



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.4
IJAR 2024; 10(9): 44-48
www.allresearchjournal.com
Received: 21-06-2024
Accepted: 18-07-2024

Dr. Yogeta Bhatia
Associate Professor,
Department of Psychology,
Kamala Nehru College, Delhi
University, Delhi, India

Corresponding Author:
Dr. Yogeta Bhatia
Associate Professor,
Department of Psychology,
Kamala Nehru College, Delhi
University, Delhi, India

Double day for women: Evidence from the literature

Dr. Yogeta Bhatia

DOI: <https://doi.org/10.22271/allresearch.2024.v10.i9a.11987>

Abstract

Paid and unpaid work like household chores repeatedly results in people experiencing 'Double Day'. With a career, while women become more independent, their energies are also divided between caring for family and giving time to the profession. The focus of the present research article is on women experiencing and managing double days. A systematic review of the literature was carried out. The search was done through the database Google Scholar via many keywords like double day/Married working women/dual responsibility/double shift/household division of labour etc. Only articles from the last 15 years were considered. Studies showed married women being impacted by Double Day. Older children decreased the burden, according to some studies, while lack of instrumental support from spouses or lack of mutual decision-making increased the burden. Some studies were limited by their focus only on women from a particular socioeconomic status, thus limiting generalizability. Factors like the role of emotional support, organizational support, role of extended family and coping strategies need to be evaluated in greater detail to understand the factors that can reduce the burden for married women.

Keywords: Double day, married working women, dual responsibility, double shift, household division of labour.

Introduction

There might be varied reasons for married women to decide to work – for some, it could be financial constraints, for others, it could be self-actualization. These reasons may also vary from person to person depending on their social context and several other factors. Whatever the reason behind the decision to work, the fact of the matter is that all married women are bound to experience the concept of Double Day due to this given scenario.

Double Day refers to the various roles performed by men and women on a particular day, and day after day in a routine manner, and the varied time expended in these roles, paid work and unpaid work/household chores that collectively generate several schemes of impacts on these individuals. Western countries use the term “dual career” or “double day”, whereas Europeans prefer to address this concept as “second shift”.

Having a career for women has its benefits, they become more independent, and then can enhance the welfare of the family and generate economic resources at the same time. This comes with a package. On the one hand, working in the public sphere makes women self-equipped, while on the other hand, doing so divides their energies to be split and channeled into two roles, family caregivers and professionals. This scenario becomes even more grave for women who are married. Hence, the focus of the present research article is on married women and the nuances of double-day management with them.

The division of labour faced by married working women leads to a doubling of their burden since they must move back and forth continuously between their roles, responsibilities and duties on the professional front and the personal front. Not only are these women required to climb up the career ladder but they also need to balance their family and domestic responsibilities. This situation leads to a state of going through a double-day burden on these women every day.

Heikkinen *et al.* (2014) [7] in their study concluded that working women focus on becoming independent, through several role-taking mechanisms, and definitely in practice, do not depend on their husbands' earnings since they are themselves financially independent.

In addition, married working women believe in progressing in their employment to attain self-actualization. With these mammoth dual responsibilities to be fulfilled on an everyday basis, resultantly, the pressure mounts on them from both fronts.

In some earlier research, like in an Indian study, by Rao (2018) ^[14], she found that the women who are working witness a double burden from two spheres – work and home, whether paid or unpaid. Most of the time, it is the domestic duties that hardly yield any financial outputs for women. This situation becomes particularly hard and burdening for these women, especially when they receive no assistance from their husbands, leading to no division of labour for the household chores. It is simply assumed that in the Indian patriarchal system, it is the woman of the house, by default, who is to take care of all the domestic responsibilities, including daily house maintenance, cooking, and children's responsibilities from end to end. This issue grows manifold in stereotyped homes where women must expend much more extra time, effort and energy into their home and family as compared to their male counterparts, resulting in a huge accumulation of unpaid output of labour generated by them. Not only is it unpaid for, but also it goes unaccounted for in terms of qualitative and quantitative credits, that otherwise these women very well deserve. Further, this has been ascertained by Shafer *et al.* (2011) ^[19] who stated that most of the burden on the domestic front is borne by the wife, even when she is a working married woman.

Toffoletti and Starr (2016) ^[21] threw light on another perspective of how women look at the concept of experiencing a double burden, their sample of working women felt that domestic chores are not adequate, hence,

they have voluntarily chosen to work in the public sphere. But in modern society, working women are a mirror image of society reflecting women's empowerment and contributing towards the goodwill of the family. The belief held by this contemporary society is also that both work and personal roles align together, but the point of concern here is that women and their families are not able to balance the pressing dual role demands, the reason being rooted in troublesome gender roles and non-collaborative marriage.

Ouellette and Wilson (2011) ^[13] in their study reported working married women to be shouldering the burden of both responsibilities in a stride, based on gender, that is performing their work-related duties and at the same time, satisfactorily maintaining the well-being and goodness of their families.

Methodology

For research on the interplay of the double-day concept among working women, a systematic review of the literature was done. To begin with, the in-depth database of Google Scholar was investigated. Many keywords were used in the process, like double day/married working women/dual responsibility/double shift/household division of labour, that enhanced the effectiveness of the search (Figure 1). Non-English language articles were excluded; inclusion criteria included only peer-reviewed journal-published research articles. The concept of double day in women has become extremely relevant in recent times with most women working in the urban areas, hence, those studies have been included that are 2009 onwards till date (last 15 years) to map the contextual relevance of the work. Brooks *et al.* (2015) ^[4] template methodology has been followed.

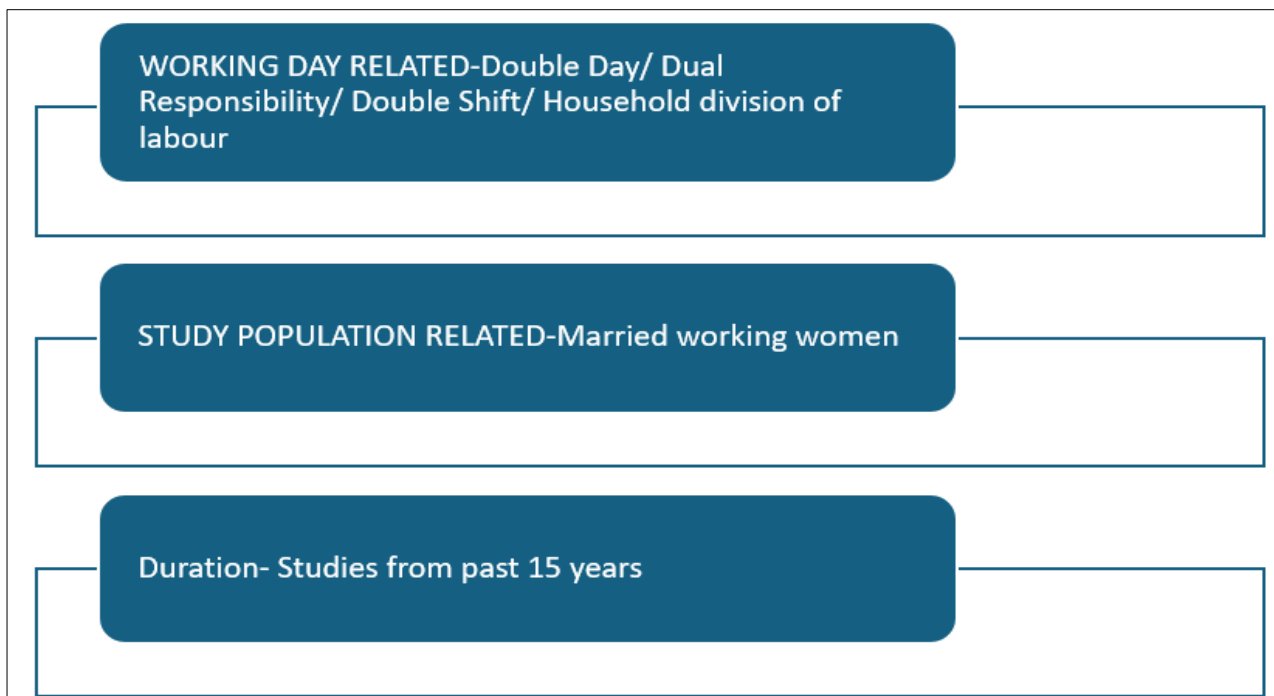


Fig 1: Search words and phrases

Observations

Ruppanner (2009) ^[15] indicated that the women's educational level may impact the collaboration on domestic chores between husbands and wives. This implies an inverse proportionality between the degree of women's educational

background and the number of household responsibilities they are expected to fulfil.

Most women feel glad they get employed in the public sector as it brings them financial and cognitive independence, resulting in general satisfaction. But

Mencarini *et al.* (2010) ^[10] stated that despite the economic benefits that come along, it may yield some reduction in women's happiness due to a lack of family time.

According to Sasaki *et al.* (2010) ^[18], work is a mixed blessing for mothers, if they work, they feel double burdened; if they are not able to work then it may lead to rusting and eroding of their mental capabilities that otherwise would have contributed to the wellness of society in varied ways.

Few earlier research like those by Ali *et al.* (2011) ^[2] continue to throw light on the double burden felt by working women as contributed by extended family members and their demands and expectations. Hence, it is not only the spouse as a factor leading to experiencing the burden but also his extended family members as well.

Oshio *et al.* (2012) ^[12] worked on correlating the double burden on women with various other factors and effects. They found a non-equitable division of labour on the domestic front to generate marital dissatisfaction among women. The reason often cited in households for not extending physical assistance to women is that it is part of a woman's duty to perform domestic roles as well.

Lahiri-Dutt and Sil (2014) ^[9] worked on middle-class Indian women in small towns in non-urban rural areas. Rural areas were the focus of this research since gender roles have not undergone so much of a radical transformation in these sectors. The methodology used was primarily a time-use survey employing quantitative techniques. Some individual interviews were also conducted. The key findings of this survey were that gender role segregation on the domestic front has not changed since the traditional days. Still, women's involvement on the work front has doubled the responsibilities burden. Hence, the feeling and realization of pressure to divert the same energy in two distinct and divergent spheres by these women.

Living a married life along with being employed lays dual responsibilities on married working women, especially in India, given the kind of societal norms. Expectations to fulfil the duties of both roles put pressure on them to perform their roles satisfactorily as they only have chosen this way of life, or it has been enforced upon them circumstantially, whatever the reason may be. Sadiq and Ali (2014) ^[16] examined the psychological ill-being among married working women because of their double duties at

home and work. Here, a sample of married working women was compared to non-married women. The methodology was a mixed method of semi-structured interviews and quantitative scales. It was found that it was very hectic for married working women and it led to several psychological issues among them.

Consequently, women are unable to find "me only" time for themselves. Studies by Foster *et al.* (2019) ^[6] have indicated that another variable contributing to the double burden is the non-proportionate division of time between domestic and professional commitments, with the former absorbing a major chunk of it.

Telayneh (2019) ^[20] threw light on the plight of married working women in academia in Ethiopian Universities where they must sail against the tide of the mindset of inequitable gender role distribution to survive and succeed professionally.

Safrizal *et al.* (2020) ^[17] tried to study the problems that arise due to facing multiple role conflicts in married women who are in employment too. A quantitative assessment methodology was followed to analyze if these dual roles result in an experience of some sort of stress among the women sample of respondents. Beri (2021) ^[3] studied the mental health of Indian working women in Delhi-NCR. A significant and positive correlation was reported between perceived stress and depressive tendencies among these women.

Kumar *et al.* (2022) ^[8] worked on measuring participation and contribution brought forward in the field of Indian agriculture by rural men and women. They witnessed women contributing thrice more the amount of time to domesticities and other caregiving unpaid work at home than their male counterparts every day.

In a study, Alem *et al.* (2023) ^[1] made an interesting observation that in most households, decision-making on buying household items is dominated by men. Hence, regarding spousal influence, the male role is more important in household matters. Nelson *et al.* (2023) ^[11] explored the nuances of coping of Indian women employed in the academic field in negotiating between the responsibilities at work and home. This was done via a qualitative analysis and focused on the engagement of gendered family role identity and work-home boundary theory put together in the context.

Table 1: Studies on keywords related to "Double Day/ Dual Responsibility / Double Shift" PLUS "Married working women"

Study	Sample size	Observation	Remarks
Ruppanner (2009) ^[15]	26,752 respondents from 25 nations	Education is an important variable that can increase the double burden on women.	Equality between genders should be achieved for a better future, and more women should enter the workforce.
Mencarini <i>et al.</i> (2010) ^[10]	8,031 women between 20-50 years	Financial independence comes with a flip side for married working women – decreased time left to be spent with the family.	Bringing about gender equality at work and home will also bring happiness.
Sasaki <i>et al.</i> (2010) ^[18]	78 double-income couples having an 8-month-old child	Engaging professionally for mothers acts like a double-edged sword for them.	Women feel stuck between social roles and personal competence.
Ali <i>et al.</i> (2011) ^[2]	28 women	The extended family members are responsible for the creation of more add-on duties and responsibilities for these women.	Gender roles construed for working women need to be redefined for the better health of these women.
Oshio <i>et al.</i> (2012) ^[12]	4142 respondents between 20-69 years	Working women have a very common complaint of getting physically exhausted due to work on the professional front. Thus, coming back home low on physical energy, and not receiving any instrumental support from the husband and children in domestic duties leads to fights in the household, due to women being overworked and excess burden not being shared.	Difficult to shortlist a single variable that leads to marital satisfaction.
Lahiri-Dutt	Time-use survey	Gender disparity at the intra-household level remains significantly	The term "work" is to be redefined for

and Sil (2014) ^[9]	and interview methodology	the same as in earlier times. In contrast, middle-class Indian rural women must now additionally negotiate time towards the work front.	working women in modern India.
Sadiq and Ali (2014) ^[16]	50 married working women, 50 married non-working women	It was deduced that dual role demands led to more somatic problems, social malfunctioning, anger, and hostility among married working women as compared to their married non-working counterparts.	The drawback was the limited perception generated since the sample was only from middle-class joint families, with few luxuries at their disposal.
Foster <i>et al.</i> (2019) ^[6]	2188 couples	Working women face a non-equitable burden split into work and family, with more time demanded and consumed in fulfilling family duties and responsibilities.	Conformity is expected from women towards their spouses that they instrumentally help with home chores.
Telayneh (2019) ^[20]	96 married female university academicians between 25-40 years of age	Only 15% of the sample of married women are employed, the reason being the social deterrents.	These women face multiple confrontations and pullbacks on several fronts—socioeconomic, personal and skill-based.
Safrizal <i>et al.</i> (2020) ^[17]	60 female workers	The performance of married women was found to be affected by job stress as an intervening variable, with pressure from multiple roles to perform.	Resolving conflict experienced in double roles by female workers may further bring down stress arising from work-related factors.
Beri (2021) ^[3]	203 working women	The Indian working women in Delhi-NCR were “supposed” to work both at home and at work and fulfil role expectations on both fronts.	Attention must be drawn towards briefing people about moulding scenarios wherein women are receiving support in handling dual roles and not being left alone to struggle.
Kumar <i>et al.</i> (2022) ^[8]	1470 women in 5 states	In totality, statistics reveal that women in rural India work 1.6 hours / 91 minutes more than men every day; still, their contribution and participation to agriculture have not been given due recognition and are counted as less as compared to men.	Women’s empowerment is the way forward, but societal gender norms cannot be undone so fast.
Alem <i>et al.</i> (2023) ^[1]	50 village homes	Men usually decide which technologies to buy (gas stoves, etc.) that benefit the entire household.	Mutual decision-making by both husband and wife together in rural homes is highly recommended.
Nelson <i>et al.</i> (2023) ^[11]	30 women	The results reflected those Indian women in academics faced enhanced work-family conflict, the reason being playing gendered roles at home simultaneously, thereby leading to more work creeping into the home area.	Regardless of raising the educational and financial bar by women, the ground reality remains that gender continues to interfere in Indian mindsets.

Implications of research for practice

It’s for our contemporary society to become sensitive to the fact that gender remains at the root of all types of inequalities experienced by women in varied domains, despite their attainment of educational upliftment and financial independence. Studies need to evaluate the factors that can relieve the double-day burden. For example, the role of extended family, degree of emotional and instrumental support from spouse, organizational factors and support, etc. need to be evaluated in greater detail. While some studies focused only on a section of society, for example, middle-class women, respondents need to be from all sections and spectrum of the society to enhance generalizability. Another aspect that needs to be evaluated more deeply is the coping strategies used by women, and the factors affecting those strategies.

Conclusion

Gender inequality is at its best display in usual households, where segregation of household labour is decided, done, and implemented based on stereotyped gender roles. While at one end, progression in employment is a way to attain financial independence and self-actualization for women, married women are also expected to be burdened majority of domestic responsibilities. This situation of experiencing double burden by married women will continue to persist till there is a real and equitable collaboration between husbands and wives in the division of labour in the true sense of the word—not just through words or emotions, but instrumentally as well. Most women try to

cope with the double-day issues and work-family conflict by using strategies like reactive role behavior and personal role redefinition of their own, rather than structural role redefinition that involves changing the mindset of expectations of family members.

References

1. Alem Y, Hassen S, Köhlin G. Decision-making within the household: The role of division of labor and differences in preferences. *J Econ Behav Organ.* 2023;207:511-28. DOI: 10.1016/j.jebo.2023.01.022.
2. Ali TS, Krantz G, Gul R, Asad N, Johansson E, Mogren I. Gender roles and their influence on life prospects for women in urban Karachi, Pakistan: a qualitative study. *Glob Health Action.* 2011;4(1):7448. DOI: 10.3402/gha.v4i0.7448.
3. Beri V. Impact of COVID-19 on mental health of employed women residing in Delhi-NCR, India: Mediating role of working from-for home. *Health Care Women Int.* 2021;42(3):323-334. DOI: 10.1080/07399332.2021.1882463.
4. Brooks J, McCluskey S, Turley E, King N. The utility of template analysis in qualitative psychology research. *Qual Res Psychol.* 2015;12(2):202-22. DOI: 10.1080/14780887.2014.955224.
5. Febrianto PT, Mas’udah S, Megasari LA. Female teachers’ double burden during the pandemic: overcoming challenges and dilemma between career and family. *Sociologia, Problemas e Praticas.* 2022;(100):87-105. DOI: 10.7458/SPP202210025246.

6. Foster G, Stratton LS. What women want (their men to do): housework and satisfaction in Australian households. *Feminist Econ.* 2019;25(3):23-47. DOI: 10.1080/13545701.2019.1609692.
7. Heikkinen S, Lämsä AM, Hiillos M. Narratives by women managers about spousal support for their careers. *Scand J Manag.* 2014;30(1):27-39. DOI: 10.1016/j.scaman.2013.04.004.
8. Kumar P, Mehta V, *et al.* Measuring participation and contribution of rural men and women in Indian agriculture. *EPW.* 2022;57(26-27). Available from: <https://www.epw.in/journal/2022/26-27/commentary/measuring-participation-and-contribution-rural-men.html>.
9. Lahiri-Dutt K, Sil P. Women's 'double day' in middle-class homes in small-town India. *Contemp South Asia.* 2014;22(4):389-405. DOI: 10.1080/09584935.2014.979762.
10. Mencarini L, Sironi M. Happiness, housework and gender inequality in Europe. *Eur Sociol Rev.* 2010;28(2):203-219. DOI: 10.1093/esr/jcq059.
11. Nelson MM, Agarwal B. The Rigmarole of Negotiating Double Binds: A Qualitative Study of Indian Women Academics' Work-from-home Routines in COVID-19 Times. *South Asian J Bus Manag Cases.* 2023;12(3):372-389. DOI: 10.1177/22779779231209374.
12. Oshio T, Nozaki K, Kobayashi M. Division of household labor and marital satisfaction in China, Japan, and Korea. *J Fam Econ Issues.* 2012;34(2):211-223. DOI: 10.1007/s10834-012-9321-4.
13. Ouellette L, Wilson J. Women's work. *Cult Stud.* 2011;25(4-5):548-65. DOI: 10.1080/09502386.2011.600546.
14. Rao N. Global agendas, local norms: mobilizing around unpaid care and domestic work in Asia. *Dev Change.* 2018;49(3):735-758. DOI: 10.1111/dech.12390.
15. Ruppner L. Conflict and housework: does country context matter? *Eur Sociol Rev.* 2009;26(5):557-70. DOI: 10.1093/esr/jcp038.
16. Sadiq R, Ali AZ. Dual responsibility: A contributing factor to psychological ill-being in married working women. *Acad Res Int.* 2014;5(2):300. Available from: www.savap.org.pk.
17. Safrizal HBA, Eliyana A, Febriyanti KL. The Effect of Double Role Conflict (Work Family Conflict) on Female Worker's Performance with Work Stress as the Intervening Variable. *Syst Rev Pharm.* 2020;11(10):418-28. doi: 10.31838/srp.2020.10.65.
18. Sasaki T, Hazen NL, Swann WB Jr. The supermom trap: do involved dads erode moms' self-competence? *Pers Relat.* 2010;17(1):71-9. Available from: <https://labs.la.utexas.edu/swann/files/2016/03/sasaki-71-79.pdf>.
19. Shafer EF. Wives' relative wages, husbands' paid work hours, and wives' labor-force exit. *J Marriage Fam.* 2011;73(1):250-263. DOI: 10.1111/j.1741-3737.2010.00802.x.
20. Telayneh B. Double burden of married women academicians in three public universities of Ethiopia. *Int J Afr Asian Stud.* 2019;56:29. DOI: 10.7176/JAAS. Available from: <https://core.ac.uk/download/pdf/234690594.pdf>.
21. Toffoletti K, Starr K. Women academics and work-life balance: gendered discourses of work and care. *Gend Work Organ.* 2016;23(5):489-504. DOI: 10.1111/gwao.12133