

## A Study of Life Satisfaction among Working and Non-Working Mothers

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### ABSTRACT

The present study aims at assessing the comparative study of life satisfaction among working and non-working mothers. The sample included total of 120 working and non-working mothers' of 25-40 and 41-55 years. Data was collected with help of the inventory of Q.C Alam and R. Shreevastav's life satisfaction scale, means and SD were computed and 't' test applied. There is no significant difference between working and non-working mothers as far as there concerned ( $t=1.26$ ) second result also suggest there is no significant difference between 25-40 and 41-55 years of working woman as far as there life satisfaction is concerned ( $t=0.98$ ). There is no significant difference between 25-40 and 41-55 years of non-working mothers as far as there life satisfaction is concerned ( $t=0.36$ ). there is no significant difference between 25-40 years working and 25-40 years non-working mothers as far as there life satisfaction is concerned ( $t=1.47$ ) there is no significant difference between 41-55 years working woman and 41-55 years non-working mothers as far as there life satisfaction is concerned ( $t=0.25$ ) there is no significant difference between 41-55 years working mothers and 25-40 years non-working mothers as far as there life satisfaction is concerned ( $t=0.55$ ) there is no significant difference between 25-40 years working mothers and 41-55 years non-working mothers as far as there life satisfaction is concerned ( $t=1.41$ ).

**Keywords:** *Life Satisfaction, Working & Non-Working Mothers*

Life satisfaction is considered to be a middle factor of human welfare. It is the ultimate goal, and human beings strive to achieve this aim throughout their life. It is generally mean that an assessment of the overall conditions of existence as deride from a comparison of one's aspirations to one's actual achievements.

According to Andrews (1974). "Life satisfaction represent an overarching criterion or ultimate outcome of human experience" Life satisfaction for Sumner (1996) is, " A Positive evaluation of the conditions of your life, a judgment that, at least on balance, it measures up favorably against your standard or expectations.

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When we refer to life satisfaction, we can assess the extent to which individual's reel that they are leading a meaningful life. It can help us in assessing social complication thereby, helping us in the genesis of policies to overcome such complication. By the study of life satisfaction. We can monitor social Progress. Life satisfaction of individuals in a particular group or country shows the meaningfulness of life but when satisfaction declines, this shows possible complication. An example of monitoring at the national level is Estelline's (1974) analysis of the development of life satisfaction and financial growth in the postwar decades in USA. He remarked stable life satisfaction in spite of a doubling of financial Eel fare. and decided that money does not purchase happiness life satisfaction of the elderly is an area which has attracted the attention of a number of researchers.

By the investigation at life satisfaction of the elderly one can come to know as to how certain factors play a beneficial role in maximizing life satisfaction and their vital role in reducing the effects of stress. Research in this area has analyzed how life satisfaction is affected by falters such as social support, economical status, good health, community, income, enjoyment, social life, career etc.

### CONCEPT OF LIFE SATISFACTION

Satisfaction is a attitude of mind. It is an assessment 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.

#### *Definition*

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?

#### *Use of life satisfaction*

Life-satisfaction is one of the measures of 'apparent' quality of life. Together with measures of mental and physical health, it indicates how well people thrive. Data about life-satisfaction is used for various purposes.

#### *Measuring quality of life*

The most elementary use of life-satisfaction data is to estimate perceptible quality of life within a country or a perticular social group. This is typically done to assess the extent of a social complication or issue and to recommend possible policy interventions. High satisfaction recommends that the quality of life, in the population concerned, is good. Though conditions may not be ideal, it is apparently acceptable for most of the population. Low satisfaction marks consequential shortcomings of some kind. An example is the assessment of life-satisfaction among single people. In all modern nations, single persons express less gladness with life than married persons, and the divorced and widowed frequently show the lowest levels of satisfaction with life. This difference in life-satisfaction between those who are single and those with a partner is in fact greater than that expressed between rich and poor (Veenhoven, 1984:6/4). This is commonly described in terms of 'deprivation'. Apparently, singles lack something essential in life. A problem is that dissatisfaction with life means that *something* is wrong, but it doesn't indicate *what*. The discontent of the unmarried could be due to negative labeling, but it can also be attributed to isolation and lack of social support.

#### *Monitoring social progress*

A corresponding application of life-satisfaction data is the monitoring through time. If average satisfaction levels become greater, this suggests that the quality of life in the country

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or social group has improved. When satisfaction decreases, this indicates possible problems. An example of monitoring at the national level is Easterlin's (1974) analysis of the development of life-satisfaction and economic growth in the post-war decades in the USA. He remarked stable life-satisfaction in spite of a doubling of economic welfare, and concluded that money cannot buy happiness. An example of following social groups is the study of age-differences in life- Satisfaction during 1950-1970 in the USA by Witt et al., (1979). This study showed that the aged have become relatively more satisfied during the last decades

### ***Policy-evaluation***

Life-satisfaction data has may be used to evaluate policy effects; in particular for social policy aimed at furtherance in the quality of life. Effects of interventions can be measured by changes in satisfaction before and after, or by dissimilarity in satisfaction between beneficiaries and non-beneficiaries. This success criteria commonly applied the evaluation of polices concerning the aged for instance in assessing in the benefit of separate housing (Hinrichsen, 1985) and judging the usefulness of activation programs (Ray et al.1982).

### ***Identification of conditions for good life***

One of the most fascinating uses of life satisfaction data if the actual validation of idea about condition for the lap of luxury and related ideas about the good society. Such idea can of courses be fallacious. For instance, people may derive less satisfaction from 'proper' housing than must politician think. If so people in goon houses may appear to be about at satisfied as otherwise comparable people –in poor houses. Life satisfaction may also remain not affected by moves from low grade to good housing and vice versa. Such checks are vital for May policy that serious tries to surpass ideological prepossessions and vested interest. A notable study of this kind is the market experience by lane (1991) which tries to evaluate western economic order by its consequence on life-satisfaction

### ***The problem of the study***

The main purpose of the presents research work is to study of life satisfaction, among working and non-working mothers. The problem may be spelled out as follows. "***A study of life satisfaction among working and non-working mothers.***"

### ***Objective of the study***

The main objectives of the present study are as under.

1. To study life satisfaction among working and non-working mothers.
2. To study life satisfaction among 25- 40 and 41-55 years working mothers.
3. To study life satisfaction among 25-40 and 41-55 years non-working mothers.
4. To study life satisfaction among 25-40 years working and 25-40years nonworking mothers.
5. To stud life satisfaction among 41-55 years working and 41-55 years nonworking mothers.
6. To study life- satisfaction among 41-55 years working and 25-40 years nonworking mothers.
7. To study life satisfaction among 25- 40 years working and 41-55 years nonworking mothers.

**METHODOLOGY**

*Variable*

*Table .1 Shows dependent variable and independent variable*

N	Name at variable	Nature of variable	level	Name of level
1	Mothers	Independent variable	2	working and non-working mothers
2	Age	Independent variable	2	25-40 years 41-55 years
3	Life satisfaction	Dependent variable	6	Score of life satisfaction

*Hypothesis*

Following major hypothesis were formulated and tested in present study.

1. There will be no significant difference of life satisfaction among working - non-working mothers
2. There will be no significant difference of, life satisfaction among 25- 40 and 41-55 years working mothers.
3. There will be no significant difference of life satisfaction among 25-40and 41-55 years non-working mothers.
4. There will be no significant difference of life satisfaction among 25-40 years working and 25-40 years nonworking mothers.
5. There will be no significant difference of life satisfaction among 41-55 years working and 41-55 years nonworking mothers.
6. There is will be significant difference of, life- satisfaction among 41-55 years working and 25-40 years nonworking mothers.
7. There is will be significant difference of life satisfaction among 25-40 years working and 41-55 years nonworking mothers.

*Sample design*

For the present research ware sample confined from Gujarat. The sample was drawn randomly from the district of Bhavnagar the samples were categorized as under

*Table - 2*

Age	Working mothers A1		Non-working mothers A2		Total
B1	25-40	30	25-40	30	60
B2	41-55	30	41-55	30	60
Total	-	60	-	60	120

*Research Procedure*

The following research methodology will be use in present study. The primary information will be gathered by giving personal information from to each mother. The Mothers were provided the life satisfaction inventory. To fill the inventories subjects will given general instructions belong the test. Data were obtained by using particular scoring pattern standardized for test.

*Tools*

**Life satisfaction scale** In This research will be measures of life satisfaction among working-non-working mothers. This data collection will be done by using Gujarati translation of CPQ by Alam and R.Srivastana's Life-satisfaction scale (1991). In these scale 60 statements for measurement every statement has two alternative option yes & no. every right answer gate 1

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score. This scale's Reliability score 0.84 and validity between 0.74 to 0.82 this scale present by Q.C. Alam and R. Shrivastava this scale have six fields.

- 1- Health satisfaction
- 2- Personal satisfaction
- 3- Economic satisfaction
- 4- Marital satisfaction
- 5- Social satisfaction
- 6- Job satisfaction

### *Statistical Analysis*

The data obtained from 120 samples are arranged in a 2X2 design were subjected to adequate technique of statistical analysis, techniques of "T" Test.

## RESULT

**Table-1 Shows SD, Mean and 't' Value of Life satisfaction of working and nonworking mothers.**

Group	N	M	SD	"t" Value	Level of significant
W.M	30	40.07	4.61	1.54	N.S
N.W.M	30	41.45	5.95		

**Table-2 Shows SD, Mean and 't' Value of Life satisfaction of 25-40 years working and 41-55 years working mothers.**

Group	N	M	SD	't' value	Level of significant
25-40 years, W.M	30	37.60	4.88	0.97	N.S
41-55 Years W.M	30	43.9	5.44		

*N.S=Not significant*

*W.M=Working mothers*

**Table-3 Shows SD, Mean and 't' Value of Life satisfaction of 25-40 years nonworking and 41-55 years nonworking mothers.**

Group	N	M	SD	't' Value	Level of significant
25-40 years N.W.M	30	41.57	4.10	0.36	N.S
41-55, years N.W.M	30	41.2	3.80		

*N.S=Not significant*

*N.W.W=Non-working mothers.*

**Table-4 Shows SD, Mean and 't' Value of Life satisfaction of 25-40 years working 25-40 years nonworking mothers.**

Group	N	M	SD	't' Value	Level of significant
25-40 years W.M	30	37.63	4.08	1.34	N.S
25-40 years N.W.M	30	40.57	4.70		

*N.S=Not significant*

*W.W=Working mothers*

*N.W.W=Non-working mothers*

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**Table-5 Shows SD, Mean and 't' Value of Life satisfaction of 41-55 years working and 41-55 years nonworking mothers.**

Group	N	M	SD	't' Value	Level significant of
41-55years W.M	30	40.8	5.42	0.34	N.S
41-55years N.W.M	30	40.2	3.64		

*N.S=Not significant*

*W.W=Working mothers*

*N.W.W=Non-working mothers*

**Table-6 Shows SD, Mean and 't' Value of Life satisfaction of 25-40 years working and 41-55 years nonworking mothers.**

Group	N	M	SD	't'Value	Level significant of
25-40years W.M	30	38.63	4.76	1.53	N.S
41-55years N.W.M	30	40.20	3.60		

*N.S=Not significant*

*W.W=Working mothers*

*N.W.W=Nonworking mothers*

**Table-7 Shows SD, Mean and 't' Value of Life satisfaction of 41-55 years working and 25-40 years nonworking mothers.**

Group	N	M	SD	't'Value	Level significant of
41-55 years W.M	30	41.9	5.76	0.67	N.S
25-40 years N.W.M	30	42.57	4.43		

*N.S=Not significant*

*W.W=Working mothers*

*N.W.W=Nonworking mothers*

## **DISCUSSION**

Result indicates that there is no significant difference of life satisfaction among the selected overall type of mother. 't' value is 1.54. which is no significant difference. That's way null hypothesis accepted. So here we can examine that there is no difference in life satisfaction between working and non-working mothers so that life satisfaction between working and non-working mothers similar. Because working mothers is happier by her job and handling responsibility, when non-working mothers is happier by her work and with family responsibility. That's way difference between both is not significant.

There is no significant difference of life satisfaction among 25-40and 41-55 working mothers. 't' value is 0.97. This is no significant difference. That's way null hypothesis accepted. So here we can examine that there is no difference in life satisfaction between 25-40and 41-55 working mothers that so the age of working mothers is more or less is not affiliated on her life satisfaction.

There is no significant difference of life satisfaction among 25-40and 41-55 non-working mothers. 't' value is 0.36. This is no significant difference that's way null

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hypothesis accepted. So here we can examine there is similar life satisfaction between 25-40 and 41-55 non-working mothers.

There is no significant difference of life satisfaction among 25-40 working mothers and 25-40 non-working mothers. 't' value is 1.34. This is no significant difference. That's way null hypothesis accepted. So here we can examine that there is no difference in life satisfaction. Means that, life satisfaction between same age working mothers and non-working mothers is not affiliated.

There is no significant difference of life satisfaction among 41-55 working mothers and 41-55 non-working mothers. 't' value is 0.34. This is no significant difference. That's way null hypothesis accepted. So here we can examine that there is no difference in life satisfaction between 41-55 working mothers and 41-55 non-working mothers. As per above discussion life satisfaction between working mothers and or non-working mothers is similar.

There is no significant difference of life satisfaction among 25-40 working mothers and 41-55 non-working mothers. 't' value is 1.53. This is no significant difference. That's way null hypothesis accepted. So here we can examine that there is no difference in life satisfaction between 25-40 working mothers and 41-55 non-working mothers. Mean that the age and types of mothers is not affected on her life satisfaction.

There is no significant difference of life satisfaction among 41-55 years working mothers and 25-40 years 55 non-working mothers. 't' value is 0.67. This is no significant difference. So here we can examine that there is no difference in life satisfaction between 41-55 years working and 25-40 years non-working mothers. Means that, types of mothers is not affected on her life satisfaction.

### CONCLUSION

1. There is no significant difference of life satisfaction among working and non-working mothers.
2. There is no significant difference of life satisfaction among 25-40 and 41-55 years working mothers.
3. There is no significant difference of life satisfaction among 25-40 and 41-55 years non-working mothers.
4. There is no significant difference of life satisfaction among 25-40 years working and 25-40 years non-working mothers.
5. There is no significant difference of life satisfaction among 41-55 years working and 41-55 years non-working mothers.
6. There is no significant difference of life satisfaction among 41-55 years working and 25-40 years non-working mothers.
7. There is no significant difference of life satisfaction among 25-40 years working and 41-55 years non-working mothers.

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### **Conflict of Interest**

The authors carefully declare this paper to bear not conflict of interests

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