The Role of Life Satisfaction and Maternal Employment on Prediction of Depression in High School Girl Students

Ali Taghvaei-Nia¹*, Isaac Rahimian Boogar², Amaneh Moazedian³

1. Assistant Professor of Educational Psychology, Department of psychology, Yasuj University, Yasuj, Iran.
2. Associated Professor of Health Psychology, Department of clinical psychology, Semnan University, Semnan, Iran
3. Assistant Professor of Psychology, Department of psychology, Azad University of Semnan, Semnan, Iran.

Corresponding Author: Ali Taghvaei-Nia, Department of psychology, Yasuj University, Yasuj, Iran
Email: ali.taghvaei@yu.ac.ir

How to cite this article:

Abstract
Background and Objective: Identification of depression predictors among Adolescent girls is important for providing the appropriate interventions. The purpose of this study was to examine the role of life satisfaction and maternal employment on prediction of depression in high school girl students.

Materials and Methods: The research design was correlational descriptive study. The participants were 218 high school students with their mothers (including 103 girl high school students with employed mothers and 115 girl high school students with unemployed mothers) from Tehran and were selected by multi-phase cluster sampling method. The measures used in this study were Beck depression scale that was completed by students and Life Satisfaction Questionnaire that was completed by mothers. Data analysis was performed through correlation coefficients and stepwise multiple regression with SPSS-19.

Results: The results showed that mothers’ life satisfaction and maternal employment with amount of 0.65 (R²) had significant role on prediction of the daughters’ depression (P<0.001). Mothers’ life satisfaction (β=-0.74) is more important factor in reduction of daughters’ depression than maternal employment with (β=0.17) (P<0.001). Daughters’ depression in satisfied unemployed mothers group with Mean (SD) 23.6 (11.2) was lower than in unsatisfied employed mothers group with Mean (SD) 36.2 (10.6) (P<0.001).

Conclusion: Life satisfaction and maternal employment are important factors in predicting of depression in daughters. Promoting the life satisfaction of mothers and improving their employment status may be important for prevention of depression in teenager offspring.

Keywords: Life satisfaction, Employed mother, Student, Depression