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A comparative study among working and non-working women on level of marital adjustment, stress and life satisfaction

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Abstract

Women in modern global world have to play a dual role as homemaker and career builder. The present study was conducted to compare working and non-working women on Marital Adjustment, Stress level and Life Satisfaction. It was hypothesized that there would be a significant difference between working and non-working women on marital adjustment, stress level and life satisfaction. In order to verify the above hypotheses, a sample of 60 women (30 working + 30 non-working) were taken from Bhiwani city. Marital Adjustment Questionnaire, Stress Scale and Life Satisfaction Scale were used to collect the data. The data were analysed by using t-test and results reveals that housewives have better marital adjustment and low level of stress than working women. The results also shows that there is no significant difference between working and non-working women on life satisfaction.

Keywords: Working, non-working, marital adjustment, stress, life satisfaction

Introduction

One of the most important relationships between a man and woman is marriage. People marry for many reasons like as love, happiness, companionship and desire to have children, physical attraction etc. (Bernard J., 1984) ^[4]. Marital adjustment is defined as the condition in which there is usually a feeling of pleasure and contentment in husband and wife and with each other (Hashmi, Khurshid, and Hassan, 2007) ^[8]. Failure in marriage is usually due to sexual maladjustment, difference of opinions and mental, physical and emotional abnormalities (Delissoovay, 1973) ^[5].

Stress describe the physical, emotional, cognitive and behavioural responses to events that are appraised as threatening or challenging. Stress is the general term describing the psychological and physical response to a stimulus that alters the body's equilibrium (Lazarus & Forkman, 1984) ^[13]. Stress is a state occurs when there is an inadequate fit between what one need and what one is capable of and what one's environment offers and what is demand of one's (Levi, 1996) ^[14].

Life satisfaction is the ultimate goal that we as human beings are striving to achieve our entire lives. Individual might be satisfied with more domains of their lives and still be dissatisfied overall because of the impact of the particular domain (Diener, 1984) ^[6]. Life satisfaction is defined as having a favourable attitude towards one's life as a whole (Jan M. & Masood T; 2008) ^[11]. People will feel more satisfied when they perceive that their standards of fulfillment have been meet and less satisfied when they have not been met (Diener, Suh, Lucas, & Smith, 1999) ^[7].

Review of literature

- Patil (2016) ^[16] studied on the stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non-working women's. In order to verify the above hypothesis a sample of 90 women's were taken. From which working women's (N= 45) and non-working women's (N= 45). To measure the stress, the stress scale developed by Singh (2002) was administrated individually to the subjects. The data were subjected to 't' analysis and the major findings of the study reveals that the working women's has more stress than the non-working women's.

- Singh (2014) ^[20] studied on life satisfaction and stress among working and non-working women. A sample of 200 women (100 working & 100 non-working) was drawn randomly from the population. Life Satisfaction Scale by Alam & Srivastava (1996) and stress scale by Singh (2004) were used for data collection. Mean, standard deviation, „t“ test and correlation were the statistics calculated. The results indicated that there was significant difference regarding life satisfaction and stress between working and non-working women. Results revealed that working and non-working women differed significantly on their life satisfaction ($t=5.52$). Working women were more satisfied with their life, on stress scale non-working women have higher level stress as compared to working women. A significant negative relationship was found between life satisfaction and stress.
- Akbari (2012) ^[2] investigated the existence of stress as well as life satisfaction among working and non-working mothers. In result, significant difference was observed in physical and family stress among the resonance. But the role stress was found to be significantly higher among working mothers than non-working mothers as well as life satisfaction was better among working mothers than non-working mothers.
- Hasnain, Ansari and Sethi (2011) ^[9] carried out a study on employment status of women in relation to their self-esteem and life satisfaction. The results showed greater life satisfaction and lower self-esteem among working women in comparison to the non-working women
- Reddy *et al.* (2010) ^[17] studied on work–life balance among married women employees and found that Family - work conflict (FWC) and work–family conflict (WFC) are more likely to exert negative influences in the family domain, resulting in lower life satisfaction and greater internal conflict within the family.
- Hashmi *et al.* (2007) ^[8] conducted a study to explore the relationship between marital adjustment, stress, and depression. Findings showed highly significant relationship between marital adjustment, depression, and stress. Further, the finding showed that working married women had to face more problems in their married life as compared to nonworking married women.
- Sanlier & Arpacı (2007) ^[19] studied the relationship between stress and working status of women. They found that stress level of working women was higher as compared to nonworking women.
- Rogers and May (2003) ^[18] reported that working class women are generally more satisfied with their lives than non-working women.
- Agarwal (2001) studied life satisfaction among working and non-working women and results revealed significant difference in the life satisfaction of working and non-working women. Life-satisfaction was found to be higher among non-working women.
- Nathawat and Mathur (1993) ^[15] conducted a study in order to assess the Marital Adjustment and Subjective Well- Being in Indian-Educated Housewives and Working Women. The author attempted to compare the marital adjustment and subjective well-being in Indian-educated women with a sample of housewives ($N = 200$) and working women ($N = 200$). The respondents were administered with Marital Adjustment

Questionnaire (Kumar & Rastogi, 1976) ^[12] and 10 measures of Subjective well-being (Warr, 1984) to measure their level of Marital Adjustment and Subjective well-being. The author came out with the findings that working women had better marital adjustment and subjective well-being than house-wives. Also, working women reported higher scores on general health, life satisfaction, and self-esteem measures and lower scores on hopelessness, insecurity, and anxiety, compared with the housewives, although the housewives had lower scores on negative affect than the working women.

Previous research on the relationship of wife employment with marital adjustment, life satisfaction and stress has produced conflicting results: some investigations report a positive relationship between them while others suggest a negative relationship. Some studies has showed working women have high stress, low marital adjustment and low life satisfaction while other studies showed that non-working women has high stress, low marital adjustment and low life satisfaction.

Objectives

The presented study was aimed to-

1. Compare working and non- working women on level of marital adjustment.
2. Compare working and non-working women on level of stress.
3. Compare working and non-working women on level of life satisfaction

Hypotheses

On the basis of previous studies, following hypotheses were formulated-

1. There would be a significant difference between working and non-working women on marital adjustment.
2. There would be a significant difference between working and non-working women on level of stress.
3. There would be a significant difference between working and non-working women on life satisfaction.

Method

Sample

The sample consisted of 60 married women (30 working + 30 non-working) from Bhiwani, Haryana. The age range of participants was from 30 to 40 years.

Working women

Working women are referred to those women, who go outside the home and earn some reasonable money.

Non-working Women

Non-working women are referred to those women who lived at home all the time and look after their families.

Measures

1. Marital Adjustment Questionnaire

This scale was developed by Pramod Kumar and Kanchana Rohtatgi (1976) ^[12]. This questionnaire consists of 25 Yes/No type items. It consist three areas – Sexual, Social and Emotional. The score are summed up to get the total score on the three dimensions. The split half reliability of the test was found to be .70 while the test – retest reliability

was found to be .84. The questionnaire was also validated against Singh’s Marital Adjustment Inventory (Singh, 1972) and validity was found to be 0.71. The score may lies from 0 to 25. Higher score indicate high marital adjustment.

2. Stress Scale

This scale was developed by Dr. Vijaya Lakshmi and Dr. Shruti Narain (2014). This is a 40 item with yes/no responses measure to assess the stress among peoples. It has four different subscales: Physical stress, Frustration, Anxiety, Pressure. The score are summed up to get the total score on the four dimensions. The test-retest reliability of the scale was found to be .82 and validity with Singh’s Personal Stress Source Inventory (2004) was found to be 0.72.

3. Life satisfaction sale

This scale was developed by Alam G.Q & Srivastava Ramji, (2001) [3]. It consisted 60 items related to six areas, viz., Health, Personal, Economic, Marital, Social and Job. The responses are to be given in yes/no. Yes responses indicate the satisfaction. The score are summed up to get the total score on the six dimensions. The scale has a test-retest reliability of .84 and the validity of the scale was obtained by correlating it with Saxena’s Adjustment Inventory and Srivastava Adjustment Inventory and the quotient obtained was .74 and .82 respectively.

Procedure

All the participants were contacted personally and rapport were established. They were given a briefing about the aim of present investigation. Instructions were given according to the used questionnaire. They were assured that their information would be kept confidential and used only for research purpose, so they are requested to be open and honest in their responding. After that scales were administered and data were collected.

Statistical Analysis

The collected data were analysed by using t-test in SPSS-20. Mean and SD were calculated. The data were subjected to independent sample ‘t’ analysis to find the significant difference between the working and homemaker women on level of marital adjustment, stress and life satisfaction.

Results and discussion

Table 1 shows that there is a significant difference between working and non-working women on marital adjustment. Non-working women has a better marital adjustment than working women. Hence our first hypothesis “There would be a significant difference between working and non-working women on marital adjustment” is accepted.

Table 1: Marital Adjustment among Working & Non-working women

Group	N	Mean	S.D.	df	t-value	Level of significance
Working	30	20.03	2.09	58	-2.18	0.05 (two tailed)
Non-working	30	21.23	2.16			

It can be assumed that working married woman feels problems in her married life because of her over burden of office work. They have to play two roles i.e. as an employee and as a wife. These two roles causes two types of tension: tension of work and tension of home while housewives have

only tension of home. Their (working women) attention diverted because of working in two situations. Working women cannot pay07 full attention to their family and are unable to satisfy their members whereas the non-working married women have more time to their household task and their married life goes smooth. Thus housewives have better marital adjustment as compared to working women. Hashmi *et al.* (2007) [8] also found similar result that housewives have better marital adjustment than working women.

Table 2: Level of stress among Working & Non-working women

Group	N	Mean	S.D.	df	t-value	Level of significance
Working	30	15.33	2.77	58	2.10	0.05 (two tailed)
Non-working	30	13.90	2.49			

Table 2 indicates that there is a significant difference between working and non-working women on stress level. Working women have high level of stress as compared to non-working women. Thus our second hypothesis “*There would be a significant difference between working and non-working women on level of stress*” is accepted.

The high level of stress of working women can be assumed by the fact that they have to perform various roles. They have the pressure of balancing work and family. Such role of women as carrying out house hold duties, motherhood and wife cause situations as overloading or role conflict and may become a reason for stress. The result is supported by Patil (2016) [16] who also showed that working women’s has more stress than the non-working women’s.

Table 3: Life Satisfaction among Working & Non-working women

Group	N	Mean	S.D.	df	t-value	Level of significance
Working	30	40.93	5.36	58	1.87	Non-significant
Non-working	30	38.43	4.93			

Table 3 shows that there is no any significant difference between working and non-working women on life satisfaction. Thus our third hypothesis “*There would be a significant difference between working and non-working women on life satisfaction*” is rejected.

It can be assumed that only employment of women does not lead to life satisfaction. Working women might be satisfied with their employment and still be dissatisfied overall because of the impact of the other particular domain i.e. stress, marital adjustment etc. The result is supported by Jadhav and Aminabhavi (2013) [10] who also showed that there is no significant differences between working and non-working women on life satisfaction.

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