

Mental Health of Professional and Non Professional Married Women

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Abstract

The present study was intended to explore the mental health of professional and non-professional married women. Sample of the study consisted of 119 professional and non-professional married women (50 professional married women and 69 non-professional married women). Their age ranged between 20 to 45 years. Their education was at least graduation. Goldberg's General Health Questionnaire (GHQ-12) was used. Collected data were analyzed by using t-test. Finding revealed that there were difference in two groups on subscales of somatic symptoms and social dysfunction. Non professional women have less somatic complains compared to professional women. Professional women tend to have more somatic symptoms. Non-professional women score less on social dysfunction, indicating more social dysfunction compared to professional women who are socially functional.

Key words: Professional and non-professional women, Mental health, Somatic symptoms, Social dysfunction, Married women, Severe depression, Anxiety and Insomnia

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