



“A Study Life Satisfaction among Working and Non-Working Women”

Indrajeet Vijaysingh Patil¹

MA, Bed, M.Phil.Psychology,

DK Asc College, Ichalkaranji, Kolhapur - 416008

Dr. Vitthal Govind Pingale²

Asst. Prof. in Psychology

Department of Psychology,

Dr. Babasaheb Ambedkar College, Aurangabad.

Abstract

Objective:- To Investigate the Life Satisfaction among Working and Non-Working Women.

hypothesis:- 1) There will be no significant difference between working and non-working women on dimension life satisfaction (Health, Personal, Economic, Marital, Social and Job).

Sample:- 80 women were selected from Aurangabad city for the present research. Among them 40 were working women and 40 were non-working. Age range of women 20 year to 40 year. (Mean = 32.25, SD = 4.56). Purposive Non-Probability Sampling was used. Tools:- Life Satisfaction Scale (LSS) Alam G.Q & Srivastava Ramji, 2001 in this 60 items related to six areas, viz., Health, Personal, Economic, Marital, Social and Job. Statistics t-test was used for the statistical analysis of data. Conclusion: Working women had significantly high life satisfaction than the non-working women.

Keywords: Life Satisfaction, Working Women, Non-Working Women

Introduction:-

Life satisfaction is the manner in which individuals assess their lives and how they feel about their bearings and choices for what's to come. It is a proportion of prosperity and might be surveyed regarding state of mind, satisfaction with relations with others and with accomplished objectives, self-ideas, and self-saw capacity to adapt to day by day life. It is having a positive mentality of one's life overall as opposed to an appraisal of current emotions. Life satisfaction has been estimated in connection to financial standing, measure of instruction, encounters, and living arrangement, just as numerous different points. Life satisfaction can reflect encounters that have affected an individual in a positive manner. These encounters can persuade individuals to seek after and arrive at their objectives. There are two sorts of feelings that may impact how individuals see their lives. Expectation and good faith both comprise of psychological procedures that are typically arranged towards the coming to of objectives and the view of those objectives. Furthermore, good faith is connected to higher life satisfaction, while cynicism is identified with indications in discouragement. The Satisfaction with Life Scale (SWLS) is a solitary scale that is utilized by UNESCO, the CIA, the New Economics Foundation, the WHO, the Veenhoven Database, the Latinbarometer, the Afrobarometer, and the UNHDR to quantify how one perspectives their confidence, prosperity and generally bliss with life. Past demonstrating indicated that constructive perspectives and life satisfaction were totally intervened by the idea of confidence, together with the various manners by which thoughts and occasions are seen by individuals. A few investigations found that confidence assumes a positive job in impacting life satisfaction. There is likewise a homeostatic model that supports these discoveries. An individual's state of mind and point of view can likewise impact their impression of their own life satisfaction.

Ferree (1976) and prior examinations by different creators have contended that women with occupations outside the house are commonly more joyful and more happy with their lives than are full time housewives. Proof from six enormous national overviews directed by the University of Michigan and the National Opinion Research Center somewhere in the range of 1971 and 1976 reliably neglects to help this speculation. It was inferred that both work outside the home and fulltime housewifery have advantages and costs joined to them; the net outcome is that there is no predictable or critical contrasts in examples of life satisfaction between the two gatherings.

A Study Life Satisfaction among Working and Non-Working Women

A Survey of Modern Living, inspected confidence, mental prosperity, and physical wellbeing of 389 women (206 utilized outside the home and 783 homemakers). Results show that working women had higher confidence and less mental nervousness than homemakers. Working women likewise announced preferable physical wellbeing over homemakers (Coleman, and Antonucci, 1976).

Research Method:-

Operational definition:

- 1) **Life Satisfaction:** - Result obtained upon the Dr Q. G. Alam and Ramji Shrivastawa test call that Life Satisfaction.
- 2) **Working:** - The Women are having jobs that call working women.
- 3) **Non-Working:-** The Women which are housewives are referred as are non-working

Purpose/objective:-

To Investigate the Life Satisfaction among Working and Non-Working Women.

Hypothesis:-

- 1) There will be no significant difference between working and non-working women on dimension life satisfaction (Health, Personal, Economic, Marital, Social and Job).

Sample:-

80 women were selected from Aurangabad city for the present research. Among them 40 were working women and 40 were non-working. Age range of women 20 year to 40 year. (Mean = 32.25, SD = 4.56). Purposive Non-Probability Sampling was used.

Variable:-

1) Independent variable:-

Women Status

- 1) Working
- 2) Non-Working

2) Dependent variable:-**1) Life Satisfaction**

- i) Health Satisfaction
- ii) Personal Satisfaction
- iii) Economic Satisfaction
- iv) Marital Satisfaction
- v) Social Satisfaction
- vi) Job Satisfaction

Tools:-

Life Satisfaction Scale (LSS) Alam G.Q & Srivastava Ramji, 2001 in this 60 items related to six areas, viz., Health, Personal, Economic, Marital, Social and Job. The responses are to be given in yes/no. Yes responses indicate the satisfaction. There is no time limit yet it takes about 20 minutes to complete the questionnaire. The range of age was between 78 to 40 years. The scale has 60 items. Every item is to be responded either in yes or no. there is no other alternative. Every 'yes' response is assigned 1 mark. The sum of marks is obtained for the entire scale. Test-retest reliability was computed after a lapse of 6 weeks. The obtained quotient was .84. The validity of the scale was obtained by correlating it with Saxena's Adjustment Inventory and Srivastava Adjustment Inventory. The quotient obtained was .74 and .82 respectively. Further the scale has face validity as all the items are closely related to the covered areas. The items were judged by the experts. Thus the scale is beyond doubt. It also possesses content validity.

Procedure of data collection:-

80 participants were taken as the research participants in which 40 were working women and 40 were non working women, from Aurangabad were taken. Participants were selected through convenience sampling from different working areas like schools, government offices and banks

A Study Life Satisfaction among Working and Non-Working Women

and from residential areas. Satisfaction with life Scale was administered to check the level of life Satisfaction among working and non working women. In order to avoid any hurdle in data collection permission letter given by the Head of the Department was shown to the authorities of the Govt. officials, banks and institutions so that the process of data collection might be carried out smoothly.

Statistics t-test was used for the statistical analysis of data.

Statistical Data Analysis

‘t’ showing the significance of difference between the working and non-working women respect to Life Satisfaction.

Dimension	Working Women (N =40)			Non-Working Women (N = 40)			t- ratio	df	p
	Mean	SD	SE	Mean	SD	SE			
Health	3.5	2.09	0.33	6.1	2.02	0.31	5.65**	78	0.01
Personal	6.7	2.89	0.45	3.6	2.56	0.40	5.07**	78	0.01
Economic	7.7	2.88	0.45	3.09	2.25	0.35	7.97**	78	0.01
Marital	7.1	2.47	0.39	7.6	2.38	0.37	0.92	78	NS
Social	8.4	3.01	0.47	4.2	2.39	0.37	6.91**	78	0.01
Job	8.8	2.83	0.44	4.1	3.32	0.52	6.81**	78	0.01
Life Satisfaction	42.2	16.17	2.53	28.69	14.9	2.32	3.88**	78	0.01

$$0.01 = 2.62, 0.05 = 1.98$$

Health satisfaction score of the working women Mean is 3.5 and non-working Mean is 6.1, The not difference between the two mean (‘t’= 5.65 , df = 78, P = 0.01). Personal satisfaction score of the working women Mean is 6.7 and non-working Mean is 3.6, The difference between the two mean (‘t’= 5.07, df = 78, P = 0.01). Economic satisfaction score of

A Study Life Satisfaction among Working and Non-Working Women

the working women Mean is 7.7 and non-working Mean is 3.09, The difference between the two mean ('t'= 7.97, df = 78, P = 0.01). Marital satisfaction score of the working women Mean is 7.1 and non-working Mean is 7.6, The not difference between the two mean ('t'= 0.92, df = 78, P = NS). Social satisfaction score of the working women Mean is 8.4 and non-working Mean is 4.2, The difference between the two mean ('t'= 6.91, df = 78, P = 0.01). Job satisfaction score of the working women Mean is 8.8 and non-working Mean is 4.1, The difference between the two mean ('t'= 6.81, df = 78, P = 0.01). Life satisfaction score of the working women Mean is 42.2 and non-working Mean is 28.69, The difference between the two mean ('t'= 3.88, df = 78, P = 0.01).

Conclusion:

1) Working women had significantly high life satisfaction than the non-working women.

References

- Ahmad, S. N. (2009). Women's work and health in Iran: a comparison of working and non-working mothers, *Social Science & Medicine*, 54(5), pp. 753-765.
- Coleman, L. M., & Antonucci, T. C. (1976). Impact of Work on Women. *Departmental Psychology*, 19 (2), pp. 290-294.
- Diener, E. (1984). Subjective well being. *Psychological Bulletin*, 95, 542-575.
- Joseph, P. S., Sandvik. S. P. (1982). Attitudinal differences between full-time homemakers and women who work outside the home. *Sex Roles*, 15 (6), 299-310.
- Kahneman, D. (1999). Objective happiness: *The foundation of hedonic psychology* (pp. 3-25). New York: Russell Sage Foundation.
- Myers, D. G. (1992). *The pursuit of happiness*. New York: Morrow.

A Study Life Satisfaction among Working and Non-Working Women

Rusting, C. L., & Larson, R. J. (1997). Extraversion, neuroticism and susceptibility to negative and positive affect: A test of two theoretical models. *Personality and Individual Differences*, 22, 607-612.

Townsend, A., & Patricia, G. (2002). Re-Examining the Frustrated Homemaker Hypothesis: *Role Fit, Personal Dissatisfaction, and Collective Discontent*, 22, 563-570.

Wright, D. (1978). Are working women really more satisfied; Evidence from several National surveys. *Journal of Marriage and Family* 40, 301-313.