

**BODY SATISFACTION AND DEPRESSION LEVEL OF UNEMPLOYED  
MOTHERS FROM BUNA LEJOS, INDANG, CAVITE**

Undergraduate Thesis  
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## ABSTRACT

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The study was titled Body Satisfaction and Depression Level of Unemployed Mothers from Buna Lejos, Indang, Cavite. The study aimed to 1.) determine the demographic profile of unemployed mothers in terms of age, number of children, and civil status; 2.) to determine the body satisfaction of unemployed mothers in terms of overall body appearance, complexion, measurement, body parts and odor; 3.) to determine the depression level of unemployed mothers; and 4.) to ascertain if body satisfaction have significant relationship to depression level of unemployed mothers.

The respondents of the study were the one hundred thirty two (132) unemployed mothers from Buna Lejos, Indang, Cavite. The respondents were selected through purposive sampling. The instruments used were the Body Satisfaction Scale and the Depression Scale. The first is a self made test and the latter was lifted and modified from Zung's Depression Test and Goldberg's Depression Screening Test. It passed to validation process using cronbach alpa and has proven to have valid content of 0.9205 and 0.8132

The results revealed that the level of the body satisfaction in terms of the overall physical appearance, body parts, measurement, complexion and odor of the respondents is high which means that they are satisfied to their body. While, the depression level of the respondents was very low level which means that they are in the normal range.



Findings also revealed that there is a significant relationship between the body satisfaction and depression level of unemployed mothers from Buna Lejos, Indang, Cavite.



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