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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 Assesment 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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