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VARIED MANIFESTATION OF DEPRESSION IN WOMEN

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Cover Page Footnote

I have submitted a manuscript for publication consideration in Interscience management review titled. The manuscript has been written improve the readability and quality. This manuscript is 2307 word long including references, abstract, and key words. Subismita Lenka and Swagatika Choudhury are the second and third author of this manuscript

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ABSTRACT

Men and women might experience various kinds of depression in varied ways, and while they do share many signs and symptoms, experts argue that deeper insights into distinctions can benefit affected individuals. The death rate amongst women due to depression has been twice the rate of men during the Covid 19 pandemic, be at home or at frontlines. Our paper aimed to evaluate the disparities found at the onset of Covid 19 in the areas of mental health and domestic violence between men and women. During Covid-19 pandemic very limited research was conducted on the mental health issues of women. We believe that this paper will contribute to recognise the role that women play both at home and at work.

KEYWORDS- Depression, Anxiety, Stress, Gender equality, Covid 19

Introduction

Women are twice in danger of being affected by depression than men and one of the major reasons for the same is gender inequality. This is partly due to biological considerations like hormones and DNA, which are altered when brain regions develop in the male and female foetuses. These biochemical alterations during foetal development build the foundation for sensitivity and mood fluctuations that condition depression. Women also tend to be more emotion-oriented and are able to explain them more effectively if they are depressed. On the other hand, males may not recognise their symptoms of depression; maybe they deny or hide their unhappiness, so that the disease may go

unnoticed by men until it gets worse. The Covid-19 outbreak is the most severe pandemic since the H1N1 influenza (Spanish flu) pandemic that occurred in 1918. The higher fatality rate recorded in men can be partly due to pre-existing cardiovascular and metabolism disorders and a greater frequency of hazardous behaviour. "We have known about sex differences for years when it comes to depression, and they are absolutely essential to understanding the illness," said Jill Goldstein, director of research at the Connors Center for Women's Health and Gender Biology at Brigham and Women's Hospital in Boston. (SueDavid, SueDerald, SueS, 2003) (Nierenberg, 2016) (Thibaut and Wijngaarden-Cremers, 2020)

REVIEW OF LITERATURE

Interestingly, women appear more likely to adopt habits of hand cleanliness that can minimise the risk of infection. Moreover, the difference between males and females in immunological responses may be caused by sex chromosomes and sex hormones. But, in numerous sectors of work (particularly in the health and social sectors) and in the house with increasing lock-in and quarantine procedures, the Covid-19 pandemic has hit women more than males. Their workload has increased. In the world, 70% of the health care workforce consists of women who often work first-line (nurses, midwives and community health workers). Similarly, women constitute the majority of healthcare personnel (including cleaners, laundress, and caterers).

Increased domestic burden can provoke female domestic violence. Sadly, home is not always safest of places where lockdown maybe practised. Women had to cook, sweep floor, clean utensils and did their office work as well. They worked as nanny for their kids, cook cum maid for their family members and above it, they had to work from home which became the most difficult task during the pandemic. As all the family members were at home 24 X 7 and could not order food from outside, it is the women who had to look after the family and their work (official work). In the setting of the pandemic, the aggravation of sexual violence did not receive necessary attention. Experience from Ebola and Zika epidemics has already demonstrated that this current crisis has escalated economic as well as gender-based inequality. A lack of proper domestic and emotional assistance did affect the mental health of women. The risk factor of depression, anxiety and post-traumatic stress disorder (PTSD) was also found to be much higher in women. (Thibaut and Wijngaarden-Cremers, 2020)

Divergent perspectives regarding how depression may manifest in men and women:

1. Men camouflage vulnerability through exasperation:

Since it is socially acceptable for people to show rage, less socially endorsed feelings can often be turned into fury. Such strong feelings of anger and fury often camouflage those of self-doubt, deception and sadness. If rage is a threat, then, the method of coping with it needs to be identified and dealt with practically. Therapists should allow patients to access these sentiments through a particular grievance process. (LynchJ, KilmartinCT, 1999)

2. In women symptoms of depression and diet related disorder are more compared to men.

Depression and dietary disorders like anorexia and bulimia often go together. Depression is also more common in women, such as panic attack or obsessive-compulsive behaviour, when there is an anxiety problem. Thus, anorexia and bulimia should be recognised early and should be taken care of. Young women should especially be counselled so that they don't get obsessed with having the perfect body so as to impress others. (Nierenberg, 2016) (Thibaut and Wijngaarden-Cremers, 2020)

3. Response towards anti-anxiety may vary from men to women.

After a distressing incident, women are more susceptible to experience depression. As a result of traumatic circumstances like the loss of near and dear one, bad relationships with co-workers or family and friends, or loss of employment, women typically react in a more protracted manner than men. This may be the result of "interactions among stress hormones, female reproductive hormones and mood-regulating neurotransmitters", Goldstein said. Women should be encouraged to share their feelings during therapy sessions and talks so as to vent the stressful emotions they may be experiencing. (Nierenberg, 2016)

4. During stress women are more likely to ponder over things.

Women are the ones who suffer from depression more than men. They indulge themselves in pondering over things and undergoing negative sentiments, which are known as ruminations. This behaviour, for no evident cause, can involve negative, self-demeaning experience. It is said that rumination doesn't benefit people and instead tends to make them feel worse. Contrary to women, males tend to feel distracted, which helps to alleviate

depression. (Nierenberg, 2016)(Thibaut and Wijngaarden-Cremers, 2020)

5. Men instress are more likely to depend on alcohol and other things.

Teenagers are more likely to use alcohol or illicit substances as a self-medicating strategy before developing depression. Only after the start of depression or an increased degree of anxiety, women are more likely to engage in drug addiction. Depressed men may also try to conceal their sadness and stress by turning to other outlets, such as television, sports, movies and working out excessively, may also attempt to mask their feelings by indulging in dangerous habits like smoking, drinking, or engaging in sex without consent. In males and teens, depression is more likely to manifest itself as irritation and rage.(Nierenberg, 2016)

6. Women may respond differently to stressful life events.

In response to a stressful experience, women may become more depressed. There are some evidences that, in situations that cause stress, such as death in the family, problematic relationships or job loss, women tend to react in a way that prolongs their unpleasant feelings more than males do. This could be due to connections between stress hormones, reproductive hormones and neurotransmitters which regulate the mood.(Nierenberg, 2016)(Thibaut and Wijngaarden-Cremers, 2020)

7. Symptoms of depression in men may be difficult for others to recognize.

While women are more affected by and sensitive to depression because of their biology, males are more likely to miss the disease. Health experts and even family members are unable to identify symptoms of depression in men, so before they are diagnosed, they may end up in serious depression.(Nierenberg, 2016)

8. Men are more likely to take suicidal attempt.

Since signs of depression in men may last longer without being detected or treated, the disease may grow into a more devastating problem for their mental health. Men with depression are also more likely than women to succeed in suicide attempts. (Nierenberg, 2016) (Moscicki, 1995)

Reasons for stress in women

- Women are more likely to be affected by cultural stress. Biology alone is not the only reason for the higher rate of depression in women. Life style and cultural stress might also play a role. While similar stressors are also found in men, they are frequently lower. Unequal power and status are factors that may raise the incidence of depression in women. Women are substantially more likely than men to live in poverty, leading to problems such as future uncertainty and reduced availability of health and community resources. These problems can lead to negative feelings, poor self-esteem and a lack of control over life.(Thibaut and Wijngaarden-Cremers, 2020)
- Overloading of work. Women often work outside the home and still have home-work. Many women face the rigours of parenthood alone, for example, working numerous jobs to meet their ends. Women can also take care of their children and care for sick or elderly family members.(Thibaut and Wijngaarden-Cremers, 2020)
- Sexual or physical maltreatment. Women who have been abused as children or adults emotionally, physically or sexually are at some point in their life

more likely to have depression than women who have not been abused. Women have a greater chance of sexual abuse than men. (Thibaut and Wijngaarden-Cremers, 2020)

The United Nations has already found that women aged 24-34 have 25% higher chances of facing extreme poverty than men. However, we must use this pandemic as an opportunity to develop better, stronger and more resilient civilizations that could help all women on earth. For example, black nurses were able to serve the U.S. military during the First World War and the subsequent flu pandemic, the first time in U.S. history. In fact, this drama has become a chance to increase equality between men and women. We hope that this pandemic will also assist in recognising women's vital role at home and in the job. For that purpose, the UN proposed that greater resources be allocated to safeguard women, put women at the heart of changes in policy and collect more disaggregated sexual data to study the effects of pandemic on women.

Scope and Limitations

There are several drawbacks to this study as well. This study is based solely on theoretical assumptions that must be explored. Future research could concentrate on gathering primary data from respondents and analysing the data using SPSS. The use of preliminary exploratory data analysis can be done for the other variables like value incongruence, emotional dissonance etc. However, the study's findings are confined to a few literature studies and input from a small number of participants via a questionnaire. There is a possibility of identifying extra diversified information if the literature survey in the mentioned area is broadened and the sample size is enhanced. Regardless, the most crucial factor is the quality of the data gathered.

CONCLUSION

The number of women diagnosed with depression is almost twice that of males. There can be depression at any age. Certain changes in mood and depression occur with normal hormonal changes. However, hormonal changes do not cause depression alone. An additional risk of depression is related with other biological factors, genetic features, and personal situations and experiences. Research centred on mental health issues is still rare, particularly in women, during the Covid-19 epidemic. However, the Covid-19 pandemic affected both women as front-line workers and at home, and considerably deeper than men. The financial crisis they are experiencing is growing gradually and mental health problems are going to expand exponentially as a result.

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