

## COMPARATIVE STUDY OF LIFE SATISFACTION AMONG WORKING AND NON WORKING WOMEN

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### ABSTRACT:

The present study was conducted to measure the life satisfaction among working and non working women. Women are the nucleus of a family. They have responsibility of health, Social and economic status of the family and community. As women increasingly gain occupational mobility they are exposed to physical hazards work environment & also exposed to the pressures created by multiple role demands & conflicting expectations. Women are the nucleus of a family. They have responsibility of health, Social and economic status of the family and community. As women increasingly gain occupational mobility they are exposed to physical hazards work environment & also exposed to the pressures created by multiple role demands & conflicting expectations. Satisfaction with Life Scale (SWLS) developed by Diener and colleagues (1984) consisting 5 items was administered to the sample of ( $N=100$ ) of different organizations and living areas. The sample was divided into two categories 50 working women and 50 non-working women, out of which 25 working and 25 non working from Ara, 25 working and 25 non working from Patna were taken. t- test was computed for the statistical analysis of the data.

**Keyword:** Life Satisfaction, Working women, Non-working women

### INTRODUCTION:

It is an open truth that working women have to face problems. Those who are in paid employment refer to working women. A woman's work is not merely confirmed to paid employment. She has to almost always shoulder the burden of household chores as well. Men and society pities upon and considers women unfortunate ones who take up jobs and whose circumstances have compelled them to take up employment, now their attitude has changed considerably.

Satisfaction with life formerly focused on who is happy, whether the one who is a married, wealthy, spiritual individual or other. Temperament and personality appear as powerful factors and influencing people's well being (Diener, Lucas, & Smith, 1999). The aim of the current study was to find out the life satisfaction among working and non working women. People might be satisfied with one aspect of their life and not the other; it was pointed out that some people may be particularly unhappy with the particular domain of life and relatively satisfied with other domains. Individual might be satisfied with more domains of their lives and still be dissatisfied overall because of the impact of the particular domain (Diener, 1984). Living conditions of a individual refer to the physical and social characteristics of an area of life whose effects on life satisfaction are cognitively mediated (Michalos, 1991). People will feel more satisfied when they perceive that their standards of fulfillment have been meet and less satisfied when they have not been met (Diener, Suh, Lucas, & Smith, 1999).

Women are the pillar of society and play an important role in society in all fields of life and it is true that without their participation no society can nurture properly. According to Muhammad Ali Jinnah "No nation can rise to the height of glory unless your women are side by side with you". Women have been equally participating with their men from the ancient time but their participation in labor force has not been given the same consideration as men collect from their work. Subjective well-being is a combination of positive affects and the general life-satisfaction. The term subjective well-being often is used as a synonym for happiness. Well being involves our experience of pleasure and our appreciation of lives rewards (Diener, 1984). Life satisfaction is often considered a desirable goal, where correct actions lead individual to the well-being (Myers, 1992).

It was found that females were more satisfied with their jobs as compared to their male counterparts. This may be attributed to the facts that females were more satisfied because of their economic freedom. They felt they are earning and they have the freedom to use, spent or invest that money according to their wish. They were not dependent upon others. Females due to their job getting recognition in the society and as well as in their home also. They were happy and satisfied because the society perceive them as an intellectual individual and ask their opinion and suggestions this gives them a feeling of self esteem and self respect and make them intrinsic satisfied. The low expectations of the females might be leads to higher job satisfaction because the females have not to bother too much for the household expense this responsibility has to be taken by male figure of the family. Thus, females may get satisfied sometimes in low wages. For females intrinsic factors are more dominant because they feel that they are contributing to their society, family and country. On the other hand the males more emphasized on the extrinsic factor more on salary because they have to run their house and to full fill the needs of the family members with their salary. Women who are employed are more satisfied than women who are homemakers or that employed women do not differ from homemakers in their level of satisfaction (Wright, 1978), or that homemakers are more satisfied than women who are employed (Hall, & Francine, 1973).

Kahneman (1999) argued that people in good circumstances may be objectively satisfied than people in bad circumstances. satisfied and dissatisfied react differently to the same stimuli. Rusting and Larsen (1997) demonstrated that extraverted individuals respond more intensely to positive than to negative pictures in laboratory situation.

Ferree (1976) argued that women with jobs outside the home are generally happier and more satisfied with their lives than are full time housewives. It was concluded that both work outside the home and fulltime housewifery have benefits and costs attached to them; the net result is that there is no consistent or significant differences in patterns of life satisfaction between the two groups.

Results from a survey of modern living indicate that working women had higher self-esteem and less psychological anxiety than homemakers. Working women also reported better physical health than homemakers (Coleman, & Antonucci, 1976).

Multiple classification analyses explained that full-time homemakers are more dissatisfied with their lives than women employed outside the home. Homemakers who had wanted a career were more personally dissatisfied than homemakers who had never wanted a career. The career-oriented homemakers were the ones who expressed greater personal dissatisfaction than employed

women (Townsend & Patricia, 2002). A sample was used to examine differences in attitudinal variables and self-concept between full-time homemakers and women employed outside of the home. The homemakers held more conservative values and a more traditional view of women's roles, reported experiencing a more supportive family life, expressed lower self-esteem, and were less dissatisfied than women who work outside the home. Women who are employed outside the home rated themselves as more aggressive, ambitious, and intelligent than did homemakers. The discussion focuses on the surprising finding that the women who work outside the home were more dissatisfied than homemakers.

A survey was conducted on the impact of work on mothers' health of working and non-working mothers and four factors were examined (personal well-being, socio-demographic, work and work-related, and social-life variables) alongside a range of mental and physical health outcome variables. Women's paid work is generally associated with better health, statistically significant differences between working and non-working women were not found. It is argued that this is a result of the counter-balance of the positive and negative factors associated with paid work, such as increased stress on one hand and self-esteem on the other.

### **Hypotheses:**

- (i) There would be significant difference on score of life satisfaction scale among working and non-working women of Ara.
- (ii) There would be significant difference on score of life satisfaction scale among working and non-working women of Patna.

### **METHOD:**

#### **Sample**

A sample consisted of one hundred women ( $N=100$ ) was selected from different areas of Ara and Patna. The sample was further divided into two categories fifty working women 25 participants from Ara and 25 from Patna) and fifty non working women 25 participants from Ara and 25 participants from Patna. Participants were selected by sampling from different working areas like schools, Govt. offices, banks and from residential areas. A comparative research design was used to compare the two groups of working and non working women. The age range of participants was from 20 to 60 years. The minimum educational level of the participants was matriculation and they were selected from different socio-economic backgrounds.

#### **Tools:**

#### **Satisfaction with Life Scale:**

The Satisfaction with Life Scale (SWLS) is a measure of life satisfaction developed by Ed Diener (1984). Life satisfaction is one factor in the more general construct of subjective well being. Researches have suggested that subjective well being has at least three components (positive affective appraisal, negative affective appraisal and life satisfaction). The Satisfaction with Life Scale was developed using classical test construction approaches to both select an initial item pool and subsequently narrow the instrument to five items that inquire about respondents' overall assessment of their lives. The cognitive appraisal involved in measuring life satisfaction is believed to require a comparison by individuals between the current status of their lives and self-

defined expectations regarding what they would like their lives to be. This comparison may be in relation to a self-defined ideal, to other people, or to one's own past.

### **Procedure:**

100 participants were taken in which 50 were working women and 50 were non working women, out of which 25 working and 25 non-working from Ara, 25 working and 25 non-working from Patna were taken. Participants were selected through convenience sampling from different working areas like schools, government offices, banks 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. Verbal consent was taken from the participants and they were given brief description about the purpose of the data collection and were assured that the data collected from them will only be used for research purpose and will be kept confidential.

### **Statistics**

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

### **RESULTS**

The present study is aimed to determine the life satisfaction among working and non working women. For this purpose a sample consisted of one hundred women (N=100) is selected from different organizations of Ara and Patna and sample is divided working and non-working women. Satisfaction with Life Scale (SWLS) by Ed Diener (1984) is administered to check the level of satisfaction; t-test is used to find out the statistical significance of the two groups of working and non-working women.

Table 1: Life Satisfaction among Working & Non working women of Ara

Group	N	Mean	S.D	df	t-test	p
Working	25	29	1.915	48	6.445	.000
Non working	25	22.20	4.916		6.445	

Results indicates that life satisfaction in working women of Ara is high than that of non-working women of Patna.

Table 2: Life Satisfaction among working and non working women of Patna

Group	N	Mean	S.D	df	t-test	p
Working	25	22.76	4.503	48	-4.555	.000
Non working	25	27.80	3.215		-4.555	

Results indicates that life satisfaction in working women is low than that of non-working women of Ara.

### **DISCUSSION:**

In the past women preferred to spend their life at home and devoted themselves for their families. Their main aim was to help their children for their better future. Many people believe that women have to live in home and fulfill only domestic responsibilities even a bunch of women also in the favor of this school of thought. 21<sup>st</sup> century brought many changes in the lifestyles of human beings, now both husband and wife have started earning in order to fulfill their needs and enjoy the luxuries of life as well.

Main focus of this research was to investigate life satisfaction among working and non working women of two cities. Both cities have different trends, lifestyles, living standards and weather conditions that affect the residents of these cities. This study helps to assess the satisfaction with life in working and non working women. For that purpose a sample consisted of one hundred women was selected from different organizations and living areas and sample was consisted fifty working and fifty non-working women, out of which 25 working and 25 non-working from both cities.

It was hypothesized that working women of Ara are more satisfied as compared to the non working women and when the groups are compared within the city of Patna. There is a significant difference between two groups as the table shows that the working women of Ara are more satisfied than nonworking women. It seems that, the working women have positive reaction towards lives and try to develop healthy patterns of adjustment and dealing with their lives. The working women are aware of their right of autonomy and decision making that strengthen their behavior and empower their satisfaction. Besides all this doing job enables women to earn money and enjoy those luxuries of life that a nonworking women can only dream of. When they go outside for the job they have to face different kind of circumstances that make them stronger and enable them to manage in bitter condition in a better way. The working women are often seem to be emotionally sound, patient, co-operative and deal stressors more appropriately than that of non-working women.

Morin and Taylor (2009) found that, ever since in big towns people live lives quite desperately. Suburbanites are significantly more satisfied with their communities than those who are the residents of cities, big towns, and this study is supporting the current hypothesis that the working women of urban areas are more satisfied because they have more sense of contentment.

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