

## Compare Mindfulness, Psychological Well-Being and Quality of Life between Working Women and Housewives District 6 Area of Tehran

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### ABSTRACT

This study aimed to compare mindfulness, psychological well-being and quality of life between working women and housewives district 6 of Tehran. The research method is descriptive and causal-comparative study design. The population of all the housewives and working women of the 6th district of Tehran city with random cluster sampling method and Cochran formula 384, respectively, due to the loss and to ensure the sample size of 400 was determined. Tools of mindfulness questionnaire Brown and Ryan (2003), Psychological well-being questionnaire (2002) and the World Health Organization Quality of Life Questionnaire (1998), respectively. The results showed that between working women and housewives on a scale of mindfulness ( $p = 0/0001$ ) There is a significant difference. Also in the psychological well-being scale ( $p = 0/0003$ ) and its components, except for component dominate the environment there is a significant difference ( $p > 0/05$ ). Also in the variable quality of life ( $p = 0/0004$ ) and its components were also significantly different ( $p > 0/05$ ). Similarly, the mean indicated in all cases of employed women had higher scores were better off. As a result, we can say they have a positive impact on women's employment.

**Keywords:** *mindfulness, psychological well-being, quality of life, working women and housewives.*

Phenomenon and employment from the beginning of human life is considered. Since ancient times, women with men borne the burden of life and have worked. With the industrialization of societies and the growth of technology, it seems that other families do not have to rely on male income. In most societies, women as well as men worked outside the home (Vaydanof, 2004, quoted Baqeri Moein, 1391). Achieving appropriate methods and strategies can control and solve

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conflicts resulting from employment and family pressure and help women. Psychology, a way to get rid of this challenge is to us. Very effective and efficient way to regain peace in the midst of stress, treatment of chronic pain and mental trauma, Relieve stress and depression and increased creativity, memory, reaction time and increase the flexibility of mind and IQ. This approach is called mindfulness (God garrison, 1392). Mindfulness an important underlying factor to achieve liberation. For effective and powerful way to turn off and stop pressures of the world is the person or their mental pressures. Mindfulness modern way to escape from fiction and stay in the present. A different way of looking at the time and now a permanent presence in now. Mindfulness or Mindfulness means awareness of thoughts, behavior, emotion and motivation so that they can better manage and adjust. In other words Mindfulness means paying attention in a particular manner is. The focus on the three elements that are involved: the current, objective and non-judgmental (Dadash Nia, 1393). Due to the structure and purpose of mindfulness, mindfulness seems to be an effective way to relieve negative moods, tensions and stress of work and family for women and even men, that's why we can say that instead of variable-related research such as environmental impact and create jobs that tensions empty. Increases with increasing mindfulness, psychological, consensus, openness, creating and reduction of pain. In fact, the conscious mind is capable of understanding and managing and solve everyday problems (Walker and Kolosimo, 2011). Almost 60 years ago the World Health Organization as a state of well-being, physical health, mental and social and not merely the absence of defined patient. Health is a multidimensional concept that in addition to not being sick, the disabled, happiness and well-being of the (Kariminejad, 1394). World Health Organization (2004) Mental health as a state of well-being in which the individual is their ability to effectively and productively use them and for their communities defined benefit (quoting Kariminejad, 1394). In general, mental health and mental health by the prevention of mental illness, factors affecting its incidence, early detection, prevention of mental disorders caused by goods and creating a healthy environment in human relations is correct (Fred Milani, 1388).

One indicator of mental health, quality of life that comes from employment and self-confidence are factors affecting it in different countries and by individual and social factors in society.

According to press imported from employment in women, which may cause system instability or even family or improve your mental health cause as a result, he changed the quality of life and well-being as well as the effect of mindfulness in between working women and housewives, In this study, researchers' main aim is the difference between mindfulness, psychological well-being and quality of life for working women to housewives to examine.

### **MATERIALS AND METHODS**

For sampling, random cluster sampling was used. This means that the working women and 6 area is home to six of Tehran, 2 zone between these areas randomly selected from a random four

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quarters, 18 quarters this area was chosen And the samples were selected between the fourth quarters. A sample using Cochran's formula for the unlimited 384 was achieved due to the loss and to ensure the sample size of 400 was determined. Inclusion criteria for women employed in this study include: 1- have a permanent job with monthly salaries are determined. 2- The insurance is paid by the employer. 3- The experience of between 5 and 15 years. 4- aged 30 to 50 years. 5- be married. And for housewives also include: 1- What does full-time job, either part-time or work at home and not even private. 2- do not have work experience. 3- aged 30 to 50 years. 4- The wife is employed.

In the present study to evaluate and theoretical research methods were used library and Field method was used to evaluate the research variables. in use for data collection questionnaire was used for data variables. To collect data from a random cluster sampling was used. The sample of working women and housewives 6th district of Tehran were selected, so that, from 6 District 6 of Tehran area, 2 area randomly selected from these areas for random four quarters, from 18 districts of the region were selected. After determining the sample using Cochran formula, and based on the criteria of inclusion and exclusion, researcher and two colleagues Which has already been given adequate explanations about work And in the education of psychologists has been chosen randomly their homes And then comments on the research and questionnaires to women living in the home, questionnaires delivered to them And then collect them from accountability to be addressed in the analysis. To analyze the data, descriptive statistics such as mean and standard deviation were used. As well as inferential statistics to compare variables and their components, independent T test to compare the total score as well as multi-way ANOVA test (MANOVA) was used to compare in scale of the two groups. The tool was used for data analysis software program version 19 SPSS.

### RESULTS

**Table 1: Prevalence of employed and unemployed women according to age group.**

Category Age	30-35 age	36-40 age	41-45 age	46-50age
Working women	77 person	75 person	46 person	37 person
House wives	20 person	35 person	41 person	69 person

As can be seen in Table 1, the largest number of participants in the group of women working with a frequency of 77 people belonging to the age group 35-30 years. And housewives in the age group 50-46 years, the highest frequency with a frequency of 69 people.

**Table 2: Frequency of working women and housewives with regard to education.**

	Without diploma	diploma	Associate Degree	Bachelor	Master (MS.c)	doctora
Working women	-	36	48	103	43	5
House wives	29	52	43	32	9	-

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As can be seen in Table 2 Maximum number of participants in the group of women working with a frequency of 103 people are licensed and housewives are most frequent in women with a secondary school degree with a frequency of 52 persons.

**Table 3: mean and standard deviation of mindfulness, quality of life and its components in employed women (n= 235) and housewives.**

Standard deviation		Average		Indicators
House wives	Working women	House wives	Working women	
7/66	8/03	43/64	60/51	Mindfulness
5/44	4/39	69/45	87/57	Quality of Life
3/07	2/72	20/67	27/32	Physical health
2/96	2/59	17/88	23/98	mental health
2/13	1/98	6/48	10/28	Community Relations
2/03	3/007	24/42	26	Environmental health

Results Table 3 shows that the mean scores of women working in mindfulness variables, quality of life and its components is higher than that of housewives. The situation of working women in terms of mindfulness and quality of life in the Housewives are appropriate.

**Table 4: Mean and standard deviation psychological well-being and its components in employed women (n= 235) and housewives.**

Standard deviation		Average		Indicators
House wives	Working women	House wives	Working women	
<b>15/73</b>	18/35	352/15	390/53	Psychological Well-Being
<b>4/88</b>	6/005	58/45	70/34	Self-acceptance
<b>7/34</b>	6/92	61/42	65/26	Positive relations with others
<b>4/30</b>	4/81	60/03	73/70	Autonomy
<b>7/41</b>	6/94	56/55	58/19	Environmental mastery
<b>5/17</b>	6/17	64/21	67	Purpose in Life
<b>6/69</b>	<b>5/56</b>	<b>51/48</b>	<b>56/04</b>	Personal growth

Results Table 4, shows that the mean scores of women employed in psychological well-being scale 390/53 and 352/ 15psychological well-being scale scores are housewives. As can be seen in the scale of psychological well-being of working women to housewives are appropriate in the circumstances.

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*Table 5: results of normalize the data (single-sample Kolmogorov-Smirnov test).*

House wives		Working women		
The significance level	The Statistics	The significance level	The Statistics	
0/21	0/08	0/20	0/09	Mindfulness
0/19	0/12	0/20	0/10	Quality of Life
0/16	0/13	0/92	0/54	Physical health
0/43	0/87	0/80	0/64	mental health
0/27	0/99	0/96	0/50	Community Relations
0/94	0/52	0/15	0/11	Environmental health
0/20	0/08	0/20	0/06	Psychological Well-Being
0/73	0/96	0/95	0/51	Self-acceptance
0/20	0/09	0/89	0/57	Positive relations with others
0/06	0/19	0/36	0/24	Autonomy
0/06	0/18	0/67	0/72	Environmental mastery
0/20	0/09	0/20	0/08	Purpose in Life
0/20	0/09	0/08	0/14	Personal growth

Table 5 shows the results given that the significance level of the test in two groups of working women and it can be concluded housewife is more than 0/05 data are normally distributed test and parametric tests can be used to compare the two groups.

First hypothesis: between mindfulness women working with House wives there. To investigate this hypothesis, test the equality of variances (Levene test) for variable mindfulness and mindfulness then compare the scores by using independent t-test was conducted.

*Table 6: Test the equality of variances of the two groups on a scale of mindfulness.*

F	Significance level	
0/09	0/75	Mindfulness

Results Table 6, showed the significance level Levine test that level is significantly higher than 0/05, it can be said that the variances of the two groups are equal.

*Table 7: compare mindfulness working women and housewives with test t.*

Significance level	df	t	Average	Number	group	Indicators
0/0001	398	9/42	60/51	235	Working women	Mindfulness
			43/64	165	House wives	

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Table 7, shows the results between the two groups on a scale of mindfulness with  $p = 0/0001$  significance level of less than  $p < 0/05$  and  $t = 9/42$  There is a significant difference. And with respect to the mean scores that scores lower than the average scores of employed women are housewives, It can be said that the mindfulness working women are better than housewives.

The psychological well-being of women working with housewives there are differences. To investigate this hypothesis, test the equality of variances (Levene test) for the variable component of applied psychological well-being and then compare the psychological well-being by using independent t test and multivariate analysis of variance test its components (Manova) discussed be.

**Table 8: Test the equality of variances of the two groups in psychological well-being scale and its components.**

<b>F</b>	<b>Significance level</b>	
1/27	0/26	Psychological Well-Being
0/89	0/34	Self-acceptance
0/68	0/41	Positive relations with others
0/24	0/61	Autonomy
0/23	0/63	Environmental mastery
0/89	0/34	Purpose in Life

Results Table 8, shows the equality of variances is confirmed, because the significance level for all variables in the test more than  $p < 0/05$  is.

**Table 9: Comparison of psychological well-being of working women and housewives.**

<b>Significance level</b>	<b>df</b>	<b>t</b>	<b>Average</b>	<b>Number</b>	<b>group</b>	<b>Indicators</b>
0/0003	398	9/75	390/53	235	Working women	Psychological Well-Being
			352/15	165	House wives	

The results indicated in Table 9, between two groups at a significance level  $p = 0/0003$  less than  $p < 0/05$ , and with  $t = 9/75$  between working women and housewives there is a significant difference in terms of psychological well-being and given that housewives and psychological well-being scores below the average scores is employed, as a result of psychological well-being of working women and housewives are better.

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**Table 10: Results of multivariate analysis of variance (MANOVA) by the scores of self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth of working women and housewives.**

meaningful level (p)	F	DF Error	DF hypothesis	the amount of	Exam Name
0/0003	181/09	393	6	0/73	Testing the effects of Pilayi
0/0003	181/09	393	6	0/26	Wilks Lambda test
0/0003	181/09	393	6	2/76	Hotelling trace test
0/0003	181/09	393	6	2/76	The biggest test root

Table 10, show up on the results of four tests, the scores of well-being components of  $p=0/0003$  significance level of less than  $p<0/05$  is. At least one of the components of psychological well-being there is a significant difference. Now, to understand the fact that there is a significant difference between the life cycles of components, a variable text analysis of variance (MANOVA) the components of psychological well-being scores are used to determine differences in the groups.

**Table 11: Results of a variable in the context of analysis of variance (MANOVA) by the scores of self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth of working women and housewives.**

The significance level	value F	Sum of squares	Degrees of freedom	Components
0/0001	45031/25	13694/76	1	Self-acceptance
0/02	28/81	1422/76	1	Positive relations with others
0/0003	868/44	18119/44	1	Autonomy
0/31	5/26	262/64	1	Environmental mastery
0/03	22/94	753/42	1	Purpose in Life
0/001	56/002	2013/65	1	Personal growth

Results Table 11, showed only with respect to environmental mastery with a significance level of  $p=0/31$  greater than  $p<0/05$  is no significant difference between the two groups. But his acceptance of components and component  $p=0/0001$  significance level of positive relationships with others  $p=0/02$  significance level and a significant level of autonomy component  $p=0/0003$  ; purposeful life components with a significance level of  $p=0/03$  and personal growth with a significance level of less than  $p=0/001$  and  $p<0/05$  are significant differences between working women and housewives there. And also according to the average of the two groups in components, it can be said that the favorable status of working women are housewives.

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**Table 12: Test the equality of variances of the two groups in quality of life and its components.**

<b>F</b>	<b>Significance level</b>	
1/45	0/23	Quality of Life
0/17	0/67	Physical health
1/81	0/18	mental health
0/32	0/57	Community Relations
3/43	0/06	Environmental health

Results Table 12, showed the significance level components in Levine test at all levels are significantly higher than 0/05, it can be said that the variances of the two groups are equal.

**Table 13: Comparison of quality of life for working women and housewives with test t.**

<b>Significance level</b>	<b>Df</b>	<b>t</b>	<b>Average</b>	<b>N</b>	<b>group</b>	<b>Indicators</b>
0/0004	398	16/43	87/57	235	Working women	Quality of Life
			69/45	165	House wives	

Results Table 13, showed between the two groups in  $p=0/0004$  Quality of Life Scale with a significance level of less than  $p < 0.05$  is a  $t=16/43$  There is a significant difference. And with respect to the mean scores that scores lower than the average scores of employed women are housewives, It can be said that the quality of life better than working women are housewives.

**Table 14: Results of multivariate analysis of variance (MANOVA) by the scores of physical health, mental health, social and environmental health of working women and housewives.**

<b>meaningful level (p)</b>	<b>F</b>	<b>DF Error</b>	<b>DF hypothesis</b>	<b>value</b>	<b>Exam Name</b>
0/006	3/68	395	4	0/36	Testing the effects of Pilae
0/006	3/68	395	4	0/96	Wilks Lambda test
0/006	3/68	395	4	0/37	Hotelling trace test
0/006	3/68	395	4	0/37	The biggest test root

Results Table 14, show top four tests, the scores of quality of life with a significance level of less than  $p=0/006$  and  $p < 0/05$  is. At least one of the components of quality of life there is a significant difference. Now, to understand the fact that there is a significant difference between the life cycles of components, A variable text analysis of variance (MANOVA) on quality of life scores are used to determine differences in the groups.

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**Table 15: Results of a variable in the context of analysis of variance (MANOVA) by the scores of physical health, mental health, social and environmental health of working women and housewives.**

<b>The significance level</b>	<b>value F</b>	<b>Sum of squares</b>	<b>Degrees of freedom</b>	<b>Components</b>
0/0005	103/99	858/004	1	Physical health
0/0003	95/29	721/39	1	mental health
0/0004	66/35	278/74	1	Community Relations
0/01	6/85	48/13	1	Environmental health

Results Table 15 showed there is a significant difference in the quality of life of all components. Physical health with a significant level of  $p=0/0005$ ; Mental health with a significant level of  $p=0/0003$ ; social relations component  $p=0/0004$  significance level and environmental health component  $p=0/01$  significance level of less than  $p<0/05$  are There is a significant difference between working women and housewives. And also according to the average of the two groups in components, It can be said that the favorable status of working women are housewives.

## **DISCUSSION AND CONCLUSION**

Results Table 7, is shows that working women and housewives no significant difference between mindfulness and research hypothesis was confirmed. Considering the average scores of the two groups of mindfulness working women and housewives are better. Table 9, is The results indicate that there are significant differences in psychological well-being of working women and housewives and research hypothesis was confirmed. Considering the average scores of the two groups working women from housewives have better psychological well-being. Table 13 study results indicate that there are significant differences in quality of life for working women and housewives and research hypothesis was confirmed. Considering the average scores of the two groups working women from housewives to enjoy better quality of life.

Particular attention is paid to women and their role in society is inevitable. So that one of the biggest developments during the past century, a dramatic increase women's participation in social and economic fields. Finally, the participation of women in different spheres of the most important factors in the development of any country is. As women in developed countries had an important role in socio-economic development. The statistical evidence available in developing countries show an increase in the participation rate of women in jobs related to education, nursing and service (Naserkhaki et al., 1391). The findings also indicate that employment would increase psychological well-being and quality of life of women. We can say to the community and socialization of human nature and human growth helps and also makes a person not isolated and hermit and not depressed.

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