International Academic Institute for Science and Technology

International Academic Journal of Humanities Vol. 1, No. 1, 2014, pp. 16-25.
ISSN 2454-2245

International Academic Journal of Humanities

www.iaiest.com

The investigation of relationship between increasing the age of marriage and depression in single girls

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Abstract

This study is conducted to investigate the relationship between increasing age at marriage and depression in single women. This research is a type of descriptive and correlation study and consists of 140 single girl clients and 110 employed women in Relief Committee of Mirjaveh city who were selected by available sampling method. Back Depression questionnaire (1974) was used for data collection. Obtained data was assessed by using Pearson correlation coefficient and a step by step regression. The research findings showed that the prevalence of depression among single girl clients of Relief Committee is high and among employed women are less .Also the result of Pierson correlation coefficient showed that there is a meaningful relationship between increasing the age of marriage and depression among young single girl of Relief Committee .Step by step regression analysis indicated that increasing the age of marriage variable is able to predict the depression rate among single girl clients of Relief Committee. The independent t test results showed that there is a meaning full difference between the rate of depression among single girl clients of Relief Committee and employed women .And single girl clients of Relief Committee showed the higher average in this case.

Key words: Increasing the age of marriage, depression, and girls.

Introduction

This study is conducted to investigate the relationship between increasing age at marriage and depression in single women. This research is a type of descriptive and correlation study and consists of 140 single girl clients and 110 employed women in Relief Committee of Mirjaveh city who were selected by available sampling method. Back Depression questionnaire (1974) was used for data collection. Obtained data was assessed by using Pearson correlation coefficient and a step by step regression. The research findings showed that the prevalence of depression among single girl clients of Relief Committee is high and among employed women are less .Also the result of Pierson correlation coefficient showed that there is a meaningful relationship between increasing the age of marriage and depression among young single girl of Relief Committee .Step by step regression analysis indicated that increasing the age of marriage variable is able to predict the depression rate among single girl clients of Relief Committee. The independent t test results showed that there is a meaning full difference between the rate of depression among single girl clients of Relief Committee and employed women .And single girl clients of Relief Committee showed the higher average in this case.
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Literature

Depression is one of the most common mental disorders in human societies. According to the Mental Health Department of the Ministry of health reports about 7 to 8 percent of the population suffer from this disorder. Worldwide statistics indicate that about 340 million of people are suffering of this disorder and it is the fourth leading cause of death in the world. The World Health Organization has predicted that the second major health problem in 2020, after ischemic heart disease, will be depression. (Salmanz,2011)
Depression is widespread loss that is associated with feelings of sadness and inability to experience pleasure. In fact, this disorder is a kind of reaction against the pressures of life and a psychiatric disorder that affects thinking, feelings, behavior and physical performance. (Afrouz ,2003)Everything seems useless and hopeless to a depressed person and emptiness, especially anger, sadness, shame and guilt often cause the depressed people to suffer. Depression also affects human cognitive functions and cause the person cannot find focus to his mind and to have negative thought about themselves, the world and future, biological function and behavior such as sleep, appetite, and hormones and chemicals in the brain will be disrupted. (Pourafkari, 1996)
Quoted from Abbasi and Mousazadeh ,2015)the disorder also leads to impaired job performance, social relationships and interpersonal relationships and 15% of depressed patients eventually die by suicide. (Shahmiri and Qoreishizadeh 2007 ,)Of the various causes of depression can be stress, successive defeat , any kind of addiction , the behavior of parents in dealing with children , some physical illnesses , conflicts and family problems , the loss of loved ones , inherited factors , some chemistry between brain cell dysfunction, use of certain drugs without a prescription and drinking alcohol. Some researchers also have noted characteristics like age and being single and married as other risk factors. (Maroufi,2004)
The family is one of the earliest known forms of human social life which has been from the inception of the human that ever existed on earth. Various functions of the family and its fundamental role in society is

one of the main reasons for the emergence and survival from the beginning till now. The family is one of the social institutions that have been arisen to meet the most basic human needs and has immense antiquity. It has been throughout the history and in all societies, and the principles governing it are based according to human nature and environmental and social conditions as a symbol. Because marriage is a family introduction so it would take precedence over family. Like marriage, the family has certain principles that on the one hand has historical roots related to social and environmental conditions, and on the other hand is based on religious norms which have been determined by God. According to many sociologists marriage is seen as a part of the family because the family starts with marriage and family without being married does not mean much clear. So, as it has been said, marriage is one of the most basic and yet most critical phases of human life. Human being according to his nature, and dependence on others to respond to their internal and external needs, has always been elusive to individualism. Even primitive men needed common life (marriage and a group life). Marriage has been the most original and the most excellent response and a symbol of his rule sociality. Sociolinguistics, marriage is a social contract and a guarantee for the survival of the human race and peace and security in a society, is resulting in a healthy marriage and a calm family. In marriage and family goals motivates such as human desire to perpetuate the generation, spiritual and economic needs and requirements, etc. are involved that the factors vary in different periods of human history .But what today has been a challenge among Iranian society is the increasing age of marriage. Young people who do not marry, young people who do not find the opportunity to marry, young people who have to stay at home because of wrong traditions, As well as young people who like to be single for a long time of their lives. These and other factors have been gathered and the phenomenon of the age of marriage has been brought up as a problem.

Research shows that in developing countries, including Iran, the average age of marriage has increased in recent decades. For example, research in this regard indicates that the average age of marriage for boys in Iran during the years ,1976 has been 25, while after that (except in ,2004)this process has increased. This study has shown that the age of marriage for girls from 1976 to 2002 consistently had an increasing satiety. (Mohammadi ,2004)Some research with an aspect of survey have shown the increasing age of marriage. A recent survey conducted in Tehran suggest that the ideal age for marriage for young male over is 26 years old. This indicates the increasing age of marriage comparing to traditional community in which marriages used to take place in the age of 20. The age of marriage for girls in this study has been reported 21 to 25 years. (Mohseni ,2001)Certainly, if another research is done in this field, it will show further growth. In addition to the systematic study, case studies and clinical findings also show that young people today marry later. Many studies have shown that the increasing age of marriage for girls will remain irreparable psychological and social effects and even on your personal life. This means when the foundation of family weakens as a community -forming cells, motivations and intentions and other cultural patterns won't be able to preserve the values and norms and their establishment to be maintained over the course of socialization and community members characters. Statistics about suicide in Iran indicate that in the past, the suicide rate among age groups was high but in the last 20 years, this model had been altered and the high suicide rate has changed to the younger age groups. According to a worldwide research and one done in Iran, most suicide attempters are young people. (Taqavi ,2005:75) According to Freud's theory of "psychoanalysis", there is a strong relationship between suicide and failure in love. His analysis of young people who have attempted suicide is that they have failed to satisfy their sexual needs and because of the effects of deprivation and despair of his desires, he commits suicide.

Freud's analysis, however, is not popular but it is true that many cases of youth suicides are due to marriage problems, especially in girls for staying too much at home and hopelessness of marriage .
In a study to investigate the causes of suicide which were performed on 500 cases, it was concluded that one of the main causes of youth suicides, was not providing the background for their marriage. In another study that was conducted on 690 cases of suicide, it became apparent that the rate of suicide in young age (16-30 years old) is very high and a significant portion of people who commit suicide have not been successful or have failed in marriage. Chaldean and Ground (2003) showed in their analysis of the causes of suicide in the city Kuhdasht that the share of suicides among women was more than men, singles more than married ones and it is more common under the age of 20. Khazzaei and Parvizifard also found similar results in the specific characteristics of suicide attempters in Tabriz: that the rate of suicides among women was more than men, singles more than married ones and more common at the age of 17-21.
Lack of marriage situation and the inability to satisfy sexual needs are considered as effective and common factors of suicide among singles. Also in a research that conducted in 2005 to investigate the causes of suicide in Kermanshah city, it was concluded that marriage is effective in reducing the suicide rate (Taghavi, 2005: 106-95).
So by regarding the importance of the marriage age in Iran that is increasing day by day and has created many difficulties and problems for young people, families and the community ,the aim of this research is to investigate the relationship between increasing the age of marriage and depression in single girl clients in relief committee of Mirjaveh city.

The research questions:

1.What is the depression status among single girl clients of Relief Committee?
2.What is the depression status between employed women?
3.Is there any relationship between age of marriage and depression rate among single girl clients of Relief Committee?
4.Is the increasing age of marriage able to predict the depression rate in single girl clients of Relief Committee?
5.Is there a significant difference between depression in employed women and single girl clients of Relief Committee?

Research methodology

This research method is descriptive and correlational type and the statistic population included 140 single girl clients of Relief Committee and 110 employed women in Relief Committee of Mirjaveh city who were selected by available sampling method. The research statistic population is observed in the following table:

Table 1 .Frequency distribution and percentage of statistic population respondents in relation to Marriage status, age and education

Respondents traits		**frequency**	**percent**
Marital status	**single**	**140**	**%56**
	married	**110**	**%44**
age	**26-31**	**89**	**%35/6**
	32-37	**79**	**%31/6**
	38-43	**72**	**%28/8**
	More than 43 years	**10**	**%4**
education	**Below diploma**	**31**	**%12/4**
	Diploma	**20**	**%8**
	Associate degree	**26**	**%10/4**
	BA	**133**	**%53/2**
	Master's degree or higher	**40**	**%16**

Research Tools

Depression questionnaire: in order to assess depression the Back questionnaire was used (1974). There are four choice for each of question that are graded from zero (no existing) to 3 (severe). Cut-off point in the researches is different according to the type of research , and in this study the depression assessment parameter based on a four-item Likert scale is as follows: 0- 16 not having depression, 17-32 mild depression, 33 -47 moderate depression, 48-63 severe depression. The results of conducted meta-analysis on depression Back questionnaire indicates that its internal consistency coefficient is between 0/73 to 0/93 and average of 0/86. Reliability coefficient of retrial according to the distance between implementation times and type of population in the range of 0/48 to 0/86 (Back et al, 1988, quoted from Gross marnat, 2003). Steer Brown (2000) reported the internal consistency of this tool as 0/73to 0/92 with an average of 0/86 and alpha coefficient of 0/86 for patient group and 0/81 for the healthy group. Also Dyson and Mohammad Khani (2008) obtained alpha coefficient 0/92 for outpatient and 0/93 for students and have gained retrial coefficient 0/93 within a week.

Research findings

.1What is the depression status among single girl clients of Relief Committee?

In the case of depression distribution level, single girl patients were divided into four group. Amount of this division and its frequency is shown in the table (2) and the graphical chart of this division is shown in Chart 1.

Table 2. Distribution of single girl clients of Relief Committee in terms of Depression level

Depression type	number	Frequency percent
natural	**35**	**%25**
mild	**32**	**%22/9**
moderate	**48**	**%34/3**
severe	**25**	**%17/9**
total	**140**	**%100**

Figure 1. Percentage of depression level in single girl clients of Relief Committee

The research findings showed that among 140 single girl clients in this study, 35 patients (25%) were normal and 35 patients (75%) were depressed based on the Back Depression questionnaire. In depressed patients group, 32 patients (22/9%) had mild depression, 48 patients (34/3%) had moderate depression and 25 patients (17/9%) had severe depression.

2.What is the depression status among employed women?

The distribution of the Depression in employed women were divided into three group. Amount of this division and its frequency is shown in the table (3) and the graphical chart of this division is shown in Chart 2.

Table 3. Distribution of employed women in terms of depression level.

Depression type	number	Frequency percent
natural	**58**	**%52/7**
mild	**42**	**%38/2**
moderate	**10**	**%9/1**
total	**110**	**%100**

Figure 2. Depression percent in employed women

The research findings showed that among 110 employed woman based on the Back Depression questionnaire, 58 patients (52/7%) were natural and 52 patients (48/3%) were depressed. In depressed clients group, 42 people (38/2%) had mild depression and 10 patients (9/1%) had moderate depression.

3.Is there any relationship between marital age and depression rate among single girl clients of Relief Committee?

The Pearson correlation coefficient is used to answer this hypothesis and its result is presented in Table 4.

Table 4. The assessment of relationship between marital age and depression rate among single girl clients of Relief Committee

		depression
Increasing marital age	**Correlation coefficient**	**0/57**
	Significant level	**0/000**
	number	**140**

Results in Table 4 indicates that correlation coefficient between increasing marital age index and depression rate in single girl clients is 0/57 in which there is a significant positive correlation at 99% level .(01/0> P)So we can say that there is a meaningful relationship between increasing marital age and the rate of depression among single girl clients of Relief Committee.

4.Is the increasing marriage age able to predict depression level in single girl clients of Relief Committee? The regression test is used simultaneously in order to answer this question that results are shown in Table 5.

Table 5. Checking the predicted increase in marital age and depression rate in single girl clients of Relief Committee

variable	**R**	**R^2**	**F**	**B**	**T**	**sig**
Increasing marital age	**0/57**	**0/326**	**66/815**	**0/57**	**8/174**	**0/000**
<0/000P				**140N=**		

Findings of above table shows that after increasing marital age, it could predict 32/6% of depression changes in single girl clients of Relief Committee. Standard beta coefficient indicates that in regression equation, increased marital age has a beta coefficient of 0/57 that is meaningful in 99% level (01/0> P).

5.Is there any a significant difference between employed women depression and single girl clients of Relief Committee?

In order to answer this hypothesis, Independent t tests is used and results are shown in Table 6.

Table 6. Results of independent t test, the difference between depression level in employed women and single girl clients of Relief Committee.

variable	**situation**	**number**	**mean**	**Standard deviation**	**Degree of freedom**	**t**	**sig**
depression	**single girl clients of releaf committee**	**140**	**52**	**17/89**	**248**	**7/534**	**0/000**
	Employed	**110**	**37/08**	**11/88**			

	women						

The findings of above table indicates that **single girl clients of releaf committee** had an average of 52 and employed woman had an average of 37/08 in the case of depression that this difference in means is by regarding calculated t 7/534 and by degrees of freedom284is meaningful in 99% level .(05/0>P)So we can say that there is a significant difference between depression of single girl client of Relief Committee and employed women and single girl clients of Relief Committee had higher average.

Discussion and conclusion

One of the most important indices to evaluate the physical and mental health of individuals in a society is marriage age index. Increasing in the average of marriage age can make some disturbances in the path of society's health. The present research is conducted to investigate the relationship between increasing marriage age and depression in girls with particular emphasis on clients of Relief Committee in Mirjaveh city. Findings of first and second questions of research showed that feelings of depression among single girl clients of Relief Committee is high and among employed women is low .Also according to the findings of this research there is a relationship between increasing age of marriage and depression among single girl clients of relief committee. Obtained coefficient for these two variables indicates a significant positive correlation between increasing age of marriage and depression that emphasizes on this point that by increasing the marriage age, the depression symptoms also will increase . These results are consistant with the research findings of Davodian, 2010, Moghada Jafari and Yaghoubi Chubari, 2008; Kanani, 2007; Mahmoudian, 2005; Kazemipour, 2005; Shams, 2004; Pour Afkari, 2002; Mehryar, 2002; AstinAfshan, 2002; Austin Afshan , 2002; Baghbanian, 1998; Cherayi, in 2000, Seyedi, 1998; Borhani, 1996; Mitchell, 1977; Hamilton and Siown, 2007 .For example, Kazemipour (2005) and Hamilton and Siown (2007) showed in their study that many social and psychological factors are likely cause to increase the age of marriage of girls and in turn this causes mental disorders, especially increased rates of depression in girls.

In order to justify the findings it should be pointed that marriage and family creation is one of the specified objectives in the society that has a lot of manifest and latent goals and functions And it is the society that has duty to create regulations and happiness among members of society and present the ways to its members and young people of society to achieve this spiritual goal .If people in marriage age are faced with the problems caused by the lack of coordination between paths and goals such as poor educational planning and management disabilities in employment sectors ,They cannot establish the institution of family and they cannot get marry and in turn this can increases the age of marriage and cause to create psychological factors such as depression and other mental disorders especially among girls .Today marriage is regarded as a target, emotional and even traditional value in Iran Islamic society. But the ways and means to achieve them is quite rational and based on objective and consumerist and changing capitalist conditions system ,So that women and girls of today Iran are living with anxiety among the spiritual values and material expectations that are determined by the society in relation to marriage.

Regression analysis indicated that the variable of increasing marriage age is able to predict the rate of depression among single girl clients of Relief Committee.

Also the results of the independent t test to present the different rates of depression among employed women and single girl clients of Relief Committee showed that there are significant differences between

depression rate of single girl clients of Relief Committee and employed woman and single girl clients had higher average.

Marriage is a social contract and it is a guarantee to the human race survival and thus peace and security in a society is resulted from a healthy marriage and calming environment of family. Since marriage cause to family emergence and delay in marriage can cause to delay in formation of new families, it is an important matter to be investigated. In marriage and family creation in different societies, different goals and motivations has been considered that mainly are including the desire to have children, social factors, economic need and love. These factors varied in different periods. In the societies economic and social causes are regarded as the most important factors and in previous civilizations fertility and in this modern period love has a greater importance .Todays in Iran the factors such as the nature and shapes of marriage and its social consequences on families and communities, and the general pattern of the spouse selection and the family system , failure in marriages and early divorces and increase of expectations for the beginning of life, change in people's attitudes and their expectations from marriage cause to create serious problems in marriage and increasing the marriage age can be considered as one of these problems and it can be said that increasing the age of marriage is one of the causes of depression.

Depression is the fourth cause of most disease in the world, which lonely is accounted for the largest share of non-fatal diseases. Depression is a mood disorder that cause mental health damage that in addition to distraction of mental situation also can affect on other aspects of physical and social health. So the following suggestions are recommended in order to solve this dangerous and destructive effects of increasing age of marriage in society:

-making aware of young people by teachers on the benefits of marriage in education period.

-The culture-making of marriage and providing simple and easy situations for young people to get marry.

-Extending financial support of government for youth and lending economic facilities and long-term loans for marriage.

-Provide the insight among families in order to ease issues such as dowry and support of youth.

-Activating media, especially radio and television for easy development of the marriage at the society.

-give priority on married people to be employed by the public and private organizations

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