

## Quality of Life among Working Women

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### ABSTRACT

**Hypotheses:** I) Government and Private Working women would not differ significantly in terms of quality of life., II) High experience and low experience would not differ significantly in terms of quality of life. **Participants:** Sample of the present study consistent 200 working women from Dhanbad town. One hundred Governments and one hundred were private employees sub divided into high and low experienced. **Instruments:** Quality of life scale was developed and standardized by Dubey and Dwivedi (2009) were used for data collection. **Result:** Government employees exhibited better quality of life as compared to private employees. Further result showed high experience working women had better quality of life than low experience working women.

**Keywords:** *Quality of Life, Working Women, Government and Private Employees*

Women are an important element of our society. Indian women have traditionally emphasized on homemaking and worked with framework of the family system. Large numbers of women are joining the work force but they have to balance the familial as well as professional role. The modern society has started recognizing the individual identity of women. Women the word sounds so powerful. Since eternity, women have played a role more important than men and that is no exaggeration. India has the world's largest number of professionally qualified women. India has more female doctors, surgeons, scientists and professors. The status of women in any civilization shows the stage of evolution at which the civilization has arrived. In ancient India, women occupied important position in the society. Women have made vast improvements in their lifestyles in the past few decades from holding positions in governments to simple things like getting a job and supporting themselves. The lives of women of current era are much different than the older day. They are going to expand their lives to include a career while maintaining their traditional roles. Women fulfill their duties and responsibilities sincerely in their outside profession. Today the employment of women outside home has added to their duties and functions.

### *Concept Of Quality Of Life*

Quality of life is a widely used concept. It is used by common people as well as by governments and local and international organizations. The concept of quality of life broadly encompasses how an individual measures the goodness of multiple aspects of their life. One of the most popular aggregate measures of the quality of life is the individual estimation of

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one's happiness. Happiness here is defined as the degree to which an individual judges the overall quality of her/his life as-a-whole favourably. The quality of life as an area of research has attracted an ever increasing amount of interest over the past two decades. This interest has increased not only in the area of rehabilitation, health and social services but also in areas like medicine, education and working and non-working person's life.

Quality of life is the general well being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, religious beliefs, finance and the environment. Women play multiple roles in the family that affect the health and well-being of all family members. The role of women as care-givers and as providers of family income may conflict with one another; which may have potentially important implications for the welfare of children. Quality of life is also a globally accepted aspiration. People are expected to undertake actions that enhance the quality of their lives; there is little debate about their right to do so, since it is widely presumed –even as a self-evident truth- that the pursuit of a life of quality is an unalienable right. Quality of life is a personal attribute. There is a fundamental difference in female and male work roles and a need for examination of the nature of these socially accepted sex-bound roles. Girls and women in great numbers worked in factories and in mines, for long hours under the harsh conditions of the time, often at great detriment to their own health and that of their children. Women are concentrated in a rather narrow range of occupations; or, in other words, a very large number of workingwomen are employed in occupations stereotyped as female occupations.

### REVIEW OF LITERATURE

There were few researchers conducted studies to analyze the quality of life among working women across the world. It is believed that occupation is one of the most effective factors on a women's quality of life (Farlinger, 1996). Mala (2004) The present study adopted a different approach and examined the two roles in terms of their independence as well as joint contributions to the quality of life of working women. Bharathi, Umaselvi and Kumar (2011) found no significant difference between sex, family, age, designation, experience, various income levels and, native place of the respondents and their perceived levels of overall quality of life.

### METHODOLOGY

The aim of this section is to clarify the methodology of this research. This gives an account of the hypotheses, sample, and the research tool that were used for data collection.

#### *Hypotheses*

- Government and Private Working women would not differ significantly in terms of quality of life.
- High experience and low experience would not differ significantly in terms of quality of life.

#### *Sample*

A sample of 200 working women was randomly selected, consisting 100 government and 100 private organizations. Further these employees have been divided into two categories according to their duration of work that is high and low experience group. First groups were more than 5 years of work experience and second groups were less than 5 years of experience. All samples was selected in and around Dhanbad area, where public and private organizations is in sufficient numbers.

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### *Instrument*

#### ➤ **QUALITY OF LIFE SCALE**

Quality of life scale was developed and standardized by Dubey and Dwivedi (2009). The scale had shown face (rated by Experts) and content (area so defined were represented through selected items) validities which were considered satisfactory, though both types of validities had their advantages and obvious limitations. The test - retest, with an interval of one month and split - half reliabilities (corrected for length by Spearman Brown prophecy formula) of "quality at life scale" were computed by Pearson's product moment method on a sample of 50 adult educated employees of both sexes and both types of reliabilities were found to be ( $r=0.58$ ; and  $r=0.87$  respectively) significant at 0.01 level. This scale is in English language and norms are available for educated people (Matriculated and above) only. However, it can be easily translated in other languages and norms can be prepared for us with such population. It consists 20 items. The range of possible total scores from 20-100 respectively. The Likert type system consisting of 5 categories of agreement-disagreement was applied to each item ranges from 1 to 5 (strongly disagree to strongly agree 1 to 5). Higher score indicates better Quality of life.

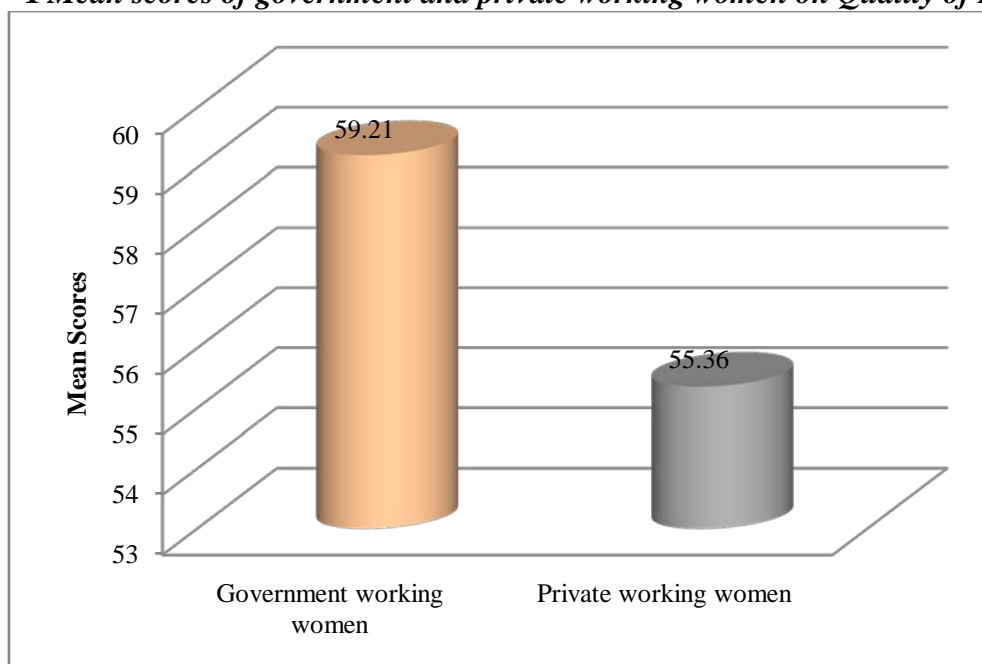
### **RESULTS AND DISCUSSIONS**

To verify the formulated hypotheses the data were analyzed. To meet out the purpose of the study mean, SD was calculated. 't' value was calculated to test the significant difference between the means of the groups.

**Table - 1 Comparison of Quality of Life among government and private working women**

Groups	N	Mean	SDs	t	P value
Government working women	100	59.21	7.99	3.61	0.01
Private working women	100	55.36	7.05		

**Figure – 1 Mean scores of government and private working women on Quality of Life**



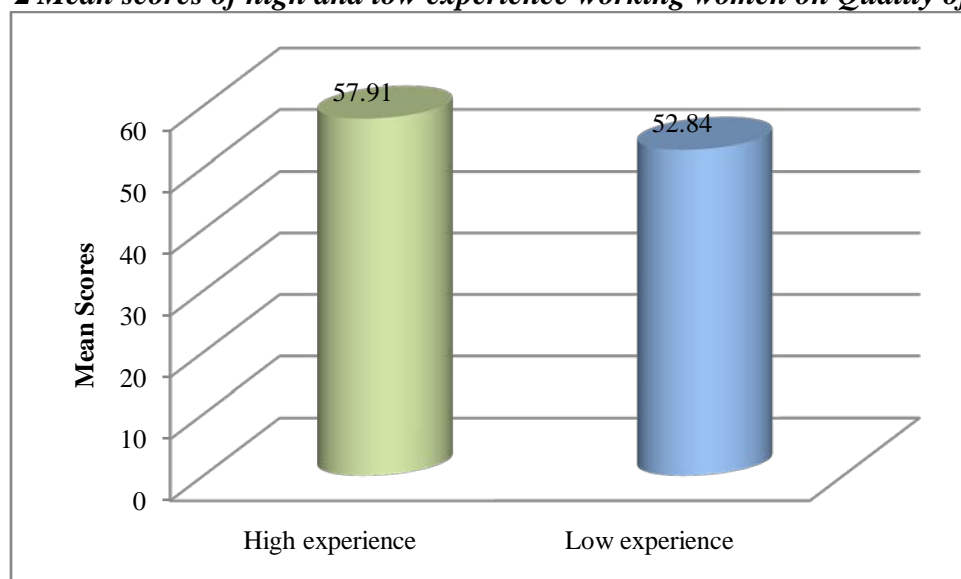
On the basis of results it can be said that government working women better quality of life as compared to private working women. Government working women scored higher ( $M=59.21$ ) than to private working women ( $M=55.36$ ). Obtained 't' value was significant at 0.01 level.

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**Table – 2 Comparison of high and low experience working women on Quality of Life**

Groups	N	Mean	SDs	t	P value
High experience	100	57.91	8.32	4.67	0.01
Low experience	100	52.84	6.95		

**Figure – 2 Mean scores of high and low experience working women on Quality of Life**



An inspection of above table reveals that the mean score of high experience group higher than their low experience working women. High experience group exhibited better quality of life.

### CONCLUSIONS

- Government working women better quality of life as compared to private working women.
- High experience working women group exhibited better quality of life than low experience.

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### Conflict of Interest

There is no conflict of interest.

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