

LIFE SATISFACTION AND STRESS AS DETERMINANTS OF WORKING AND HOMEMAKER WOMEN

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ABSTRACT

The main aims of the present study were to examine the life satisfaction and stress levels among working and homemaker women. For this purpose, A sample of 100 women (50 working & 50 homemaker) was drawn randomly from the population. Life Satisfaction Scale by Alam & Srivastava (1996) and stress scale by Singh (2004) were used for data collection. The statistics that were calculated were the mean, standard deviation, "t" test, and correlation. The results indicate that working women and homemaker women differ significantly on their levels of life satisfaction ($t=3.80$). Working women were more satisfied with their life. This paper findings report on the stress scale, homemaker women had higher levels of stress than that of working women. Negative relationship was found between working and Homemaker women and relationship between life satisfaction and stress level were found to be negatively correlated also.

Keywords: Life Satisfaction, Stress, working and Homemaker women

INTRODUCTION

The concept of life-satisfaction denotes an overall evaluation of life. So, the appraisal that life is 'exciting' does not necessarily mean that it is 'satisfying'. There may be too much excitement in life, and too few other qualities. An overall evaluation of life involves all relevant criteria in the mind of the individual: for example, how good one feels, how well expectations are likely to be met and how desirable various factors are deemed to be, etc. The object of evaluation is life-as-a-whole; not a specific area of life, e.g., employment. Enjoyment of work may add to the appreciation of life, but does not constitute it. Veenhoven, R. (1996) considers four kinds of satisfaction; (1) global life-satisfaction (GLS), (2) satisfaction with housing (SH), (3) satisfaction with finances (SF) and (4) satisfaction with social contacts (SC). Only the first kind (GLS) meets this definition of life satisfaction. The others are "domain satisfactions".

Satisfaction is a Latin word that means to make or do enough. Satisfaction with one's life implies a contentment with or acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole. In essence, life satisfaction is a subjective assessment of the quality of one's life. Because it is inherently an evaluation, judgments of life satisfaction have a large cognitive component

The assessment of one's life as a whole, rather than just their present state of happiness, is known as life satisfaction. Even though happiness and life satisfaction are two distinct ideas, they are sometimes used synonymously. Happiness is not nearly as consistent or long-lasting as life satisfaction. It expresses our overall perspective on life and our level of happiness.

Life satisfaction is influenced by various elements such as relationships, employment, health, and wellness, among others. Unlike life satisfaction, subjective well-being has both emotional and cognitive components. The emotional component of subjective well-being is the frequency of both positive and negative impact, while life satisfaction is the cognitive component.

Satisfaction is a state of mind. It is an evaluative appraisal of something. The term refers to both 'contentment' and 'enjoyment'. As such it covers cognitive- as well as affective-appraisals. Satisfaction can be both evanescent and stable through time.

Life-satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as-a-whole. In other words, how much the person likes the life he/she leads. Current synonyms for life satisfaction are: 'happiness' and 'subjective well-being'. One advantage in using the term life-satisfaction rather than the word 'happiness' is that it emphasizes the subjective character of the concept. The word happiness is also used to refer to an objective good; especially by philosophers. Further, the term life-satisfaction has the advantage over the label of 'subjective well-being' is that life-satisfaction refers to an overall evaluation of life rather than to current feelings or to specific psychosomatic symptoms.

Women in India have come a long way after independence. From just a skilled homemaker, women today have acquired skills and capabilities of not just being a homemaker but being at par with their male counterparts. This is the new generation of women, who wants to pursue their dream career. But this life is not a bed of roses for all. While there is little consensus among psychologists about the exact definition of stress, it is agreed that stress results when demands placed on an organism cause unusual physical, psychological, or emotional responses. In humans, stress originates from a multitude of sources and causes a wide variety of responses, both positive and negative.

In our culture and society, the roles of men and women have historically been distinct. Traditionally, men were responsible for earning a livelihood to support the family, making decisions regarding family issues, and fulfilling

civic duties. In contrast, women were tasked with managing all household responsibilities, including caring for their husbands and in-laws, looking after children, maintaining cleanliness in the home, preparing meals for the family, and hosting guests. However, over time, the responsibilities of women have expanded. Responding to the demands of the times, they have pursued education and begun to work outside the home, and today, women are standing shoulder to shoulder with men. They are now contributing financially to household management. Nevertheless, the challenges of being employed have impacted their life satisfaction and the upbringing of their children.

A great deal of psychological research has explored the sources of people's life satisfaction. These sources include one's overall wealth, whether one is single or married, male or female, or young or old. Because most researchers investigating the predictors of life satisfaction have not specifically focused on the experiences of women, this review of the life satisfaction literature will describe research conducted with both sexes. Fortunately, however, the findings of many of these studies are directly relevant to women's lives. Life circumstances such as bearing and raising children, marriage, poverty, and inequality all influence the life satisfaction of women, despite the fact that studies of these factors have not necessarily been conducted with women participants only or been specifically analyzed for gender differences. Thus, this review will focus on life satisfaction in general but with women's lives and experiences in mind.

Review of Literature

Sai Lakshmi, and Vemula (2016). There is a significant level of stress among women in both the 20-29 age group and those with 1-5 years of experience, according to a study conducted by a group. In the banking sector, 28% of working women reported stress due to their occupation, 65% reported stress due to workload, and 80% reported stress due to low salaries, job insecurity, transfers, and lack of advancement opportunities; these factors were primarily responsible for creating stress among working women in the banking sector (Das, Akkur 2016).

There are a number of stress management techniques that women have explored for the management of their stress such as sleep, relaxation, exercise, time management, diet, and yoga (Upamany 1997). It has been found that there is a significant difference between the mental health and depression of women who work and those who don't work as a result of a study's findings.

Jogsan and Dudhatra (2012) found that women who are not working have better mental health than women who are working, as well as suffering from less depression than women who are working (Jogsan and Dudhatra 2012). As a result of the preference of women for a broad range of sectors for their activities (Sá, 2004; Figueiredo, 2004; Carbonell, 2005), we can identify the diversity of their work. It has been found that employed women are more satisfied in comparison to those who are unemployed (Ferree, 1976), the level of satisfaction of employed and unemployed women is the same (Wright, 1978), and women who are not employed are more satisfied in comparison to those who are employed (Hall & Francine, 1973).

In contrast to non-working women, working women have less satisfaction and less anxiety (Irfan et al., 2012). Working women are better able to understand their right to autonomy and have more power in decision-making, leading to more satisfied behavior and a higher level of satisfaction.

OBJECTIVES

The objective of the present study is aimed at comparing the experiences of working- women with those of homemaker women in terms of life stress and life satisfaction.

- To examine the level of satisfaction with life among working and Homemaker women
- To examine the stress level with life among working and Homemaker women.
- To investigate the impact of life satisfaction and stress level on working and Homemaker women.

HYPOTHESES

H1- Working and Homemaker women will differ significantly with regards to their life satisfaction.

H2-Working and Homemaker women will differ significantly with regards to their stress level.

H3-Correlation between Life satisfaction and stress.

METHODOLOGY

(a) SAMPLE

The present study the random sample was found suitable and appropriate to be used here. The sample was drawn from working and homemaker women of Muzaffarpur District. For this purpose, 50 working (who were teacher in the Govt. schools) and 50 homemaker women (housewives) were drawn randomly. Working women were highly qualified. Age range of women was 26- 40 years. In the study, for statistical calculation i.e Mean, SDs, t-test and r-test was applied for analysis of data.

(b) TESTS OF THE PRESENT RESEARCH:

1. Personal information Schedule

A personal Data Sheet was used to obtain the information's regarding personal and background factors of the participants.

2. Life Satisfaction Scale

It was developed and standardized by Alam and Srivastava (1996). The test consists of 60 items of yes/no type. Yes indicate the satisfaction. Higher scores show higher satisfaction level. The range of age was between 18 to 40 years. Test-retest reliability of the test was found to be .84 and Validity is .74.

3. Stress Scale

It was developed by Singh (2004). The range of age was between 16 to 50 years. Test-retest reliability of the test was found to be .82 and Validity is .61. Higher scores show higher stress level.

(c) PROCEDURE

Firstly, the process of the Data collection was done using random sampling. Purpose of the study was made clear to the participants. The general instructions were given to participants to complete the inventories. Help was provided to the participants in case they found any of the items difficult to comprehend. Filled questionnaires were collected from participants for statistical analysis of data.

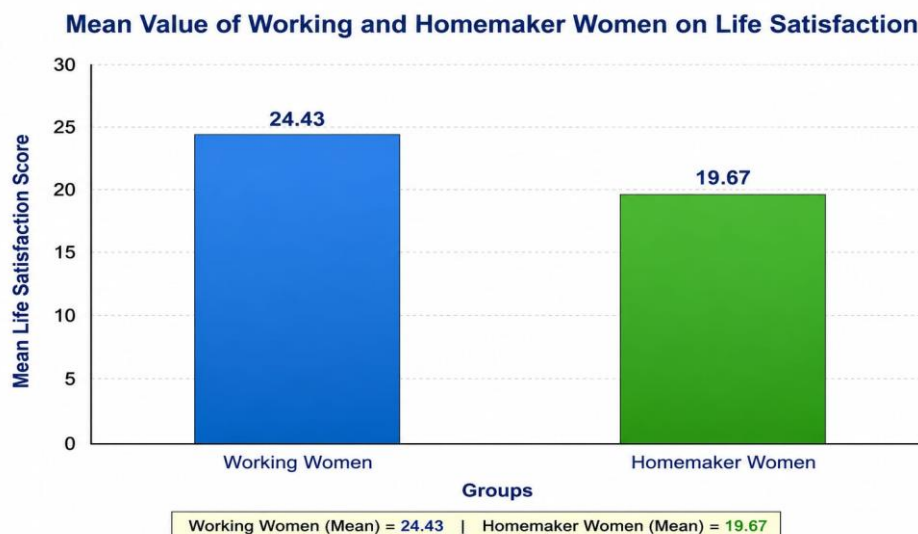
RESULTS AND DISCUSSION

Table -1

Means, SDs and "t" value of Working and Non-Working Women on Life Satisfaction

Groups	N	Means	SDs	t	P value
Working women	50	24.43	23.66	3.80	0.01
Homemaker women	50	19.67	12.83		

Figure 1 – Mean value of Working and Homemaker Women on Life Satisfaction



Showing the result from Table-1 that there is significant difference between working and homemaker women for life satisfaction. The working woman received higher mean score 24.43 as compared to the homemaker woman 19.67. The standard deviation score of working women received, 23.66 and the homemaker woman received 12.83. therefore, according to the result shows above the table-1 say that working woman have higher level of life satisfaction than the homemaker woman. The “t” value of life satisfaction is 3.80. There is significant difference between working and homemaker working woman. It means hypothesis was supported. Working women were more satisfied with their life. They get salary, earn money, so they can fulfill their needs. They support their family and husband. Working women do not depend upon their husband or family, economically they were independent. For this reason, they get satisfaction in life. They perceived their life to be secure. They feel comfortable with their life situations. On the other hand the homemaker women are less satisfied with their lives. They underestimate in front of working women. Similar result was found by Bhatt (2013).

Table-2

Means, SDs and “t” value of working and non-working women on stress

Groups	N	Means	SDs	t	P value
Working women	50	28.56	12.65	3.08	0.01
Homemaker women	50	39.43	21.49		

According to table-2 the mean scores of homemaker women were higher 39.43 as compared to working women 28.56. This is indicative of the fact that homemaker women were facing more stress than working women. Hence, it confirmed the hypothesis which states that “Working and homemaker women will differ significantly with regard to their stress level”. High stress among homemaker women is due to the fact that homemaker women occupy multiple roles which are inconsistent and create conflicting situations. Our society still demands the traditional roles of women as homemaker.

Mean stress Scores of Working and Homemaker women

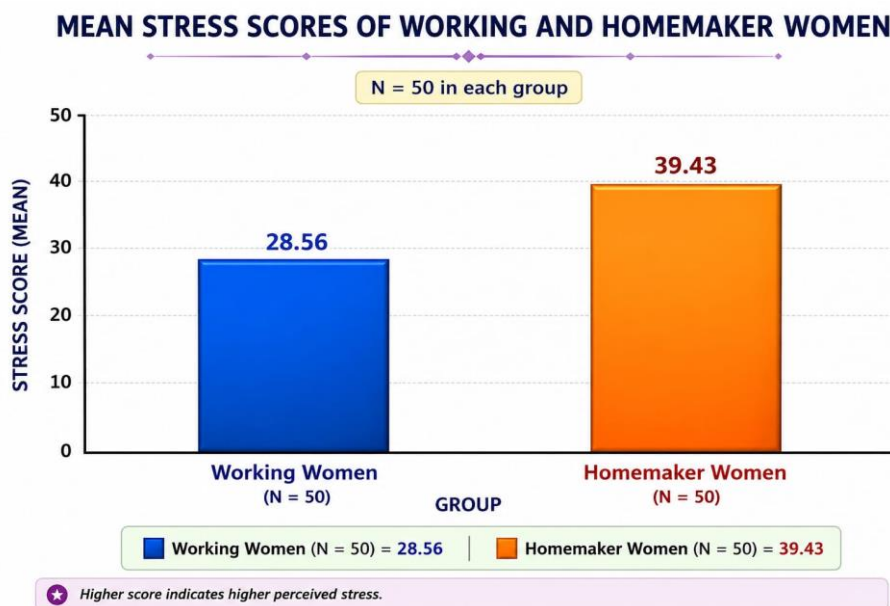


Table-3

Correlation coefficients of life satisfaction and stress (N=100)

	Stress	P-value
Life Satisfaction	-0.31252451	0.01

According to above table there was a negative correlation between stress and life satisfaction. This correlation showed that as long as the stress levels increase their life satisfaction level decreases. This showed that stress have a meaningful negative effect on life satisfaction. Those persons who were satisfied with their life, they were have less stress in their life. Azzem & Ozdevecioglu (2013) were found similar result. Thus, our hypothesis was proved.

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