

Depression in Married Immigrant Women in Korea

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Abstract. Because of the human interchanges among countries, multi-racial and multi-cultural phenomena have become widespread over the past 10 years in Korea. Therefore, this study aims to investigate the degree of depression of married immigrant women in Korea and influential factors of it. Moreover, this study suggests the basic data that can be useful to find out and protect depression of married immigrant women in Korea. 665 subjects who are married immigrant women in Korea participated in this study and they were asked to complete the survey research. And the results are as follows: First, the depression accounts for 1.8 out of 4 and the satisfaction of marital relationship is 3.5 out of 5. Moreover, their life satisfaction in Korea indicates 3.49 out of 5. In case of their stress index of cultural adaptation, the average is 2.5 out of 5. It is considered that these results can be the basic data to set up the preventive programs for depression of married immigrant women in Korea.

Keywords: immigrant women, depression

1 Introduction

The marriage migration in Korea has led the increase in the number of foreign women immigrant gradually. In addition, many problems are caused when they restart their life in Korea because they are not fully prepared for adaption to sociocultural and psychological difficulties as well as the language problem. Therefore, they experience stress due to the unfamiliar environment, communication problems, and differences in life style and traditional values. Generally, those who should start their life again in foreign counties like married immigrant women in Korea go through high levels of stress. Similarly, severe mental health problems such as depression and anxiety can be caused if there are enormous changes in culture. Consequently, this study intends to investigate levels of acculturation stress, family stress, satisfaction of marital relationship, and life satisfaction in Korea. With the results of these, married immigrant women's depression and related factors will be explored to establish preventive programs for their depression.

2 Method

2.1 The Purpose of Research Design

The purpose of this study is to figure out the level of depression and related factors of it of married immigrant women in Korea.

2.2 Data Material

For this study, 700 married immigrant women in Korea were selected for participants at first. And among them, 665 subjects were chosen after unsuitability screening. Moreover, this study was conducted based on all subjects' written consent for this research.

2.3 Data Tools

Survey research was printed in Korean, Chinese, Vietnamese and English. In this survey, age of the subject, age of their husbands, their country of origin, length of their stay in Korea, education level, their religion, religion of their husbands, monthly income, occupational status and their fluency in Korean were presented. And all participants were asked to complete this survey.

2.3.1 Depression, Satisfaction of Martial Relationship, Life Satisfaction in Korea, family stress and acculturation stress

According to the pilot test, each category resulted in the followings: Cronbach's alpha reliability for depression was .84 and for satisfaction of martial relationship was .94. In case of life satisfaction in Korea was $\alpha=.91$ and it was $\alpha=.95$ for family stress. Finally, cronbach's alpha reliability for acculturation stress was .90.

2.4 Data Procedures

First, this study went through deliberation of Institutional Review Board(IRB)(No.2009-09). Then, from June, 2011, the survey research papers were collected from centers for immigrant women and public health centers which are located in Seoul, Hanam, Yongin, Jinju and Busan for three months. In addition, researchers and assistant researchers provided participants the detailed information about the study, then they received the written consent from participants for this study.

3 Results

3.1 General Characteristics of Participants and the Difference in their Depression.

Of a total of 227 subjects, 189 (83.3%) were female and 38 (16.7%) were male. The mean age was 20.82 years and 148 subjects (65.2%) were aged from 18 to 20. Monthly family income ranged from 1.01 million to 2 million won and from 3.01 to 4 million won, respectively, for 64 subjects (28.2%); 200 (88.1%) had their fathers employed and 178 (78.4%) had their mothers employed. The body mass index (BMI) ranged from 18 to less than 23.0 for 168 subjects (74.0%) in the normal weight group, was less than 18 for 36 (15.9%) in the underweight group, ranged from 23 to 24.9 for 15 (6.6%) in the overweight group, and was 25 or more for 6 (3.5%) in the obese group.

3.2 Subjects' Depression and Related Factors

In the case of married immigrant women's depression and related factors of it, depression took up 1.8 out of 4, and satisfaction of marital relationship took up 3.5 out of 5. Moreover, life satisfaction in Korea accounted for 3.49 out of 5, family stress occupied 3.69 out of 6. Finally, acculturation stress took up 2.5 out of 5.

3.3 Correlations between Subjects' Depression and Major Variables

There were some negative correlations between married immigrant women's depression and satisfaction of marital relationship ($r = -.112, p < .01$) and between married immigrant women's depression and life satisfaction in Korea ($r = -.124, p < .01$). In contrast, however, there was a positive correlations in acculturation stress ($r = .231, p < .01$). Satisfaction of marital relationship had the positive correlation with life satisfaction in Korea ($r = .536, p < .01$) and negative correlation with acculturation stress ($r = -.244, p < .01$). Finally, life satisfaction in Korea negatively correlated with family stress ($r = -.119, p < .01$) and acculturation stress ($r = -.265, p < .01$).

4 Conclusions

This study has analyzed dietary behavior by meal intake or skipping for university students, who are in the transition period into adulthood in the life cycle, and suggests the need of good dietary behavior as well as regular meals in pursuit of their health promotion. In particular, university students were very likely to skip breakfast and had bad dietary behavior on the basis of frequency of snack intake and eating out. Since university students currently giving less consideration to their own health may

play a leading role in managing the dietary life and promoting health at home and in society as parents of the next generation, therefore, it is necessary to develop nutrition and health management programs for health promotion as well as for disease prevention.

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