



Psychological Well-being of Working and Non-Working Women

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ABSTRACT

The present study aims at assessing the psychology well being among working and non working Women. The sample included total of 120 working and non working Women of 25 -40, 41-55 years. They are from various job and house wife of Ahmedabad city (Gujarat). Data was collected with help of the inventory of sudha bhogle (1934) (Guajarati translate by suvera 2001) psychological well being scale and “t” test applied. There is significant difference between working and non working Women. As far as there psychological well being is concerned ($t=7.2$) second result also suggest that there is no significant difference between 25-40 and 41-55 years of working Women as far as there psychological well being is concerned ($t=0.29$).there is no significant difference between 25-40 and 41-55 years non working Women as far as there psychological well being is concerned ($t=1.51$) there is significant difference between 25-40 years working and 25-40 years non working Women as far as there psychological well being is concerned ($t=6.46$) there is significant difference between 41-55 years working and 41-55 years non working Women as far as there psychological well being is concerned ($t=5.12$) there is significant difference between 25-40 years working and 41-55 years non working Women as far as there psychological well being concerned ($t=5.38$) there is significant difference between 41-55 years working 25-40 years non working Women as far as there psychological well being is concerned ($t=5.69$).

1) Introduction.

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time the experience of painful emotions is a normal part of line, and being able to manage these negative or painful emotions is essential for long-term well-being. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and

interfere with a person's ability to function in his or her daily life. The concept of feeling not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection the concept of functioning effectively involves the development of one's potential having some control over one's life, having a sense of purpose and experiencing positive relationship.

Who where health is defined as "a state of complete physical mental and social well-being and not merely the absence of disease or infirmity" (WHO 1948) more recently, WHO has defined positive mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stress of life, can work productively, and is able to make a contribution to his or her community" (WHO 2001)

Psychological well-being is usually used as a term for all phrases that are related to happiness, satisfaction, self-actualization, peace, and happiness with all elements of life. According to Warr(1978), psychological well-being is a concept that is felt by a person about his/her daily activities. Warr defines psychological well-being as feelings that include negative emotional state and also positive view that is more than just satisfaction. He also implies the importance of the measurement of positive mental indicator that includes certain characteristics such as growth and learning from new experiences and success in the search of value. Meanwhile, Ryff (1995)

Chahal et al.,(2003).studied well-being of adolescents in relation to role of adjustment, personality, social support and family environment and found that for females, family cohesion, intellectual-cultural orientation, achievement orientation, socialization, classmates' support, adjustment and sociability were significantly important contributors of well-being; for males, family conflict, organization, adjustment and classmates' support emerged as important contributors of well-being.

Concept of psychological well-being.

"it has been taken to consist of freedom from any subjective feeling of discomfort or Desirability and from any disturbance of mental function."

- Bhogle (1995)

*** Cultural variation**

Although all cultures seem to value happiness, there are variations across cultures in how happiness is defined. There is also evidence that people in more individualistic cultures tend to rate themselves as higher in subjective well-being compared to people in more collectivistic cultures

In Western cultures, predictors of happiness include elements that support personal independence, a sense of personal agency, and self-expression. In Eastern cultures, predictors of happiness focus on an interdependent self that is inseparable from

significant others. Compared to people in individualistic cultures, people in collectivistic cultures are more likely to base their judgments of life satisfaction on how significant others appraise their life than on the balance of inner emotions experienced as pleasant versus unpleasant. Pleasant emotional experiences have a stronger social component in East Asian cultures compared to Western ones. For example, people in Japan are more likely to associate happiness with interpersonally engaging emotions (e.g. friendly feelings), whereas people in the United States are more likely to associate happiness with interpersonally disengaging emotions (e.g. pride). There are also cultural differences in motives and goals associated with happiness. For example, Asian Americans tend to experience greater happiness after achieving goals that are pleasing to or approved of by significant others compared to European Americans. There is also evidence that high self-esteem, a sense of personal control and a consistent sense of identity are more strongly related to SWB in Western cultures than they are in Eastern ones. However, this is not to say that these things are unimportant to SWB in Eastern cultures. Research has found that even within Eastern cultures, people with high self-esteem and a more consistent sense of identity are somewhat happier than those who are low in these characteristics. There is no evidence that low self-esteem and so on are actually beneficial to SWB in any known culture

A large body of research evidence has confirmed that people in individualistic nations report higher levels of happiness than people in collectivistic ones and that socioeconomic factors alone are insufficient to explain this difference. In addition to political and economic differences, individualistic versus collectivistic nations reliably differ in a variety of psychological characteristics that are related to SWB, such as emotion norms and attitudes to the expression of individual needs. Collectivistic cultures are based around the belief that the individual exists for the benefit of the larger social unit, whereas more individualistic cultures assume the opposite. Collectivistic cultures emphasize maintaining social order and harmony and therefore expect members to suppress their personal desires when necessary in order to promote collective interests. Self-regulation is therefore considered more important than self-expression or individual rights. Individualistic cultures by contrast emphasize the inalienable value of each person and expect that individuals will be self-directive and self-sufficient. Although people in collectivistic cultures may gain happiness from the social approval they receive from suppressing self-interest, research seems to suggest that self-expression produces a greater happiness "payoff" compared to seeking approval outside oneself.

Research suggests that probing your happiness is one of the most important things a doctor can do to predict your health and longevity. In health-conscious modern societies, most people overlook one's emotions as a vital component of one's health, while over focusing on diet and exercise. According to Diener & Biswas-Diener, people who are happy become less sick than people who are unhappy. There are 3

types of health: morbidity, survival, and longevity. Evidence suggests that all 3 can be improved through happiness. Morbidity, simply put, is whether or not someone develops a serious illness, such as finding out you have the flu or cancer. In a 30-year longitudinal study, participants who were high in positive emotions were found to have lower rates of many health problems. Some of these illnesses/problems include lower death rates from heart disease, suicide, accidents, homicides, mental illnesses, drug dependency, and liver disease related to alcoholism. Additionally, results showed that depressed participants were more likely to have heart attacks and recurrences of heart attacks when compared to happy people. Survival is the term used for what happens to a person after he/she has already developed or contracted a serious illness although happiness has been shown to increase health, with survival, this may not be the case. Survival may be the only area of health that evidence suggests happiness may actually be sometimes detrimental.

It is unclear why exactly research results suggest this is the case, however Diener & Biswas-Diener offer an explanation. It is possible that happy people fail to report symptoms of the illness, which can painful or invasive treatments. Longevity is the third area of health, which is measured by an individual's age of death. Head researcher Deborah Danner of the University of Kentucky was determined to find a link between an individual's happiness and that individual's longevity. Danner recruited 180 Catholic nuns from a nearby convent to be the participants of her study. Nuns were chosen because they live very similar lives. This eliminates many confounding variables that might be present in other samples, which can lead to inaccurate results. Such confounding variables could be drug use, alcohol abuse, diet, and sexual risk taking. Since there are few differences among the nuns as far as the confounding variables, this sample offered the best option to match a controlled laboratory setting. Results showed that nuns who were considered happy or positive in their manner and language on average lived 10 years longer than the nuns who were considered unhappy or negative in their manner and language

2) **The problem of the study:-**

The main purpose of the presents research work is to study of adjustment, life satisfaction, and psychological well-being among working and non working Women. The problem may be spelled out as follows. '

"Psychological well-being of working and non-working Women"

3) **Objective of the study:-**

The main objectives of the present study are as under.

1. To study of psychological well being among working and non-working Women.

2. To study of psychological well-being among 25-40years and46-55 years working Women.
3. To study of psychological well-being among 25-40years and41-55years nonworking Women.
4. To study of psychological well-being among 25-40yearsworking and25-40years nonworking and Women.
5. To study of psychological well being among 41-55 yearsworking and41-55 years non working Women.
6. To study of psychological well being among 25-40years working and 41-55 years nonworking Women.
7. To study of psychological well being among 41-55yearsworking and25-40years nonworking Women

4) Methodology:-

4.1 Variable

Table - .1

N	Name at variable	Nature of variable	level	Name of level
1	Women	Independent variable	2	working and non working Women
2	Age	Independent variable	2	25-40 years 41-55 years
3	PsychologicalWell being	Dependent variable	1	Score of psychological well-being

4.2) Hypothesis:-.

Following major hypothesis were formulated and tested in present study.

1. There is no significant difference of psychological well-being among working - non working Women
2. There is no significant difference of psychological well being among 25-40and46-55 years Women.
3. There is no significant difference of psychological well being among 25-40and41-55years non working Women
4. There is no significant difference of psychological well- being among 25-40yearsworking and25-40years non working Women.
5. There is no significant difference of psychological well being among 41-55yearsworking and 41-55yearsnon working Women.
6. There is no significant difference of psychological well being among 25-40yerasworking41-55years non working Women.
7. There is no significant difference of psychological well being among 41-55years working25-40years non working Women.

4.3)Sample design.

For the present research ware sample confined from Gujarat. The sample was drawn randomly from the district of Ahmedabad the samples were categorized as under.

Table - 2

Age	Working Women A1		Non Working Women A2		Total
B1	25-40	30	25-40	30	55
B2	41-55	30	41-55	30	55
Total	-	55	-	55	120

5) Research Procedure:-

The following research methodology will be use in present study. The primary information will be gathered by giving personal information from to each Women. The Women were provided the adjustment, psychological will-being & life satisfaction inventory. To fill the inventories subjects will given general instructions belong to each test. Data were obtained by using particular scoring pattern standardized for each test

► **Psychological well-being scale:-**

For the present research work the scale of psychological well-being for working & non working Women, for that Sudha Bhogle (1995) scale has been used. and its translation and publication done in Gujarati by suvera in (2001). In this scale, there are 28 statements and every stamen have to alternative answer (yes or no.) for this scale positive and negative both types statements given. In this scale 1, 2,3,7,8,9,11,13,17,18,19,20,22,23,25,26,27 and 28 are positive statement. And 4,5,6,10,12,14,15,16,21, and 24 are negative statement's. In positive statements, if on yes (V)' than 1 score given same way negative statement's on NO.(√), than 1 score given, and in positive and negative statements opposite sign get 0 score in this scale higher scare is 28 and lower score 0 by using test re-test method, this scale get 0.72 Reliability score and 0.84 internal reliability scale. This scales validity score satisfied scale's Gujarati translation by Dr suvera (2001) of main English scale test, Re-test method by so sample on main English scale has been done and the reliability score or it 0.91 this scale analyses that high score have high psychology well-being.

6) Statistical Analysis

The data obtained from 120 samples are arranged in a 2 x 2 design were subjected to adequate technique of statistical analyses techniques of 't' test.

7) Result.

Table-1

Shows SD, Mean and't' Value of psychological well-being of working and nonworking Women

Group	N	M	SD	'T' value	Significant level
W.M	60	23.18	1.87	7.2	0.01
N.W.M	60	21.36	2.14		

W.M= Working Women

N.W.M=Non working Women

Table-2

Shows SD, Mean and‘t’ Value of psychological well-being of 25-40years working and 41-55years working Women

Group	N	M	SD	‘T’value	Significant level
25-40years W.M	30	23.187	1.85	0.29	N.S
41-55Year W.M	30	22.83	1.88		

W.M= Working Women

N.S=Not significant

Table-3

Shows SD, Mean and‘t’ Value of psychological well-being of 25-40years nonworking and41-55 years nonworking Women

Group	N	M	SD	‘ T’value	Significant level
25-40years N.W.M	30	19.58	2.16	1.51	N.S
41-55years N.W.M	30	20.17	2.12		

N.W.M= Non Working Women

N.S=Not significant

Table-4

Shows SD, Mean and‘t’ Value of psychological well-being of 25-40years working 25-40 years nonworking Women

Group	N	M	SD	‘T’value	Significant level
25-40years W,M	30	23.187	1.85	6.46	0.01
25-40years N.W.M	30	19.87	2.16		

W.M= Working Women

N.W.M=Non working Women

Table-5

Shows SD, Mean and ‘t’ Value of psychological well-being of 41-55 years working and 41-55 years nonworking Women

Group	N	M	SD	‘T’Value	Significant level
41-55years W.M	30	22.83	1.88	5.12	0.01
41-55years N.W.M	30	20.17	2.12		

W.M=Working Women

N.W.M=Non working Women

Table-6

Shows SD, Mean and ‘t’ Value of psychological well-being of 25-40 years working and 41-55 years nonworking Women

Group	N	M	SD	‘T’Value	Significant level
25-40years W.M	30	23.187	1.85	5.38	0.01
41-55years N.W.M	30	20.17	2.12		

W.M=Working Women

N.W.M=Nonworking Women

Table-7

Shows SD, Mean and ‘t’ Value of psychological wellbeing of 41-55 years working and 25-40 years nonworking Women

Group	N	M	SD	‘T’Value	Significant level
41-55years W.M	30	22.83	1.88	5.69	0.01
25-40years N.W.M	30	19.87	2.16		

W.M=Working Women

N.W.M=Nonworking Women

8) Discussion

Result indicates that there is significant difference of psychological well-being among type of Women. That’s way null hypothesis is unaccepted .So here we can analyze that there is difference in psychological well being between working and non working Women. so it may be possible non working Women play roll as house wife, so she has responsibility of her family,children only, so may possible she has less stress. That’s whey psychological well-being is good.while working Women has responsibility of her job and family both. so she cannot take care of her own,health,hobby and interest.because dual of her psychological well-being may be wick.

There is no significant difference of psychological well-being among 25-40 and 41-55 years working Women. That's way null hypothesis is accepted. So here we can analysis that there is no difference of psychological well-being among 25-40 and 41-55 years working Women. She plays both roll of family responsibility and job responsibility. In any kind of age she play strong roll in both places. so here age factor not affected of psychological well-being. so, she has good adjustment with family and her job.

There is no significant difference of psychological well-being among 25-40 and 41-55 years non working Women. That's way null hypothesis is accepted. So here we can analysis that there is no difference of psychological well-being among 25-40 and 41-55 year's non working Women. because, non working Women as only responsibility of her family and her children. she has no more responsibility. so, her life may be peaceful and stressless. there is no difference of psychological well being among both age group.

There is significant difference of psychological well-being among 25-40 working Women and 25-40 non working Women. so, here null hypothesis is not accepted. we can analyze that there is difference of psychological well being among 25-40 working Women and 25-40 non working Women. it may possible the psychological well-being of 25-40 non working Women has well or high. because she has only family responsibility. so that life is stress less. while, may possible the psychological well-being 25-40 working Women has poor or low. because we have discuses above. She has played many rolls that's why her life is stressful and because of that psychological well-being is low or poor.

There is significant difference of psychological well-being among 41-55 years working Women and 41-55 years non working Women. so, here null hypothesis is not accepted. we can analyze that there is difference of psychological well being among 41-55 years working Women and 41-55 years non working Women. we discuses above working Women has so many responsibility and the 41-55 years which ,old age is start, and retirement is also near, in these circumstance there may be possibility of maladjustment and stress. so her psychological well-being may be poor ,41-55 years non working Women are relax from some home responsibility, because her children's become elder and responsibility also less and live spiritual life, and she physical internal changes very normally, and because of that her psychological well-being may be high.

There is significant difference of psychological well-being among 25-40 years working Women and 41-55 years non working Women. so, here null hypothesis is not accepted. we can analyze that there is difference of psychological well being among 25-40 years working Women and 41-55 years non working Women. it is very common 25-40 years working Women young but having job and family both responsibility. That why her psychological well-being is poor. We discuses above 41-55 years non working Women are reduce home responsibility, and that's why her psychological well-being is good.

There is significant difference of psychological well-being among 41-55years working Women and 25-40 years non working Women. so, here null hypothesis is not accepted. we can analyze that there is difference of psychological well being among 41-55years working Women and 25-40years non working Women. We discuss above in whatever age if responsibility of job and home is increase psychological well-being will may be poor, and 25-40years non working Women has only psychological well-being may be good.

9) Conclusion.

- 1) There is significant difference of psychological well-being among working and non working Women.
- 2) There is no significant difference of psychological well-being among 25-40 and 41-55 years working Women.
- 3) There is no significant difference of psychological well-being among 25-40 and 41-55 years non working Women
- 4) There is significant difference of psychological well-being among 25-40 years working and 25-40 years non working Women
- 5) There is significant difference of psychological well-being among 41-55 years working and 41-55 years non working Women
- 6) There is significant difference of psychological well-being among 25-40 years working and 41-55 years non working Women
- 7) There is significant difference of psychological well-being among 41-55 years working and 25-40 years non working Women.

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