

A Comparative Study of Life Satisfaction and Marital Adjustment of Employed and Unemployed Married Women

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ABSTRACT

A comparison of the life satisfaction and marital adjustment of employed and unemployed married women. Sample of the study consisted of 100 women (employed married women 50 and unemployed married women 50). Life satisfaction scale (Alam and Srivastava, 2000), and Marital Adjustment Questionnaire (Kumar and Rohtagi, 1991) were used. Result indicates that significant difference was found between the life satisfaction of employed and unemployed married women. The finding also shows that employed married women have better life satisfaction than unemployed married women. And there is no significance difference between the marital adjustment of employed and unemployed married women.

Keywords: *Life Satisfaction, Marital Adjustment, Employed and Unemployed Married Women.*

Life satisfaction is the ultimate goal that all human being are striving to achieve. Satisfaction is a concept that can mean many different things to different individuals. Life satisfaction usually referred to as "happiness" coming from the fulfillment of a need, wish and as such is the cause or means of enjoyment. As Alston and Dudley (1973) have explained, "life satisfaction is the ability enjoy ones experiences, accompanied by a degree of excitement. According to this definition of happiness, "It is a state of well- being and contentment a pleasurable satisfaction that comes when an individual needs wishes are fulfilled".

Life satisfaction is a measure of an individual's perceived level of wellbeing and happiness. It is frequently assessed in survey by asking individuals how satisfied they are with their own lives. It is sometime used as a synonym for subjective happiness and subjective wellbeing, however question tapping life satisfaction and happiness are slightly different and wellbeing, can be seen as a border term. In essence, life satisfaction is a subjective assessment of the quality of one's life. Life satisfaction is a different from subjective wellbeing. Subjective wellbeing or happiness has both an affective and a cognitive component. The affective component consists of how frequently an individual report experiencing positive and negative

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effect. Life satisfaction is consists of how frequently an individual report experiencing positive and negative effect.

Life satisfaction is considered to be the cognitive component to this broader construct 'The concept of life satisfaction'. Satisfying state is a state where an individual does nothing to avoid rather often does such acts, which sustained or renew it. On the other hand, the dissatisfying state is mint in which the individual does nothing to maintain or preserve, rather often undertakes act an end to it thus, satisfaction reinforces an act whereas dissatisfaction inhibits it, and may lead to stress, anxiety, tension, and lowering down of the efficiency.

Life satisfaction as different between reality and the ideal. Thus a person's judgment of his life satisfaction involves drawing on his life measures up. The main issue regarding Life satisfaction is controversy between determination of life satisfaction by environment or personality, most of the research in this area can be subsumed under two categories- namely, evidence personality (i.e. genetics, inborn traits) and evidence implicating environment (i.e. life circumstances and life events). A great deal of work has investigated wither life satisfaction is a stable, enduring trait or wither it is a variable the is highly influenced events and life circumstances.

Marital adjustment is the concept of two people adjusting to married life, both socially and financially. One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life. Moreover, selecting a partner and entering into a marital contract is considered both maturational milestone and personal achievement. There is no doubt that the choice of marital partner is one of the most important decisions one makes in his /her life time. People marry for reason, likes, love companionship and the desire to have children, physical responsibility for peace, happiness and development of strong family relation

The most important characteristics, in order from most to least important, were identified as, lifetime commitment to marriage, loyalty top spouse, strong moral values, respect for spouse as a friend, commitment to sexual fidelity, desire to be a good parent, willingness to forgive and Collins and Coltrane (1991) reported the result of a public opinion indicating that most important components of marriage were faithfulness (93%) understanding (86%).

Objectives

1. To compare the life satisfaction of employed and unemployed married women.
2. To compare the marital adjustment of employed and unemployed married women.

Hypotheses

1. There is no significant difference between the life satisfaction of employed and unemployed married women.
2. There is no significant difference between the marital adjustment of employed and unemployed married women.

METHODOLOGY

Sample

The study is conducted on married women (50 unemployed and 50 employed married women) randomly selected from Agra city, age between 25 to 40 years.

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Tools Used

(a) **LIFE SATISFACTION SCALE** The life satisfaction scale (LSS) was developed by Alma and Srivastava (2001), It consisting 60 highly discriminating yes-no, type items. The area wise distribution of the item was given as follow; there were six areas of life satisfaction health, personal, economic, marital, social and job. The assessment was done on the basis of life satisfaction scale of the subjects. Highly scores indicating batter life satisfaction and low score indicating poor life satisfaction. The test-retest reliability computed (after a lapse of 6 weeks) turned out to be .84 and the scale possesses content validity.

(b) **MARITAL ADJUSTMENT QUESTIONNAIRE** The marital adjustment questionnaire (MAQ) was developed by Kumar & Rothagi (1999), It consisting 25 highly discriminating ‘yes-no type item. The area wise distribution of the item was given as follow; there were three areas of marital adjustment sexual, social and emotional. The assessment was done on the basis of marital adjustment scores indicating better marital adjustment and low score indicating poor marital adjustment. Its split half reliability was found to be .49 and test retest reliability was also studied it was found to be .71. The face validity of the questionnaire appeared to be fairly high. The content validity was adequately assured as only those item were selected for initial questionnaire, for which there was 100 percent agreement among the judges. The questionnaire was also validated against sing’s marital adjustment inventory for a group of 20 wives was found to be .71and percentile norms have been used.

Administration

After selection of tools the investigator consulted with subjects and fixed the day and time for administrating the test on randomly selected subjects of the sample of the present study. Both tests were administrated at the same time. The instruction were already given in the questionnaire but the investigator also instructed to them to read the statements attentively and to give feelings and experiences .Although there was no specific time limit tests, the subjects were asked to complete the test as soon as possible.

Statistics

Thus, by the scores, obtained on the selected measure the data were interpreted and compared. The investigator applied’ test for interpreting and analysis the data.

Analysis of Data

The researcher first collected the necessary data and classified it under different categories, after this the next step was to analyze the data according to nature and objective of the study.

For this, the investigator selected two groups i.e. employed and unemployed married women group and then, a comparison was made regarding their life satisfaction and marital adjustment.

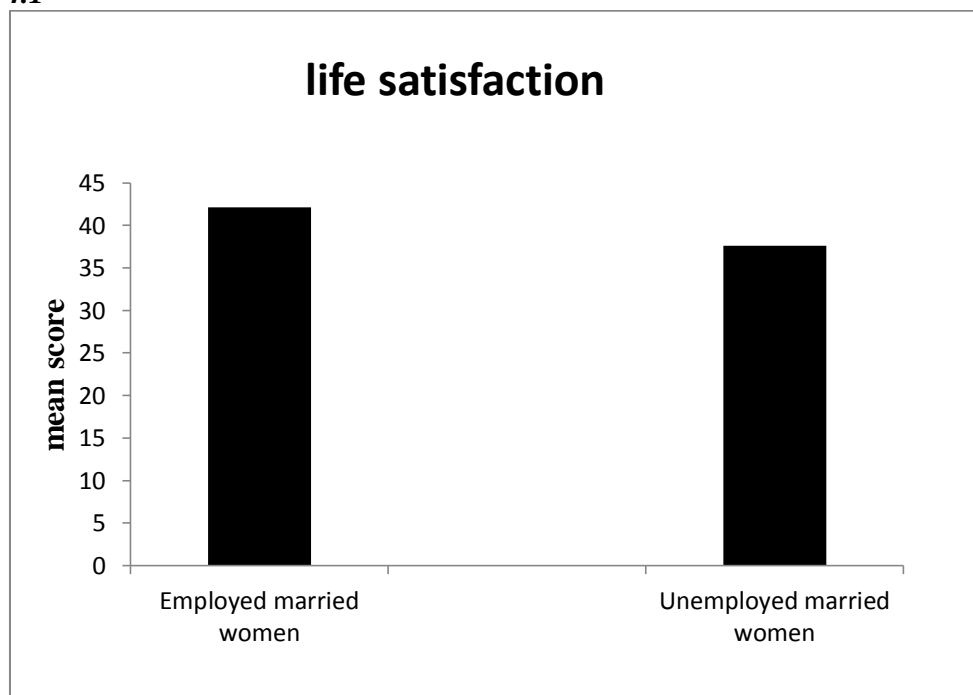
Life Satisfaction

Table: 4.1 ‘t’ value for Life satisfaction among employed and unemployed married women

Groups	N	Mean	SD	t	df	Level of Significance
Employed married women	50	42.1	6.17	3.17	98	p<.01
Unemployed married women	50	37.58	7.72			

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Figure: 4.1



To test the first hypothesis under investigation the mean scores, of the two groups were calculate for the life satisfaction scores and the obtained mean value for the employed married women was 42.1 and unemployed married women was 37.58 and S.D value for the employed married women was 6.17 and unemployed married women was 7.72. SED was 1.39. At df 98, significant t value, were found between life satisfaction of employed and unemployed married women ($t= 3.25 < .01$) this mean significant difference indicate that the life satisfaction better in employed married women rather than unemployed married women.

Thus, the null hypothesis was rejected. Significant difference was found between the life satisfaction of employed and unemployed married women.

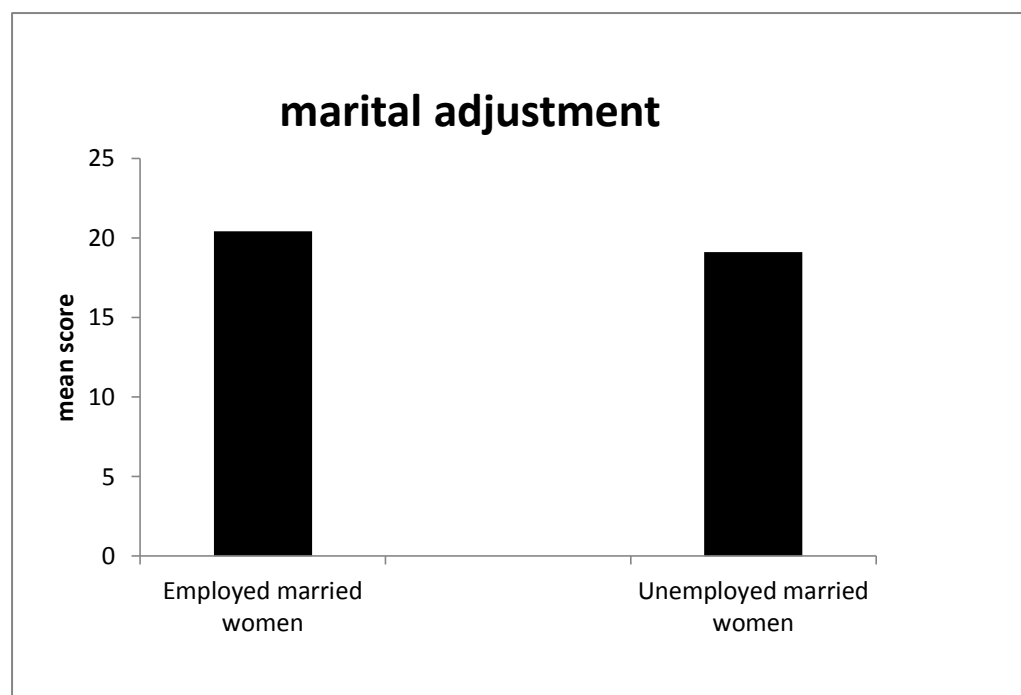
Marital Adjustment

Table: 4.2 *t'* value for marital adjustment among employed and unemployed married women

Groups	N	Mean	SD	t	df	Level of Significance
Employed married women	50	20.42	3.94	1.58	98	p>.05
Unemployed married women	50	19.12	4.41			

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Figure: 4.2



To test the second hypothesis under investigation the mean score of the two groups were calculate for the marital adjustment scores and the obtained mean value for the employed married women was 20.32 and that of the unemployed married women was 19.12. To test the significance of the difference between the two means, the 't' value of 1.42 was obtained for 98 df. This was not significant at .05 level, this level indicating that there is no significance difference between the groups. This led to conclude that the both groups showed more or less the same level of marital adjustment.

DISCUSSION

There is significant difference between the life satisfaction of employed and unemployed married women.

The life satisfaction means score for employed married women is higher than unemployed married women. So it concludes that employed married women have better life satisfaction than unemployed married women. The results of the present study lead to the reject of hypothesis that there is significant difference between the life satisfaction of employed and unemployed married women. There is previous research which confirms the present finding in his study. Recent studies suggest that employment—particularly having a job that is a quality job and one that fits with the employees' priorities and preferences—contributes to the quality of life and life satisfaction of older workers. Life satisfaction has also been linked to employee's work behaviors, including job performance; therefore, life satisfaction is a topic of interest for organizations striving to be employers-of-choice.

There is no significant difference between the marital adjustment of employed and unemployed married women. The result indicates further that there exist no differences in the level of marital adjustment of employed and unemployed married women. This led to conclude that both groups showed more or less the same level of marital adjustment the

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results of the present study lead to the acceptance of hypothesis that there is no significant difference between the marital adjustment of employed and unemployed married women. There is previous research which not confirms the present finding in his study. Working women having a university diploma were found to be risk factors for experiencing more hassles. Campbell et al (1976). Suggested that female workers had a better health status than housewives, although this pattern was more consistent for women of low educational level. However, there are other studies that found income has no significant effect on health. The results of the present study lead to the acceptance of hypothesis that there is no significant difference between the marital adjustment of employed and unemployed married women. There is previous research which not confirms the present finding in his study. Muzamil,(2008) found nonprofessional women belonging to middle and higher income groups did not differ significantly on marital adjustment. She also found no significant difference among non-working women belonging to middle and higher income group on life stress .It can be assumed that women belonging to higher income and education group are more satisfied, less conflict-ridden and happier because of their higher standard of living, comfort, status and ample chance of need fulfillment leading in turn to better quality of life. Income can fulfill various physical, recreational another related needs.

CONCLUSION

The result of the study show that employed married women has higher life satisfaction in compare to the unemployed married women. They perceived their life as challenging and secure. They feel comfortable with their life situation. Whereas, the unemployed married woman are less satisfy with their lives and their life satisfaction level is also low than employed married woman. There is no significant difference of marital adjustment in both groups' employed and unemployed married women.

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Conflict of Interest

The author declared no conflict of interests.

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