

## Effect of Gender Norms and Gender Equality on Depression and Quality of Life among Young and Old Married Couples

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**Abstract :** The aim of this study was to examine the effect of gender norms and gender equality on depression and quality of life among young and old married couples. The sample consisted of 60 old and 100 young married couples. It was mainly conducted in Islamabad, Pakistan. However, since it was convenient and snowball sampling, we were able to get the data from other cities of Pakistan as well. By using Beck Depression Scale (Aaron T. Beck), Satisfaction with Life Scale (Diener), the Ambivalent Sexism Inventory (Glick & Fiske, 1996), and Gender Norms Attitude Scale (Waszak et al., 2000). It was found that the old couples have a high quality of life than young couples, which further proved them to have positive attitude towards gender equality, negative attitude towards gender norms and low level of depression. Also, couples having positive attitude towards gender equality have high level of satisfaction with life than the ones having negative attitude towards gender norms, who have low level of depression. Also, having a negative attitude towards gender norms has adverse effects on the level of depression. To achieve a high quality of life, it would be helpful to evolve with the world, especially with respect to the concepts of gender norms and equality.

**Keywords :** depression, gender equality, gender norms, married couples, quality of life

**Conference Title :** ICPBBA 2020 : International Conference on Psychological Behaviorism and Behavior Analysis

**Conference Location :** Tokyo, Japan

**Conference Dates :** May 28-29, 2020