

Mental Health and Life Satisfaction: A Comparative Study among Working and Non-working Women's

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ABSTRACT

The present study explores the relation between Mental health and life satisfaction : A comparative study among working and non-working women's. This is a quantitative study and is administered to 120 participants (60 working and 60 non-working women's). Random sampling technique was used to draw the samples from the population. Instruments such as mental health scale (C.T. Veit and J.E. Ware, Jr in 2005) and Satisfaction with life Scale (Ed Diener, Robert A, Emmons, Randy J. Larsen, and Sharon Griffinis, 1985) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed that there is no significant relationship between mental health and life satisfaction among working and non- working women's.

Keywords: *Mental Health, Life Satisfaction, Working women's, non- working women's.*

Woman's work is believed to be exclusively the domain of women and associates particular stereotypical tasks, that history has associated with the female sex. It is particularly used with regard to the unpaid work that a mother or wife will perform within a family and household. Gender roles are the 'social definition' of women and men. Performance of these roles is guided by social norms, cultural values, class system, ages and historical perspectives of a society. Traditional gender roles which viewed male as breadwinner and female as homemaker, have changed over the time and there has been an increase in families headed by two working spouses and support to this notion keeps increasing. In few of the societies due to men and women both being working, men have started contributing to household chores still in many societies, due to their culturally determined gender Ideologies the responsibility of child care and other family members, remains with women and they are faced with juggling the role of mother, partner and daughter as well as employee. Carrying out these roles may impact on women's quality of life which as defined by World Health Organization is: "Individuals perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, level of

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independence, social relationships, personal beliefs and their relationship to salient features of their environment”.

Traditionally Indian women had been playing the role of house makers but because of education and modernization there happened a change in trend. There are differing views on the role of a women within a family and society on whether she should gain employment or not. Due to economic views, it has become increasingly important for women to gain employment. This has also lead to a change in the family structure. Working women may cause lack of parental care for the child but on the other hand it increases financial stability within the family. Working mothers may cause developmental issues due to lack of maternal care. But in the modern economy it is important for both the partners to gain employment to have financial stability. The lack of maternal care may play a significant role only during early stages of development. Maternal employment may affect many psychological aspects of her child as shown by studies either 3 adversely or it may have a positive effect. There is also a chance that stress from the work environment also adversely affect the child stated that if a young child is deprived of a warm and intimate relationship with his mother particularly up-to the age of 3-4, the overall personality will be affected drastically. There are various studies on the effect of maternal employment with differing conclusions. Based on these studies there are mainly two theories regarding impact of maternal employment. First the guilt-over protection theory which states that employed mother feels guilty about leaving her children and tries to compensate with mother's love and over protection and the neglected theory which presumes that the dual role creates 'role strain' and leads to child neglect. Some views proposed on the effect of working mother on her child are. said that a working mother generally feels that her children are neglected in her absence when she spends the major portion of the day at her working place. sons derive some benefit from having employed mothers. They seem better adjusted and hold less traditional view of both sexes; they see women as more competent and warmer than do children of house wives.

Mental health is one of the most important public health issues as it is a major contributor to the global burden of disease worldwide. It means the ability to respond to diverse experiences of life with flexibility and a sense of purpose. It can be described as a state of balance between an individual and his surrounding world, a state of harmony between oneself and others. Mental health is the foundation for well-being and effective functioning for an individual and for a community and that of women is important both for their own health and for the well-being of their children and families. Women are more likely than men to be adversely affected by mental disorders, the most common being/ anxiety and depressive disorders. Status of women in the society has been changing fast due to multiple factors such as urbanization, industrialization, increased level of education, awareness of rights, and media influence. More and more women prefer to be engaged in some kind of employment, so that they can contribute financially to their family. But the attitude towards women especially married women and their role in family has remained the same, as even today taking care of the family and children is considered as their primary responsibility. Thus, carrying out duties and responsibilities both at home and workplace overstrains a married working woman, thereby leading to various psychological problems like role conflict, job strain, mental fatigue, stress, anxiety, frustration, depression, anger, phobias, and other social and emotional distress. All of these problems can interactively affect the mental well-being of working women and more so in married working women. Studies have shown that working women have poor mental health and higher level of depression compared to nonworking women.

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When refer to life satisfaction, it can assess the extent to which individual's reel that 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. 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. 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. 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. 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 labelling, but it can also be attributed to isolation and lack of social support.

METHODOLOGY

Aim

The study intends to investigate the difference among working and non-working women's with respect to the two variables, namely mental health and life satisfaction and thus entitled, "Mental health and life satisfaction: A comparative study among working and non-working women's".

Specific Objectives

- To find out whether there are difference between mental health and life satisfaction among working and non-working women's.
- To compare the differences in mental health and life satisfaction among working and non-working women's.
- To find out the relationship between mental health and life satisfaction.

Hypothesis

Ho1-There is no significant difference in mental health among working and non working women's.

Ho2-There is no significant difference in life satisfaction among working and non working women's.

Ho3-There is no significant relationship between mental health and life satisfaction.

Variables

Independent variable: Mental health

Dependent Variable: Life satisfaction

Sample

In the present study the respondents were working and non-working women's. The adequacy of participant is determined by its similarity to the population of the study. Purposive sampling method was used. The participants for the study were 60 working women's and 60 non- working women's.

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Instruments

Two measures were used in this study,

- 1. Mental health scale (C.T. Veit and J.E. Ware, Jr in 2005):** The mental health inventory includes 38 items in which the respondent uses 6-point Likert – style response and it can generally be done without help. The test takes approximately 5-10 minutes to administer. As part of the national Health insurance study, the MHI is a method for evaluating mental health issues such as anxiety, depression, behavioural control, positive effect, and general distress. This instrument helps in measure of overall emotional functioning.
- 2. Life satisfaction scale (Ed Diener, Robert J. Larson. and Sharon Griffin):** The items SWLS as part of a body of research on subjective well-being, refers to the cognitive judgmental aspects of general life satisfaction. Thus, in contrast to measures that apply some external standard, the SWLS reveals the individual's own judgment of his or her quality of life. This instrument is very short and unidimensional. Because satisfaction with life is often a key component of mental well-being, the SWLS may have clinical utility with a wide range of clients, including adolescents undergoing identity crisis or adults experiencing midlife crisis.

Procedure

For the purpose of the data collection the working women from the private and public sector were selected. It was ascertained to collect an equal number working and non-working women's that is 60 each. Data was collected through google forms from the people who belong to the sample group. The approximate time taken for the completion of the questionnaires was around 20 minutes. The responses obtained were scored based on the scoring criteria provided for each questionnaire in the manual.

RESULTS AND DISCUSSION

Results of Analysis of Socio demographic details of the respondents

This chapter deals with the results and discussion obtained after the detailed statistical analysis of data which was collected for the present investigation. The results are then interpreted. The aim of the study was to compare mental health and life satisfaction among working and non working women's. The data was collected from 120 women's selected from Kerala. Among them, 60 were working women's and 60 were from non working women's. Purposive sampling method was used in this study as it makes the sampling more related to the purpose.

Table 1 Shows mean, SD, and t value of psychological variable life satisfaction among working and non -working women 's.

Variables	Working and non- working	Mean	SD	t	Sig (2 tailed)
Life satisfaction	Working	25.50	6.31	2.18	.032
Life satisfaction	Non-working	28.52	8.67	2.18	.032

*** $p < 0.001$ ** $p < 0.01$ * $p < 0.05$

Table 1: Shows the mean, S.D, Significance and t- value of life satisfaction among working and non- working women's. On this variable 25.50 and 28.52 are the mean scores obtained for the samples working and non- working women's.

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In the test p value is 0.032 and t- value is 2.18. Since the p value is less than 0.05. The null hypothesis is rejected. That means there is a significant difference in life satisfaction among working and non- working women's.

On the basis of mean score there is a difference in life satisfaction among working and non-working women's. Non- working women's show more life satisfaction than the working women's. For women, it is not easy to manage household activities and work place. Working women may facing more marital problems than non-working women's, because of the added responsibilities of job. Working women have more stress related to their works and they cannot pay full attention to their family members. The non-working women have more time to their household task and their life go smooth.

Table – 2 Shows mean, S.D, and t value of psychological variable mental health among working and non -working women's.

Variables	Working and non- working	Mean	SD	t	Sig (2 tailed)
Mental Health	Working	65.48	6.31	0.33	0.74
Mental Health	Non-working	66.12	8.67	0.33	0.74

*** $p < 0.001$ ** $p < 0.01$ * $p < 0.05$

Table 4.2 shows mean, standard deviation, significance and t value among working and nonworking women's for mental health. On this variable 65.48 and 66.12 are the mean scores obtained for the samples working and non- working women's.

In the test p value is 0.74 and t- value is 0.33. Since the p value is greater than 0.05. The null hypothesis is accepted. That means there is no significant difference in mental health among working and non- working women's.

On the basis of mean score, mental health is slightly more in non working women.it may be due to their workload difference. Moreover, non-working women only focused on their house hold task and they get more relaxation time than working women. They spend more time with their family members or their loved ones, it helps them to improve their quality of life and mental health. In working womens, do not obtain enough time to think about their family. So, this reasons may be made slight difference among these particular group.

Table 3: Correlation between variables mental health and life satisfaction

		Life satisfaction	Mental Health
Life satisfaction	Pearson	1	.167
	Correlation sig.(2-tailed)		.068
	N	120	120
Mental health	Pearson	.167	1
	Correlation sig.(2-tailed)	.068	120
	N	120	

** Correlation is significant at the 0.01 level (2- tailed).

Table 3 indicates the product moment correlation between study variables. It depicted that mental health and life satisfaction have mild positive correlation between the variables

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($r=.167$, $p>0.01$). So, the hypothesis which states there is no correlation between mental health and life satisfaction is rejected.

In the result there is a mild positive correlation between life satisfaction and mental health can be seen. From that we can understand, when life satisfaction increases mental health will also increase, and mental health increases with life satisfaction also increase. Life satisfaction looks at the idea that we measure our own happiness levels on subjective standards, every human being is to attain his goals and desires and this attainment leads to life satisfaction. Satisfaction with one's life implies a contentment with 'or' acceptance of one's life circumstances or the fulfilment of one's wants and needs for one's life as a whole and it gives meaning to one's life and it can be source of feeling or self-worth. working women's has low life satisfaction. Which means working women face more marital problems in comparison to non-working women's, because of the added responsibilities of job. Working women may suffer from more severe maladjustment at home or in the office, while on the side they have to take care of the children, husband and in-laws perform other domestic duties.

SUMMARY AND CONCLUSION

Implications of the study

The key implication of the study is to know the impact of work state and life satisfaction of women. Hence the results of this research can be implemented in order to advance our knowledge regarding women's emotional state and life satisfaction which have social importance or practical usefulness in social context.

The present investigation also will be helpful to all social scientist as the variable treated were appears to be quite relevant to some aspect of their curricular demands in all social sciences. As the present study is undertaken to address emotional state and life satisfaction of working and non-working women which will be helpful to drawn up further program and policy in the field of issues related to women and the related fields and also act as a secondary data for further research.

Limitations of The Study

In the present investigation, only a limited sample was taken from various organizations/institutions. Further investigation can be done on working women of other organizations. The present research considered only work state and socioeconomic-status as determinant factors for women's Mental health and life satisfaction thus other variable can also be taken in further research. Because of time limitation sample size taken is small but large sample can be taken into consideration so that generalization quality of research can be increased. Major limitation of this study was the details were collected through google forms instead of face-to-face conversation. And lack of interest from the side of women were also present to fill the google form.

Scope for Further Research

The study could be widened to other districts of Kerala and further get widened to the whole country. Similar studies could be carried out with large samples to get much more accurate analysis. More categories of Mental health and life satisfaction could be added.

CONCLUSION

Women have always been important part of family, economy, work and employment although their contributions mostly remain invisible rather ignored. Their role is growing continuously with development, industrialization and economic restructuring. This chapter includes the summary and conclusion of the present study. This major findings, implications, limitations of the study, suggestion for the further study are also included. In this study level of mental health and life satisfaction among working and non- working women's from Kerala using purposive sampling method. The following tools were administrated on the participant's to measure the variable's. Mental health scale (C.T. Veit and J.E. Ware, Jr) and Life satisfaction scale SWLS (Ed, Robert A. Emmons, Randy J. Larsen, and Sharon Griffin) Mental health scale consisted of 18 items written in English. SWLS consisted of 7 items. Both were found to have adequate reliability and validity. The testing of the hypothesis was primarily based on statistical treatment of the data obtained from the sample. The present study made use of the techniques like t-test and Pearson' s correlation coefficient.

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Conflict of Interest

The author declared no conflict of interest.

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