



Life Satisfaction and Stress among Working and House-wife : A Comparative Study

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Abstract

This comparative study investigates life satisfaction and stress levels among working women and housewives, exploring the influence of various demographic factors such as marital status, educational qualification, and age group. The research highlights the evolving roles of women in society, emphasizing their dual responsibilities in personal and professional spheres. The objectives include assessing life satisfaction and stress levels in relation to working status and other demographic factors, as well as examining their inter-relationships. Employing quantitative methods, the study evaluates existing literature on women's well-being and stress indicators, revealing significant differences in life satisfaction and stress between working and non-working women. The findings suggest that while both groups experience challenges, their coping mechanisms and satisfaction levels are influenced by their roles and societal expectations. The results are expected to contribute to a deeper understanding of women's experiences and the impact of their working status on overall life satisfaction and stress.

Keywords

Life Satisfaction, Societal Roles.

Introduction

It is God's wonderful creation, a multi-faceted personality with the power of kindness, integrity; adaptability and tolerance; and tolerance. The lives of women now are very different from those of women in the past. The role of women in our society cannot be overstated. There is a belief that women are the wellspring of Shakti, and they have been given the title "mother Goddess." A woman is a mother, a nurturer, a protector, and a defender of life. For ages, women have tried to find their place in a mostly male-dominated world where the position of women is continually questioned. Women's life, ideas, and behaviors may be seen via the lens of fiction, yet they are frequently accurate in many respects. Women's roles in a culture serve as a gauge of the civilization and cultural advancement of the society as a whole. Rather than limiting women's roles to the home, we should empower them to contribute meaningfully outside of the home.

Concept of Stress

People's lives are now filled with stress. Today, stress is a regular component of everyday existence. Stress is an unwelcome gift that contemporary life has bestowed upon us. Stress is a term that is all too familiar to us. A person experiences stress when confronted with opportunities, limits, and demands that go against what they had hoped for, and when the consequences are seen as both unpredictable and crucial.

Review of Literature

Working Status and Life Satisfaction

Working and non-working women's life pleasure relies on a variety of circumstances. A person's sense of well-being is influenced by their circumstances. A person's socioeconomic level and other factors such as environmental circumstances and marital adjustment are all factors that contribute to these scenarios. Life satisfaction may be negatively impacted by factors such as anxiety, ego weakness, irritation, guilt-proneness, and suspiciousness (Bhatt, 2013). According to Jadhav and Aminabhavi's (2013) research, both working and non-working moms reported similar levels of life satisfaction. According to the findings, there were no significant differences in life satisfaction between working and non-working moms. In Faisalabad and Islamabad, researchers Arshad, Gull and Mahmood (2015) looked at how content women were with their lives, both those who worked and those who didn't. Working and non-working women were found to have significantly different life satisfaction scores.

Marital status and Life Satisfaction

As part of their research, Hasnain *et al.* (2011) examined the differences between married and single women in terms of their life happiness and self-esteem. A total of 80 were taken for this purpose, on an ad hoc basis. Married and single women did not vary significantly in their feelings of contentment and self-worth. Both life happiness and self-esteem were shown to be unaffected by the interactional effects of job status and married status.

Educational Qualification and Life Satisfaction

According to Jan's (2009) research, women's socio-personal qualities have a significant impact on their level of life satisfaction. Women in Jammu and Kashmir, using a multi-stage sample approach, were chosen to meet these goals by use of a questionnaire and a "Life Satisfaction among Women" rating. Women with a high school diploma or less reported greater levels of life satisfaction than women with a college degree or more.

Working Status and Stress

The research by Nevin (2007) looked at the link between stress and a woman's employment status in a sample of working and non-working women. The overall stress ratings of working women are greater than those of non-working women, and this difference between working status and total stress scores is substantial.

3.0 Objectives of the Present Research

Objectives of the proposed study are as follow:

- ❖ To find out the level of life satisfaction and stress of total sample as well as sample subgroups based on working status, marital status, educational qualification and age group.
- ❖ To study the impact of working status, marital status and educational qualification on life satisfaction and stress among women.
- ❖ To examine the inter-relationship of life satisfaction and stress.

4.0 Hypotheses of the Present Research

The following hypotheses are formulated for the present study:

- ❖ The level of will vary in total sample group as well as sample sub- group based on working status, marital status, educational qualification and age group.
- ❖ The level of life satisfaction will vary in total sample group as well as sample sub- group based on working status, marital status, educational qualification and age group.
- ❖ The level of stress will vary in total sample group as well as sample sub- group based on working status, marital status, educational qualification and age group.
- ❖ Working women and House-wife will differ significantly in their levels of life satisfaction
- ❖ Working women and House-wife will differ significantly in their levels of stress.
- ❖ Married and Unmarried women will differ significantly in their levels of life satisfaction and stress.
- ❖ Married and Unmarried women will differ significantly in their levels of life satisfaction.
- ❖ Married and Unmarried women will differ significantly in their levels of stress.

❖ High and Low qualified women will differ significantly on life satisfaction and stress.

❖ High and Low qualified women will differ significantly on life satisfaction .

❖ High and Low qualified women will differ significantly on stress.

❖ Age 1 and Age 2 group women will differ significantly on life satisfaction.

❖ Age 1 and Age 2 group women will differ significantly on stress.

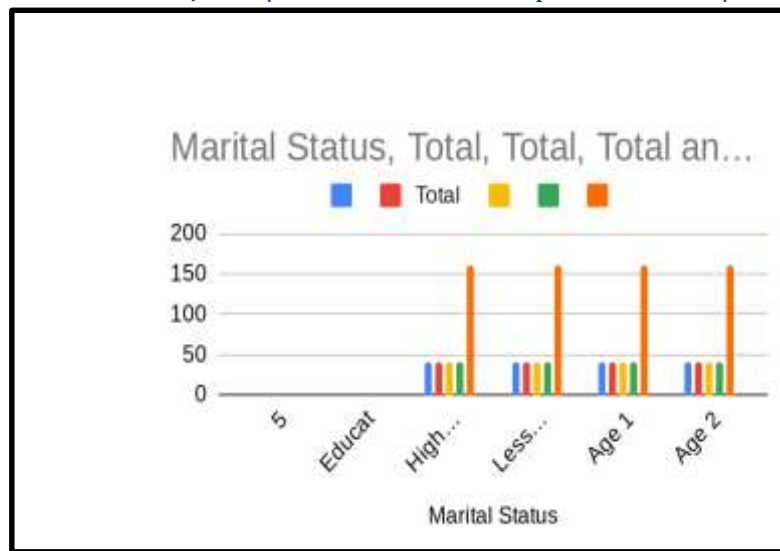
❖ Life satisfaction and stress will be negatively related to each other.

5.0 Methodology

5.1 The Sample

The sample of 640 women will be selected from Kolkata city by stratified random sampling technique. The sample of the proposed research is based on a factorial design.

Educational Qualification	Working Status				Total
	Working Women		House-wife		
	Married	Unmarried	Married	Unmarried	
Highly Qualified	40	40	40	40	160
Less Qualified	40	40	40	40	160
Age 1	40	40	40	40	160
Age 2	40	40	40	40	160



Variables

Dependent Variable:-

- (i) Life Satisfaction Scale
- (ii) Stress Scale

Independent Variable:-

- (i) Working Status
- (ii) Marital Status
- (iii) Educational Qualification
- (iv) Age Group

5.2 Tools to be used in the Data Collection

5.2.1 Personal Data Questionnaire - This questionnaire will be prepared by the researcher to obtain information about the respondent .

5.2.2 Life Satisfaction Scale - It was developed and standardized by Alam and Srivastava (1996). The test consist of 60 items of yes/no type. Test-retest reliability of the test was found to be .84 and Validity is .74.

5.2.3 Stress Scale - This test was developed by Singh (2002).This test is a self report questionnaire with 40 items. Reliability coefficient of the scale was found to be 0.82 and 0.79 respectively. Validity coefficient was computed with Bist Battery of stress scale and correlation was found to be 0.61.

6.0 Procedure

The personal data questionnaire will be applied first for screening on each of the respondents then the list of women will be prepared on the basis of the sampling criteria. Life satisfaction and stress scale will be administered on the women.

7.0 Statistical Analysis

The data collected would be analyzed using relevant statistical techniques. **Tentative Chapterization**

1. Introduction
2. Review of Literature
3. Methodology
4. Result and Discussion
5. Summary and Conclusion

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