

ABSTRACT

Depression can be defined by transactions between the person and the environment in which stressors are linked to anxiety reactions by the perceptions of threat. The diagnosis of depression is more difficult to make than usual, because biological indicators such as anorexia, loss of weight and libido, and sleep disturbances may all be caused by the illness. Other symptoms, such as dry mouth and constipation may be side-effects of drugs. Feelings of hopelessness are common and even suicidal thoughts may not be depressive, but rather express the patient's wish to retain control of his life to the end, to shorten the period of dying, or to relieve others of the burden of caring for him.

The sources of stress may be seen as including some of the central features of society itself : its value systems, the stratified ordering of its populations, the organization of its institutions, and the rapidity and extent of changes in these elements. Sources of stress also can be identified in the direct experiences of individuals. Both eventful experience, involving undesirable, unscheduled or involuntary change, and continuing experience, involving persistent problems within social roles, can be powerful conditions for stress.

In recent years more and more women have added occupational roles to their family and community responsibilities. The combination of work and family responsibilities results in stressful work overload for many women. Not only do working mothers spend many hours working and few hours in leisure pursuits, but their paid work and their work at home generally require attention to the needs of others. Women, in their family roles as providers of social support to children, husband, and other kinfolk and in their work roles as providers of support to bosses, clients, and customers. often given