



Psychological Distress and Social Support among working Women; A correlation Study

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Abstract: Purpose of the study was to investigate the correlation between psychological distress as well as the role of social support among professional women. The current study showed that bases of social care have a significant effect on depression, excellence of life and job satisfaction while also social support from family and friends has a significant role to preventing decreasing the risk of depression. Participants of the study were 80 working women (lawyers, doctors and teachers) those were selected from various government and private sectors of Balochistan. Measures of the study were a) (i.e., Personal Information Form (Self-designed) b) The Depression Anxiety Stress Scale 21 stress (DASS). (Lovibond & Lovibond, 1995). Findings of the current study suggested that there is negative correlation between psychological distress and among professional women..

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Introduction

Psychological distress describes state that patient and individual experience of worry about their sign and symptoms of actual and chronic illness (Sheila & Ridner 2003). According to Erdem & Lucey (2021) psychological distress of unpleasant state of feeling of emotional, spiritual, cognitive and behavioral and effect of the human life, emerge psychological symptoms and to be treatment. Depression and Anxiety are commonly as interrelated terms and component of Psychological disorder of mental disease. The word distress is used by the health professional in the situation of Physical, emotional & spiritual condition, as psychological distress is associated to strain, stress & distress. (Selye, 1974).

Previous researches indicate that during COVID-19 mostly health worker experience psychological distress and some other factors contribute of psychological problem like married, old age and gender, health worker were experiences depression 40%, extremely severe anxiety 60%, and 35% severely distressed (Alnazly & Khraisat, 2021). During the COVID-19 peoples were also experiences of moral psychological distress like shame, guilt and anger (Williamson & Greenberg, 2020). During COVID-19 female was more exposure psychological distress then male (Williamson, Murphy & Greenberg, 2020).

Few researcher identify that main cause of psychological distress during the COVID-19 peoples and isolate and health worker were risk their profession and life (Hirico & Magnavita, 2021). Professionals in stress situation are more effective for health worker then other, although in circumstances social support get lesser psychological distress symptoms (Wafa & Tariq 2020).

Some studies indicate that few personal characteristics effects on stress and it severity, such as feeling, emotion, age, social support, self-awareness, personality, gender, family history (Al Yousuf & Al Mazrou, 2002). Psychological distress can emerge from many sources and the disturbed person perception (Koinis. Giannou. Drantaki. Angelaina. Stratou. & Saridi. 2015). Some factors were impacts on professional life stresses like organizational factor, employees-related factors, work-related factors and psychological factors World Health Organization (WHO). (2017).

Past researchers indicate that social support is comfortable zone that decrease the psychological distress, as its major fault psychological distress increase due to burnout (Moreno & Rolden 2014). Social support includes family, friends, neighbors and others close peoples and Social supports have four type's instrumental, emotional, informational and appraisal (Cobb, 1976). Past researchers showed those very lesser social supports produce the

anxiety and stress (Xiao, Zhang, Kong & Yang, 2020). Social support is a kind of instrument to reduce in the working professional's psychological distress and coworker significant for the health worker (Mikkola, Suutala & Parviainen, 2018).

Some researchers indicate that social support less the negative effect relates to stress and positive correlation with stress (Andrews, Tennant. Hewson & Valiant.1978; LaRocco, House & French.1980; Williams, Ware & Donald, 1981). The recent study showed that sources of social support has a significant impact on depression and quality of life also Social support from family and friends has a significant role in decreasing the risk of depressive symptoms (Alsubaie, et al., 2019).

Method

The aim of study was investigate the correlation between psychological distress and social support among professional women.

Participants

The data was collected from different working woman (Lawyers, Doctors and Teachers) and study samples size was consist of 80 Participants.The participants' age was from 26 to 50.

Variables

Psychological Distress. It is described as a state of emotional disturbances, suffering from the symptoms of depression as a common signs lost interest; sadness; hopelessness and anxiety (e.g., restlessness; feeling tense) (Mirowsky, & Ross, 2002).

Social support. Social support is source of support that found in a number of social groups including the family, the peers group also expectations and perception of social support from these multiple sources peers, parents etc (Leaves, & Banerjee, 2014).

Instruments

a) Socio-Demographic form:

This form will be given to participants along with other three questionnaires. It will evaluate the inclusive criteria of female that will be the part of the study. It will include asking the individuals about their age and sex (Male/Female).The individual will be asked about their family system (joint, nuclear & alone) and their marital status (married, unmarried, separated & divorced).

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a) Depression, Anxiety and Stress (DASS) Scale

The Depression Anxiety Stress Scale 21 will evaluate the level of depression, anxiety and stress (DASS). The scale is considered to evaluate feature of depression, anxiety and stress using a multidimensional procedure in adolescents and adults (Lovibond & Lovibond, 1995). Items drop into three scales: Depression (D), Anxiety (A) and Stress (S) with 7 items per scale. Every item is gain from 0 (“did not apply to me at all”) to 3 (“applied to me very much, or most of the time”) in terms of how a lot the item useful within the past week. Minor score on the generally scale will reproduce enhanced psychological wellbeing and advanced scores will characterize poorer psychological wellbeing. The internal consistencies of the three subscales were 0.71 for depression, 0.79 for anxiety and 0.81 for stress. The overall scores were multiplied by 2 to acquire the scores to mirror the innovative 42 item measure.

Multidimensional Scale of Perceived Social Support (MSPSS)Zimet et al., 1988,). Multidimensional Scale of Perceived Social Support is a 12 number of item self-report scale was developed by (Zimet et al., 1988) to assess the social support as of family unit, friends plus important others. This scale is consists of 12 items all items have positive score with 3sub scales significant others, family subscale, and friends subscale.

Procedure

Before the data collection research participants were informed about the purpose of research and there data will be kept confidentially. Study Data collected from different professional women.

Results

Table1

Analysis of variance (ANOVA) showing Mean Difference of Professionals women from various professional groupsontheir scores ofPsychological distress(N=80).

Professional	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>F</i>	<i>p</i>
Lawyer	32	127.50	19.141	.054	.785
Doctor	20	121.61	15.443		(N.S)
Teacher	28	124.15	17.766		

Note.N.S=non-significant

The table.1 indicates the mean differences among the different professionals from various professional levels of on Psychological distress. Results revealed significant (p .05) difference in score of different professionals from three levels of various professional on psychological distress. This means that levels of age may show influence on display of psychological distress.

Table 2

Correlation coefficient score on Psychological distress and Social support.

Variable/scale	DASS	P
	R	
Social	.124	.041

Note. DASS= Depression Anxiety Stress Scale

Tables. 2 indicate the correlation and coefficient between score on Depression Anxiety Stress scale. Result show that there is moderate level between these variables and this correlation is negative. The correlation is significant at $p > 0.05$.

Discussion

Unpleasant state of cognitive, feeling, behavior, emotional is called psychological distress, its impact human daily life and producing of psychological symptoms and treatment (Erdem & Lucey, 2021). According to Cobb, (1976) Social support and social network called to family, close friends and neighbor, they support you in critical situation. Present research was draw by applying to ANOVA and correlation test for assessing the correlation and Analysis of variance from various professional women on psychological distress.

The present study was to analyze Analysis of variance (ANOVA) executed to analyze the various professional groups on psychological distress. First professional group consists with Lawyer (n=32, M=127.50), the cause was behind that they are more time involve their own practices, duty and dealing with different types of cases, epically criminal cases.. Second professional group consists with Doctor (n=20, M=121.61), they are also dealing with different types of patient and more time isolate with their family and friends. Third professional group consists with Teacher

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(n= 28, M=124.15), they are suffering most burden professional. Result of Analysis of variance (ANOVA) is non-significant on psychological distress.

Past researcher describe that female doctors are more and significant involve in psychological distress as compare to other professionals, female doctor lead to extremely job severity (emotional exhaustion and depersonalization), because lack of support, promotion related issues and some time low pay issues (Peltzer, Mashego&Mabeba, 2003).

Current study of was analysis the correlation between psychological distress and social support. Result show that there were negative correlation between psychological distress and social support and it significant at >0.05 .

Frequently in the past study findings reported that social support seen a negative correlation between stress and psychological distress (Poets, & Cassidy, 2020). Past study indicate that there are negative correlation between psychological distress and with higher social support people feel lesser stress and depression (Andrews, Tennant. Hewson & Valiant.1978; LaRocco, House & French.1980; Williams, Ware & Donald, 1981).

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