

A Study of Adjustment Problem among Working and Non-Working Women

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ABSTRACT

Adjustment is an important variable in psychological research. Over the year adjustment problem has emerged as an important research variable in behavioral science. The present study aimed to explore the level of adjustment among working and non-working women. A sample of 40 women (20 working and 20 non-working) from Jamshedpur. Bell's adjustment scale standardized by Mohsin Shamsad adjustment inventory (2001). The data were analyzed by using t-test. Result revealed that the level of adjustment is differed significantly between working and non-working women.

Keywords: Adjustment problem; working women; non-working women

Adjustment is one of the most important variables in behavioral science. If anyone wants gratification in the life, then one has to adjust with their surroundings. Over recent decades, there has been a tremendous increase in the number of females entering the market. At the same time, appears that society still views females as the primary carriers of children and other family members as a result, many women are now faced with juggle the role of mother, partner and daughter as well as employee. Indian women have awakened their part sleep. They are not slaves of men today. The time has come when women must come out of their homes and return their place in public life. The better role they can play as working women and a good housewife and mother. As a dutiful mother, she can make her children happy, healthy and responsible citizens. As a housewife she generator of joy comfort and inspiration to her husband and as working women she works external from their house, offices, banks etc.

In this speedy changing world adjustment is a lasting feature of human personality unless a individual is not able to adapt himself to the environment he/she cannot develop his/her wholesome life but a less adjusting nature always leads a down unhealthy life. Adjustment is a procedure by which an individual learns certain ways of behavior to make out with the situation which he/she attains done harmony with his/her environment.

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In psychology the behavioral process by which human and other animals maintain balance among their several needs or between their needs and the obstacles of their environments. A successiveness of adjustment beings when a need is met up and ends when it is satisfied. Thirsty people, for example, are stimulated by their psychological state to search food, when they eat-up, they focus the stimulating condition that driven them to activity, and they are thereby adjusted to this specific need.

Adjustment is the relationship which comes to be naturalized between the single and the environment. Every individual play sure position in his social relations. He is trained to playing his role in such a way that his maximal needs will be fulfilled. So, he should play his role exactly and get maximal satisfaction if he does not play his role according to received and preparation home environment standard his needs may not be fulfilled and he may get disappointed.

It is observable through the literature that in the present era of globalization and industrialization, majority of educated women are retention their interest for working outside home. This not only provides realization to the women but also adds their realization to the society. At the same time due to these women especially employed face many problems. They had adjustment problem with in the family members, children and work place and particularly their married life, they also face marital adjustment problems because of multiplicity of job performed by them, which in personal their well-being too.

The ensuing role struggle of working women who have heavy responsibilities both in the family and the office has been a subject of inquiry. The role struggle of women as mother, wife, employee, etc., demands of them not only extra resource fullness but also wider institutional supporting from society. It tends intensely to affect the self-image that women have of themselves, and some studies show it to be a material component in their being motivated towards social, economic, cultural and political equation.

Working women, specially married working women, have to play a double role: one frozen in the family, wife, mother and housewife, and the other as an employee. Face of the subjected to the dual demands of home and work, they are un resistant to face a crisis of adjustment. In extra to the biological function which they have to execute because of their sex and culturally defined women's roles, they are stressed by their employment. It is met up those working women are generally not very clear about the needy performance of their double role. The changed context is considered to have created role mix up for working women as a result of the new role of working out door home and earning a salary. The confusion arises due to unfitness on the part of a woman to stickle a balance between the old role and the new role. The role struggles to which generally the Indian working women are open due to entry into jobs are above all 'inter-role' conflict'.

The new role of women share-out in the income-earning activity has come to con-survive with their primary status is tight associate with home and the family. A clear fight emerges between the socially approved conditions of women of house wife on the one hand and status as an employed person on the other genetic duties comes in the way of employment prospect. Women face quandary of somewhat contradictory role perceptions. The loyalties, interest and aims disagree between home and workplace, which requirement.

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Parmar (2014) to finding the result shows that there is a significant difference between working and non-working women in mental health and marital adjustment so the hypothesis is not accepted.

Parvati (2014) to examine The Results Showing that working women are more adjustment in terms of Health, social and Emotional adjustment than non-working women.

Tyagi & Pandey (2015) to investigated according to the result well-being and adjustment have positive correlation between them which states that effect of one will lead to impact on other.

Sim & Moon (2015) to examin for further research, studies to verify the mediating effect of academic self-efficacy and to develop programs that would promote self-efficacy are suggested in order to improve college life adjustment.

Gaikwad (2015) the finding of this study emotional intelligence is not positively correlated with social adjustment, extroverts show better SA as compared to introverts, feeling types do not show better SA as compared do thinking types, intuitive types are higher in EI than sensing types, feeling types do not show higher EI than thinking types.

Sumathi & Muralidharan,(2015) to examine it was seen that the educational status, place of residence and type of marriage are the influencing factors of their family adjustment.

Lakhani & Jain et all (2017) to examine it is very important to study and find out favorable and unfavorable situations which effect child's adjustment, motivation and gradually it leads to academic achievement.

Sharma (2017) to finding the result of this study showed there was negative and significant relationship of adjustment with emotional intelligence, spiritual intelligence and life satisfaction.

Pal (2017) to investigate the result showed that working married women face more adjustment problem in their married life as compared to non-working married women.

Jain (2017) to studied present study is an effort of authors to correlate adjustment with academic achievement.

Singh (2018) to check the significant difference between group t-test was applied. Here t-test used result revealed that there is a significant difference between working and non-working women with respect to their adjustment and mental health.

Kumar & Kumar (2018) to examine the result also shows that there is no significant difference between working and non- working women on life satisfaction.

Rajaram (2020) to study urban working women had significantly high adjustment than the rural working women; urban working women had significantly high aggression than the rural working women.

Objectives

1. To examine the level of home adjustment among working and non -working women.
2. To examine the level of health adjustment among working and non- working women.

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3. To examine the level of social adjustment among working and non-working women.
4. To examine the level of emotional adjustment among working and non-working women.
5. To find out the relationship between home, health, social, emotional adjustment problem among working and non-working women.

Hypotheses

Ho1: Working and non-working women would not differ significantly in term of home adjustment.

Ho2: Working and non-working women would not differ significantly in term of health adjustment.

Ho3: Working and non-working women would not differ significantly in term of social adjustment.

Ho4: Working and non-working women would not differ significantly in term of emotional adjustment.

Ho5: There would not significant relationship between working and non-working women adjustment problem.

METHODOLOGY

Sample

The sample consists of 40 women (20 working and 20 non-working). The age group of young age group and middle age group of women. Purposive sample technique was applied for the selection of the samples.

Sampling method

The sample size was defined based upon the purposive sample technique. The total number of working and non-working women under study was 40 samples were selected according to the above-mentioned sampling technique.

Bell's Adjustment scale

In the present study, in the adaptation of bell adjustment inventory was used. Mohsin-shamshad adaptation of bell adjustment (Hindi adaptation) Hussain consist of 124 items, which measured adjustment among four different areas. Home, Health, social, Emotional adjustment It yields separate scores as well as composite score for overall adjustment The test-retest and odd even reliabilities of the adapted ranged between .70 and .92 for different subscales.

Procedure

The researcher visited different area of Jamshedpur for the data collection. The researcher approached working and non-working women in Jamshedpur. Bell adjustment scale is being administered to the respondent.

RESULT AND DISCUSSION

Taking this statement as guiding touch, the primary data have been analyzed and conclusions are drawn.

Table no -1 Adjustment of working women

Adjustment Area	Age Group	Number	Mean	SD	df	t-ratio
	Young age group (25-35)	10	37.02	11		3.59*

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Home	Middle age group (36-46)	10	54.00	12.2	18	
Health	Young age group (25-35)	10	42.22	10	18	0.22
	Middle age group (36-46)	10	43.63	9.5		
Social	Young age group (25-35)	10	44.75	11.6	18	3.25*
	Middle age group (36-46)	10	61.51	11.8		
Emotional	Young age group (25-35)	10	57.48	18.1	18	2.24**
	Middle age group (36-46)	10	42.72	10.9		
Overall Adjustment	Young age group (25-35)	10	52.36	16.2	18	0.75
	Middle age group (36-46)	10	57.25	13.4		

**Significant at .05 level, ** significant at .01 level*

Table No. 1 shows the significance of difference between young age group with that of middle age group of working women on home, health, social and emotional adjustment.

Young age group and middle age group of working women were compared. It was found that both the group differed significantly on the dimension of home adjustment the middle age group of working women are more adjusted as compared to young age group which are evident from their mean scores 54.02 and 37.00 respectively.

Young age group and middle age group of working women were also compared. It was found that both the group did not differ significantly on the dimension of health adjustment, the middle age group of working women are more adjusted as compared to young age group which evident from their mean scores 43.63 and 42.22 respectively.

When young age group and middle age group of working women were compared. It was found that both the group differed significantly on the dimension of social adjustment the middle age group of working women are more adjusted as compared to young age group which evident from their mean scores 61.51 and 44.75 respectively.

Further young age group and middle age group of working women were compared. It was also noted that both the group differ significantly on the dimension of emotional adjustment, the middle age group of working women are more adjusted as compared to young age group which evident from their mean scores 42.72 and 57.48 respectively.

More over young age group and middle age group of working women were compared. It was also noted that both the group differ significantly on the overall adjustment, the middle age group of working women are more adjusted as compared to young age group which evident from their mean scores 57.25 and 52.36 respectively.

Table no. 2 Adjustment of non-working women.

Adjustment Area	Age Group	Number	Mean	SD	df	t-ratio
Home	Young age group (25-35)	10	58.77	9.1	18	0.54
	Middle age group (36-46)	10	61.55	14.8		
Health	Young age group (25-35)	10	38.71	11.1	18	2.02**
	Middle age group (36-46)	10	28.45	11.5		
Social	Young age group (25-35)	10	31.55	11.6	18	0.89
	Middle age group (36-46)	10	27.65	9.2		
Emotional	Young age group (25-35)	10	32.22	8.7	18	1.12*
	Middle age group (36-46)	10	27.11	11.4		

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Overall Adjustment	Young age group (25-35)	10	41.18	10.8	18	0.53
	Middle age group (36-46)	10	38.45	14.7		

**Significant At .05 Level, **Significant At .01 Level*

Table No. 2 shows the significance of difference between young age group with that of middle age group of non-working on home, health, social and emotional adjustment.

Young age group and middle age group of non-working women were compared. It was found that both the group did not differ significantly on the dimension of home adjustment, the middle age group of non-working women are more adjusted as compared to young age group which are evident from their mean score 61.55 and 58.77 respectively.

Young age group and middle age group of non-working women were also compared. It was found that both the group did not differ significantly on the dimension of health adjustment the middle age group of non-working women is more adjusted as compared to young age group which evident from their mean score 28.45 and 38.71 respectively.

When young age group and middle age group of non-working women were also compared. It was found that both the group did not differ significantly on the dimension of social adjustment, the middle age group of non-working women are more adjusted as compared to young age group which evident from their mean score 27.65 and 31.55 respectively.

Further young age group and middle age group of non-working women were compared. It was also noted that both the group differed significantly on the dimension of emotional adjustment the middle age group of non-working women are more adjusted as compared to young age group which evident from their mean score 27.11 and 32.22 respectively.

More over young age group and middle age group of non-working women were compared. It was also noted that both the group differed significantly on the overall adjustment the middle age group of non-working women are more adjusted as compared to young age group which evident from their mean score 38.45 and 41.18 respectively.

CONCLUSION

The study concluded that a significant difference was found in relation to age on adjustment on working and non-working women.

1. It is found that there is significant difference between the home adjustment of young and middle age group working women (Table No.1) so the null hypothesis is rejected.
2. It is found that there is no significant difference between the health adjustment of young and middle age group working women from table no.1 so the hypothesis stating "There is no significant difference between the health adjustment of young and middle age group working women" is accepted.
3. It is found that there is significant difference between the social adjustment of young and middle age group working women from table no.1. So, the null hypothesis is rejected.
4. It is found that there is strongly significant difference between the emotional adjustment of young and middle age group age non-working women show that table No.1. So, the null hypothesis is rejected.
5. It is found that there is no significant difference between the overall adjustment of young and middle age group working women.

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6. It is found that there is no significant difference between the home adjustment of young and middle age group non-working women.
7. It is found that there is strongly significant difference between the health adjustment of young and middle age group non-working women show that table No.2. so the null hypothesis is rejected.
8. It is found that there is no significant difference between the social adjustment of young and middle age group non-working women from table No.2. so the hypothesis is accepted.
9. It is found that there is .05 significant difference between the emotional adjustment of young and middle age group non-working women (table No.2).
10. It is found that there is no significant difference between the overall adjustment of young and middle age group non-working women.
11. It is found that there is no significant difference between the overall adjustment of young and middle age group working and non-working women.

Significance of the study

The reasons for the adjustment problem being high among middle age women may be due to an increase in responsibilities, unable to manage household and professional work and inability to spend time with family members. The result also revealed that no significant difference was found in relation to job status. The family members should be brought closer to them. More attention can be given to the welfare of their women members.

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Conflict of Interest

The author(s) declared no conflict of interest.

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