

Assertiveness and Psychological Wellbeing Among Employed Mothers and Housewife Mothers

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ABSTRACT

The aim of this study was to find out the relationship between Assertiveness and psychological wellbeing among employed mothers and housewife mothers. The sample of 100 (50 employed mothers and 50 housewife mothers) mothers were used, the tools used was Ryff's Psychological Wellbeing Scale (Ryff D. Carol 1989), Rathus Assertiveness Scale (Rathus Spencer, 1973). The research design used is Correlational Survey analysis. The sampling technique used is convenient sampling. The result was analyzed using Pearson's correlation and independent sample t-test. From the table, it was obtained that there is significant relationship between Assertiveness and Psychological Wellbeing. It was also found the effect of psychological Wellbeing and Assertiveness was more over the same for employed mothers and Housewife mothers.

Keywords: *Psychological Wellbeing, Assertiveness, Employed mothers and Housewife mothers.*

A woman's role as a mother is to raise a kid. This approach also alters her social and professional perceptions. It may force her to take more vacation than she has available, putting her job security at danger. To deal with such a circumstance, significant societal and personal modifications are required. A working mother appreciates the stimulation that a job or profession gives, especially if she is fortunate enough to be able to combine her home and work life. She learns how to raise a valuable member of society while still gaining financial freedom. Work, in addition to parenthood, contributes to a woman's wholeness (Jayita Poduval and Murali Poduval, 2009). Working moms are becoming a visible component of the workforce in nearly all professions, and the comments reflect their particular predicament. Many working women start families while they are employed, and others may find themselves needing to return to work sooner than intended after giving birth. Working mothers are an institution in and of themselves, combining a successful job that provides financial freedom with competent parenthood. It's crucial to remember that both of these duties are incredibly hard, and it's a difficult assignment to perform them both justice without ignoring the other (Jayita Poduval and Murali Poduval, 2009).

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Women were expected to stay at home even today and those who don't were generally ostracised. Today, it's generally the other way around, with conviction, economic class and necessity, and, in many cases, ethnicity setting women against one another. Women who stay at home are becoming considered as archaic and a financial drain on society throughout the industrialised countries. If their spouses are wealthy, they are usually chastised for being slackers; if they are immigrants, they are chastised for preventing their children from acquiring their host country's language and customs. Stay-at-home moms (housewives) are frequently judged for their choice, and they, like everyone else, endure stereotyping, particularly from the media.

Assertiveness is a social skill that is largely reliant on efficient communication while still respecting others' opinions and desires. Assertive people express their goals, needs, positions, and limits to others in a clear and polite manner. There's no doubt about where they stand on any given issue. Individuals with high assertiveness don't mind defending their beliefs or aims, or trying to persuade others to understand their point of view. They welcome compliments as well as constructive criticism. Practical activities and experience can help people enhance their assertiveness. Similarly at its most fundamental level, psychological wellbeing (PWB) is quite similar to other terminology that relate to good mental states, such as happiness or contentment, and it is not essential or useful to worry about subtle differences between some of these terms in many respects (Professor Ivan Robertson, 1982).

"Assertive communication of personal ideas, wants, and limits has been... conceived as the behavioural middle ground, falling between unproductive passive and aggressive reactions," according to the textbook *Cognitive Behavior Therapy* (2008). "Emphasizing the expression of sentiments forthrightly, yet in a way that does not spiral into violence" is emphasised in this type of communication (Gladstone, Parker, and Mitchell, 2004); yet, exposure to highly traumatic situations can serve to build resilience to protect psychological wellbeing.

Even if one's psychological well-being is relatively steady, daily events and experiences have an influence. If one's everyday circumstances are consistently unpleasant, even the most resilient individual may eventually feel quite low, or depressed. Long-term contact to work related stresses has been shown to have a detrimental affect on Psychological Wellbeing, thus, while short episodes of hardship may be beneficial in building resilience, long-term stress is not. As a result, this reduced level of Psychological Wellbeing may lead to significant sickness. A study conducted in 2016 on work subjective/psychological well-being of employees of state holding company in times of change, says that the personnel were found to have moderate levels of total psychological well-being. Subjective well-being, psychological well-being, (Solveiga Blumberga & Solvita Voronova, 2016)

Individuals who aspire to live a life marked by connection, closeness, and giving back to their communities are said to be pursuing their fundamental psychological needs. Individuals who desire for financial prosperity, social recognition, celebrity, image, or attractiveness, on the other hand, are attempting to fulfil their extrinsic psychological needs. The strength of an individual's intrinsic (as opposed to extrinsic) ambitions, as measured by significance rankings, is linked to a variety of psychological consequences. Positive connections with indicators of psychological well-being, such as positive affect, energy, and self-actualization, assertiveness have been discovered. Negative associations with markers of psychological distress, such as negative affect, sadness, and anxiety, have been discovered (Seifert, T. A. 2005).

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One of the studies which shows that psychological wellbeing and assertiveness is higher in employed mothers than housewife mothers (Maria Sarkova, Maria Bacikova-Sleskova et al, 2013). A study conducted by (James F. Keller, Joseph W in1982) shows that the employed mothers has greater assertiveness that housewife mothers .Another study which was conducted to study of psychological well-being among housewives and working women of Mithila region, north Bihar, India (Lakhshmi Choudhary & Anis Ahmad,2017) the findings showed that senior housewives had a lower degree of psychological well-being than old working women, but it's worth noting that both groups of elderly women need social and emotional support from their respective social and familial institutions, according to them. Finally, the findings were reviewed in depth in light of the current shifting landscape of human existence, with the suggestion that professional psychologists, NGOs that work with the elderly, and family counsellors may be able to assist them in preserving overall life satisfaction.

On the other hand, a comparative study of psychological well-being between house wives and working women by Madhumita & BhadraRajarshi (2019) elucidates that the psychological wellbeing of housewife mothers is higher than employed mothers. Similarly, there are studies which explains that the assertiveness in housewife mothers is more than employed mothers. In conclusion, by analyzing the studies that were conducted before we can understand that employed mothers have higher assertiveness and psychological wellbeing than housewife mothers.

METHODOLOGY

Research design: Correlational Survey analysis and in correlational Survey analysis the researcher explores relationships between variables without controlling or modifying any of them in a correlational study approach. The intensity and/or direction of the link between two (or more) variables is expressed by a correlation. A correlation may have either a positive or negative direction.

H01 – There is no significant difference among employed mothers and housewife m others in psychological wellbeing.

Table 1 Determines the Independent sample t-test for Psychological Wellbeing

	Occupation	N	Mean	SD	SE	df	t	p	Inference
Psychological Wellbeing	1	50	158.098	27.896	4.352	98	8.724	0.758	Not Significant
	2	50	165.084	32.365	2.92	98			

(1=Employed Mothers, 2= Housewife Mothers)

An analysis of the above table indicated that there were 50 Employed mothers and 50 Housewife mothers taking the total to 100 mothers, who were a part of this study. The mean scores of the Employed mothers o on Psychological Wellbeing were 158.098 and that of Housewife mothers was 165.084. In terms of the standard deviation, the Employed mothers had 27.896 while the Housewife mothers had 32.365 suggesting that the scores of Housewife mothers were more spread across compare to than Employed mothers. In order to test the obtained mean difference for their statistical significance, the scores was subjected to ($p=.758$, $p>0.5$) which was not statically significant at both the levels. Thus, it was statistically not significant. H01 There was no significant difference between Employed mothers and Housewife mothers with respect to Psychological wellbeing. So, the null hypothesis was accepted. A study conducted by Lakhshmi Choudhary and Anis Ahmad (2017) elucidates that the housewife women from Mithila region north India have better

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psychological wellbeing in comparison with working mothers. But on the other hand a study conducted by Madhumita Bhadra and Rajarshi Kar (2018) supports the current study which says there is no difference in the level of psychological wellbeing among employed and housewife mothers.

H02- There is no significant difference among Employed mothers and Housewife mothers in Assertiveness.

Table 2 Determines the independent sample t-test for Assertiveness

	Occupation	N	Mean	SD	SE	df	t	p	Inference
Assertiveness	1	50	6.42	9.647	1.364	98	0.309	0.758	Not significant
	2	50				98			

(1=Employed Mothers,2= Housewife Mothers)

An analysis of the above table indicated that there were 50 Employed mothers and 50 Housewife mothers taking the total to 100 mothers, who were a part of this study. The mean scores of the Employed mothers on Assertiveness were 6.42 and that of Housewife mothers was 7.04. In terms of the standard deviation, the mothers had 9.647 as SD. In order to test the obtained mean difference for their statistical significance, the scores were subjected to (p=.758, p>0.5) which was not statically significant at both the levels. Thus, it was statistically not significant. H02 There was no significant difference between Employed mothers and Housewife mothers with respect to Assertiveness. So, the null hypothesis was accepted. A study conducted by James F. Keller (1982) states that there is significant difference in Assertiveness in Employed and Housewife mothers in Mormon which contradicts the present studies. But another study which was conducted by Johncy Devanesam and Libin Saral(2016) found that there is no much difference in assertiveness among mothers in India, which is a study that supports the current study.

H03- There is no significant relationship between Psychological Wellbeing and Assertiveness.

Table 3 Descriptive Statistics of Assertiveness and Autonomy

	N	Mean	SD	r	p
Assertiveness	100	6.73	9.981	0.010	0.932
Psychological Wellbeing	100	136.75	22.2		

The table shows the correlation that was calculated for the two variables i.e., Psychological Wellbeing and Assertiveness among Employed and Housewife mothers. The Pearson correlation results showed the Sig. value was (r=.0010, p<0.01 level) indicates the correlation was significant at 0.01 level. Thus, it was statistically significant. The correlation is positively low correlated. Therefore, the null hypothesis was rejected. A study conducted by James F. Keller(1982) states that there is significant difference in Assertiveness in Employed and Housewife mothers in Mormon which contradicts the present studies. But another study which was conducted by Johncy Devanesam and Libin Saral (2016) found that there is no much difference in assertiveness among mothers in India, which is a study that supports the current study.

SUMMARY AND CONCLUSION

The current study was conducted by using a correlation approach. The findings of the study indicate there is significant relationship between psychological wellbeing and assertiveness. Therefore, the null hypothesis is rejected, which stated that there is no significant relationship between Psychological wellbeing and Assertiveness. Another finding of the study indicates that there is no significant difference in Psychological wellbeing on Employed mothers and Housewife mothers, while there is no significant differences in Assertiveness among Employed mothers and Housewife mothers. But the results indicates that there is relation between these two variables, that is, if one variable increases, the other variable will increase, so if psychological wellbeing increases, then Assertiveness will also increase. A study conducted by Sahar Mahmoud and Rania. A. zaki(2014) supported the current study by showing that there was positive correlation among Psychological Wellbeing and Assertivnesses. Also an other study conducted by Maria Sarkova, et al.(2013) explained that there is positive correlation between Psychological Wellbeing and Assertivness. but on the other hand a study Fariba Pourjalila , Maryam Zarnaghash (2010) says that there is no association between assertiveness and psychological wellbeing.

Findings.

- H01 – There is no significant difference among employed mothers and housewife mothers in Psychological wellbeing.
H01 There was no significant difference between Employed mothers and Housewife mothers with respect to Psychological wellbeing. So, the null hypothesis was accepted.
- H02- There is no significant difference among Employed mothers and Housewife mothers in Assertiveness.
H02 There was no significant difference between Employed mothers and Housewife mothers with respect to Assertiveness. So, the null hypothesis was accepted.
- H03- There is no significant relationship between Psychological Wellbeing and Assertiveness.

Thus, it was statistically significant. The correlation is positively low corelated. Therefore, the null hypothesis was rejected.

Limitations of the Study and Scope for Future Research

There are few limitations in this current study that allow us to interpret the differences based on that even the results could have been interpreted based on those limitations by considering that. One among that is the sample size; the total number of samples were limited to 100 (50 Males and 50 Females) were it was much smaller because of the time constrains faced through the study. Based on the various findings and insights obtained from the current study, few suggestions can be made regarding the future research which can be taken up. Conducting study with much more larger sample size without concentrating on a particular geographical location (e.g, South India). Factors such as academic achievement, self-efficacy, motivational level, academic stress, emotional intelligence, etc can be included in the future.

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Conflict of Interest

The author(s) declared no conflict of interest.

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