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Research Paper

Mental Health and Marital Adjustment among Working and Non-Working Women

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ABSTRACT

The study was to assess the status of mental health and marital adjustment of the working and non-working women. The sample was randomly taken of 40 working women and 40 non-working women selected. Mental Health Inventory by Dr. A.K. Shreevastav and Dr. Jagdish and marital adjustment inventory by P. Kumar and K. Rohatgi. The t' test was used to check the significance of mental health and marital adjustment in working and non-working women. In result we found that there is a significant difference between working and non-working women on mental health and marital adjustment so our Hypothesis is not accepted.

Keywords: *Mental health, marital adjustment, working, non-working women*

Now days to find happiness, satisfaction in today's life human beings are trying their level best in more ways than one. People have to face so many challenges and problems in their life and everyone has trying to fit mentally as well as physically. These types of mental set are necessary to cope up with such types of difficult situations. It has been observed that women are about twice as likely to become clinically depressed as are men. These differences occur in most countries around the world. (Nolen - Hoeksemo and Girgus, 1994; Whilelm and Roy, 2003; Ge and Conger, 2003).

Today's time has new challenges for women in related to grow in every field of life. Women trying his best to survive independently in the society with their hard work as men do in the society. In women's life important change took place when she got married and started new inning of his life. Marriage as an institution, after this we can describe that its changes the life of any women dramatically. After marriage women carry the burden of double responsibilities. One to take care of the parents and also have to take care of their parents-in-law. During this phase Women go through a lot of mental stress to maintain balancing in life to sort out all the domestic problems. A human being who is try to maintain his/her mental calm healthy then he/she can be successful in all the phases of life. But today's new society have so many problems in which, women has to go through a lot of mental as well as physical stress whether she is a working or a non-working woman. Marital adjustment is 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977). Depressions are normal

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features of our lives. Modernity brought women education in its wake and she changed the arena of activity. She stepped out of the house and joined service like man. Now she got admiration, equality and opportunity. But the euphoria was ephemeral as she was supposed to take to this job as an additional responsibility. She not expected to shrink household work. This brought problems like strain and depression. (Pillai and Sen 1998). According to World Health Organization (WHO) mental health includes "subjective well-being, perceived self-competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others.'' Health is the only factors that cover these objectives. Internal factors, their balance state of mind and interaction with the environmental then life of every individual is very simple if all the needs full field automatically. But it is a fact that there are many hurdles in environmental as well as personal that things lead to an individual in a stressful situation. In marital adjustment feelings of joy and satisfactory life is the state of mind for married couple. But problems are that so many people have so many expectations in their life this type of nature creates lot of negative or tough situations to hold their healthy relationship. People generally assumed that marriage as a decision of maturity. If couple not mature in their thinking, then it will be difficult to hold healthy relationship. This negative and immaturity works and grow like cancer that kills relationship slowly. As per the latest date half of the adult's couples suffering from severe stress only due to disturbed family relationship. Look at the increasing cases of divorces, court cases for separation, physical abuses to each other and single parents; it looks like running or hold a relationship is a complex issue. The reasons are endless. Constantly stress is manifested their relationship in chronic disorders such as depression, insomnia and hypertension. If this situation arising then its suggestion to the couple to go for counseling and share their problems that will help them to live healthy life. The sense of self is an important dimension of individual's personality that giving each one of us unique identifies. Women and depression is holding a relationship of much interest over the last two decades. As more and more women enter the work force, they are increasingly exposed not only of the same work environment as men, but also to pressure created by multiple roles and conflicting expectations (Nelson and Burke 2000 and Chang 2000).

METHODOLOGY

Objectives

1. The study of mental health among working and non-working women.
2. The study of marital adjustment among working and non-working women.
3. The study of mental health and marital adjustment among working and non-working women.

Hypotheses

1. There is no significant difference between working and non-working women in mental health.
2. There is no significant difference between working and non-working women in marital adjustment.

3 There is no significant difference between working and non-working women in Mental health and marital adjustment

Sample

The sample was stratified of married women from Sirsa city among them 40 from working women and from 40 non-working women.

Tools

1. Individual Information Performa.
2. Mental Health Inventory by Dr. A.K. Shreevastav and Dr. Jagdish.
3. Marital adjustment inventory by P. Kumar and K.Rohatgi.

RESULT AND DISCUSSION

Table-1

Variable	N	M	SD	't' value	Level of Significance
Working women	40	186.40	13.74		
Non-working women	40	177.73	16.55	2.55	0.05

**p<0.05

The results of the present study describe in table no. 1 that there is a lot of difference between the working and non-working women in terms of mental health. The mean of working women is 186.40 and non-working women are 177.73. It is showing that the health status of non-working women is less as compared to working women. On the basis of this result, we can say that because of extra mental pressure related to growing up their children, maintaining good relationship with in laws and other family members and above all having good harmony with the husband, extreme separation are some the factors insofar as mental health related and that is showing in the result that non-working women suffer more as compared to working woman.

The 't' value we find is 2.55 which are significant at 0.05 levels. Therefore, the hypothesis that there is no difference between working and nonworking women in mental health stands rejected.

Table-2

Variable	N	M	SD	't' value	Level of Significance
Working women	40	21.36	3.16		
Non-working women	40	23.08	3.98	2.12	0.05

**p<0.05

The present result showing that there is a difference between the working and non-working women in terms of marital adjustment. The mean of working women is 21.36 and non-working women are 23.08. So, we can say that adjustment level of working women is less as compared to non-working women. It may be due to some responsibilities related to socially and as well as family. The 't' value we find is 2.12 which are significant at 0.05 levels. So, our hypothesis that is no difference between working and non-working women in marital adjustment stands rejected. In the present time financially, responsibilities increased globally for both husband and wife due to this lot of adjustment problems occurred. Nowadays especially after corona times every person very much aware about his or her mental health. For future prospective if we gave priority to our mental health then we sure there will be significant decrease in the issue of marital adjustment and mental health.

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Conflict of Interest

The author(s) declared no conflict of interest.

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