

## Life Satisfaction among Middle Aged Women

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### ABSTRACT

The present study was conducted to find the level of life satisfaction among 100 working and 100 non-working middle-aged women using Life satisfaction. Women who fulfilled the criteria were selected for the Study. Findings revealed that there is no significant difference between working and non-working married women regarding life-satisfaction.

**Keywords:** Middle-Aged, Women, Life-Satisfaction, Working and Non-Working

**A**ge between 45 and 65 years is considered Middle Age. Women in this age group go through transitions in all directions of life, like family responsibilities and physical, biological, emotional, intellectual, cognitive, psychosocial, and social systems.

Changes in their physical appearance and biological changes such as menopause are also experienced in women during this phase, emotional change experienced in women is mainly related to sadness due to various loss reasons. This phase can also be characterized by competence, maturity, responsibility, stability, social change, and change of role in the family from being parents to grandparents. Other social relations affected are the intensity of relationships with friends, children & parents. Several other changes in midlife are also observed among middle-aged people such as growing concern about sexual diseases, the onset of memory loss, deficit incompetence, change in responsibility, declining stability, fading creativity, becoming less practical, growth in substance abuse, and rise in stress.

At this stage, people also come across an unfathomable set of challenges, expectations, and liabilities that are prone to give way to compromises. People usually make choices based on circumstances they are suffering presently such as a parenthood crisis and the death of a spouse.

Life satisfaction is considered in various aspects such as health satisfaction, personal satisfaction, social satisfaction, marital satisfaction, family life satisfaction, economic satisfaction, and job satisfaction. As per (Butell, 2006) "A complete valuation of emotional state and approach of about one's whole life at a specific situation in period reaching commencing from negative to positive is essential to study life satisfaction. It is an intellectual measurement of the complete and essential position of an individual is supposed to be comparatively regular and is inclined by social influences. Contentment and emotional

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well-being are considered vital in understanding theories of life satisfaction, though they can be well understood from a psychological and philosophical perspective.

**Indian Context of Life Satisfaction:** As per Indian Philosophy, the satisfaction of a person is observed as the ability oneself to enjoy their life, as more enjoyment makes a person happier.

**Features causing life satisfaction amongst Middle-Aged Women:** The existence of a person is influenced by personal and environmental factors. Personal factors are physiological, psychological, and social needs, education, the nature of the job, and economic status. Environmental Factors are social circle, geographical environment, good residential facilities, ease at the workplace, and social service satisfaction.

Therefore, this study aims to investigate life-satisfaction in non-working middle-aged women. The research objectives are as follows–

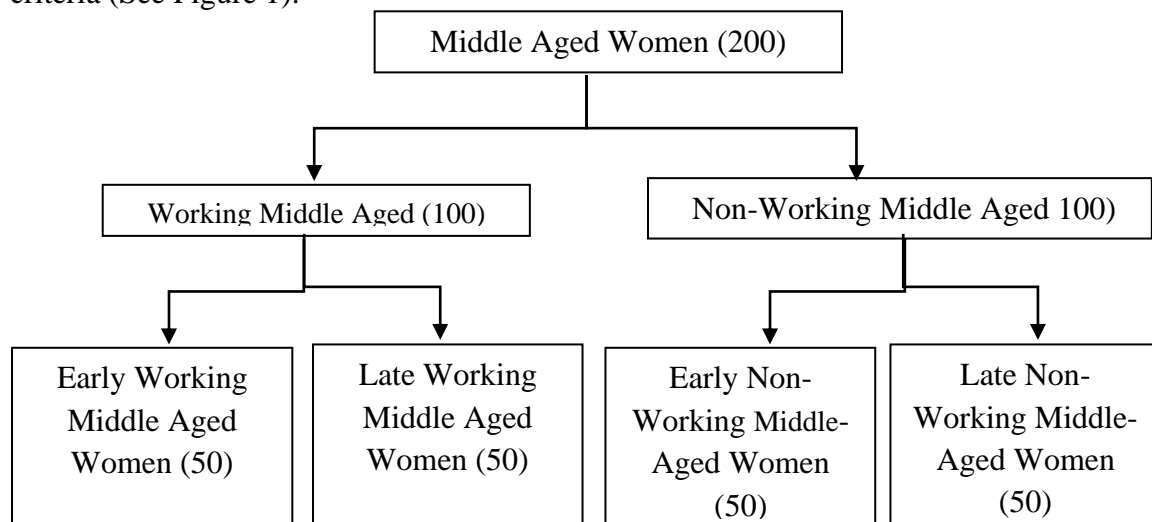
1. To find out relation among working and non-working Middle-aged women on life satisfaction.
2. To find out difference between early working and late working middle-aged women on life satisfaction.
3. To find out difference between early non-working and late non-working middle-aged women on life satisfaction.

**Based on the above-mentioned objectives, following hypotheses are proposed –**

1. There will be no significant relationship among working and non-working Middle-aged women on life satisfaction.
2. There will be no significant difference between early working and late working middle-aged women on life satisfaction.
3. There will be no significant difference between early non-working and late non-working middle-aged women on life satisfaction.

### RESEARCH METHODOLOGY

**Participants** – A sample of 200 (100 working and 100 non-working middle aged) were purposely selected for the present study, then working & non-working they were sub-divided to (50 early working and 50 late working) by fulfilling the inclusion and exclusion criteria (See Figure 1).



**Figure 1 Distribution of participants**

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### *Inclusion Criteria*

- Age criteria between 45 years to 65 years.
- Women who were co-operative for the study.
- Women who are not working professionally anywhere.
- Professionally working women were included.
- Females were taken.

### *Exclusion Criteria*

- Males were excluded.
- Women below 45 years age.
- Females having psychiatric co-morbidity.

### **Tool Used**

Life Satisfaction Scale (LSS) by Alam and Srivastava (1971).

### *Procedure*

In this study 100 females 50 early middle aged and 50 late middle aged were selected purposely for the present study. After developing the good rapport with the females, their socio-demographic details were collected with their concerns. After that LSS were administered on them.

### *Statistical Analysis*

Data collected was analysed in terms of mean, standard deviations, Pearson's correlation and t-test is used for statistical analysis.

## **RESULT AND DISCUSSION**

**Hypothesis 1 – There will be no significant relationship among working (N=100) and non-working (N=100) Middle-aged women on life satisfaction.**

Product moment coefficient of correlation was used see the relations between among working middle-aged women (N=100) and non-working middle-aged women (N=100) in relation with life satisfaction. Non-significant relationship is observed between working and non-working middle-aged women, which indicate that life satisfaction is not affected by working and non-working status of middle-aged women. It means that life satisfaction in middle aged women does not have an association between working and non-working status of women.

**Table 1 Mean, Standard Deviation and Pearson's R of Life Satisfaction in Working Middle Aged Women and Non-Working Middle-Aged Women**

<b>Middle Aged Women (N = 200)</b>					
<b>Working Status of Women</b>	<b>N</b>	<b>Mean</b>	<b>S.D</b>	<b>Pearson's r</b>	<b>Significance Level</b>
Working Middle Aged Women	100	115.42	7.69	0.013	N.S.
Non-Working Middle-Aged Women	100	104.74	7.81		

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**Table 2 Percentage wise Distribution of Working Middle Aged Women and Non-Working Middle-Aged Women in Life Satisfaction**

Levels of Life Satisfaction	Middle Aged Women (N = 200)					
	Working Middle Aged		Non-Working Middle Aged		Total	
	No.	Percent	No.	Percent	No.	Percent
Very Low Life Satisfaction	9	9%	48	48%	57	29%
Low Life Satisfaction	35	35%	44	44%	79	40%
Average Life Satisfaction	54	54%	8	8%	62	31%
High Life Satisfaction	2	2%	0	0%	2	1%
Very High Life Satisfaction	0	0%	0	0%	0	0%
Total	100	100%	100	100%	200	100%

Percentage-wise distribution of scores of LSS shows life satisfaction of working middle-aged women (N=100) and non-working middle-aged women (N=100), shows that 9% working and 48% non-working middle-aged have very low life satisfaction, 35% working and 44% non-working middle-aged have low life satisfaction, 54% working and 8% non-working middle-aged women have average life satisfaction, 2% working and 0% non-working middle have high life satisfaction and 0% early and 0% late middle-aged women have very high life satisfaction. Overall total middle age (N=200) women have 29% very low life satisfaction, 40% low life satisfaction, 31% average life satisfaction, 1% high life satisfaction, and 0% very high life satisfaction, supported by Wajiha and Ullah. (2015), it was observed that the level of Quality of life is higher among non-working women than working women whereas the level of Self-control was found to be higher among working women than non-working women. Shaheen (2015) gave the result that working women scored significantly higher on life satisfaction in comparison to non-working women. Akbari (2012) also revealed in their study that life satisfaction was better among working women than non-working women.

Pearson product-moment correlation coefficient analysis revealed the relationship among working and non-working middle-aged women on life satisfaction ( $r=0.013$ ). Thus, results indicate that there is a non-significant relationship among working and non-working middle-aged women as *the p-value* are greater than 0.05.

Thus, hypothesis 1 is accepted.

### **Hypothesis 2 – There will be no significant difference between early working (N=50) and late working (N=50) middle-aged women on life satisfaction**

The statistical difference using T-test is calculated between the total scores of life satisfaction among early non-working middle-aged women (N=50) and late-working middle-aged women (N=50). Early middle-aged women's mean is (M=116.80 and (S.D. =7.51), while late non-working women's mean is (M=114.04) and (S.D. = 7.69) and (t= 1.814) which is non-significant. This means that early working middle-aged women and late working middle-aged women have life satisfaction at the same level.

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**Table 3 Mean, Standard Deviation and T-Test of Life Satisfaction in Early Working Middle Aged Women and Late Working Middle Aged Women**

Working Middle Aged Women (N=100)					
Age Group in Working Women	N	Mean	S.D	T – Test	Significance Level
Early Working Middle Aged Women	50	116.80	7.51	1.814	N.S.
Late Working Middle Aged Women	50	114.04	7.69		

**Table 4 Percentage wise Distribution of Early Working Middle Aged Women and Late Working Middle-Aged Women in Life Satisfaction**

Levels of Life Satisfaction	Working Middle Aged Women (N=100)					
	Early Working Middle Aged Women		Late Working Middle Aged Women		Total	
	No.	Percent	No.	Percent	No.	Percent
Very Low Life Satisfaction	3	6%	6	12%	9	9%
Low Life Satisfaction	13	26%	22	44%	35	35%
Average Life Satisfaction	32	64%	22	44%	54	54%
High Life Satisfaction	2	4%	0	0%	2	2%
Very High Life Satisfaction	0	0%	0	0%	0	0%
Total	50	100%	50	100%	100	100%

Percentage-wise distribution of scores of LSS shows life satisfaction of early-working middle-aged women (N=50) and late-working middle-aged women (N=50) are going through. It shows that 6% of early and 12% late working middle-aged have very low life satisfaction, 26% early and 44% late working middle-aged have low life satisfaction, 64% of early and 44% late working middle-aged women have average life satisfaction, 4% early and 0% late working middle have high life satisfaction and 0% early and 0% late working middle-aged have very high life satisfaction. Overall total working middle age (N=100) women have 9% very low life satisfaction, 35% low life satisfaction, 54% average life satisfaction, 2% high life satisfaction, and 0% very high life satisfaction.

T-test was used to find the difference between early working (N=50) and late working (N=50) middle-aged women on life satisfaction. A non-significant difference is observed between the early-working middle-aged women and late-working middle-aged women on life satisfaction ( $t=0.16$ ) in early middle-aged women is seen which is greater than 0.05.

*Thus, hypothesis 2 is accepted.*

**Hypothesis 3– There will be no significant difference between early non-working (N=50) and late non-working (N=50) middle-aged women on life satisfaction.**

The statistical difference using T-test is calculated to see the difference between the total scores of life satisfaction among early non-working middle-aged women (N=50) and late non-working middle-aged women (N=50). Early non-working middle-aged women's mean is (M=106.44) and (S.D. = 7.30) while late non-working women's mean is (M=103.04), (S.D. =8.02) and ( $t=2.216$ ) which is significant at 0.05 level, Indicating significant difference in life satisfaction among early and late non-working middle-aged women.

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**Table 5 Mean, Standard Deviation and T-Test of Life Satisfaction in Early Non-Working Middle-Aged Women and Late Non-Working Middle-Aged Women**

Non-working Middle Aged women ( N = 100)					
Age Group in Non-Working Middle Aged Women	N	Mean	S.D	T – Test	Significance Level
Early Non-Working Middle Age Women	50	106.44	7.30	2.216	Significant at 0.05 level
Late Non-Working Middle Age Women	50	103.04	8.02		

**Table 6 Percentage wise Distribution of Early Non-Working Middle Aged Women and Late Non-Working Middle Aged Women in Life Satisfaction**

Levels of Life Satisfaction	Non-Working Middle Aged Women (N=100)					
	Early Middle Aged Women		Late Middle Aged Women		Total	
	No.	Percent	No.	Percent	No.	Percent
Very Low Life Satisfaction	21	42%	27	54%	48	48%
Low Life Satisfaction	23	46%	21	42%	44	44%
Average Life Satisfaction	6	12%	2	4%	8	8%
High Life Satisfaction	0	0%	0	0%	0	0%
Very High Life Satisfaction	0	0%	0	0%	0	0%
Total	50	100%	50	100%	100	100%

Percentage-wise distribution of scores of LSS shows life satisfaction of early non-working middle-aged women (N=50) and late non-working middle-aged women (N=50). It shows that 42% of early and 54% of late non-working middle-aged have very low life satisfaction, 46% of early and 42% late non-working middle-aged have low life satisfaction, 12% of early and 8% late non-working middle-aged women have average life satisfaction, 0% early and 0% late non-working middle-aged women have high life satisfaction and 0% early and 0% late middle-aged women have very high life satisfaction. Overall total non-working middle age (N=100) women have 48% very low life satisfaction, 44% low life satisfaction, 8% average life satisfaction, 0% high life satisfaction, and 0% very high life satisfaction.

T-test was used to find the difference between early working (N=50) and late working (N=50) middle-aged women on life satisfaction. The non-significant difference observed between the early working middle-aged women and late working middle-aged women on life satisfaction ( $t=2.216$ ) in early middle-aged women is found significant at 0.05.

*Thus, hypothesis 3 is rejected.*

### **CONCLUSION**

According to the result, life satisfaction in middle-aged women is observed in working and non-working middle-aged women at both the stages of middle adulthood i.e. early and late; life satisfaction is present may be at different levels from very low, low, average, high, and very high.

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Factors responsible for low life satisfaction among women in this stage observed are loneliness, not having an appropriate social image as per expectation, interference by partners in their daily life, comparing their lives with others, no proper daily routine, financial dependency, the feeling of sharing their children with someone else (i.e. his spouse), witnessing younger generation leading an independent and better lifestyle, impact of watching glamorous daily soap opera being telecast on television, a feeling of “no identity” or “loss of identity”.

### **Future Research to be done:**

1. Sample size can be increased.
2. Sample can be taken from different places.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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