Analysis of The Influence of Socio-Economic Status and Demographics on Depression Symptoms in Marriage

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Abstract

More than 19 million people experience mental and emotional disorders, and more than 12 million people aged over 15 years' experience depression in Indonesia, one of which is experienced in marriage. Symptoms of depression in a marriage are influenced by demographic and socio-economic status. This research aims to analyze the possibility of depressive symptoms occurring in marriage using several variables including income level, happiness, number of children, and education. This research uses a logit model to analyze the probability of an event. The number of observations used in the research was 2,685 using data from the Indonesian Family Life Survey 5. The results of the study showed that income level had a significant negative relationship of 30.3 percent to depression in marriage. Other factors such as education can also have an influence and satisfaction in the family also has a positive impact on the quality of marital relationships. From this research, results were obtained that show factors that influence depression in marriage to reduce the probability of experiencing depression in marriage.

Keywords: demographic, depressive symptoms, household, marital status, socioeconomic status

Abstrak

Lebih dari 19 juta orang mengalami gangguan mental emosional, dan lebih dari 12 juta orang berusia di atas 15 tahun mengalami depresi di Indonesia, salah satunya dialami dalam pernikahan. Gejala depresi dalam sebuah pernikahan salah satunya dipengaruhi oleh status demografi dan sosial ekonomi. Penelitian ini bertujuan untuk menganalisis kemungkinan terjadinya gejala depresi dalam suatu pernikahan dengan menggunakan beberapa variabel antara lain tingkat pendapatan, kebahagiaan, jumlah anak, pendidikan, Penelitian ini menggunakan model logit untuk menganalisis probabilitas suatu kejadian. Jumlah observasi yang digunakan dalam penelitian adalah 2.685 dengan menggunakan data Survei Aspek Kerumahtanggaan Indonesia 5. Hasil penelitian menunjukkan bahwa tingkat pendapatan memiliki hubungan negatif signifikan sebesar 30,3 persen terhadap depresi dalam pernikahan. Faktor lain seperti pendidikan juga dapat memberikan pengaruh dan kepuasan dalam keluarga juga memberikan dampak positif terhadap kualitas hubungan perkawinan. dari penelitian ini, didapatkan hasil yang menunjukkan faktor yang mempengaruhi depresi dalam pernikahan agar dapat menurunkan probabilitas mengalami depresi dalam pernikahan.

Kata kunci: demografi, gejala depresi, rumah tangga, status pernikahan, status sosial ekonomi

Introduction

Depression is a serious problem that demands special attention from everyone. It not only impacts feelings and behavior but also affects all aspects of a person's life. No country is immune to the issue of depression. In Indonesia, depression is no longer something unfamiliar to hear about. Depression is a form of mental health condition experienced by many people and occurs at the same time as anxiety UNICEF (2022). Depression appears as a reaction to an event such as abuse or problems in the family due to stress over a long period of time. According to WHO (2023), depression is a common mental disorder, involving a depressed mood or loss of pleasure or interest in activities for a long period and this has an impact on daily life, including relationships with family, friends, workplace, and living environment. Depression can be mild, but it can also be severe and can happen repeatedly to everyone. According to the Ministry of Health (2021) more than 19 million people aged over 15 years' experience mental emotional disorders, and more than 12 million people aged over 15 experience depression. The prevalence of depression in the total population aged more than 15 years in Indonesia is 6.1%. The data shows that the rate of depression in Indonesia is still quite high. It has been proven that depression, especially in Indonesia, remains quite high. This implies that depression is a persistent issue every year. Knowledge and understanding of the factors that contribute to depression are crucial to possess.

One of the factors that causes depressive symptoms is marriage. Domènech-Abella et al. (2018) in their research also state that many factors cause depressive symptoms such as loneliness, level of education, financial pressure, work skills, and marriage. However, data on the number of couples experiencing depressive symptoms in marriage in Indonesia is still very limited.

Symptoms of depression in marriage are influenced by several factors of socioeconomic status, including income level, happiness in marriage, age, and children which can affect symptoms of depression in marriage. Lawrence et al. (2019) in their research states that those who are not very happy in marriage have the worst health and short life. This is because they experience interactions that can cause stress which causes health conditions to decline and lack of support from their partners, resulting in a decrease in psychological well-being which can cause depressive symptoms. In addition, lower-quality marriages increase the occurrence of more severe depressive symptoms (Goldfarb & Trudel, 2019).

Several studies say that education level and income level are related to depressive symptoms. Income level is more strongly associated with depressive symptoms than education level. A high level of household income can reduce the probability of depressive symptoms occurring in those with a low level of education (Hinata et al., 2021). This is also associated with previous research showing that lower objective socioeconomic status and lower subjective social status are independently associated with current depressive symptoms (Hoebel et al., 2017).

Objective socioeconomic status is trying to understand and measure social and economic phenomena based on data that can be directly observed and tested, such as education, employment, and income. Meanwhile, subjective socioeconomic status is subjective assessment, perception, and interpretation of social and economic situations faced by a person or a group, such as life satisfaction. The level of education has an influence on the occurrence of depressive symptoms in marriage. Jang and Kawachi

(2018) found that husbands with low education can increase their wife's risk of depression as well as their own risk of depression.

This is because when the husband has a low education it will be difficult to earn income so the probability of depressive symptoms is very high. Zhang and Liang (2023) mentioned the level of education has a significant positive effect on satisfaction in marriage because it can improve economic conditions and social harmony. In marriage, it turns out that children have an impact on depressive symptoms. Having a role as a worker and mother is beneficial for the mental health of married Korean women aged 19 to 49 years. This research shows that the role of mother and worker can be beneficial for the mental health of married Korean women (Lee & Kang, 2023).

The mother's role may bring greater responsibility and burden, especially when the child is small. Meanwhile, having a job can reduce the psychological burden of married women who have small children, not increase the burden of roles or conflicts. Depression in marriage can have long-term negative effects, one of which is suicide. The Ministry of Health (2022) states that the main cause of suicide in individuals is depression. WHO (2023), states that around 700,000 people die due to suicide per year in Indonesia. Indonesia itself is included as a country with the fifth highest suicide rate in Southeast Asia after Thailand, Singapore, Vietnam, and Malaysia with an Indonesian percentage of (3.7 per 100,000 population).

WHO states that suicidal behavior or ideas are associated with psychiatric problems such as depression such as feeling useless, hopeless, and hopeless. As many as 55% of people suffering from depression have a feeling of wanting to work for themselves (WHO, 2023). A condition of concern based on WHO data states that the suicide rate in the world due to depression reaches one million per year worldwide. Research on depressive symptoms in a marriage is still very limited, especially in Indonesia. Based on this explanation, the socioeconomic status factor is an important indicator in measuring the occurrence of depressive symptoms in a marriage. This study aims to examine the impact of socioeconomic status variables including income level and education level, age, and children on the probability of occurrence of depressive symptoms in marriage.

Methods

Participant

This research utilizes data from the Indonesian Family Life Survey 5 (IFLS 5) conducted in 2014. IFLS is a survey dataset in the form of a questionnaire that offers insights into the socio-economic and health conditions of households in Indonesia. The survey gathers information from individuals, families, households, the communities they reside in, as well as the health and educational facilities they utilize based on the results of conducted interview questionnaires. This study involved 2,685 respondents.

Measurement

This study uses a logit model which is a statistical model used to predict the probability of an event to be analyzed. The variables used in the logit model are binary. Marginal effects are used to facilitate the interpretation of logit model results. The IFLS data used is data from the 5th wave of the Indonesian Family Life Survey in 2014. Some of the variables used in this research are symptoms of marital depression, happiness, household education, income, number of children, employment status, and age.

The variables used in this study are income, number of children, happiness, household education, age, and job status. Variable income, number of children, happiness, age, and employment status are types of binary variables. The dependent variable used in the study was marital depressive symptoms which used a dummy with category details (1) if there were depressive symptoms in marriage and (0) if there were no depressive symptoms in marriage. The interpretation model used in this study is the marginal effect to measure the probability of each independent variable with the ceteris paribus assumption.

Depression is the result of a complex interaction between social, psychological, and biological factors. People who have experienced an adverse life event (including unemployment, loss, or a traumatic event) are more likely to experience depression. Depression can, in turn, lead to more stress and dysfunction and exacerbate the living situations of the depressed person. Depression can also be associated with the effects of physical health.

Lack of physical activity or the harmful use of alcohol can also be factors in depression. Other diseases such as cardiovascular disease, cancer, diabetes, and respiratory disease can be factors in depression. People with this disease may experience depression due to difficulties managing their physical and psychological conditions. It is important to intensify depression prevention programs at an early age.

Happiness has a unit of measurement in the form of a Happiness Index. The measurement of the level of happiness in Indonesia itself is carried out based on the Happiness Level Measurement Survey (SPTK) which has been held by the Central Statistics Agency since 2014. The SPTK (2021) classifies the happiness of the population in Indonesia through measurements based on 3 dimensions, including life satisfaction (personal and social), Feeling, and meaning of life.

From a psychological point of view, indicators of happiness have scope and meaning that are not limited to subjective evaluations in terms of pleasant living conditions and good living conditions. In addition, the unlimited meaning of happiness is also classified in meaningful life conditions. The happiness indicator is also a measure that describes the level of well-being.

This is because happiness reflects the level of well-being achieved by an individual. The arranged indicators of happiness describe the subjective level of well-being related to aspects of life that are considered essential and have meaning for each individual or population. Happiness encourages individuals to try optimally to achieve their life goals (BPS, 2021).

In the happiness index, the context of measurement is seen through three major dimensions, namely the evaluation of the ten domains of human life that are considered essential for the majority of the population, affect or individual feelings and emotional conditions, and eudemonia or the meaning of life. The happiness index is measured through several categories or determinants. One of them is the diversity index according to marital status.

BPS (2017-2021) shows that residents with marital status are unmarried and married have a higher happiness number or index than residents with other marital status such as divorced and divorced. In 2017, the happiness index of residents with unmarried and married marital status was higher than residents with other marital statuses, which was 71.53 greater. Meanwhile, in 2021 it will be slightly higher, namely 72.1 (BPS, 2021).

BPS (2023), Revenue is income from sales or trading activities, rents, and royalties. The definition of income is regulated in the Statement of Financial Accounting Standards (PSAK) No. 23 where income is defined as the gross inflow of economic benefits arising from the normal activities of a company during one period. If the flow results in an increase in equity, which is not derived from investment contributions, then it is referred to as income. What is categorized as income includes only the gross inflows of economic benefits received and accrued by the entity for itself. PSAK 23, in this case, explains the criteria for sales that can be recognized as revenue, including the risks and rewards of ownership of the goods, have transferred significantly from the selling entity to the buyer, the selling entity no longer manages the goods, or effectively no longer controls the goods sold, the amount of revenue incurred can be measured reliably, the economic benefits associated with the transaction will probably flow to the selling entity and the costs incurred or incurred in connection with a sales transaction can be measured reliably.

BPS (2023), defines income as income that includes wages and salaries for hours worked or work completed late, wages for overtime, bonuses and benefits, calculation of non-working hours, bonuses paid irregularly, and similar payment value.

Income consists of two components, namely for regular working hours or work completed. As well as for overtime for all other components of income which are calculated in aggregate. Household income itself is defined as the income received by the household concerned, both from the income of the head of the household and income from members of the household. Household income can come from remuneration for labor production factors in the form of wages and salaries, profits, bonuses, and others, capital remuneration in the form of interest, profit sharing, and others, as well as income originating from other parties in the form of transfers.

Education can be accessed by anyone and anywhere. People who carry out or are at the level of education are referred to as "students." Learners themselves are defined as members of society who seek to develop their potential through learning processes that are available on certain paths, levels, and types of education. The level of education itself is an educational stage that is determined based on the level of development of students, the goals to be achieved, and the abilities to be developed. In Indonesia itself, the level of education is divided into several stages.

The levels of formal education in Indonesia are divided based on the levels of early childhood, elementary, middle, and high. Meanwhile, the period of compulsory education in Indonesia is 12 years.

According to UNICEF, a child is anyone under the age of 18, unless otherwise specified by the laws of a country. In marriage, the presence of children is one of the things most couples crave. The statement about more children, more fortune is still widely applied by many people.

They assume that every child has a different fortune so by having many children, you will receive a lot of fortune. In addition, children are believed to be able to help parents live in old age, continue their business, and so on. Based on BPS data, Indonesia's population in 2023 will be 278 696.2 million people. Quoted from the World Population Review, Indonesia is ranked 4th as the country with the most population in the world.

However, several studies contradict this. According to Shi's research, (2016) this statement is considered an obstacle in the implementation of child planning policies, as well as being the cause of high birth rates and increasing poverty. This research shows that having many children in Rural China does not provide much sustenance. According

to them, it is better to have fewer children but to invest more in children's education because it can benefit parents' quality of life in old age.

Other studies also say that in this modern era, many people are delaying getting married and having children (Li et al., 2015). Based on this research, happiness is obtained from material goods so that it affects their attitude towards marriage, which will then also affect the desire to have children, and then the number of children they want. Having children will require a large amount of income and a high emotional level.

The National Population and Family Planning Agency (BKKBN) implementing the Family Planning Program (KB) which recommends that each couple have no more than two children. This program aims to produce families that are more prosperous by economic conditions, thereby reducing poverty levels, making it easier to focus on improving the quality of children, and reducing stress levels in raising children.

The Ministry of Health (2013) defines age as a unit of time to measure the length of existence of a creature or object that is both alive and dead. In classifying it, age is divided into several types, including chronological age, where the age calculation begins when someone is born and continues until the time when the age calculation takes place.

Then mental age, namely age calculation based on a person's mental level, for example, if, chronologically, a child is four years old but, in his development, he is still one-year-old, then mentally, the child is categorized as one-year-old. The third type is biological age. Biological age is defined as the calculation of age based on an individual's biological maturity level.

BPS (2023) categorizes employment status into seven sections including trying on one's own, self-employed with the help of family or family members who are not paid, entrepreneurs with permanent workers, or wage workers. employees/staff/workers, seasonal workers in agriculture, seasonal workers in the non-agricultural sector, and workers who are not paid

Based on the seven categories above, employers with permanent or salaried workers and employees/staff/workers are classified as workers in the formal sector. Meanwhile, the other five categories such as self-employed, self-employed with the help of family or unpaid family members, seasonal agricultural workers, non-agricultural seasonal workers, and unpaid workers are classified as informal sector workers. BPS also determines several other categories that are classified as workers in the informal sector, including professional, engineer, and other related workers, administrative and managerial workers, clerk and related workers, sales workers, service workers, agricultural, livestock, forestry workers, fishermen, and hunters, production and related workers, transport equipment operators and workers, laborer, Etc.

Findings

Respondent Characteristics

The table below describes the characteristics of respondents, which consist of the outcome variable, namely symptoms of depression in marriage, and the independent variable, namely socio-economic status which includes happiness, education, income and number of children. Apart from that, there is demographic status which includes type of job and age.

Table 1. Characteristics of participants (n=2,685)

Variable	%	Average
Age (years)		33.09
Education		
Elementary School	22.01	
Junior High School	21.96	
Senior High School	39.95	
University	15.99	
Job status		
Formal	54.37	
Non-formal	45.63	
Income (IDR)		24,700,000
Number of children		1
Symptoms of marital depression		
Depression	57.91	
Undepression	42.09	
Happiness		
Happy	9.64	
Unhappy	5.36	

Based on the description in Table 1 above, 57.91 percent of the 2,685 respondents experienced symptoms of depression in marriage. This shows that the symptoms of depression that occur in Indonesia are still quite high. The average age of individuals is 33 years with 22.01 percent in elementary school, 21.96 percent in junior high school, 39.95 percent in high school, and 15.99 percent in university.

The data shows that most recent education comes from high school. Then there are around 54.37 percent who work in the formal sector with an average income derived from all income of IDR 24,700,000 million rupiahs. If it is seen that when the couple in the marriage is happy, the level of depressive symptoms experienced will decrease by 94.64 percent, but when the couple is in an unhappy marriage it will decrease the symptoms of depression by 5.36 percent. When the marriage is happy, the probability of experiencing depressive symptoms is very small. In addition, the number of children affects the occurrence of depressive symptoms, when the number of children is at least 1 or more, the symptoms of depression increase.

Relationship between Socio-Economic and Demographic Status on Marital Depression Symptoms

Table 2 shows the results of the marginal effect to see the relationship between socio-economic and demographic status variables on depressive symptoms in marriage. Couples with formal employment status have a higher probability of experiencing depression by 1.3 percent than non-formal workers. An increase in age by 1 year decreases the probability of experiencing depression by 0.7 percent. Couples with the last level of education or who are currently undergoing the equivalent of university have a higher probability of experiencing depression by 0.56 percent compared to couples with the last level of education or who are currently undergoing the equivalent of elementary school, high school by 0.8 percent, and junior high school by 3.4 percent.

Table 2. Relationship between socio-economic and demographic status variables on depressive symptoms in marriage results

Variable	Symptoms of Marriage Depression
Happiness Status (Base group: Unhappy)	
Happiness	-0.198***
Education Level (Base group: Elementary School)	
Junior High School	0.034
Senior High School	0.008
University	0.056*
Income	-0.031***
Number of Children	0.098**
Employment Status (base group: Informal)	0.013
Age	-0.007***

Note: Significant level (α) ***p<0.01, **p<0.05, *p<0.1

Couples with above-average income have a lower probability of experiencing depression by 30.3 percent than couples with below-average income. Happy couples have a lower probability of experiencing depression in marriage by 19.8 percent than unhappy couples. Couples who have more than one child have a higher probability of experiencing depressive symptoms by 0.98 percent than couples who have less than one child.

Discussion

According to the World Health Organization's 2023 report, depression, also referred to as depressive disorder, is a prevalent mental health condition. This involves feeling in a depressed mood, losing pleasure, or losing interest in activities for long periods of time. Depression is different from the usual mood swings and feelings about everyday life. Depression can affect all aspects of life, starting with family, friends, and even the community. This can cause problems in the family, school, and workplace. Depression can happen to anyone. The reasons are varied. People who have experienced abuse, loss, or other stressful events are more likely to experience depressive symptoms. The community approach is an effective way to prevent depression, including school-based programs to improve positive coping patterns in children and adolescents. Interventions for parents can reduce depressive symptoms in children. Exercise programs are also important for the elderly to reduce symptoms or prevent depression. (World Health Organization, 2023).

In countries with advanced economies, indicators of happiness are considered important variables in formulating public policies to achieve national development goals. A good understanding of efforts to increase the happiness of the population functions in formulating and implementing public policies whose goal is to increase the happiness and standard of living of the population.

Government of Indonesia (1974). Marriage Law. Law Number 1 Year 1974, Article 1, stated that marriage is a physical and spiritual bond between a man and a woman as husband and wife to form a happy and eternal family (household) based on Belief in the One Supreme God. Marriage is considered valid if it is carried out according to the laws of each religion and belief and each marriage is recorded according to the applicable laws and regulations as stated in Article 2.

In carrying out marriages, the government sets an age limit when wanting to have a marriage as stipulated in Law (UU) Number 16 of 2019 concerning Amendments to Law Number 1 of 1974 concerning Marriage. In this case, the minimum age for marriage for women is the same as the minimum age for marriage for men, which is 19 (nineteen) years. This is based on the law on child protection, which states that a child is not yet 18 (eighteen) years old, including children who are still in the womb. This age limit is considered the ripe age for marriage and can reduce birth and death rates for mothers and children because of early marriage.

BPS (2021), states that happiness in the KBBI is defined as the pleasures of life physically and mentally. Happiness is also interpreted as a concept from the results of a life evaluation that describes good living conditions (Good life) and meaningful life (Meaningful life).

From a total of 2,685 respondents, the percentage of respondents experiencing symptoms of depression in marriage is 57.91 percent. This implies that this percentage is still higher when compared to respondents who do not experience any disorder symptoms. When examined individually, each variable shows different percentage outcomes. For example, in the happiness variable, the percentage of respondents who are happy is 4.28% greater than those who are not happy. This statement is supported by the research of Wadood et al. (2023) which states that 14.4 percent of married adults suffer from depression and the prevalence of depression among women is higher than men. This is due to poor relationships with partners and family as contributing factors to depression. Additionally, the research also states that marriages that have passed 7-12 years are relatively more prone to depression, as they have children and many other responsibilities, as well as suffering, arguments, and disappointments becoming part of their daily lives which lead to despair and eventually develop into depression.

Happiness is one of the factors that influences or can intervene in depressive symptoms in marriage. Many factors can influence happiness in marriage. Good communication between partners is an indicator of whether a household is happy or not. Couples who have good communication will build emotional closeness and create a positive atmosphere. This encourages happiness in running a household. Mutual trust and loyalty are also the keys to happiness in the household. Individuals or couples who have mutual trust will avoid stigma or negative thoughts. This results in a lower likelihood of experiencing depression in the household. Happiness or positive feelings can act as a buffer against depression. Happiness is indicated to have an influence or intervention to reduce depression. The pursuit of happiness makes individuals or people rarely experience negative things such as emotions (Tsuboi et al., 2016). As stated in the study by Noviani et al. (2023), the discovery of communication issues in teenage marriages, particularly communication problems with spouses, mothers-in-law, and siblings-in-law, leads to a decrease in the quality of their marriage.

Another result in this study shows that education also turns out to be an indicator that influences depression in marriage. As education increases, it allows for higher pressure from the academic side. This can affect individual stress levels. Other factors in the family can also contribute to stress. The burden of taking care of a family, and children, coupled with academic's triggers stress and drives depressive symptoms in individuals who are married, married, or have children. However, this is not in line with research by Tavako et al. (2017) which states that couples who have a higher level of education and better social skills have fewer problems related to satisfaction in the household. thus reducing the risk of experiencing symptoms of depression. An educated

couple will have a better understanding of the realities of life, making them better equipped to solve problems and avoid conflict. On the other hand, low education can cause disputes in the household.

However, the education variable does not have a significant effect on marital satisfaction. Apart from that, based on research by (Zhang & Liang, 2023), education level has a significant positive effect on marital satisfaction. The level of educational development plays an important role in increasing marital satisfaction and strengthening marriages as well as increasing economic and social harmony. The results of the research show that the higher the level of education, the higher the income because the individual's soul will be richer, their outlook will be broader, they will have the same goals as their partner in their outlook on life, so they are at risk of experiencing depression. very small. Viinikainen et al. (2018) also states that according to descriptive statistics, individuals with less education tend to have more depressive symptoms. Higher education is thought to provide problem-solving attitudes about health and increase health literacy and the ability to manage stress (Hinata et al., 2021).

In this study it was found to have a significant negative influence on depressive symptoms in the household. This encourages the fulfillment of needs, reduces anxiety, and can reduce stress related to financial problems. Financially stable households tend to have better access to health, fulfillment of needs, and fulfillment of social desires such as holidays, so this encourages reduced stress and depression in the household. Research by (McCormick et al., 2017), states that there is an intervention effect related to depression and stress in low-income communities. This research states that low income triggers negative moods, stress and conflict in the household. This research also states that male individuals tend to experience greater stress than women in terms of finances. This is triggered by the heavier burden borne by husbands in providing household support compared to wives. Kim et al., (2021) in their research states that low income will reduce an individual's or a person's welfare. Individuals who have low income tend to have more depressive symptoms compared to individuals who have high income. This creates psychological pressure on lower income couples in comparison with individuals who have high incomes. This creates psychological pressure on low-income couples compared to high-income couples. Couples with lower middle income will find it difficult to meet their daily needs. Apart from that, low-income families tend not to manage their finances well due to irregular income. Low-income families go through a process that is not based on a written record of what they planned, but on experience and routine (Herawati et al., 2021).

The research results show that couples who have more children have greater financial responsibility to meet their children's needs in terms of nutrition and education. However, this is different from research conducted by (Yang et al., 2023), where the research states that households that have many children or live with more family members will reduce the burden of household work, pressure on partners, increase satisfaction in marriage, strengthening positive emotions.

The variable of employment status has a positive relationship with depression symptoms in marriage. Households with formal employment status have a 1.3 percent higher probability of experiencing depression symptoms compared to households working in the non-formal sector. This can be attributed to various factors. Households or partners working in the formal sector have higher workloads compared to those working in the non-formal sector. This is because formal jobs are more structured in terms of tasks and deadlines compared to jobs in the non-formal sector, which are more flexible.

As in the study by Ramadhanti et al. (2022), which states that for families with mothers working in the formal sector, the challenges of obtaining employment in Indonesia and the workforce will become increasingly difficult. All the responsibilities placed on women trigger an increase in stress levels. This is in contrast to the study by Huynh et al., (2022). This study states that in line with the initial hypothesis, individuals or those working in the informal sector have a 27 percent higher prevalence of experiencing depression symptoms compared to individuals working in the formal sector adjusted for household demographics and characteristics. There are several reasons why informal workers are associated with poorer mental health compared to formal workers. Research indicates that material deprivation (inadequate wages), perceived insecurity in employment, and temporary or short-term nature of jobs are reasons why mental health is worse for individuals in the informal sector. Researchers mention that another reason for stress or psychological disturbance among informal workers compared to formal workers is the imbalance between work and wages, where some jobs are performed with considerable effort or difficulty but the wages received are insufficient. Additionally, informal jobs are associated with low-quality work, thus impacting inadequate social support.

Many variables of happiness are still represented and measured based on economic factors such as income, while analysis from the social side has not been widely studied. Besides that, happiness in many supporting journals is still reviewed from a financial perspective, while from a social perspective it has not been discussed too much.

Conclusions and Recommendation

Conclusion

Based on the results of data analysis, it can be concluded that symptoms of depression in marriage can be represented based on the socio-economic and demographic status of the couple. These findings produced quite interesting results where the education variable in the study had a positive impact on depressive symptoms in marriage. This means that the higher the level of education, the greater the possibility of a partner experiencing depression. Apart from that, the variables of employment status and number of children also have a positive impact on increasing depressive symptoms in marriage. On the other hand, factors such as happiness, income, and age give negative results where increasing these three variables reduces the likelihood of depression in marriage.

The impact of socioeconomic and demographic factors on depressive symptoms in marriage is complex and interrelated. So the special role of each individual or couple is very important in preparing for marriage. A good marriage is not only reflected in sufficient financial aspects, but also emotional and management and sufficient knowledge so as to minimize the risk of depression in marriage.

Recommendation

In encouraging a reduction in the risk or probability of depressive symptoms in marriage, several suggestions can be used as a reference. For married couples, it is important to identify the factors that influence happiness in the household. Effective communication and quality time between partners and family members can be positive activities that can improve relationships and happiness in the household. For couples, it is important to do analysis and preparation in financial management. Households with

good financial planning and management can encourage financial stability and reduce the risk of financial stress. Providing education about the importance of education in the household is also good to find out by married couples, especially young couples. This can be accessed privately (by seeking information yourself from various sources) or by consulting the facilitating parties. High education and balance with the right application in running a household and marriage will certainly have a positive impact on the quality of marriage. This can indirectly encourage the probability of depression in marriage.

For couples, especially young or unmarried couples, or currently wanting to get married, it is important to carry out financial analysis, prepared knowledge about marriage, so as to reduce the probability of depression at the marriage level. For the government, it is important to conduct outreach and education on marriage preparation so that the dissemination of knowledge about things that need to be prepared for marriage can be reached by many parties. For future researchers, it is important to elaborate more deeply on the variables to be studied as determinants of depressive symptoms in the household. It can also dig deeper into the discussion regarding the relationship between happiness variables and depressive symptoms in marriage from a social perspective.

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