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A comparative study of psychological well-being between house wives and working women

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Abstract

The purpose of the study was to investigate the difference in psychological well-being between house wives and working women. Thirty house wives and thirty working women were randomly selected for the study. Psychological well-being with its five sub factors such as satisfaction, efficiency, sociability, mental health and interpersonal relation were assessed through Psychological well-being scale by D. S. Sisodia and Pooja Choudhary. Independent sample t-test reveal that there was no significant difference in Satisfaction, Efficiency, sociability, mental health, interpersonal relation between house wives and working women.

Keywords: psychological well-being, satisfaction, efficiency, sociability, mental health and interpersonal relation

Introduction

Psychological well-being is quite similar to positive mental health, satisfaction, happiness. It helps to find out relation between such items. If someone says that he/she is very much satisfied or happy with life then we may conclude that her psychological well-being is high (Diener & Ryan, 2009) [4]. Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being can be attained by achieving a state of balance affected by both challenging and rewarding life events. In the present study attempt has been made to compare psychological well-being between housewives and working women with an expectation that it will help to understand the psychological well-being of housewives and working women.

Methodology

Thirty house wives and thirty working women were randomly selected for the study. Participants aged 30 and above were included for the study. Psychological well-being was the dependent variable which was assessed through Psychological well-being scale by D. S. Sisodia and Pooja Choudhary. Information about five sub factors in this study such as satisfaction, efficiency, sociability, mental health, interpersonal relation was gathered through fifty questions in the Psychological well-being scale. The test-retest reliability of the questionnaire was 0.87 and consistency value for the scale is 0.90. The scale was also validated against the external criteria and coefficient obtained was 0.94.

Results

The mean, Standard deviation and graph of Psychological well-being of two groups of house wives and working women is presented in table 1.

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Table 1: Descriptive statistics of psychological well-being

Variable	Status	Mean	Std. Dev.	Graphical Representation
Satisfaction	Working Women	36.66	4.83	
	House Wives	39.06	5.00	
Efficiency	Working Women	41.56	5.42	
	House Wives	41.46	5.29	
Sociability	Working Women	37.23	5.47	
	House Wives	36.50	6.25	
Mental Health	Working Women	34.40	5.33	
	House Wives	36.46	5.78	
Interpersonal Relations	Working Women	40.16	4.78	
	House Wives	40.30	5.20	

Independent sample t-test was conducted to analyze the significance of mean difference of Psychological well-being between working women and housewives. Results which are

shown in table 2 are the result of independent t-test of satisfaction between working women and house wives.

Table 2: Independent sample t-test for means of Psychological well-being

Variable		t	df	Sig.(2-tailed)	Mean Difference	Standard Error Difference
Satisfaction	Equal variances assumed	-1.89	58	0.06	-2.4	1.26
	Equal variances not assumed	-1.89	57.92	0.06	-2.4	1.26
Efficiency	Equal variances assumed	0.072	58	0.94	0.1	1.38
	Equal variances not assumed	0.072	57.96	0.94	0.1	1.38
Sociability	Equal variances assumed	0.48	58	0.63	0.73	1.51
	Equal variances not assumed	0.48	56.99	0.63	0.73	1.51
Mental Health	Equal variances assumed	-1.43	58	0.156	-2.06	1.43
	Equal variances not assumed	-1.43	57.61	0.156	-2.06	1.43
Interpersonal Relations	Equal variances assumed	-0.1	58	0.918	-0.13	1.29
	Equal variances not assumed	-0.1	57.6	0.918	-0.13	1.29

The independent t- test found no significant difference in any of the factors under psychological well-being.

Discussion

Satisfaction is fulfillment of one’s wishes, expectation, need, or pleasure. Mean and standard deviation of working women were 36.66+4.83 and house wives were 39.06+5.00. House wives satisfaction level was greater than working women but Independent sample t-test found no significant difference in satisfaction between working women and house wives.

Efficiency means a person’s belief about his or her ability and capacity to accomplish a task. Mean and standard deviation of working women were 41.56 + 5.42 and house wives were 41.46+5.29. There was no significant difference in efficiency

between working women and house wives.

Sociability mean’s the quality of liking to meet and spend time with other people. Independent sample t-test was conducted to compare the sociability level of working women and house wives. There was no significant difference in sociability between working women and house wives.

Mental health includes our emotional, psychological, and social well-being, mental health is the condition of being sound mentally and emotionally that is characterized by absence of mental illness. Mean and standard deviation of working women were 34.40 + 5.33 and house wives were

36.46 + 5.78. Independent sample t-test found no significant difference in mental health between working women and house wives.

An interpersonal relationship is a strong, deep, or close association or acquaintance between two or more people that may association may be based on inference, love, solidarity, regular business interaction, or some other type of social commitment. Mean and standard deviation of working women were 40.16 + 4.78 and house wives were 40.30 + 5.20. Independent sample t-test found no significant difference in interpersonal relationship between working women and house wives.

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