

Exploring the Role of Resilience in Enhancing Psychological Well Being Among Indian Home Makers

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ABSTRACT

Home makers as the name itself indicates are the women who make a home a better place. The one who give up their whole life for her loved ones, overseeing the family matter and household chores. They are the ones creating and preserving peaceful home environment. The current study has been conducted taking into consideration the most important yet often overlooked population of our society-the Home makers. A qualitative research was conducted where the 12 home makers were interviewed with ten semi structured open ended question. Thematic Analysis was used in order to identify the themes, such as: loneliness and isolation, physical strain, stress, self-confidence, spiritual practices and family and social support. The result of the study showed that the home makers when faced challenges in their lives, loneliness, and stressors in such situations, interpersonal relationships and support from family and friends acted as resilient factors, enhancing their psychological well-being. Along with this, homemakers' self-confidence is a significant factor of resilience, strengthening their psychological well-being.

Keywords: Resilience, Psychological wellbeing, Homemakers

According to APA Dictionary of Psychology Resilience is the method and consequence of adequately coping with difficult or challenging life experiences, particularly through emotional, behavioural, and mental flexibility and adaptation to both internal and external demands.

The word “resilience” comes from the Latin verb *resilire*, which means “to leap back”. It means "being able to withstand or recover quickly from difficult conditions," according to the Oxford English Dictionary (Hu et al., 2015). Resilience creates a potential preventative measure for mental illness and has a critical effect on health status of individuals. It is described as a human quality, characteristics, or ability that indicates the ability to efficiently adjust to events, situations, or changing environmental conditions. It is the ability to recover from difficult times. Individuals who are resilient use their skills and strengths to overcome distress. Resilient people understand the pattern of life; they know that there will be times when they will have to deal with grief, pain, or tragedy, and the way they perceive things helps them to recover and cope with situations.

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The World Health Organization (WHO) defines psychological wellbeing as "a state of mind in which an individual is able to develop their potential, work productively, and creatively, and is able to cope with the normal stresses of life". The definition highlights the multidimensional nature of psychological wellbeing, with the presence of affirmative emotions, psychological functioning, and a sense of purpose and significance in life. "Psychological wellbeing" is the term used by positive psychology for describing mental health, which is defined as positive psychological functioning (Estejabi et al., 2013). Psychological Wellbeing refers to the degree to which individuals feel happy and experience positive emotions (Robertson, 2018).

A six factor model of psychological wellbeing developed by Carol Ryff is a significant model. According to him, psychological well-being is a quest of perfection in realizing one's true potential (Fahami et al., 2018). Ryff stated that wellbeing includes a purpose in life, autonomy, personal growth, environmental mastery or in other word, handling the life situation, positive relationships and self-acceptance (Ryff, 2014).

Well-being is defined by the existence of positive emotions and the absence of negative emotions. (Frey & Stutzer, 2002). Psychological well-being is an association of well-being and efficient activity. It is not necessary for people to always feel happy or content; experiencing negative or painful emotions such as dissatisfaction, loss, or sorrow is a part of life, and being able to control these emotions is crucial for long-term wellbeing (Huppert, 2009). Studies have found that a positive emotional style has a positive impact on physical health and survival (Huppert, 2009). Psychological well-being has been found to be positively impacted by protective factors, such as resilience. According to Yildirim (2019), resilience is positively correlated with positive affect, affect balance, flourishing, and life satisfaction (Padmana bhanunni et al., 2023).

An individual having better psychological wellbeing can be seen as being more satisfied in their life with positive emotion feeling and attitude, better self-confidence along with having the ability to handle any kind of stressful and negative feeling well. Psychological well-being is indicated by a number of factors, including satisfaction, morale, positive affect, and social support (Culloch, 1991). The goal of the psychology of well-being is to assist individuals in leading more fulfilling lives that include fulfilling relationships, community service, and enjoyment of life (Huppert, 2009). According to Gladstone, Parker, and Mitchell (2004), stressful events can make people more likely to develop mood and anxiety disorders later on. However, highly stressful situations can also foster resilience.

Resilience develops a defence mechanisms against undesirable events (Beri & Dorji, 2021). Resilience plays an important role which helps an individual maintain their psychological wellbeing. It can be characterized as constructive development or adjustment following unbalanced periods (Hassani et al., 2021). Due to resilient people's capacity to maintain an optimistic mind set in the face of potentially fatal circumstances, resilience may also serve as a protective factor against anxiety and depression (Kim et al., 2018). When faced with different kinds of challenges, resilience is a desirable quality for society and its members as well. Individuals who possess resilience usually manage stressful circumstances faster and more skilfully (Elnur., et al, 2023). The role of resilience is essential in improving the psychological well-being of Indian home makers. They encounter unique challenges, such as managing the household, caring for family members, and frequently sacrificing their own professional goals. Housewives typically exhibit greater resilience when it comes to

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managing challenges and family matters because they are able to handle and adapt to any environment (Wala., et al, 2021). When it comes to home makers or in other term housewives, experiences multiple difficulties in family, social, personal as well as in their cultural life which cannot be seen, expressed or understood by any other individual. Home makers are the ones who constantly shoulder multiple responsibilities, such as keeping a clean and organized home and caring for children, managing children and other family members (Deshpande et al., 2023). In such a situation it becomes difficult for them to manage their emotional, mental, physical wellbeing but they still remain resilient, overcoming all those negative thoughts and emotion and fulfilling their roles as a wife, mother, daughter and daughter-in-law of the family. Resources that can help women become more powerful and function adaptably have been linked to resilience (Bonanno et al., 2006). Various psychosocial factors, the social support, active coping skills in home makers appear to have a strong and positive relation to function well with the obstacles making them a more resilient person. The degree of social support a person receives has a major impact on how resilient they are (Shrivastava et al., 2016). Resilient individuals uphold higher emotional stability (Masten, 2001).

Although there are multiple issues that affect the mental health in an individual differing in terms of severity and presentation, still according to Mental Health Ireland, it has been observed that women's overall wellbeing is lower than men's (Facja, 2022). Significant life changes are unique to women. Women who experience emotional abuse in relationship negatively impact their psychological wellbeing. Depression symptoms are among the negative effects of abuse from partners on one's mental health, and 64% of women who suffer from such abuse typically exhibit PTSD symptoms regardless of adjusting for the impacts of injuries, sexual abuse, and physical violence (Mechanic et al., 2008). Understanding the challenges in the lives of home makers and the coping strategies they implement in order to remain resilience and enhancing their psychological wellbeing is essential. Steger et al (2008) suggested that one who maintain to live meaningful lives, show less negative feelings and challenges in life, leading to higher resilience.

REVIEW OF LITERATURE

Foumani et al., (2015) conducted a study titled 'The Relationship between Resilience and Personality Traits in Women', The goal of the current study was to evaluate the connection between women's resilience and happiness and personality traits. During the two months of April and May 2013, 388 housewives and working women were randomly selected for this prospective correlational study residing in Tehran. In terms of the relationship between personality traits and happiness, all five personality trait components—extraversion, conscientiousness, neuroticism, flexibility, and agreeableness—were associated with happiness. The findings through regression analysis, determined that several personality traits, such as neuroticism, extraversion, and flexibility, had a significant impact on the resilience score as a whole. Personality traits in women may have an impact on various facets of resilience and happiness. Women who have a stable personality are therefore content and resilient.

Choudhary & Ahmad (2017) conducted a quantitative study titled 'A study of Psychological Well Being Among Housewives and working women of Mithila Region, North Bihar, India'. The total sample consisted of 120 women comprising housewives (n=60) and working women (n=60). Data was gathered through questionnaires using Psychological Well-being scale. The results have shown clear cut picture regarding the comparative

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difference between the group of working women and housewives on their levels of perceived psychological well – being. It could be observed that the group of 63.33% housewives has reported to have higher degree of psychological well – being in comparison to their working women group i.e. 55 %. Therefore, it can be concluded that housewives of Darbhanga district from where the present sample has been drawn are very much happy in comparison to their working women.

Fahami et al., (2018) conducted a study titled ‘The Relationship Between Psychological Wellbeing and Body Image in Pregnant Women’. It was a descriptive, correlational study where 320 pregnant women who were referred to nine health centers out of 46 in Isfahan were the participant of the study. The participants were selected using non-probability convenience sampling. The data were collected using Ryff Psychological Wellbeing (PWB) scale and Body Image Satisfaction Scale. The findings showed the mean score in psychological wellbeing was 77.50, and their mean (SD) satisfaction with body image score was 89.30 (14.60). Furthermore, a strong and positive correlation ($r=0.354$, $p < 0.001$) was found between the psychological wellbeing and body image satisfaction scores.

More & Shinde (2019) conducted a study titled ‘Family environment, life satisfaction and resilience among housewives of military and civil professionals’ which aimed to assess the differences among Military Personnel’s housewives and Civil personnel’s housewives on family environment, life satisfaction and resilience among them. Through purposive sampling the data of civilian and military housewives was collected. Total of 80 sample ($n=80$) was collected from Pune city. The data analysis was done with the help of t test. The result of the study suggest that the Military Personnel’s housewives were low on Cohension, Expressiveness, conflict, acceptance and caring, organization, control, life satisfaction as compared to civil professional’s housewives. On contrary Military personnel’s housewives were found high on Resilience ($t=3.59$) as compared to civil professional’s housewives.

Qadir (2019) studied ‘The Effect of Indoor and Outdoor Physical Exercise on Physical and Psychological Wellbeing of Women’. The current study aims to investigate how physical exercise, both indoors and outdoors, affects the physical and mental health of working and non-working women. A total of 120 subjects were chosen at random, 60 of whom were working women and the remaining 60 non-working women. Of these, 30 women participated in indoor exercise and 30 participated in outdoor exercise. The results of this study demonstrated that working women are more physically and psychologically well-off than non-working women. It was discovered that, in terms of exercise type, women who exercised indoors had greater physical wellbeing and women who exercised outdoors had better psychological wellbeing. The study's sample showed a positive correlation between psychological and physical well-being.

Kauser (2019) conducted a study titled ‘Effect of Change Proneness on the Psychological Well-Being of the Elderly Women’. The 120 elderly women who participated in the study were residents of Chennai City, 60 of whom had children and the other 60 of whom did not. The women came from a variety of senior living facilities. Thirty of the sixty elderly women were from rural and thirty were from urban areas. Pearson's Coefficient Correlation, the "t" test was used to analyze the gathered data. The result showed that older women living in rural areas exhibited higher levels of change proneness than those living in urban areas. This indicates that older people living in rural areas have stronger ties to their families and are more flexible than stiff. Because urban areas offered better facilities than rural ones, older

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people living in urban areas had better psychological well-being. Additionally, it was discovered that there was a correlation between the psychological well-being and the elderly female's propensity for change. This suggests that the more adaptable and flexible an individual is, the better their relationships with family members will be, which in turn will improve their psychological well-being.

Alsa et al., (2021) in their study titled 'Psychological Well-being of Mothers with Autistic Children', took 184 mothers of an Autistic child as their sample size from Jakarta, Bogor, Depok, Tangerang and Bekasi regions. Examining the theoretical model of religiosity's impact on psychological well-being with resilience acting as a mediator for moms of autistic children was the aim of this study. Questionnaires were used in order to collect the data. Along with the questionnaire, Structural Equation Modeling (SEM) was also applied in order to analyse the data. The finding effectively and empirically aligned with the goals of the study. It showed that mothers were expected to deeply cultivate resilience through a strong commitment to religion, promoting a major improvement in psychological well being.

Hassani et al., (2021) conducted a research study titled 'The Role of Self-compassion and Hope in the Relationship Between Psychological Wellbeing, Maladaptive Schemas, Resilience, and Social Support in Women With Multiple Sclerosis'. It is a descriptive correlational study. Using convenience sampling method, the study was conducted on 300 female patients with Multiple Sclerosis (MS) admitted in different hospitals of Tehran City, Iran. The data were collected by using scales and questionnaire and was analysed using Statistical Package for Social Science and AMOS. The findings of the study showed Psychological wellbeing was positively and significantly correlated with self-compassion, hope, resilience, and perceived social support ($P < 0.01$). Moreover, early maladaptive schemas and study participants' psychological wellbeing were negatively correlated ($P < 0.01$). Based on the data from the indirect path analysis, it was found that self-compassion and hope were important mediators in the relationship between early maladaptive schemas, resilience, perceived social support, and psychological wellbeing ($P < 0.01$).

Bahagia B et al., (2021) conducted a study on housewives titled 'Resilience of Household Mother in Dealing with Covid-19'. They aimed at understanding the resilience of housewife during Covid-19. Ethnography method was used. Purposive sampling technique was used and in-depth interviews with the head of the neighbourhood unit and his housewife are used to gather the data. The findings through a triangulation analysis, indicate that housewives deal with life's inconveniences because they have to take care of the home as well as teach their children how to learn things online. The finding also indicated that housewives develop resilience by coming up with and practicing new meal recipes. The internet and YouTube research the process for creating new culinary recipes.

Bisht & Pandey (2023) conducted a quantitative study on the title 'Study of Correlation between Optimism, Resilience and Coping Skill in Mothers of Special Need Children'. The purpose was to find correlation between resilience, optimism, coping skills in mothers of special need children to measure relationship between the various strength. 54 sample for data through purposive data collection technique. Questionnaire were prepared using resilience and coping scales. The findings showed a Correlation coefficient was found between the variables of coping skill, life orientation, and resilience for mothers of special

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needs children. Through analysis of the data showed that there was a Positive correlation between coping skill and resilience, indicating higher level of coping associated with higher level of resilience. No significant relationship was found between coping level and life orientation in mothers.

Deshpande et al., (2023) conducted a cross sectional study titled ‘Stress, Quality of Sleep, and Psychological Well Being among Housewives: A Correlational Study’. The study was done on non- working housewives, aiming to determine the relationship between stress, quality of sleep, and psychological well-being among them. 200 sample were collected, housewives ranging from 25 to 59 years of age. Scales were used to assess stress levels, sleep quality, and psychological well-being. The Correlational analysis indicated significant negative correlation between stress and psychological well-being ($r = -.512, p < .01, N = 200$). The findings from this study indicate that stress has a detrimental impact on both the quality of sleep and psychological well-being of housewives. These results highlight the importance of addressing stress management techniques and interventions to enhance the well-being of this specific population.

METHOD

Problem

- To explore the role of resilience in enhancing the psychological well-being among Indian homemakers.

Objectives:

- To explore the challenges faced by the Indian home makers.
- To understand what coping strategies used by Indian homemakers and how resilience enhances their psychological well-being.

Need and Significance of the study:

Few researchers have specifically concentrated on investigating the resilience of homemakers. To learn about the problems they deal with on a daily basis and what gives them the motivation to carry on. Home makers are the ones who look for the needs and the healthy life of their family, but often their own obstacles and stressors in life as a home maker are unexpressed. The present study contributes to our understanding of the variables or causes that interact with resilience to promote psychological well-being in Indian housewives. It also aims to offer strategies for enhancing their overall well-being.

Sampling:

The sampling technique used in the current study is Purposive sapling technique. The sample size for the present study was 12 Indian home makers, married for more than 10 years. The participants were asked for verbal consent before conducting the interview. Before taking the interview, the participants were assured that the confidentiality would be maintained and their responses will be used only for the research purpose.

Procedure:

The study was conducted through one-on-one interview with the participants. Before conducting the interview, a verbal consent was obtained and the confidentiality regarding their responses was assured. A semi- structured, in depth and open ended questions was used. The interview was conducted through zoom call, normal call and face to face interview with the participants as per their comfort and was recorded in order to obtain the data.

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The open-ended questions are mentioned below-

1. For how long have u been married?
2. How much of minimum hour of household work do u do in a day?
3. What are the main difficulties/ challenges you face on a daily basis when handling household chores?
4. Which particular stressor—those associated with social expectations, household chores, or personal identity—are most responsible for the psychological stress or difficulty that you experience?
5. Do you ever feel lonely or isolated from society because you are a homemaker?
6. Are there particular personal strengths or qualities that you believe contribute to your adaptability (resilience) as a homemaker?
7. If so, how do they apply in your daily life?
8. What coping techniques do you use to deal with the difficulties you as a home maker?
9. How successful are these techniques in building your overall resilience?

Data Analysis:

Qualitative Thematic Analysis (Braun and Clarke, 2006) was used to analyse the data. Thematic Analysis is a technique or a method in Qualitative Research. It is used for analyzing, finding, evaluating, and summarizing patterns (themes) in a data. It merely organizes and provides a valuable description for a set of data.

The following guidelines are suggested by Braun and Clarke for thematic analysis:

- Familiarisation with the data
- Generate initial codes
- Search of themes
- Review of themes
- Define and name themes
- Produce the report

RESULT AND DISCUSSION

In the present study, total of 12 home makers were interviewed. Their age ranges from 40-57 years. Each of the participants had completed 10 years of marriage.

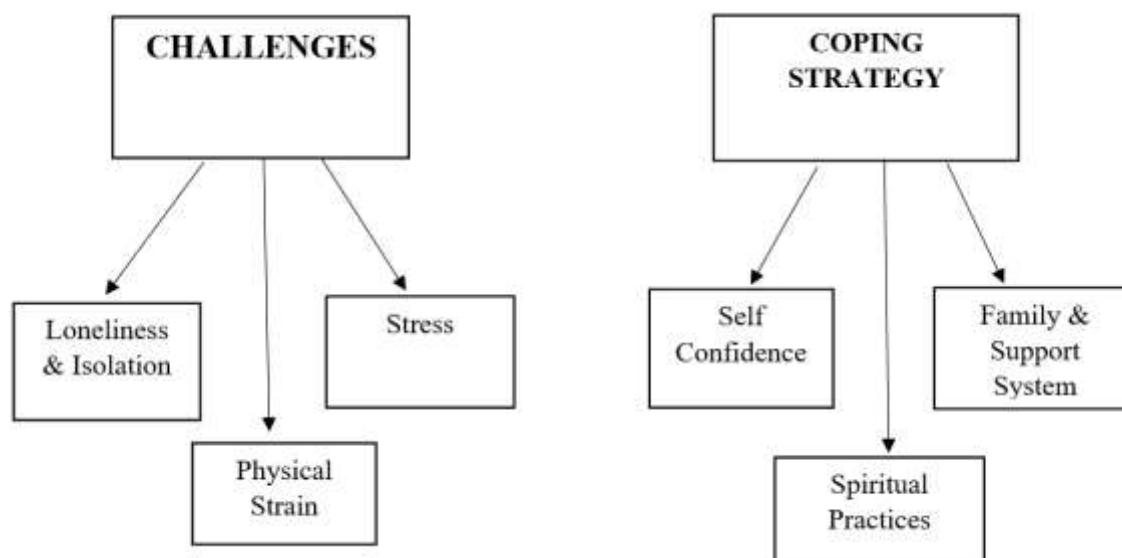
Table No 1: Details of the participants:

SI No.	Age	Years of marriage
1	57	28
2	46	25
3	41	25
4	53	20
5	44	26
6	47	29
7	41	20
8	44	22
9	45	23
10	46	27
11	42	24
12	50	27

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The participants were interviewed where semi structured open ended questions were used. The audio recordings of the interview were transcribed into written format to familiarize with the data and obtain the codes and appropriate themes. The transcript were read multiple times in order to become familiar with the content, after which open coding was used to generate codes. After familiarizing with the data, 56 initial codes was generated. Then finding the appropriate themes from the codes was the next step.

After the analysis of the codes different themes was achieved focusing on the challenges they face and the factors for resilience. The main themes includes:



1. Loneliness and Isolation: The home makers are the ones who most of the time stay at home. A women belonging from a nuclear family when their children are not home and husband out for work due to this reason a sense of loneliness can be felt by them. The participants mentioned that in order to reduce the feeling of being alone they watch television or try to pass time by doing household chores.

- Participant no 6: “sometimes when I fall sick, sometimes I do feel lonely”
- Participant no 5: “Yes, yes i do feel lonely, yes”.

2. Physical strain: Performing the household chores and taking care of one’s home and family is the expected responsibility of a home makers. Due to the aging factor, home makers experience from body ache. Participants also mentioned menopause as one of the factor for physical challenges and mood swings. Despite for their health issue, pains in different parts of the body, pain in the body joints they have no alternative but to complete the household chores and send their children to school and husband to office. Those women living with their in laws and without any house helper become more difficult for them since they have to take in mind the health of their in laws and take extra care of them. Almost all of the participant reported some form of physical pain.

- Participant no 7: “sometime headache sometimes suffer from a lot of pain so cannot work”.
- Participant no 9: “oh while doing work my hands pain, while sweeping the house and all my hands pain”.

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3. Stress: One of the most common issue observed among the home makers is the experience of stress. The home maker need to take responsibility of her children, spouse, in-laws, parents along with the household chores and cater to the needs of each of the family members. Most of the Indian family do not prefer having house helpers if there is a home maker in the house.

- Participant no 2: “while doing household work I do get stress”
- Participant no 8: “Like I feel tensed and stress about my children. What will the children do after their studies, how will they turn out to be and thinking about their future stresses me out”

4. Self Confidence: Self-confidence is often known as an attitude that an individual holds in certain situation about their own capabilities. Home makers reported having self-confidence and belief about themselves in times of difficulties and challenges and deal with it. The self confidence in home makers act as an integral factor of resilience in maintaining and enhancing their psychological wellbeing. As suggested by Bandura in 1986, in the midst of negative disparities between personal goals and achievements, those with high self-confidence beliefs will increase their level of effort and persistence, whereas those with self-doubts will quickly give up. Similarly, in home makers having confidence and belief as a quality and strength to be able to face any kind of situation stop them for giving up and working towards solving and overcoming the difficult situation.

- Participant no 12: “I have self-belief like whatever the problem arise I can face it”. The participant also mentioned that when any problem arises she will look for the solution to solve it and discuss with her husband- “I think about how to solve that problem”.
- Participant no 1: “I have confidence and belief in myself that no matter how difficult the days will be I can overcome those issues”.
- Participant no 3: “I think that I should be strong then anything bad about life will not come in mind and even if it arise I can face it”.
- Participant no 10: “Ya I do have a quality like anything happens or problem arise I will face it and any kind of situation that arise I will face it”.

5. Spiritual Practices: Performing spiritual practices has been seen to be an effective method in relaxing, calming mind in times of stress and get rid of any kind of stressor an individual is experiencing. Through the interview with the home makers it has been brought to light that praying, reading quran, listening to bhajans as per the home makers following Hindu religion and simply remembering their God has been a very helpful way in order to cope up with their worries, stress and tension and calm self.

- Participant no 2: “when I feel tensed or worried I read Quran and calm myself”

6. Family and Social Support: Home makers often performing multitask face various challenges resulting in stress affecting their psychological well-being. A nuclear family where the husband goes out for work and her children to school, there is high chance that she feels lonely at home and no one to talk to. In such circumstances, the role of family and social support becomes a major way in coping with their stress and becoming resilient therefore enhancing their psychological well-being. As reported by the participants when they feel lonely or stress they reach out to their family either through call or visit the neighbor’s house and to spend time or ask for any help to their problem and providing enriching solutions. Family and social support including the friends, neighbors and loved

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ones, they become the strength in lives of the home makers fostering resilience and enhancing the psychological well-being.

- Participant no 11: when the participant was asked what coping techniques she used to deal with her stressor or difficulty she mentioned “make a phone call to my mother sister, talk to them”.
- Participant no 4: “when that problems come I think about how to solve that problem, how and what. Talk with my husband and look for the solutions for the problem. We sit together, talk and make decision what might be the best”
- Participant no 3: “but most of the times there are friends, neighbors in the neighborhood to talk to”.

CONCLUSION

The present qualitative research is based on understanding the Role of Resilience in Enhancing Psychological Well-being among Indian Home makers. The important aspect was to gain an insight into the difficulties or the challenges that the home makers face and various way to adapt to and cope with those difficulties and issues. The study was done by interviewing the home makers, and as the findings and result suggested, six final themes were achieved. Through the interview done with the home makers, it can also be understood that technology too plays an important role in maintaining their psychological well-being, since the participants reported that they watch television or use mobile phones overcome their feeling of loneliness. They also view these gadgets as a way of reducing their stress emotional imbalance and a source of entertainment, therefore acting as a factor for becoming resilient and enhancing psychological well-being.

Further, more research needs to be conducted where the researcher can focus more on the topic related to the spirituality and other factors playing a role in becoming resilient and other coping strategies through which interventions to help them cope with the daily stressors and problems can be used.

Limitation

Since the number of participants for the research was only 12, therefore generalizing the findings cannot be appropriate. Age range for the study was home makers between 40-57 years, which limited the findings to this age whereas the home makers aged below 40 years may have other issues.

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Conflict of Interest

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