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A COMPARATIVE STUDY OF MENTAL HEALTH AND LIFE SATISFACTION IN WORKING WOMEN AND HOUSE- WIVES

Kalyani Ajit Kharat

(NET, SET) Research Student.

Dr. Quadri Syed Javeed

HOD of Psychology Dept. , Associate Professor , A. T. college Jalna.

ABSTRACT:

In this study I attempted to study mental health and life satisfaction in working women and house-wives. For this study 15 working women and 15 house wives are taken from Aurangabad city of middle socioeconomic group and married women. Age group 24 to 40 year.

KEYWORDS: mental health, life satisfaction, working women, house-wives.



INTRODUCTION

During the last decades, an utter change has occurred in the thinking of society.

During past decade earning is mainly done by male partner of family and women play important role in home. Women is backbone of family and all responsibility of family mainly handle by women. Due to modernization nature of work for women changed, she work outside work in different field. Working women are supposed to play the double role-in the family and outside in the jobs as well.

WORKING WOMEN

Working women are women who work outside house for

earning money are categorized as working women. Eg teacher, doctor, nurses etc.

HOUSE-WIVES

Women who work at home for family and not work for earn money.

Mental health is not merely absence of disease and it is wellbeing at social, psychological, emotional and interpersonal level.

According to WHO 'Mental health include " subjective wellbeing ,perceived self -efficiency, autonomy, competence, intergenerational dependence and self-actualization of one's intellectual and emotional potential among other."

According to Cutts and Mosley (1994), "Mental Health is the ability which helps us to seek adjustment in the different

situations of our life".

The importance of maintaining a good mental health is essential to live a long and healthy life. When Mental health is good can enhance wellbeing of person and when it is poor prevent someone from living normal life. Mental health is a state or condition on which an individual feels a sense of well-being. Mental health is the ability to adjust satisfactory to the various stress of the environment or various types of situations in one's life. Mental health has two aspects, individual and social, the individual aspects of mental health means that individual is internally adjusted, he remains free from internal conflicts, tensions or inconsistencies in his behavior. He is able to adapt successfully to the changing needs and demands of the environment

outside.

LIFE SATISFACTION

Life satisfaction is defined as a person's cognitive evaluation of his or her quality of life as a whole or with specific domains of life. Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as-a-whole. It may also mean how much a person likes the life he/she leads. Life satisfaction is defined as the overall evaluation of a person's quality of life based on the person's own choice and experience in life.

In determining one's life satisfaction, judgments are based on comparison with a standard that each individual sets for him/herself. Life satisfaction is dependent on a number of life domains as age, gender, socio-economic status, student status, job status, family etc. Each domain has a large effect on an individual's life satisfaction.

REVIEW OF LITERATURE

Lal (2005) determined the effect of demographic variables namely age, area and gender on life satisfaction and optimism and found that indicated that area and age have significant effect on life satisfaction while no significant effect of gender was found. On optimism, gender and age groups showed a significant effect while area had no such effect.

Manjuvani (1995) carried research on "Sex, type of school, standard and mental health status of high school students and found that girls had better mental health status as compared to boys and mental health status of 10th standard students was low as compared to the 9th standard students.

Aim of study

To study **Objective of study**

To study the mental health of working and house-wives women.

To study life satisfaction level in working women and house-wives.

Hypothesis

There would be significant difference in mental health in working women and house-wives.

There would be significant difference in life satisfaction in working women and house-wives.

Methodology

Sample

Sample of 30 women taken from Aurangabad city and 15 women were taken randomly as working women and 15 are taken randomly house-wives. Age group was 24-40year.

Tools

Mental health scale developed by Kamlesh sharma, was used to assess mental health among Youth. Reliability coefficient by test-retest method is 0.86. Validity is concurrent validity with mental health check list of pramod kumar and coefficient of concordance is 0.79.

L.S. scale developed by Q. G. Alam and Ramji Shrivastava was used to assess life satisfaction. Reliability of test by test-retest method was .84. **Reliability of test by test-retest method is .84 and validity of test is concurrent validity with saxena's adjustment inventory is .74.**

Design

Independent variable:

Working women house-wives

Dependent variable

Mental health

Life satisfaction

Control variable: age, sex, married status, place, socioeconomic status.

Procedure

Sample is selected randomly and Mental health and life satisfaction test was administered. After that Data was collected individually. Proper instructions were given to them. They had been assured regarding confidentiality of data. Subject took some time to complete scale. The scale was recollected and data were tabulated and analyzed with t-test

Result

Table showing values regarding life satisfaction

	Working women	House-wives	t-test	significance
mean	42.93	43.6	0.308	5%=2.048
S.D	5.84	6.20	significant	1%=2.763

Table showing values regarding mental health

	Working women	House-wives	t-test	significance
mean	54.26	70.6	7.129	5%=2.048
S.D	4.572	7.256	significant	1%=2.763

DISCUSSION

From first above table it is seen that there is no significant difference between life satisfaction level of working women and house-wives. hence our hypothesis is rejected there is no significant difference in life satisfaction level is seen. From second table it is seen that there is significant difference between life mental health level of working women and house-wives. hence our hypothesis is accepted there is significant difference in mental health level is seen this may due to high level of stress, dual level of responsibility regarding house and work place in working women.

CONCLUSION

From above study it is indicated that life satisfaction not only depend on nature of work but may on other factor . mental health of house wives is better than working women.

LIMITATIONS

The finding of study is based on small sample.
The sample is restricted to Aurangabad city only.
The finding is based on elders sample only.

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