



**THE EFFECT OF EMPLOYMENT ON MENTAL HEALTH AND QUALITY OF
LIFE PRACTITIONER LADIES GENERAL DIRECTORATE OF YOUTH AND
SPORT IN THE FARS PROVINCE**

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ABSTRACT

Employment rate of the population is an important indicator for assessing the mental health and quality of life for people in the community, Employment of women are not separating from the base. The study aimed to the effect of employment on mental health and quality of life Practitioner Ladies General Directorate of Youth and Sport in the Fars province The population size of the sample of Practitioner Ladies The Numbers 43 And non-employed By matching with the number 43 Unemployed women were selected in Shiraz Were selected by convenience The World Health Organization Quality of Life Questionnaire Short Form Mental Health Inventory Goldberg gauges research. The results showed that 9 percent of employment and mental health changes and 10 percent of women who influenced the changes in quality of life. The employment impact on mental health and quality of life for Practitioner Ladies.

Keywords: Mental Health, Quality of Life, Employment, Working Women

INTRODUCTION

The employment index for the assessment community, Quality of life and health of of the economic situation in each that society offers. A large part of each

community's skilled workforce is women. Economic and social requirements of the country on the one hand And women to participate in economic and social demands on the other hand requires that appropriate attention to the issue of women's employment and psychological consequences that occur (Ehsani-Moghaddam, 2010). Employment outcomes for women can be personal, familial, cultural, social and economic involve. The personal consequences of women's employment can be mental health, financial independence, improved social interactions and collisions and increase the value of women in the home and community Thereby increasing their understanding of mental health is one of the fundamental pillars. Women who may become accepted and valued social activities are which will increase their self-esteem (Khosravi, Rafati and Forozesh, 2003). It seems that education and employment are two important factors in mental health. Lifestyle with different roles to allow working women opportunities for personal growth and development of their financial situation. . In addition, the income of working women, feeling of participation in the affairs of the family income increases the feeling of futility, lack of control over family decisions and reduces the marginalization of women.

Repetti (1989) argues that the relationship between physical and mental health of women and their employment relationship is reciprocal. Women's mental health and physical impact on the employment situation and employment affect women's physical and mental health (Long & Kahn, 1993). In addition to the impact on the mental health consequences of women's employment and their family members can affect the Quality of Life, the position of women in society And their role in decision-making, in many societies, it is considered to be indicative of the quality of life (Zanjani, Bayat, 2010). Most studies have emphasized the role of women's employment on quality of life (including Fulden, Sebnem & Erdal, 2007; Zanjani, Bayat, 2010). Lumber & Neber (2004), as a construct of quality of life Composed of objective factors (physical functioning, psychosocial) and subjective factors. Mental factors on life satisfaction, stress, while the objective of further material needs, and participate in activities and interpersonal relationships are centered. Objective indicators such as education level, income, working conditions, marital status, security, social and economic output that can be individually and analyzed as a combination of the quality of life of their people.

In reviewing the literature seen in the studies that examined the mental health or their dimensions and the quality of life for women who have been examined. In a study of Kordi and Hadizadeh (2012) showed that the difference between employed and unemployed women in all aspects of social relationships, body management, purchasing pattern was apparent. Ali Akbari Dehkordi, Shokrkon and Mohtashami (2011) in their study showed that women's employment on mental health, satisfaction and self-esteem is affected. Mohammadi, Yavryan and Arefi (2011) showed that the life expectancy, anxiety and somatic symptoms, there is no significant difference between employed and unemployed women. But this difference in social function is significant. There are also studies in overseas studies that are consistent with the objectives of the study. Sweeting, Bhaskar, Benzeval, Popham & Hunt (2014) concluded that women with new roles (employment and work outside the home) are self-consistent of well-being and mental health than are housewives. Snorraddottir, Rafnsdottir, Tomasson, & Vilhjalmsson (2014) showed that the mental health of women who were employed were more or less psychological distress, In other words, the mental health of working women were employed than

women Sharma & Kaur (2012) determined that women who are socially Quality of Life Questionnaire scores were lower acquisition and operating environment. Rattani (2012) also showed that the role of family, social, economic and political women has a direct impact on women's quality of life. And this effect was greater among employed women. Folden et al (2007) A study showed that women in all aspects of quality of life than the average non-employed women earn. Reisine, Fifield, Walsh & Dauser (2005) showed that women who work on health and quality of life are affected.

METHODOLOGY

The methods used in this research is descriptive research, causal-comparative. The study sample consisted of 50 women who The General Directorate of Youth and Sport has been a Shiraz, Fars Province and ordinary women. The sample size equals the size of groups working women working women Province Directorate of Youth and Sport, the study was performed after 7 due to incomplete questionnaires were eliminated from the final sample was 43, on the basis of normal women (non-working) to 43 And matched (by age and education group working women) were selected by convenience sampling.

Measuring instruments were

A) Quality of Life Questionnaire, quality of life questionnaire WHOQOL-Brefe was based.

B) Mental Health Questionnaire GHQ-28, the questionnaire was first proposed by Goldberg (1972) was adjusted. This

questionnaire and determine the most reliable screening tool for psychological problems and identify positive cases in the general population.

RESULTS

Table 1: Mean, standard deviation, minimum and maximum scores for the two groups of women's mental health

Maximum	Minimum	Standard deviation	Average	Number	Group	Variables
27	7	4/71	14/05	43	Employed	Somatization
25	8	4/29	15/86	43	Unemployed	
28	7	5/44	14/32	43	Employed	Anxiety
27	9	5/69	17/55	43	Unemployed	
18	9	2/31	13/41	43	Employed	Impairment in social interaction
21	9	2/90	15/07	43	Unemployed	
28	7	5/90	12/95	43	Employed	Depression
28	7	6/20	15/07	43	Unemployed	
93	33	15/96	54/74	43	Employed	Overall mental health
94	40	15/24	64/23	43	Unemployed	

Table 2: Mean, standard deviation, minimum and maximum scores for quality of life in both groups of women

Maximum	Minimum	Standard deviation	Average	Number	Group	Variables
27	9	4/74	19/37	43	Employed	Physical Health
29	9	4/83	18/98	43	Unemployed	
26	9	4/59	16/35	43	Employed	Mental Health
21	6	3/92	13/90	43	Unemployed	
15	4	2/52	10/30	43	Employed	Community Relations
14	3	2/95	8/84	43	Unemployed	
36	12	6/24	23/25	43	Employed	Environment
34	11	4/82	20/97	43	Unemployed	
103	52	11/17	75/67	43	Employed	Quality of Life
90	32	12/01	67/95	43	Unemployed	

Table 3: Results of multivariate analysis of mental health in the two groups

Exponent Statistical	Significant	df Error	df Hypothesis	F	Amount	Name of test
1	0/035	81	4	2/73	0/119	Effect Pillai
1	0/035	81	4	2/73	0/881	Wilks Lambda

Table 4: Results of the subjects of mental health and its dimensions employed and unemployed women

Exponent Statistical	Eta square	Significant	F	Mean square	df	Sum of squares	Variables
0/45	0/04	0/06	3/48	70/74	1	70/74	Somatization
0/76	0/08	0/009	7/24	224/66	1	224/66	Anxiety
0/56	0/05	0/036	4/57	167/44	1	167/44	Impaired social relationships
0/82	0/09	0/005	8/50	58/62	1	58/62	Depression
0/80	0/09	0/006	7/94	135/63	1	135/63	Overall mental health

Table 5: Results of multivariate analysis of quality of life in the two groups.

Exponent Statistical	Significant	df Error	df Hypothesis	F	Amount	Name of test
0/89	0/008	80	5	3/402	0/175	Effect Pillai
0/89	0/008	80	5	3/402	0/825	Wilks Lambda

Table 6: Results of the quality of life in female subjects employed and unemployed

Exponent Statistical	Eta square	Significant	F	Mean square	df	Sum of squares	Variables
0/07	0/002	0/703	0/147	3/36	1	3/36	Physical Health
0/75	0/08	0/01	7/04	128/20	1	128/20	Mental Health
0/69	0/07	0/015	6/125	46/15	1	46/15	Community Relations
0/47	0/04	0/062	3/587	111/67	1	111/67	Environment
0/86	0/10	0/003	9/525	1281/67	1	1281/67	Quality of life

DISCUSSION AND CONCLUSIONS

The effect of employment on the mental health of women working in the Directorate of Sports and Youth province showed that Between employed and unemployed women in anxiety, impaired social relationships, depression and mental health scores were significant differences in the effects of employment on 8% reduction in anxiety disorder Social performance by 5%, 9% and improve the mental health of working women is depression was 9%. Although previous studies based on two perspectives regarding the impact of employment on mental health of women who are facing One negative comment is that the decline in women's employment and other mental health is positively oriented perspective on Despite the increased employment of women's mental health and prospective study is based on a positive outlook Been done, it can be argued that this finding is

consistent with studies that view, so that Soiting et al (2014) In examining changing gender roles and attitudes and the implications for the well-being using the new century Available data from 1991 to 2007 showed the contrast between doing housework and employment increases, more working women's psychological distress. They conclude that women with new roles (employment and work outside the home) are consistent with their well-being and mental health than are housewives, Senoradotir and colleagues (2014) showed More women working in mental health and less psychological distress than women are employed, Ali Akbari Dehkordi et al (2011) also showed that women who are in a good state of mental health and women's employment on mental health, satisfaction and self-esteem, they are influenced. Mohammadi et al (2011) also found the mental health of women who have had more. Other

research has found that between employed and unemployed women in terms of physical health, psychological health, social relationships and the quality of life there is The impact of employment on mental health (8%) Social relations (7%) And overall quality of life was 10%. Although built in fewer studies have examined the quality of life for working women is But in studying abroad, we see that most of the studies focused on the role of employment on quality of life for working women, So it can be said that these findings are consistent with previous studies on the relationship between Sharma and Ceor (2012) determined that Non-working women in terms of social and environmental activism have earned lower scores on quality of life questionnaire, Ratani (2012) showed that the role of family, social, economic and political women has a direct impact on women's quality of life. And this effect was greater among women who also Folden and colleagues (2007) found that women working in all aspects of quality of life Average than non-employed women have earned Rizayn, Fifold and colleagues (2005) found that women who work on health and quality of life is affected Further studies in the country are the results of the present study is, Kerman Saravi et al (2011) Health-related quality

of life compared to homemakers and working women showed that women who work in the city of Zahedan Quality of life scales except physical function had higher mean scores, the results suggest the effect of employment on quality of life Psychiatric and mental health nurses, especially in it. Namely providing facilities for the participation and employment commensurate Women in proportion to their health and quality of life have been effective, Ramezani (2011) compared the quality of life for working women and housewives showed,. Employment on quality of life is affected working women, jewelry and colleagues (1389) also showed that the effect of employment on quality of life in women. Javaheri et al (2010) also showed that the effect of employment on quality of life in women. Shaghaghi and Shakhmgar (2009) showed that Marital satisfaction (satisfaction with the view that an essential component of quality of life) among women who had been employed more than women.

ACKNOWLEDGMENT

This article is extracted from my thesis under the title of "The effect of employment on mental health and quality of life Practitioner Ladies General Directorate of Youth and Sport in the Fars province". Hereby, I extend my sincere appreciation to Islamic Azad university of

Arsanjan for the efforts and supports they provided to me.

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