# Self-concept and Its Relationship with Depression among Older Women in Riyadh City

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**Abstract**
The current study aimed to identify one of the factors that contribute to the emergence of depression among the elderly women, to identify the correlation between self-concept and depression among the elderly women, to identify the differences of self-concept among older women which is attributable to demographic variables, to identify the differences in depression among older women which are attributable to demographic variables, and to identify the possibility of using the self-concept in predicting the depression which the elderly women are suffering from. In order to achieve the objectives of the study; the researcher has used the descriptive and analytical approach. The study population consisted of all the elderly women in the Riyadh city, where the sample of (200) elderly women was selected from the Prince Salman Social Center in addition to some of the places of teaching the Koran in Riyadh. The study found a range of results, including; there were no differences in the degree of depression among older women attributable to the demographic variables (age, education level, marital status, economic level), there are no differences in self-concept among older women attributable to demographic variables (age, educational level, Marital status), and there are differences in the degree of self-concept among older women attributable to the economic level for the benefit of older women with the better economic level. The study also found the existence of a negative relationship at the highest limits of statistical significance between depression and self-concept among older women, as well as the Low self-concept is useful in predicting the depression among older women. The researcher has proposed several recommendations, such as, the attention to developing physical older women through establishing programs that offer material support for older with low-income, in addition to create an elderly Association specialises in sponsoring the elderly women's rights, and provide psychological and moral support to them.
**Keywords:** Self-Concept, Depression, Older, Women

## 1. Introduction

The cultural openness, the technological revolution and the remarkable progress in medical science have led to increase the life expectancy, and increase the proportion of elderly people in all parts of the world in general and at Saudi Arabia in particular. The Department of Statistics in Saudi Arabia estimated that the number of elderly people is about (675 915) of males and females, while the amount of the older women is around (326,651) of the total population of the Kingdom (Abu Awad, 2008). The significant increase in the proportion of older women called for the adoption of their well-being and taking it as one of the priorities that require research and study by the researchers, in order to reach to the problems experienced by this group, and attempt to provide programs that include all preventive ingredient in order to achieve a better life style for them (David, 2001).

The importance of the researches, which are related to the elderly, are highlighted from the importance of this category for the community, where the aging occupied paramount importance in the list of nations and governments interests, but the Muslim world did not give this Category sufficient attention to discuss their problems and ways to prevent it, and this goes back to the care and respect which the elderly are find in our country from the family. But the direction of communities' toward modern technology and according to the increasing numbers of the population dramatically; there must be a proper ready to counter the problems which the elderly may face in the future (Abdul Muti, 2005).

## 2. Research Problem

International HMS Consortium was formed and dedicated to replicate in manufacturing the strengths that holonic systems provide to living organisms and societies. These holonic strengths encompass stability in the face of disturbances, adaptability and flexibility in the face of change, and efficient use of available resources. Succinctly, autonomy and cooperation are known as the prime attributes of HMS (Valckenaers *et al.* 1997; Bongaerts 1998).

Women make up a high proportion of all older people, according to the World Health Organisation estimation in 2007; women accounted 55 % of the proportion of adults aged 60 years and older in all parts of the world. According to the report of the Unified Arab Economic 2005; the proportion of the older males who are expected to live to the age 65 from the year 2000 to 2005 in Saudi Arabia is about (66.3) % out of every 100 male, while this percentage will increase in the elderly women, as the proportion of elderly women who are expected to live to the age of 65 years is approximately (73.3) % (Sheikh, 2009). Thus; the increasing rise in

women's age makes it necessary to consider the real and psychological reality of older women in Saudi Arabia (Sheikh, 2009).

Ibrahim (2008) indicated that loneliness, depression, constant anxiety, disease, lack of sense of security, and the tendency to Introversion are the most common problems faced by the elderly. And since the depression is one of the most common symptoms of aging; therefore, studding the psychological nature of elderly and the diagnosis of its manifestations and dimensions are one of the most important things to look for (Ibrahim, 2008).

Depression is considered one of the most emotional fluctuations that occur in old age, and this is due to the change in the concept of the elderly and realising himself (Sheikh, 2009). Linking the self-concept with the behavior is the goal of most of the studies, where the individual behavior is determined by forming his/her self-concept. Seeman et al., (1996) also emphasised that the effectiveness of the self-belief of the elderly have a significant role in influencing cognitive skills (memory, performance, verbal skills). Therefore, the researcher of the current study seeks to reveal the importance of the self-concept of older women and the relationship of that with depressive symptoms. And thus, the main problem of the current study can be determined in the following main question as follows: **What is the relationship between self-concept and depression among elderly women in Riyadh city.**

## 3. Research Objectives

The current study is trying to achieve the following objectives:

- To identify the factors which contribute to the emergence of depression among older women.
- To identify the correlation between self-concept and depression in older women.
- To identify the shape of the relationship between self-concept and depression, this may be due to some demographic differences (economic status, educational level, marital status.
- To identify the possibility of using the self-concept in predicting the depression which the older women are suffering from.

## 4. Research Objectives

The current study aims to verify the following hypotheses:

- There are No statistically significant differences in the degree of depression among the elderly women attributable to the variables (age, education level, marital status, economic level.
- There are No statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the variables (age, education level, marital status, economic level
- There is a negative significant correlation between high self-concept and depression in older women.
- The Low self-concept is useful in predicting the depression among older women.

## 5. Theoretical Literature

### 5.1 Self-Concept

Self-concept is linked to the field of psychology and the field of social cognition. Assets of self-concept does not return to the present time, where the ancient Greek philosophy made remarkable meditations on the nature of the soul, as it was Aristotle's notion of self they are a number of complementary functions, where the function of the rational self is to think, to select and to evaluate. Some researchers believe that the interest in studying the self-concept has been weakened at the beginning of the twentieth century, and this has been explained according to the following points (Al-Thaher, 2004):

- The emergence of Watson behavioral school in America in 1925, where the interest was growing in observing the external behavior more than observing the inner life of individuals.
- Scientists of self-have neglected the exact scientific experimentation, and they adherence to the old curriculum.

### 5.1.1 Self-Concept Definition

Self-word in psychology has two distinct meanings; from one hand it defines as the person trends and his/her feelings about himself/herself. I.e. it defines as the idea of the person about himself/herself. And from the other hand, self-concept is considered as a range of psychological processes that control the individual's behavior, which includes a set of processes such as thinking, remembering, and cognition (Sheikh, 2009).

Opinions differed in assessing self-concept; some considered it as a one-dimensional concept (Undimensional Construct) such as "Rosenderg", and others considered is as a hierarchical model, such as "Shavelson et al" and "Byrne". Cattel (1950) considered the self as the basis of the human behavior stability and regularity, where he divided the self into two parts; which are the realistic self that represents the reality of the individual, and the ideal self which the individual sees himself through it.

Social Psychology clarified that the general concept of the self is composed of a large number of mental representations which are owned by the individual himself, and these representations are accumulations of

individual experiences in different life situations (Al-Thaher, 2004). Abu Gado (2010: 138) argued that self-concept is the total sum of the perceptions of the individual, which is composed of individual thinking for himself and for the collected image. On the other hand, Kitami and Adas (2002: 276) pointed that self-concept is a set of feeling and contemplative processes that inferred by a noticeable behavior or phenomenon.

Self-concept is formed from childhood through the various stages of growth in the light of certain determinants which form imperceptibly his idea of himself. These thoughts, feelings and attitudes that formed by the individual himself is a product of socialisation, social interaction, and reward and punishment methods (Drew et al., 1999).

Many researchers have selected the self-concept with many characteristics, including (Al-Thaher, 2004; Abu Gado, 2010):

- The organised self-concept: as the individual understands themself through various experiences that provide him/her with the information.
- The multi-faceted self-concept: Since there are concept multiple aspects of self.
- The hierarchical self-concept: As the base of self-concept is the experiences experienced by the individual in different situations.
- The constant self-concept: self-concept is considered relatively stable.
- The evolutionary self-concept: the varied aspects of self-concept through the stages of its development.
- The evaluation self-concept.

*5.1.2 The dimensions of self-concept*

One of the most important recent developments in the theory of self-concept is what has been proposed by "Vernon", where he has divided the dimensions of self to levels, namely (Zahran, 1977):

- Social self or public self: it means the self which is presented by the individuals to strangers and psychologists.
- Own emotional self: which is the self that usually perceived by the individual, and expressed verbally.
- Self-insight: this self is achieved when the individual is placed in an analytical position.
- Deep self: It is shown when psychoanalysis.

From other hand, William James has clarified that there are three dimensions of self-concept, including (Al-Thaher, 2004):

- Self as an individual believed existed in reality.
- Self as the other sees it.
- Self as an individual wishes to be.

Therefor; the forms and dimensions of self-concept were linked together inextricably and intimately, and affect and are affected by each other. The researcher in the current study will focus on the three dimensions of the dimensions of self-concept, and is physical self, and social self, and self-criticism, because they are related to the topic of the current research.

*5.2 The Depression*

Grief is a fungal emotional responses and one of the psychological aspects of depression that must and can affect humans in a stages of his/her life.

*5.2.1 The Depression Definition*

The concept of depression can be expressed in different ways, such as using it to describe the mood, or the definition of the disease. Depressive mood means for different individuals unhappiness and an inability to laugh, and may include feelings of guilt and loss of value, the low self-confidence and indifference (Hamouda, 2004).

Depression describes the individual's sense of sadness or despair, as well as losing the interest in activities that were sending for him/her happiness and pleasure, where family members noted the withdrawal of the individual of his companions and staying away from them, as well as, the depressed neglect the recreational activities that he/she used to do (Greenglass et al., 2006).

As temperamental and emotional case; the British Encyclopedia has defined the depression as a mood characterised by low self-esteem and a sense of inferiority, and pessimism, low self-confidence, slow thinking and work, as well as loss of appetite, and sleep disorder (Hamouda, 2004).

As a health case; depression is known as a progressive disorder begins in a simple and then cascade down until it reaches the cases of mental illness that requires medical treatment (Greenglass et al., 2006).

*5.2.2 Causes of Depression*

Psychologists pointed out that there are many causes of depression, including (Sheikh, 2009; Abu Gado, 2010):

- Physiological factors, which include:
  - Some scientists believe that there is a relationship between depression and disorder minerals in the body. Menopause represents an important era in the life of women from the psychological point of view and physical, where there are frequent hormonal changes that lead to

psychological crises and imbalance in the chemical balance.
- o The weakness of the blood vessels in the brain, which results in an imbalance in the transmission of nerve impulses.
- o Suffering from chronic diseases, which are accompanied by a sense of vulnerability.
- o Medicines and drugs used by the elderly may be a cause of depression.
- Environmental pressures and emotional: The more pressure that are associated with depression in the elderly is that occur as a result of their isolation, or loss of social support and supportive.
- Personal factors: such as the difficulty of living, high prices, low incomes, the need for medication, lack of independence.
- Psychological factors: such as traumatic experiences in the past, the disappointment in present and future.

### 5.3 Elderly People
### 5.3.1 Elderly Definition
The scholars differed in determining old age, where the majority of scientists agree that the age of 60 is the beginning of aging. Biologically, the definition of aging have based on two basic definitions (Kenawy, 1987):
- First: the building of the body, and refers to the increase in destructive chemical reactions in the body, which results in a continuous decrease in the body's ability to resist external influences.
- Second: is related to the function, where the continuing shortage resulting in decreasing the body's ability to resist external influences and a lack of functional capacity of these members.

Aging can be defined as a state of deterioration occurring for the organic object yet fully matured, and that result in a definite change depends on the time factor, which include impaired ability to perform the duties as required, and the increased probability of death with age (Kenawy, 1987). Many researchers also agree on the definition of old age as the age group where the physical and mental functions start to deteriorate clearly compared with previous periods of age (Hijazi and Abu Ghali, 2009).

### 5.3.2 Elderly stage properties
The elderly stage is featuring with a number of characteristics, including (Greenglass et al., 2006; Abu Gado, 2010):
- Physical characteristics, such as:
  - o The growth of individual integrates in young adulthood and then descends gradually aging.
  - o Impair the performance of hearing and sight at the age of fifty.
  - o Weaken the sense of sight.
  - o Poor appetite.
  - o Sagging muscles.
- Mental characteristics, such as:
  - o Poor memory and forgetting.
  - o Slow thinking.
  - o Reservation and not to hurry in taking decisions.
- Emotional characteristics, such as:
  - o Physical weakness and chronic diseases.
  - o Leave work and children leave as a result of marriage.
  - o Hypersensitivity.
  - o Attachment to the past.

### 5.3.3 Depression in the elderly
Differences that happened for the elderly, such as the likelihood of near-death, dependency and chronic health problems, may lead to the injury of elderly with depression particularly if they did not find strong support from those around them (Al-Thaher, 2004).

Studies have shown that older people are more vulnerable to depression, as depression increased in the age group of 55-70 years ((Sheikh, 2009; Abu Gado, 2010). The depression in the elderly is associated with a range of symptoms, which are (Sheikh, 2009):
- Sadness, anxiety, lethargy, the slow in the movement, the lack of response to stimuli and declined to interact with the outer perimeter.
- Difficulty in thinking.
- Lack of ability to concentrate.
- The ideas of old people are link continuously with difficulties, the past, and making mistakes.
- Loss of ability to enjoy activities and hobbies.
- Boredom.
- Loss of ability to control the Physiological functions, such as urine and feces.

- Sleep disorder.
- Anorexia.

## 6. Research methodology and procedures

### 6.1 Research Methodology
In view of the study objectives, which the current study seeks to achieve, the researcher has used the descriptive and analytical approach, as it reflects a social phenomenon to be studied in quantitative and qualitative.

### 6.2 Research Population
The study population consisted of all elderly ladies in Riyadh composed.

### 6.3 Research Sample Size
The study sample was selected at random from the Prince Salman Center, and also from the places of teaching the Koran-sized (200) elderly. Where the older women of the Prince Salman Center were amounted to 130 elderly, while the number of older women from the place of Koranic amounted to 70 elderly.

### 6.4 The study sample characteristics
First: The age

*Table 2: The study sample characteristics according to age group*

| Age group (year) | Repetition | Ratio | less value | The highest value | Mediterranean | standard deviation |
|---|---|---|---|---|---|---|
| From 55-Less than 65 | 124 | 62.0 | | | | |
| From 65-Less than 75 | 49 | 24.5 | 55 | 95 | 63.24 | 7.5 |
| From 75 and more | 27 | 13.5 | | | | |
| Sum | 200 | 100.0 | | | | |

Table 1 shows the characteristics of the study sample according to age group, where it shown that the age of the respondents is between 55 and 95 years old with an average of 63.24 years old, and a standard deviation of 7.3. And that the 62% of respondents in the age group from 55-less than 65, 24.5 % of respondents in the age group from 65-less than 75, 13.5 % of respondents in the age group from 75 and more.

Second: The Qualification (Education Level)

*Table 3: The study sample characteristics according Qualification (Education Level)*

| Education Level | Repetition | Ratio % |
|---|---|---|
| Illiterate | 84 | 42.0 |
| Reads and writes | 40 | 20.0 |
| primary | 48 | 24.0 |
| Intermediate | 12 | 6.0 |
| secondary | 9 | 4.5 |
| Academic (university degree) | 7 | 3.5 |
| Total | 200 | 100 |

Table 2 shows the study sample in accordance with the educational qualification characteristics, as turns out that 42% of respondents were illiterate, and 24% hold the primary certificate, and 20% read and write, and 6% pregnant intermediate certificate, and 4.5% have secondary degree, and 3.5% have a university degree.

Third: The Social Status

*Table 4: The study sample characteristics according Marital status*

| Social Status | Repetition | Ratio % |
|---|---|---|
| Married | 84 | 42.0 |
| Divorced | 40 | 20.0 |
| widow | 48 | 24.0 |
| Total | 12 | 6.0 |

Table 3 shows the characteristics of the study sample according to marital status, which shows that 58% of respondents are married, and 37.5 % are widows, and 4.5% were are divorcees.

Forth: Economic level

*Table 5: The study sample characteristics according Economic level*

| Economic level | Repetition | Ratio % |
|---|---|---|
| Weak | 8 | 4.0 |
| Average | 94 | 47.0 |
| Good | 43 | 21.5 |
| Excellent | 55 | 27.5 |
| Total | 200 | 100 |

Table 4 shows the characteristics of the study sample according to the economic level, which shows that 47% of the sample has average economic level, 2    7.5% has excellent economic level, 21.5 % has good economic level, and 4% has weak economic level.

*6.4 Study tools*
The study consists the following tools:
- The questionnaire of the initial information: where the researcher designed a questionnaire to collect the demographic variables.
- Depression Scale: Brnik and Yesavage (1983) have prepared the initial image of the scale, where is composed of 30 item divided into two groups. Thus, getting 30 is the highest grade obtained by the respondent and zero is the least degree. Depression Scale is honest and consistent tool to determine the degree of depression in the elderly, and measuring the vital disorders associated with depression. In order to prepare the scale in the Arab image, Amal Abaza (1999) has translated it into Arabic and codified it in Egyptian society through measuring the honesty transactions and consistency, as the value of consistency was 0.81, which is a high value, indicates the stability of the scale.
- Self-concept scale: where the researcher built the self-concept scale by reviewing research and theoretical studies on the subject of self-concept and through reviewing some models that have been developed to measure self-concept and mainly in Saudi Arabia environment, such as:
  - Tennessee scale of self-concept (tssc): It is prepared by William Fitz in the year (1965), where the scale contains 100 sentences include a self-description that the patients use it to draw the picture of himself and his person.
  - Self-concept testing for adults: It is prepared by Emad Mohammed Ismail and Mohamed Ghali in the year (1961), which includes100 sentences that measure the self-concept from three dimensions (spacing degree, self-accept, accept others).
  - Mahmoud Abdel-Halim scale of self-concept.

The researcher has derivate 34 item of these scales, spread over three main dimensions, which are:
- **Physical self-dimension**: it means the concept of the individual and his view of his overlook, and the amount of consistency between the members of his body, his body shape, and color of his body, which consists of 12 sentences.
- **Self-criticism dimension**: it means the vision of the individual to himself honestly for what they are, and consists of 12 sentences.
- **Social self-dimension**: It is the individual perceptions and perceptions according to the interaction of others.

Where the researcher prepared the concept of self-scale as closed questionnaire. The following table (Table 5) shows the Pearson correlation between the sentence and the dimension to which they belongs. Table 5 indicates the presence of a positive correlation between every dimension of the scale's dimensions and the dimension to which they belong.

*Table 6: the Pearson correlation between the sentence and the dimension to which they belong*

| Paragraph | The correlation coefficient | Paragraph | The correlation coefficient | Paragraph | The correlation coefficient |
|---|---|---|---|---|---|
| **The first dimension** | | **The second dimension** | | **The third dimension** | |
| **1** | 0.468 | 1 | 0.357 | 1 | 0.530 |
| **2** | 0.564 | 2 | 0.535 | 2 | 0.474 |
| **3** | 0.422 | 3 | 0.464 | 3 | 0.558 |
| **4** | 0.555 | 4 | 0.706 | 4 | 0.484 |
| **5** | 0.658 | 5 | 0.637 | 5 | 0.460 |
| **6** | 0.466 | 6 | 0.508 | 6 | 0.558 |
| **7** | 0.507 | 7 | 0.600 | 7 | 0.505 |
| **8** | 0.648 | 8 | 0.527 | 8 | 0.666 |
| **9** | 0.530 | 9 | 0.594 | 9 | 0.502 |
| **10** | 0.514 | 10 | 0.420 | 10 | 0.443 |
| **11** | 0.547 | 11 | 0.514 | 11 | 0.552 |
| **12** | 0.456 | 12 | 0.602 | 12 | 0.530 |

### 7.0 Data Analysis

*7.1 The relationship between self-concept and depression*

*The first hypothesis: There is a negative correlation between high self-concept and depression in the study sample.*

To test the validity of this hypothesis; the researcher used the correlation coefficient to find a relationship between depression and self-concept, where the results showed the following:

*Table 7: Averages and standard deviations for the study sample in the variables of depression and self-concept*

| Variable | The number | Less value | The highest value | Mediterranean | Standard deviation |
|---|---|---|---|---|---|
| **Depression** | 200 | 1 | 26 | 9.98 | 5.99 |
| **physical self-dimension** | 200 | 18 | 46 | 33.45 | 6.04 |
| **social self-dimension** | 200 | 19 | 45 | 32.59 | 5.91 |
| **Self-criticism dimension** | 200 | 10 | 67 | 30.67 | 8.07 |
| **Self-concept** | 200 | 50 | 142 | 96.70 | 15.86 |

Table 6 shows that the degree of depression ranging between 1 and 26 degrees (with 9.98 average and standard deviation of 5.99). And the degree of physical self-dimension ranging between 18 and 46, while the degree of the social self-dimension is ranging between 19 and 45, and the degree of Self-criticism dimension is ranging between 10 and 69.

The results in Table 7 shows that the correlation coefficient between depression and self-concept is equal to (-0.628), and this value has indication in a level less than 0.0001. Based on these results; the first hypothesis of the study has been proved, where the results confirm the existence of a negative relationship at the highest limits of statistical significance between depression and self-concept among older women.

*Table 8: Correlation coefficient between depression and self-concept and its dimentions*

| Variable | Correlation coefficient | Indication |
|---|---|---|
| **Depression** | - | - |
| **physical self-dimension** | -0.504 | 0.000** |
| **social self-dimension** | -0.465 | 0.000** |
| **Self-criticism dimension** | -0.516 | 0.000** |
| **Self-concept** | -0.628 | 0.000** |

*The second hypothesis: The Low self-concept is useful in predicting the depression among older women.*

To ensure the validity of this hypothesis, the researcher used simple linear regression, and Table 8 shows the results of the analysis.

*Table 9: Regression depression on the self-concept and its dimensions for older women*

| Variable | The sample size | The practice of freedom | The constant | Regression coefficient | | | | F value | Indication |
|---|---|---|---|---|---|---|---|---|---|
| | | | | value | standard error | t value | Indication | | |
| **Self-concept** | 200 | 1 | 32.94 | -0.24 | 0.021 | -11.36 | 0.000 | 129.07 | 0.000 |
| **physical self-dimension** | 200 | 1 | 26.7 | -0.5 | 0.061 | -8.21 | 0.000 | 67.43 | 0.000 |
| **social self-dimension** | 200 | 1 | 25.34 | -0.47 | 0.064 | -7.39 | 0.000 | 54.56 | 0.000 |
| **Self-criticism dimension** | 200 | 1 | 21.74 | -0.38 | 0.045 | -8.49 | 0.000 | 72.03 | 0.000 |

The results indicate that the second hypothesis has been approved, and generally observed; that the values of the regression coefficients and standard mistakes indicate that self-concept predict in a great amount about depression in older women.

*7.2 Demographic variables (age, education level, marital status, economic level) and its relationship to depression*

*The third hypothesis: There are No statistically significant differences in the degree of depression among the elderly women attributable to the variables (age, education level, marital status, economic level.*

*There are No statistically significant differences in the degree of depression among the elderly women attributable to the age variable*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 10: Results of one-way analysis variance of the differences in the degree of depression attributable to age*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **Depression** | between groups | 45.95 | 2 | 22.97 | 0.637 | 0.530 |
| | within groups | 7101.97 | 197 | 36.05 | | |
| | total | 7147.92 | 199 | | | |

The results show that there were no statistically significant differences in the degree of depression among the elderly women attributable to the age variable, where indication was not up to (0.05), which is the accepted value in the social sciences differences. Accordingly, the hypothesis has been proved.

- *There are No statistically significant differences in the degree of depression among the elderly women attributable to the education level variable (academic level) variable*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 11: Results of one-way analysis variance of the differences in the degree of depression attributable to education level*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **Depression** | between groups | 522.61 | 5 | 51.12 | 1.439 | 0.212 |
| | within groups | 6892.31 | 194 | 35.53 | | |
| | total | 7147.92 | 199 | | | |

The results show that there were no statistically significant differences in the degree of depression among the elderly women attributable to the education level variable. Accordingly, the hypothesis has been proven.

- *There are No statistically significant differences in the degree of depression among the elderly women attributable to the marital status variable*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 12: Results of one-way analysis variance of the differences in the degree of depression attributable to marital status*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **Depression** | between groups | 26.26 | 2 | 13.13 | 0.363 | 0.696 |
| | within groups | 7121.66 | 197 | 36.15 | | |
| | total | 7147.92 | 199 | | | |

The results show that there were no statistically significant differences in the degree of depression among the elderly women attributable to the marital status variable. Accordingly, the hypothesis has been proved.

- *There are No statistically significant differences in the degree of depression among the elderly women attributable to the economic level variable*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 13: Results of one-way analysis variance of the differences in the degree of depression attributable to economic level*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **Depression** | between groups | 320.96 | 3 | 73.65 | 2.084 | 0.104 |
| | within groups | 6926.96 | 196 | 35.34 | | |
| | total | 7147.92 | 199 | | | |

The results show that there were no statistically significant differences in the degree of depression among the elderly women attributable to the economic level variable. Accordingly, the hypothesis has been proved.

*7.3 Demographic variables (age, education level, marital status, economic level) and its relationship to self-concept*

- *The forth hypothesis: There are No statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the variables (age, education level, marital status, economic level*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 14: Results of one-way analysis variance of the differences in the degree of self-concept attributable to age*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **physical self-dimension** | between groups | 22.65 | 2 | 11.33 | 308 | 735 |
| | within groups | 7246.85 | 197 | | | |
| | total | 7269.50 | 199 | 36.79 | | |
| **social self-dimension** | between groups | 26.92 | 2 | 13.46 | 383 | 682 |
| | within groups | 6921.63 | 179 | | | |
| | total | 6948.56 | 199 | 35.14 | | |
| **Self-criticism dimension** | between groups | 83.03 | 2 | 41.51 | 635 | 531 |
| | within groups | 12873.53 | 197 | | | |
| | total | 12956.56 | 199 | 65.35 | | |
| **Self-concept** | between groups | 342.21 | 2 | 171.11 | 678 | 509 |
| | within groups | 49685.79 | 197 | | | |
| | total | 50028.000 | 199 | 252.21 | | |

The results show that there were no statistically significant differences in the degree self-concept of its three dimensions among the elderly attributable to the age variables, where indication was not up to (0.05), which is the accepted value in the social sciences differences. Accordingly, the hypothesis has been proven.

- *There are No statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the education level variable*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 15: Results of one-way analysis variance of the differences in the degree of self-concept attributable to education level*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **physical self-dimension** | between groups | 179.66 | 5 | 35.93 | 0.983 | 0.429 |
| | within groups | 7089.84 | 194 | | | |
| | total | 7269.50 | 199 | 36.55 | | |
| **social self-dimension** | between groups | 138.65 | 5 | 27.73 | 0.790 | 0.558 |
| | within groups | 6809.09 | 197 | | | |
| | total | 6948.56 | 199 | 35.10 | | |
| **Self-criticism dimension** | between groups | 696.32 | 5 | 139.26 | 2.204 | 0.056 |
| | within groups | 12260.23 | 197 | | | |
| | total | 12956.56 | 199 | 63.20 | | |
| **Self-concept** | between groups | 2450.97 | 5 | 490.19 | 1.999 | 0.081 |
| | within groups | 47577.03 | 197 | | | |
| | total | 50028.00 | 199 | 245.24 | | |

The results show that there were no statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the education level variables. Accordingly, the hypothesis has been proved.

- *There are No statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the marital status variable*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 16: Results of one-way analysis variance of the differences in the degree of self-concept attributable to the marital status*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| **physical self-dimension** | between groups | 167.93 | 2 | 83.69 | 2.322 | 101 |
| | within groups | 7102.11 | 197 | 36.05 | | |
| | total | 7269.50 | 199 | | | |
| **social self-dimension** | between groups | 104.35 | 2 | 52.17 | 1.502 | 225 |
| | within groups | 6844.21 | 197 | 34.74 | | |
| | total | 9648.56 | 199 | | | |
| **Self-criticism dimension** | between groups | 92.23 | 2 | 46.12 | 0.706 | 495 |
| | within groups | 12864.32 | 197 | 65.30 | | |
| | total | 12956.56 | 199 | | | |
| **Self-concept** | between groups | 1026.80 | 2 | 513.40 | 2.064 | 130 |
| | within groups | 49001.20 | 197 | 248.74 | | |
| | total | 50028.00 | 199 | | | |

The results show that there were no statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the marital status variable. Accordingly, the hypothesis has been proven.

- *There are No statistically significant differences in the degree of self-concept of its three dimensions among the elderly attributable to the economic level variables*

To test the validity of this hypothesis the researcher used the one-way analysis of variance method, where the results of the analysis showed the following:

*Table 17: Results of one-way analysis variance of the differences in the degree of self-concept attributable to the economic level*

| Variable | Contrast source | Sum of squares | Degree of freedom | Average squares | F Value | Indication |
|---|---|---|---|---|---|---|
| physical self-dimension | between groups | 167.39 | 2 | 83.69 | 2.322 | 101 |
| | within groups | 7102.11 | 197 | | | |
| | total | 7269.50 | 199 | 36.05 | | |
| social self-dimension | between groups | 104.35 | 2 | 52.17 | 1.502 | 225 |
| | within groups | 6844.21 | 197 | | | |
| | total | 6948.56 | 199 | 34.74 | | |
| Self-criticism dimension | between groups | 92.23 | 2 | 46.12 | 0.706 | 495 |
| | within groups | 12864.32 | 197 | | | |
| | total | 12956.56 | 199 | 65.30 | | |
| Self-concept | between groups | 1026.80 | 2 | 513.40 | 2.064 | 130 |
| | within groups | 49001.20 | 197 | | | |
| | total | 50028.00 | 199 | 248.74 | | |

The results show that there is a statistically significant difference in the degree of self-concept of its three dimensions among the elderly attributable to the economic level variable. Accordingly, the hypothesis has been rejected.

## 8. Results of the study

First: the study has found differences in the degree of depression as follows:

- There were no differences in the degree of depression among older women attributable to the age variable.
- There were no differences in the degree of depression among older women attributable to the education level variable.
- There were no differences in the degree of depression among older women attributable to the material status variable.
- There were no differences in the degree of depression among older women attributable to the economic level variable.

Second: the study has found differences in the degree of depression as follows:

- There are no differences in self-concept among older women attributable to age variable.
- There are no differences in self-concept among older women attributable to education level variable.
- There are no differences in self-concept among older women attributable to material status variable.
- There are differences in the degree of self-concept among older women attributable to the economic level for the benefit of older women with the better economic level.

Third: the study also found the existence of a negative relationship at the highest limits of statistical significance between depression and self-concept among older women.

Forth: the study also found that the low self-concept is useful in predicting the depression among older women.

## 9. Recommendations

Through the findings of the study, the researcher pointed out a set of recommendations as follows:

Attention to developing physical older women through establishing programs that offer material support for older with low-income.

Create an elderly association specialises in sponsoring the elderly women's rights, and provide psychological and moral support to them.

The need for further studies to detect symptoms of depression and its causes among older women in various regions of the Kingdom of Saudi Arabia.

Applying the study in other areas in the Kingdom; according to the diversity of cultures

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