

Research Article

Self-Esteem and Psychological Well-being among Working and Non-working Women

Dr. Mohammad Akram^{1*}

ABSTRACT

In modern India, the role of woman can be called as phenomenon. The transition of woman from the previous to present is worth mentioning. Woman who rest considered being the masters in the art of home making but now considered to be forces that shapes a country and culture. Both working and non working women play a very significant role in house hold activities of their families. Their life is more family centered than that of man. Working women are often tossed between home and job. The present study aims to compare the Self-esteem and psychological well-being among working and non- working women. The respondent in the present study were 70, which were further divided in 35 working and 35 non-working women of the age range of 20-55 years. For assessment and measuring self esteem, the Rosenberg self-esteem scale (1965) and for psychological well-being, a scale measured and developed by Bhogle and Prakash (1995) were used. For the statistical analysis t- test is applied to check the significance of self esteem and psychological well-being among working and non working women. The result shows, there is a significant difference among working and non working women in self esteem and psychological well-being.

Keywords: *Self-Esteem, Psychological Well-Being, Working and Non Working Women*

As we see back and turn pages of times and head towards the new modern era of living, everyone would come across the regular changes which have eventually transformed the societal division of household tasks and the earlier concept of man being the only breadwinner of the responsibilities, specifically the growing work culture in women, and its impact. In recent years the role and status of the women have been changed enormously. In Indian, women have been regularly coming out of cultural boundaries and tradition, entering into the male dominated areas.

In today's fast changing world, no one is free from pressure or stress and no profession is free from stress. Women experience a lot of stress at place of their work as well as their home. Both working and non working women play an important role in house hold activities of their

¹ Counsellor, Department of Psychology, Aligarh Muslim University, Aligarh, India

*Responding Author

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families. Working women are often tossed between home and job as compare to non-working women because the double work pressure affects their life satisfaction, adjustment, happiness and mental health. There are contradictory role expectations from working women while she is at work and at home. On professional front she is expected to be committed, dynamic, competitive, straight forward, non-sentimental and act in a "business like" manner and at home, she is expected to be sweet, soft, sensitive, adaptable, gentle, unassertive and domesticated (Misra, 1998). As an ideal woman she wants to fulfill the duties of a faithful wife, a sacrificing mother, obedient and respectful daughter in-law and an efficient and highly placed career woman. These contradictory expectations cause the most confusion, tension and create many other problems for her. A woman employee finds it difficult to do justice to the two roles at the same time. An attempt to play one of the roles with perfection leads to an inadvertent sacrifice of the other.

Self-Esteem

The term "self-esteem" was first coined by William James in 1890. It is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. It is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem is that term that can involve a variety of thinking about yourself, such as the evaluation of your own appearance, beliefs, emotions, and behaviors.

In psychology, self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs about oneself, (for example, "I am competent", "I am worthy"), as well as emotional states, such as triumph, despair, pride, and shame (Hewitt, 2009). Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it (Smith & Mackie, 2007). It is very important to play a significant role in your motivation and success throughout your life. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success. By contrast, having a healthy self-esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals. This term considered as an important component of emotional health, it encompasses both self-confidence and self-acceptance. It is that way in which individuals perceive their self-value. Self-esteem is the way individuals think and feel themselves and how well they do things that are important for them.

Self-esteem, fully realized, is the awareness that we are equal to the impediments placed in front of us. Self-esteem is self-assurance in our capability to think, self-confidence in our ability to cope with the basic challenges of life, and confidence in our right to be successful and happy. Individual with appropriate levels of self-esteem are assured in their right to feel worthy, enjoy the fruits of their efforts, and assert their needs and wants.

Psychological Well Being

The positive psychology, as a modern approach, emphasizes on perception and interpretation of happiness and well-being and prediction of the factors related to them as well. Psychological well-being is a multi-dimensional concept; optimism, self-control, happiness, sense on interest, free of failure, anxiety and loneliness has been considered as the special aspects of well-being (Sinha & Verma, 1992). The term “psychological well-being” can be explained through two perspectives- the Hedonic and Eudaimonic perspective of well-being, the former indicating emotional well-being and the latter indication well-being (Deci and Ryan, 2008). Research has taken place in both perspectives, making psychological well-being, a much-research topic.

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. By definition, therefore, people with high PWB report feeling happy, capable, well-supported, satisfied with life, and so on; Huppert’s (2009) review also claims the consequences of PWB to include better physical health, mediated possibly by brain activation patterns, neurochemical effects, and genetic factors. At the most basic level, psychological well-being (PWB) is quite similar to other terms that refer to positive mental states, such as happiness, satisfaction, and in many ways it is not necessary, or helpful to worry about fine distinctions between such terms. If I say that I’m happy, or very satisfied with my life you can be pretty sure that my psychological wellbeing is quite high.

Psychological well-being refers to how people evaluate their lives cognitively and affectively, in terms of satisfaction. (Diener, Emmons, Larson & Griffin, 1985) Therefore psychological wellbeing is a subjective construct base on a range of psychological needs that are being met or not. It is also regarded as a construct that has many facets involving the self introspectively as well as the self pertaining to interpersonal relationships (Wissing & Van Eeden, 2002).

According to Kitchener and Jorm (2002) Psychological wellbeing can be described as a state of mind with an absence of a mental disorder, from the perspective of positive psychology, it may include an individual’s ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Ryff and Singer, (2008); Ryan and Deci, (2001); Waterman (1993) conceptualized positive well-being as subjective (hedonic) well-being, which emphasizes happiness and pleasure; and psychological (eudaimonic) well-being, which focuses on the fulfillment of human potential. Snyder and Lopez (2007) correctly proposed the formula: Happiness + Meaning = Well-being. In words of Ryan and Deci (2001), it refers to subjective well-being by which an individual subjectively assess one’s life. Psychological well-being (PWB) is about lives going well. It is the combination of feeling good and functioning effectively.

Objectives

1. To study the difference between mean scores of working and non-working women on self-esteem.

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2. To study the difference between mean scores of working and non-working women on psychological well-being.

Hypotheses

1. There will be significant difference in self-esteem of working and non-working women.
2. There will be significant difference in psychological well being of working and non-working women.

METHODOLOGY

Sample

The sample for the present study was consisted of 70 (35 working and 35 women) within the age range of 25-55 years are selected. In the present study working women were teachers, nurses, and clerk and non working women were housewife. Thus, the total sample of the present study is selected from Aligarh Muslim University and Aligarh City, District Aligarh.

Tool used

1. **Rosenberg's Self-esteem Scale:** This scale is developed by Rosenberg (1965) which contains (10) items scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.
2. **Psychological Well-Being (PWB):** Psychological Well-Being questionnaire used to examine the psychological well being in working and non working women developed by Bhogle and Prakash (1995) was used. The questionnaire contains 28 items with **Yes** and **No** response alternative.

Statistical Techniques:

In present study, '*t-test*' was used for statistical Analysis to examine the self-esteem and psychological well-being among working and non working women.

RESULT

In accordance with the objective of the study which aimed to examine the self-esteem and psychological well-being among working and non-working women.

Table-1:- Showing the mean, SD and 't' value of working and Non-working women on self-esteem.

Group	N	M	SD	t	Sig.
Working women	35	21.20	3.761	4.472	.000
Non-working women	35	18.03	2.491		

< 0.01

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Table-2:- Showing the mean, SD and 't' value of working and Non-working women on psychological well-being.

Group	N	M	SD	t	Sig.
Working women	35	20.71	2.080	6.973	.000
Non-working women	35	17.57	1.668		

< 0.01

DISCUSSION

The result of the Table-1 revealed that the Mean scores on self-esteem of working and non working women were differed to each other. The mean scores of working women is higher (**20.71**) than the mean scores (**17.57**) of non-working women. The 't' value between these two means was found to be 6.973 which is highly significant at 0.01 level of confidence. This result indicates that the working women were significantly higher on self-esteem than non-working women, so the findings support our first hypothesis. The results can also be corroborated with the findings of several other researchers who found higher self-esteem among employed women than unemployed women (Messias ,Im, Page, Spier, Yoder and Meleis, 1997; Mary and Good, 2005). According to them, occupying multiple roles is thought to increase the women's chances to learn, to develop self-efficacy and self-esteem, to build social network and open access to informational, instrumental and emotional support, and to buffer life's stresses and strains. Playing multiple roles also provides cognitive cushioning and alternative sources of self-esteem and gratification when things go poorly in one's life domain.

As can be seen from the Table-2, significance difference was found between mean scores of working and non-working women. The mean scores of working women was higher (20.71) than non-working women (17.57) on psychological well-being. The 't' value of both means was found to be 6.973 which is also highly significant at 0.01 level of confidence. These scores indicate that working women have high Psychological well-being than non-working women which also support our second hypothesis of the present study. The reason behind this working women in this modern era gain more respect and are thought to be happy and satisfied by the people in general because they are financially independent. Similar findings were supported by Nathawat and Mathur (1993) which revealed that working women and housewives differ significantly on psychological well-being.

It was also seen from the result of both tables that self-esteem and well-being are higher in working women as compared to non-working women. It may be due to the fact that Women empowerment raises their status and enables them to have equal rights in the society. Empowerment helps women gain access to many resources in the family as well as in the community to promote their well being thus raising their self esteem (Blumberg, 1991). Another research study supported to the present work of Loopo and London (2011) who studied the relationship between quality of life, well-being and self –esteem in working women in Insurance Company. It was found that working women had high quality of life and self- esteem than homemakers despite of their busy schedule.

CONCLUSIONS AND SUGGESTIONS

Summing up, this study has explored self-esteem and psychological well-being among working and non-working women. In addition, On the basis of the results obtained and its explanation from present research work, it has revealed that significant differences was found among said sample in self-esteem and psychological well-being. Due to certain practical constraints, the present study was confined women of urban region. Therefore, it would be a worthwhile effort to cover a large sample group encompassing different socio-demographic variables like area of residence, younger and older women.

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