


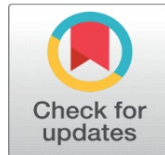
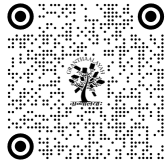
PSYCHOLOGICAL WELL-BEING BETWEEN WORKING AND NON-WORKING WOMEN OF MUZAFFARPUR DISTRICT IN BIHAR

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DOI

[10.29121/shodhkosh.v5.i2.2024.2206](https://doi.org/10.29121/shodhkosh.v5.i2.2024.2206)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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ABSTRACT

The objectives of this study are to understand the present level of psychological well-being and to examine the difference in psychological well-being and its six dimensions between working and non-working women of Muzaffarpur district of Bihar. Data is collected from 50 working and 50 non-working women using well-designed questionnaire. Convenient sampling technique is used for data collection. Hypothesis testing research design is in this study. Data analysis is done with SPSS 21. One sample t-test is used for present level and results reported that psychological well-being and its five dimensions – Autonomy, Environmental mastery, Personal Growth, Positive Relations and Self-acceptance; are significantly above average among women of Muzaffarpur district of Bihar while significant above average is not reported in case of Purpose in life between working and non-working women of Muzaffarpur district in Bihar. Independent sample t-test is used for analyzing difference in psychological well-being and its dimensions and results reported that psychological well-being, personal growth, positive relations and self-acceptance are higher in working women while autonomy, environmental mastery and purpose in life are higher in non-working women of Muzaffarpur district in Bihar.

Keywords: Psychological well-being, Autonomy, Environmental mastery, Personal Growth, Positive Relations and Self-acceptance, Purpose in Life, Working and Non-working

1. INTRODUCTION

Men and women have an important relationship in marriage. It involves both emotional and legal commitments to one another. Education and employment of Indian women have significant effects not only on their own lives, but also on the lives of all their relatives. A working woman must fulfil dual responsibilities. First, that of a mother and housewife, then that of an employee. Both roles require her time and effort. Her employment influences not only her entire personality, but also her family relationships, and she is also susceptible to an adjustment crisis that can lead to depression. Marriage is a social security for all individuals, i.e., society provides security of needs and cares through the marriage system, ensuring its continued existence and prosperity. Marriage is for pleasure, happiness, and tranquilly

due to the satisfaction derived from interactions with others, trust, understanding and fulfilling social obligations, and enriching personality development. Marriage is a delicate, kaleidoscopic, and intricate phenomenon.

Thomas (1977) defined psychological well-being as “the state in which there is an overall feeling in husband and wife of happiness, satisfaction with their marriage and with each other”. Adjustment to marriage requires maturity that accepts and comprehends the spouse's growth and development. If this growth is not fully experienced and realised, the marriage will inevitably perish. The development of a couple's relationship is not instantaneous, but rather gradual.

It is important to study the present level of psychological well-being among women and significant difference in working and non-working women.

1.1. NEED AND SIGNIFICANCE OF THIS STUDY

Working women, particularly those who are married, have the dual responsibility of caring for their home, husband, and children, as well as their job. As a result of her role expectations, a woman finds it difficult to balance her home and professional lives. Currently, working women are more likely to experience psychological well-being issues because they are required to work in two environments, namely the work environment and the home environment. All marriages aim for happiness in one way or another. Most couples enter marriage with high expectations. Some expectations will be reasonable, while others will be unrealistic. This is due to the complexity of marriage and the complexity of each individual. Consequently, marriage brings two universes closer together.

This investigation seeks to compare the psychological well-being of working and non-working women.

2. LITERATURE REVIEW

Dave (2015) conducted a study to determine the psychological well-being of employed and unemployed women. It was discovered that there are significant differences in psychological well-being between employed and unemployed women.

Jamabo and Ordu (2012) demonstrate that there is no discernible difference between working-class and non-working-class women in their psychological well-being.

Rogers and May (2003) found that working-class women are generally more content with their lives and marriages than non-working women.

According to a study conducted by Krantz and Ostergreuv (2001) on Swedish women, heavy domestic responsibilities and/or job stress appear to contribute to a high prevalence of common physical and mental symptoms among 30-50-year-old salaried women.

Bradbury and Fincham (1990) found that after marriage, women experience an increase in depression and stress, both of which impact their married life.

The works of Cleary and Mechanics (1983) reported that working women always experience greater inter-role conflicts and work overload than men, typically due to the greater family responsibilities of women.

Hofferth et al. (1979) reported that working married women found that moving from job to job under a frequently changing cast of bosses reduced their autonomy, and an ever-increasing workload, combined with the added burden of having a young child at home, made their jobs' huge demand on time and emotional energy intolerable.

3. RESEARCH OBJECTIVES AND HYPOTHESES

3.1. RESEARCH OBJECTIVES

- To find the present level of psychological well-being among women of Muzaffarpur district.
- To study the difference in psychological well-being between working and non-working women of Muzaffarpur district.
- To study the difference in dimensions of psychological well-being between working and non-working women of Muzaffarpur district.

3.2. PROPOSED HYPOTHESES

- Ha1: The present level of psychological well-being practices is above the average among women of Muzaffarpur district.
- H01: The present level of psychological well-being practices is not above the average among women of Muzaffarpur district.
- Ha2: There is significant difference in psychological well-being between working and non-working women of Muzaffarpur district of Bihar.
- H02: There is no significant difference in psychological well-being between working and non-working women of Muzaffarpur district of Bihar.
- Ha3: There is significant difference in emotional, social and sexual dimensions of psychological well-being between working and non-working women of Muzaffarpur district of Bihar.
- H03: There is significant difference in emotional, social and sexual dimensions of psychological well-being between working and non-working women of Muzaffarpur district of Bihar.

4. RESEARCH METHODOLOGY

- Research design – Descriptive and Hypotheses testing research design adopted for this study.
- Population – Working and non-working women of Muzaffarpur district of Bihar.
- Sample – Data is collected from 50 working and 50 non-working married women of Muzaffarpur district of Bihar.
- Sampling technique – convenient sampling technique is used for data collection.
- Data Analysis – SPSS will be used for data analysis and interpretations.
- Statistical tests – Reliability analysis, one sample t-test and Independent Sample t-test are used for this study.

5. DATA ANALYSIS AND INTERPRETATION

5.1. SAMPLE DESCRIPTIONS

Sample description is reported in terms of working and non-working women of Muzaffarpur district of Bihar.

Table 1. Sample description on type of women

Type	Frequency	Percent	Cumulative Percent
Non-working	50	50.0	50.0
Working	50	50.0	100.0
Total	100	100.0	

From table 1, it is reported that equal number of working and non-working women are taken.

5.2. RELIABILITY ANALYSIS

Reliability analysis is conducted to test the internal consistency of instrument used for variable psychological well-being and its three dimensions and result is presented in table 2.

Table 2. Reliability results

S.N.	Variable	Dimension	No of items	Cronbach's Alpha
1.	Psychological well-being		42	0.928
1a.		Autonomy	6	0.818
1b.		Environmental mastery	6	0.814
1c.		Personal Growth	6	0.811

1d.		Positive Relations	6	.782
1e		Purpose in life	6	.736
1f		Self-acceptance	6	.706

Cronbach (1951) recommended that Cronbach's alpha result of .5 to .7 is acceptable while higher than .7 is considered as scale of good internal consistency or reliability of the instrument used. The value of Cronbach's alpha in table 2 revealed higher than .7 that signifies that the instruments used for study is reliable.

5.3. ONE SAMPLE T-TEST

One sample t-test is conducted to study the present of psychological well-being in working and non-working women of Muzaffarpur district of Bihar and results are presented in table 3 and 4.

Table 3. Descriptive results

Variable/Dimension	N	Minimum	Maximum	Mean	Std. Deviation
Autonomy	100	2.17	5.00	3.6217	.71337
Self-acceptance	100	1.83	5.00	3.5417	.57899
Environmental mastery	100	2.00	5.00	3.4967	.81132
Psychological Well-Being	100	2.11	4.97	3.4789	.69978
Positive Relations	100	1.83	5.00	3.4217	.79753
Personal Growth	100	1.67	5.00	3.3383	.75673
Purpose in life	100	1.17	5.00	3.1183	.62194

From table 3, it is reported that highest mean is reported for emotional (3.559) followed by sexual (3.547) then social adjustment (3.330) and overall mean of psychological well-being is reported as 3.478.

Table 4. One Sample t-test results

Variable/Dimension	Test Value = 3					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Psychological Well-Being	6.843	99	.000	.47889	.3400	.6177
Autonomy	8.715	99	.000	.62167	.4801	.7632
Environmental mastery	6.122	99	.000	.49667	.3357	.6576
Personal Growth	4.471	99	.000	.33833	.1882	.4885
Positive Relations	5.287	99	.000	.42167	.2634	.5799
Purpose in life	1.903	99	.060	.11833	-.0051	.2417
Self-acceptance	9.355	99	.000	.54167	.4268	.6566

The value of p in table 4 is less than 0.05 for all dimensions and variable for the test value of '3'. It means the present level of psychological well-being and its dimensions are reported above the average value of 3. It is interpreted that adjustment is just above average among women of Muzaffarpur district of Bihar. Therefore, proposed alternate hypothesis H1 is accepted and null is rejected.

5.4. INDEPENDENT SAMPLE T-TEST

Independent sample t-test is conducted for testing significant difference.

5.4.1. SIGNIFICANT DIFFERENCE IN PSYCHOLOGICAL WELL-BEING

Independent sample t-test is conducted to study the significant difference in psychological well-being between working and non-working.

Table 5. Group Statistics of psychological well-being

Type		N	Mean	Std. Deviation	Std. Error Mean
Psychological Well-Being	Non-working	50	3.4354	.79947	.11306
	Working	50	3.5224	.58851	.08323

From table 5, it is reported that slightly high mean for working as compared with non-working.

Table 6. Independent sample t-test results of psychological well-being

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Psychological Well-Being	Equal variances assumed	8.533	.004	-.620	98	.007	-.08704	.14039
	Equal variances not assumed			-.620	90.051	.007	-.08704	.14039

The value of p is more than 0.05(0.537) in table 6, it means there is no significant difference in psychological well-being between working and non-working women of Muzaffarpur district of Bihar. Therefore, the proposed alternate hypothesis H2 is rejected and null is accepted.

5.4.2. SIGNIFICANT DIFFERENCE IN DIMENSIONS OF PSYCHOLOGICAL WELL-BEING

Independent sample t-test is conducted to study the significant difference in dimensions of psychological well-being between working and non-working.

Table 7. Group Statistics for Dimensions of Psychological well-being

Type		N	Mean	Std. Deviation	Std. Error Mean
Autonomy	Non-working	50	3.6533	.81916	.11585
	Working	50	3.5900	.59591	.08427
Environmental mastery	Non-working	50	3.5100	.90439	.12790
	Working	50	3.4833	.71528	.10116
Personal Growth	Non-working	50	3.2800	.79926	.11303
	Working	50	3.3967	.71499	.10112
Positive Relations	Non-working	50	3.3733	.91817	.12985
	Working	50	3.4700	.66128	.09352
Purpose in life	Non-working	50	3.1767	.59133	.08363
	Working	50	3.0600	.65184	.09218
Self-acceptance	Non-working	50	3.4967	.63397	.08966
	Working	50	3.5867	.52081	.07365

From table 7, it is reported that slightly higher mean is reported for working women in dimensions social and sexual as compared to non-working women while emotional dimension which is high in non-working women.

Table 8. Independent sample t-test results of dimensions of psychological well-being

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Autonomy	Equal variances assumed	8.591	.004	.442	98	.009	.06333	.14326
	Equal variances not assumed			.442	89.516	.009	.06333	.14326
Environmental mastery	Equal variances assumed	5.004	.028	.164	98	.000	.02667	.16307
	Equal variances not assumed			.164	93.061	.000	.02667	.16307
Personal Growth	Equal variances assumed	2.036	.157	-.769	98	.004	-.11667	.15166
	Equal variances not assumed			-.769	96.808	.004	-.11667	.15166
Positive Relations	Equal variances assumed	9.673	.002	-.604	98	.005	-.09667	.16002
	Equal variances not assumed			-.604	89.056	.005	-.09667	.16002
Purpose in life	Equal variances assumed	.022	.881	.937	98	.001	.11667	.12446
	Equal variances not assumed			.937	97.084	.001	.11667	.12446
Self-acceptance	Equal variances assumed	1.358	.247	-.776	98	.000	-.09000	.11603
	Equal variances not assumed			-.776	94.442	.000	-.09000	.11603

The value of p is more than 0.05(0.537) in table 8, it means there is no significant difference in dimensions of psychological well-being between working and non-working women of Muzaffarpur district of Bihar. Therefore, the proposed alternate hypothesis H3 is rejected and null is accepted.

6. CONCLUSION AND RECOMMENDATION

Based the results, it is reported that psychological well-being is just above average among women of Muzaffarpur district of Bihar while significant difference is not reported in working and non-working women of Muzaffarpur district of Bihar. It is also reported that there is no significant difference in dimensions of psychological well-being between working and non-working women of Muzaffarpur district of Bihar.

Similar result is reported by Rogers and May (2003). It is found that working-class women are generally more content with their lives and marriages than non-working women. Jamabo and Ordu (2012) demonstrate that there is no discernible difference between working-class and non-working-class women in their psychological well-being.

While contrasting results by Bradbury and Fincham (1990). It is found that after marriage, women experience an increase in depression and stress, both of which impact their married life and it is also found that non-working married women are better adjusted than working married women.

It is concluded that cultural differences may account for the discrepancy between these results (Rogers and May, 2003) while Bradbury and Fincham (1990) indicated that working married women are unable to devote their full attention to their homes and families.

6.1. RECOMMENDATIONS

It is recommended to take help from well-trained marriage counsellor for better psychological well-being. It suggested to learn and practice time management and stress management techniques for at par psychological well-being along with mutual understanding between partner and family members.

6.2. LIMITATIONS AND FUTURE SCOPE

This study is limited to 100 women of Muzaffarpur district of Bihar. It is suggested to conduct such study with larger sample with other related variables and factors affecting psychological well-being. It is recommended to conduct such study on men and between men and women counterpart in future.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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