigma associated with maternal employment may result in fewer negative effects on adolescents.

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Groups	Gender	Mean	SD	t-value	Level of Significance
Depression	Male	103.69	24.32	-2.19	P<0.05
	Female	110.92	22.33		
Loneliness	Male	48.85	11.52	-2.19	-2.19
	Female	54.25	11.58		
Self-Efficacy	Male	57.92	16.43	0.79	NS
	Female	56.07	16.57		

Table 1: Mean, SD and t-value in overall depression, loneliness and self-efficacy of adolescents by gender.

Groups	Category	df	Mean	t-value	level of significance
Depression	Working Mother	127.24	11.02	22.50	P<0.001
	Non-Working Mother	87.37	13.88		
Loneliness	Working Mother	59.69	9.08	13.40	P<0.001
	Non-Working Mother	43.41	8.07		
Self-Efficacy	Working Mother	43.36	8.89	-20.88	P<0.001
	Non-Working Mother	70.63	9.56		

Table 2: Mean, SD and t-value in overall depression, loneliness, and self-efficacy of adolescents by working status of mothers.

Variables	Depression	Loneliness	Self-Efficacy
Depression	--	--	--
Loneliness	593 <sup>**</sup>	--	--
Self-Efficacy	-0.721 <sup>**</sup>	-0.605 <sup>**</sup>	--

Note: <sup>\*\*</sup>P<0.01 (two-tailed).

Table 3: Correlation in overall depression, loneliness and self-efficacy of adolescents of working and non-working mothers.

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