

**Comparative Study**

## **A Comparative Study of Working and Non-Working Women on Adjustment and Life Satisfaction**

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### **ABSTRACT**

Today's, there is an absolutely necessary need to study adjustment and life satisfaction among working and non-working women. The main objective of the present study was to investigate and compare adjustment and life satisfaction level among working and non-working women. Sampling method was used for this study, 50 working and 50 non-working women were selected as part of the sample. Bell's adjustment inventory was used to assess the level of adjustment among working and non-working women. Life satisfaction scale by Q.G. Alam and Ram ji Shrivastava was used to assess the life satisfaction level among working and non-working women. Results were evaluated and analyzed after using statistical techniques like mean, standard deviation and t-test with the help of SPSS software. The result showed that there exists a significant difference on the level of adjustment and life among working and non-working women. The mean value adjustment in working women is less than non-working women. The mean value of life satisfaction scale is more in working women than the non-working women, so from the scores obtained it is concluded that non-working women faces less adjustment problems and adjust as per the situation more efficiently and same is with the scores of life satisfaction scale that working women are more satisfy than the non-working women.

**Keywords:** *Women, Working, Non-Working Women Adjustment, Life Satisfaction*

**W**omen of the modern era play the triple role of a housewife, career women and as aware citizen. With rising number of women entering the job market, opportunities of interaction with public are witnessed. Labor force participation of women enriches their ability to exercise their choice and to take independent decisions by reducing their economic dependence on men. From past time, services rendered by women went unrecognized and their work was not documented officially since women were confined to their homes and their honor was restricted. Women's withdrawal from home is silent testimony of her economic success and her participation in all area of development has been a major symptom of social change.

The period since 1980 was witnessed of participation of women in employment which escalates since the 1990's due to changes in the macroeconomic policies. However, the

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pattern of change varied between countries. The share of women's participation in the organized sector employment in India has been increasing over the years, sometimes even displacing men from their converted jobs as results of higher educational attainments, most of who belong to the better off sections of the society. Under enumeration of women's economic activities was one of the main causes for low female labor participation in India. The lower female participation rate is partly attributed to social inhibitions, cultural issues, caste structure and religious affiliations. The society accorded a dependent status to women. They had to accept the subordinate status and follow strict role segregation. Marriage was considered more important than career. They presumed that commitment to career was detrimental to domestic obligations. They have no other choice other than to withdraw from jobs due to the disproportionate number of unpaid tasks at home. Women constituted more than fifty percent world's population but their role to economic activity, growth and well-being is far below their potential. Women constitute nearly 50 percent of the population of India. No country can have a competitive edge over the countries if the status and role of women are not improved. Measures are geared up to enhance the status of women in India. Overall development of women has been one of the focal points of the planning process in India. All round development of women has been one of the focal points of the planning process in India.

### ***Adjustment***

Adjustment is the situation in which there is a feeling of happiness and satisfaction in the life. The occupation is most important factors which bring a lot of changes in the life of women. The occupation creates so many expectations, pressures, time demands and dedications which may affect the adjustment of women. Some of the studies found that unemployed women received remarkably more social support, in spite of that, the well-being measures indicating mental health was better in working women. Adjustment as mentioned by Chaube (1985) is the process through which one tries to affect a balance between his needs and varying situation of life.

### ***Life satisfaction***

Life satisfaction is more difficult than it looks; the term is sometimes used conversely with happiness, but they are extremely two different concepts. Life satisfaction has been described as "a person's cognitive and affective evaluations of his or her life" (Diener et al., 2002). Life satisfaction is an approval of or positive attitude overall one's life. It is our general feeling about our life and how glad we are with how's it going. There are lots of factors that contribute to life satisfaction from a number of areas, including work, lovely relationships, relationships with family and friends, personal growth, health and wealth and others factors related to life satisfaction.

## **REVIEW OF LITERATURE**

**Jain, Neeta and Jai Narain Vyasu (2001)**, marital adjustment and problems among working, work status and dual role of working women influences their mental health. The study examined the adjustments problems of working women to test the hypotheses that adjustment problems would be higher among working women.

**Shali (2007)** studied life satisfaction and concluded that there is a high correlation between feeling of security and life satisfaction. Results showed that security feeling has effect on life satisfaction. For now, comparison of variables shows that all variables, except for feeling of relative deprivation, have increasing effect on life satisfaction and it means that with increasing each other of them, rate of satisfaction feeling is also increased.

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**Jan and Masood (2008)** in their study assessed life satisfaction among women. The study depicted that women have average level of life satisfaction at all age levels. It was found that with an increase in age, the overall life satisfaction decreases; whereas, with an increase in personal income, the overall life satisfaction increases. Moreover, with an increase in family income, the overall life satisfaction of women also increases.

**Tamini and Far (2009)** organized a study to assess the mental health and life satisfaction among Iranian and Indian students. A total of 100 individuals were selected from two regions. T-test was used to analyze the obtained data. The results revealed that two groups of individuals different terms of their life-satisfaction well as mental health. The mental health situation of Indian students was found much better than Iranian students. Furthermore, Indian students showed higher satisfaction in life as compared to Iranian students.

**Dave (2015)** conducted a study to find out the marital adjustment among working and non-working women. It was found that there is significant difference in marital adjustment among working and non-working women.

### **METHODOLOGY**

#### *Problem*

A comparative study of working and non-working women on adjustment and life satisfaction.

#### *Objective of study*

- To study the significance difference among working and non-working women on adjustment.
- To study the significance difference among working and non-working women on life satisfaction.

#### *Hypotheses*

- There is no significance difference among working and non-working women on adjustment.
- There is no significance difference among working and non-working women on life satisfaction.

#### *Tools*

1. **Bell's Adjustment Inventory:** Bell's adjustment inventory by Dr. R.K. Ojha (1968) the inventory has four sections and a total of 140 questions (35 questions in each section). The four sections are, home, health, social and emotional. The questions are answer on two scales that is yes and no. participants can take as much time he/she wants but you should answer all the questions quickly. Reliability by test-retest method was found between .87 to .94. Validity is 0.80.
2. **Life Satisfaction scale:** to assess the life satisfaction of women, the LSS will be used by Dr. Q.G. Alam and Dr. Ram ji Srivastva. Life satisfaction scale comprises of 60 items referred to six areas (Health, personal, economic marital, social and job). The response to be given in Yes, No and Undecided. Yes, response indicates the satisfaction. Reliability determined by test-retest method is found to be 0.84. Validity is 0.74.

**Data Analysis**

Following statistics used: Descriptive statistics: mean and standard deviation was used to describe the data. T-test was used to analyze the data with the help of SPSS software.

**RESULTS AND DISCUSSION**

**Hypotheses: 1. There is no significant difference among working and non- working women on adjustment.**

**Table A**

Sample	N	Mean	SD	DF	't' value	Level of significance
Working women	50	30.44	3.82	98	16.39	Significant at 0.01 level
Non-working women	50	42.20	4.22			

Mean, S.D., 't' values of adjustment problems among working and non-working women from the above table A, the mean and standard deviation of adjustment problems between working and non-working women is 30.44, 3.82 and 42.20, 4.22 respectfully. The finding 't' value is 16.39 which is more than table value at df 98, which is 1.97 at .01 level of significance. The mean value of working women is less than non-working women. Therefore, the hypothesis no. 1 there is no significant difference among working and non-working women on adjustment is rejected. It is concluded that working women generally faces less problems in adjustment in any environment as compare to the non-working women.

**Hypotheses: 2. There is no significant difference among working and non- working women on life satisfaction.**

Mean, S.D. 't' values of life satisfaction among working and non-working women.

**Table B**

Sample	N	Mean	SD	DF	't' value	Level of significance
Working women	50	92.68	11.02	98	11.37	Significant at 0.01 level
Non-working women	50	74.94	2.72			

From the above table B the mean & S.D. of life satisfaction between working and non-working is 92.68, 11.02 and 74.94, 2.72 respectively. The finding 't' value is 11.37 which is more than table value at df 98, which is 1.97 at .01 level of significance. The mean value of working women is more than non-working women. Therefore, the hypotheses no. 2 there is no significant difference among working and non-working women on life satisfaction is rejected. It is concluded that working women have satisfied life as compare to non-working women. The result showing that the mean score on life satisfaction of working women is higher than the non-working women the t-value (t= 11.37) also signifies that there exists significant difference on life satisfaction among working and non-workingwomen. The working women highly satisfied with their life as compared to non-working women it seems that the working women have positive attitude about life and try to make healthy pattern of adjustment and try to deal with different and tough situations throughout their lives. The

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working women are also aware about their rights and decision-making that strong their behavior and empower their satisfaction about life. In addition, the working women often seem to be emotionally strong, patient, helpful, and deal with stressful situations suitably then that of the non-working women.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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