

Psychological Well-being of High and Low Empowered Women

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ABSTRACT

Wellness comprises of contentment, happiness, satisfaction and sense of achievement. The objective of the present investigation was to know the impact of empowerment on Psychological well-being of women. A sample consisting of 50 participant's age range between 25 to 45 years has taken into consideration from Jodhpur District. To measure the Psychological well-being a scale developed by Sisodia, D. S., and Choudhary, P. has used to collect primary data. To calculate and interpret the scores, t-test and correlation methods were used. Findings of the study revealed that there is a positive relationship between high empowerment and psychological well-being of women. Empowerment plays a significant role in the psychological well-being of women. Women with high empowerment have a higher level of psychological well-being as compared to women with low empowerment.

Key words: *Psychological Well-being, High Empowerment, Low empowerment*

Psychological well-being is perhaps the most extensively used construct among psychologists and mental health professionals. However, theorists have found that the concept of psychological well-being (PWB) is much more complex and controversial. Practically speaking, psychological wellbeing serves as an

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umbrella term for many constructs that assess psychological functioning (*Girum, 2012*). Psychological well-being is the overall satisfaction and happiness or the subjective report of one's mental state of being healthy, satisfied or prosperous and broadly to reflect the quality of life and mood states (*Dzuka and Dalbert, 2000*).

Deci and Ryan (2008) defined Psychological well-being refers to living life in a full and deeply satisfying manner. This conceptualization maintains that well-being is not so much an outcome or end state as a process, and is concerned with living well or actualizing one's human potentials.

Women Empowerment refers to increasing and improving the social, economic, political and legal strength of the women, to ensure equal right to women, and to make them confident enough to claim their rights and strengthening the social, economic and educational powers of women. It refers to an environment where there is no gender bias and has equal rights in community, society and workplaces.

Studies on empowerment of women have focused on factors like autonomy (*Dyson & Moore, 1983; Basu & Basu, 1991; Jejeebhoy & Sathar, 2001*), domestic economic power (*Mason 1998*), gender equality, and countering gender discrimination (*World Bank 2001a & 2000b; Mason,1998,*). All these studies focused on depowerment of women from perspectives like social or economic and the efforts made to create empowerment.

Rawat, P.S. (2014) highlighted that depowerment of women is linked to the belief and practice of patriarchy which subjugates women at various levels – political, economic, social, and cultural. Patriarchy is a social and ideological construct which considers men (who are the patriarchs) as superior to women. Patriarchy

imposes masculinity and femininity character stereotypes in society which strengthen the iniquitous power relations between men and women. Feminism is an awareness of patriarchal control, exploitation, and oppression at the material and ideological levels of women's labour, fertility and sexuality, in the family, at the place of work, and in the society in general, and conscious action by women and men to transform the present situation.

Statement of problem:

The present investigation attempts to find out ***“Psychological Well-being of High and Low Empowered Women”***.

Objectives:

- To examine and evaluate the efficacy of Empowerment on various dimensions of Psychological well-being of Indian women.
- To examine and evaluate the relationship between Empowerment and Psychological well-being among Indian women.
- Make recommendations for the focus and development of future study in this field.

Hypotheses:

- There will be no significant mean difference between high and low empowered women with reference to Satisfaction.
- There will be no significant mean difference between high and low empowered women with reference to Efficiency.
- There will be no significant mean difference between high and low empowered women with reference to Sociability.
- There will be no significant mean difference between high and low empowered women with reference to Mental Health.

- There will be no significant mean difference between high and low empowered women with reference to Interpersonal Relations.

Research design:

The present study is not possible experimentally because of nature of the investigation. The researcher adopted the quantitative descriptive research for gaining the objectives of the study. It is the survey quantitative research in which the event has already occurred and the effects of the variables were studied by qualitative analysis.

Variables:

Two categories of women empowerment i.e. women with high empowerment and women with low empowerment were selected for the present research work. Empowerment was taken as an independent variable, whereas Psychological wellbeing of women was selected as a dependent variable.

Inclusion criteria for high and low Empowered women

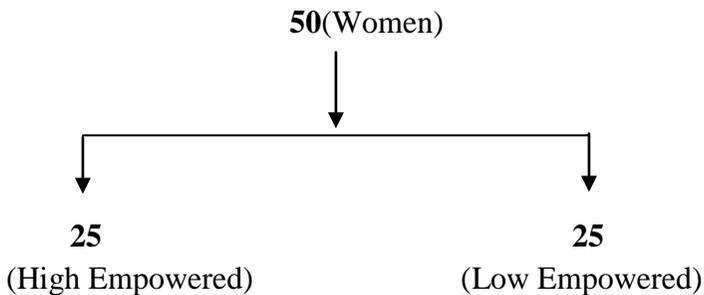
Women with high and low empowerment were selected on the basis of the level of education, socio-economic status and nature of jobs.

- On the basis of education: Graduates and undergraduates, women were considered as low empowered whereas women with post graduation and higher education were considered as high empowered.
- On the basis of socio-economic status: The salary below 25,000/- were considered less empowered women whereas the salary above 40,000/- were considered high empowered women.
- On the basis of nature of the job: women like nurses, teachers, clerks supervisors etc were considered less empowered women whereas women such as Doctors,

Professors, Engineers, Bank executives and Administrative officers were considered as high empowered.

Sample:

For the present research work researcher has selected initially 90 urban employed women with the help of random sampling technique their age range between 25 to 45 years. After screening for empowerment criteria's, finally 50 women have been selected and they were classified into 2 groups i.e. women with high empowerment (25) and women with low empowerment (25). The categorization and details of sample selection are as under:-



Tool:

The tool for the present study was selected in a manner to achieve an optimum level of confidence by the researcher for the objectives of the study.

Psychological Well-Being Scale-SDCP designed by Sisodia, D.S. and Choudhary, P. was used to measure the psychological well-being. The test-retest reliability was 0.87 and the consistency value for the scale is 0.90. Validity coefficient derived. Dimensions are as follows:-

- Satisfaction
- Efficiency
- Sociability
- Mental health
- Interpersonal Relation

Procedure:

The investigator was familiar with the objectives of the study, methods, and ethical protocols. The researcher used a standardised protocol to communicate and interact, and build rapport with the women. Then researcher had explained the importance of research work and collected the data after ensuring the confidentiality of them. Each subject was given a questionnaire of psychological well-being. All were requested to read all statements one after the other and give their responses in the responses column by choosing appropriate responses for each statement, which they felt correct and appropriate.

Scoring:

In the present study, scoring of the obtained data was done with help of respective manuals available for the test. The data have been arranged in the respective table according to the statistical test applied.

Statistical Analysis:

In the present study to find out the significant difference between women with high and low scorer student 't' test, Mean and SD were calculated.

RESULTS AND DISCUSSION

Table 1:- Showing Mean, SD and 't' value between high and low empowered Women for various dimensions of Psychological Well-being.

Measures	Groups	N	Mean	SD	't' Value
<i>Satisfaction</i>	High Empowered	25	43.52	4.20	7.39 $p<.01$
	Low Empowered	25	32.76	5.93	
<i>Efficiency</i>	High Empowered	25	39.72	5.95	4.14 $p<.01$

Measures	Groups	N	Mean	SD	't' Value
	Low Empowered	25	33.00	5.50	
<i>Sociability</i>	High Empowered	25	31.84	6.51	0.15 NS
	Low Empowered	25	32.12	6.68	
<i>Mental Health</i>	High Empowered	25	42.00	5.16	6.99 $p<.01$
	Low Empowered	25	31.12	5.82	
<i>Interpersonal Relations</i>	High Empowered	25	38.08	4.48	3.79 $p<.01$
	Low Empowered	25	32.52	5.81	

A perusal of table 1.1 shows that the two groups under study i.e. women with high empowerment and women with low empowerment differ significantly on psychological well-being dimension satisfaction. The significant mean difference is to be reported for the satisfaction of women with reference to low and high empowerment ('t'=7.39, $p<.01$). Women with high empowerment have scored higher mean (M=43.52, SD=4.20) than women with low empowerment (M=32.76, SD=5.93). Therefore, $H0_1$ is declined, it may be said that empowerment has effectiveness on the psychological well-being of women. In other words, women with higher empowerment have greater characteristics like life satisfaction, Efficiency, sociability, mental health and interpersonal relation.

It is evident from Table 1.2 that significant difference is to be found between high empowered and low empowered women on efficiency ('t' = 4.14, $p<.01$). The mean score of high empowered and low empowered women are 39.72 (SD=5.95) and 33.00 (SD=5.50) respectively. On the basis of this significant difference, one can say conclusively that empowerment plays a significant

role in maintaining the psychological well-being of women. Hence, $H0_2$ is rejected.

Furthermore, results summarized in Table 1.3 that mean values for sociability dimension of psychological well-being is to be found for females with low empowerment is $M=31.84$ ($SD=6.51$) and for females with high empowerment $M=32.12$ ($SD=6.68$) respectively, this shows there is an insignificant difference and the 't' value is $0.15(p>.05)$. It shows that $H0_3$ is maintained. Thus, both the groups of female have by and large similar sociability.

Table no. 1.4 reported that mean score of high empowered women are higher ($M=42.00$, $SD=5.16$) than the less empowered women ($M=31.12$, $SD=5.82$) on psychological well-being dimension mental health. Significant 't' value is to be found 't' = 6.99, ($p<.01$). Thus, $H0_4$ is also rejected. Findings suggested that high empowered women are more satisfied in terms of salary, allowances and overall financial security.

In the same way, table 1.5 highlighted significant mean differences among women with high and low empowerment. Mean scores of both the group i.e. high and low empowered women are $M=38.08$, $SD=4.48$ and $M=32.52$, $SD=5.81$ respectively. The mean difference is also to be found significant ('t' = 3.79, $p<.01$). Hence, $H0_5$ is strongly discarded. On the basis of significant mean difference, one can well imagine that both the groups of women have different opinion towards psychological well-being.

CONCLUSION

The international community is coming slowly to the realization that psychological well-being is one of the most neglected yet essential development issues in achieving the Millennium This study focuses on empowerment as a psychological construct which has received comparatively less attention than the structural

perspective on empowerment. Influence of empowerment is reported with reference to psychological well-being of women in the present study. Empowerment is essential to progress and stability in development, including the critical area of the eradication of poverty and depression. The term “empowerment” involves a wide range of concepts. Herrenkohl, Judson and Heffner (1999).

IMPLICATIONS

As current scenario about women empowerment suggested that investigations in the health educations and well being of women is of high priority to improving the psychological wellbeing of population in low and high income countries, when the Indian society is driven by patriarchal values, the effort towards changing the condition of women will have only surface-level impact. Organizations may introduce women-friendly policies as well as women’s organizations have taken major roles in women empowerment activities, which will increase empowerment.

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