

Stress Level and Life Satisfaction among Working and Non-Working Married Women: A Comparative Study.

Rupa Mishra

*Student

Department of Psychology
Chaudhary Bansilal University, Bhiwani (Haryana).

Arvind Mehra

**Research Student

Department of Applied Psychology
Guru Jambheshwar University of Science & Technology, Hisar (Haryana).

ABSTRACT

The main aim of the present study was to examine the stress and life satisfaction among working and non-working married women of Haryana. A sample of 200 married women (100 working & 100 non-working) was drawn randomly from the population of Haryana. Life Satisfaction Scale by Alam & Srivastava (1996) and stress scale by Singh (2004) were used for collection of data. Mean, standard deviation, 't' test and correlation were the statistics used for the present study. Results indicated that there was significant difference regarding stress and life satisfaction between working and non-working married women. The results revealed that working and non-working married women differed significantly on their life satisfaction ($t=5.52$). Working married women were more satisfied with their life. On the stress scale non-working married women have the higher level of stress as compared to working married women. A significant negative relationship was found between stress and life satisfaction of married women.

Keywords: Life Satisfaction, Stress, Working and Non-Working Women, Married woman.

INTRODUCTION

Stress is the physical, mental and emotional human response or act to a particular or specific thing or event. It is the coping response that helps the body of individual to prepare or ready for challenging situations. Stress may be positive or negative, it depending on the level of our response to the stressors or stressful situations, individual may encounter. Stress can be defined as a process in which environmental demands strain an organism's adaptive capacity resulting in both psychological demands as well as biological changes that could place a person at risk for illness (Cohen et al, 1995). Psychologists categorizes stress into three different types: 1) Acute stress 2) Episodic stress 3) Chronic stress. Stress is a demand made upon the adaptive capacities of the mind and body (David, F.1989). Stress has been defined both as a nonspecific adaptive response of the

body to any demand and an internal and external stimulus (Pearlin, 1981). Stress involves 3 main domains: 1) Sources of stress 2) Moderators of stress 3) Manifestations of stress. Stress is a part of life or individual's life. Stress is an ongoing transactional process between the individual and the environment. The response to stress is physiological, emotional, cognitive and behavioral. Environmental, Psychological and social are types of stressors. Dimensions of stressors are: 1) Intensity, 2) Duration, 3) Complexity, 4) Predictability. Spector (1997) stated that life satisfaction refers to a person's feelings about life in general. Diener, Emmons, Larsen and Griffin (1985) define life satisfaction as a global evaluation by the person of his or her life and it is a cognitive and judgmental circumstance to their expectations. Life satisfaction has been researched in many contexts other than its relationship to job satisfaction and other work-related attitudes and behavior.

Life satisfaction is a very complex term or concept. It means overall evaluation of life. Life satisfaction is referred to as the "ultimate motivator" for human behavior (Kwan, Bond, & Singelis, 1997). It is a person's assessment of his or her satisfaction with various aspects of their existence throughout their lifetime (DeNeve & Cooper, 1998). Life satisfaction is defined as an overall, "global assessment" of feelings and attitudes about one's life at a particular point in time according to that individual's "chosen criteria" (Kuskova V. Valentina, 2011). Life satisfaction was defined as an individual's global assessment of his or her life in positive terms (Diener, et al., 1985). Life satisfaction is also defined as an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. Subjective life satisfaction is a measure of an individual's perceived level of wellbeing and happiness. Satisfaction with life as a whole must be satisfaction not only with that which is, but also with that which was and that which will be, not only with the present, but also with the past and the future. (Tatarkiewicz, 1976).

A number of researchers in the specific field have been conducted to measure the level of life satisfaction and stress among working and non-working women.

LITERATURE REVIEW

The literature suggests that personality play a significant role in whether a woman will judge her life to be satisfying. Environmental factors can influence life satisfaction judgments. Chipperfield and Havens (2001) conducted study to examine life satisfaction among individuals who had undergone a transition in marital status and those whose marital status remained stable over 7- year period. Among those individuals whose marital status remained stable over the 7 years, women's life satisfaction declined and men remained constant. Among those who experienced a transition- in particular, the loss of spouse - a decline in life satisfaction was found for both men and women decline being more predominant for men. In the addition, men's life satisfaction increased over the 7 years period if they gained a spouse, whereas the same was not true for women. These findings focus that the relationship between marital status transitions or stability differs for men and women. Sandra and Hughey (2003) conducted a study on life satisfaction. In this study, 147 African

American women from six states were Life Satisfaction Scale and the Black Women's Spirituality/Religiosity Measure (BWSRM). Although no significant difference was found among the ratings of life satisfaction and spirituality with respect to age or educational level, the women reported higher levels of religiosity than spirituality, which correlates significantly with life satisfaction. Kousha and Moheen (2004) explored life satisfaction among unmarried Iranian women in urban areas. Analysis and cross tabulations suggest that for married women life satisfactions directly linked to their satisfaction with the marriage, the employment and their leisure experiences. For women hours satisfaction and job satisfaction indicate that women prefer part-time jobs. In contrast, female life satisfaction is virtually unaffected by working hours. Moving away from work impacts on life satisfaction, (Perrone et.al.2007) found that satisfaction with work and marriage was significantly related to life satisfaction. (Schaer, 2008) also stressed on Couples Coping Enhancement Training to increase dyadic competencies which can have positive effects on the general well-being, life satisfaction and other workplace variables like less burnout and less work stress. According to Northern Territory Government report (2003) workplace stress is the result of the interaction between a person and their work environment. Forth person it is the awareness of not being able to cope with the demands of their work environment, with an associated negative emotional response. European Foundation for the Improvement of Living and Working Conditions (2007) has carried out the study on work related stress. According to its report work-related stress is a pattern of reactions that occurs when workers are presented with work demands that are not matched to their knowledge, skills or abilities, and which challenge their ability to cope. Park (2007), in their study of work place and job performance, found that negative implications of work stress are recognized as a challenge to both employers and workers, with women, youth, shift, part-time, and nonwhite collar workers being more likely to have high-strain jobs.

OBJECTIVES OF THE STUDY

The main aim or purpose of the present study was to examined of life satisfaction and stress level among the working married women and the non-working married women of Haryana.

HYPOTHESES

1. The working and the non- working married women would differ significantly with regard to their life satisfaction.
2. The working and the non- working married women would differ significantly with regard to their stress level.
3. Stress and life satisfaction would inter- related or correlate to each other.

SAMPLE

The sample was drawn from the working and the non- working married women of Haryana. Thus ,100 working (who were teachers in the Govt. colleges of Haryana) and 100 non-working married women (who were housewives or homemakers) were drawn randomly for the study. The working married women of Haryana were highly qualified in their education. Age range of women was 25- 40 years.

INSTRUMENTS

Life Satisfaction Scale - It was developed and standardized by Alam and Srivastava (1996). The test consists of 60 items of yes/no type. Yes, indicates the satisfaction. Higher scores show the higher satisfaction level. The range of age was between 18 to 40 years. Test-retest reliability of the test was found to be .84 and Validity is .74.

Stress Scale- It was developed by Singh (2004). The range of age was between 16 to 50 years. Test-retest reliability of the test was found to be .82 and Validity is .61. Higher scores show the higher stress level.

PROCEDURE OF DATA COLLECTION

Data was collected by using the random sampling method from the population of Haryana. The main purpose or aim of the present study was made clear to the participants. The general instructions were given to the participants in order to complete the tests. Proper instructions were given to the participants. Possible help was provided to the participants, in case they found any of the items difficult to comprehend and understand or difficulty. Filled questionnaires were collected from the participants for statistical analysis of data. Then, Results were drawn for the study.

Ethical consideration: The aim of the study was clearly defined to the participants and the participation was fully voluntary. Consequently, participants fully agreed to take part in the study. In addition, participants were told that they can withdraw at any time if they feel to do so. During the data collection process, privacy was maintained and confidentiality of information was assured.

STATISTICAL ANALYSIS

In the present study Mean, SDs, t-test and r- test methods were used and applied for the statistical analysis of data in order to draw results.

RESULTS AND DISCUSSION

The main aim or purpose of the present study was to examined of life satisfaction and stress level among the working married women and the non-working married women of Haryana. The “t” test method was used to analysis of data. The Results and discussions of present study are as under:

Table -1: Means, SDs and “t” value of the working married women and the non- working married women on Life Satisfaction.

| Groups | N | Means | SDs | t value | P value |
|-------------------------------|-----|-------|-------|---------|---------|
| The Working married women | 100 | 51.87 | 18.79 | 5.52 | 0.01 |
| The Non-working married women | 100 | 39.49 | 12.39 | | |

The result from table – 1, indicates that there is a significant difference between the working married women and the non-working married women of Haryana on life satisfaction. The working married woman received higher mean score of 51.87 as compared to the non-working married woman 39.49. The standard deviation score of working married woman received 18.79 and the non-working married woman received 12.39. So, we can say that working married woman have higher level of life satisfaction than the non-working married woman. The “t” value of life satisfaction is 5.52. There is also a significant difference between the working married women and non- working married women of Haryana. It means that the hypothesis was supported and proved. The Working married women were more satisfied with their lives and with their life style. The Working married women do not depend upon their husband or family. Economically they were independent. They spent money of their own income. For this reason, they get satisfaction in their lives easily. They were independent. They perceived their life to be secure, easy, safe and comfortable. They feel comfortable with their challenging life situations. On the other hand, the non-working married women are less satisfied with their lives. They feel dependent on their husband or family members for everything. They depend upon their family and husband directly or in directly. Similar, result was found by Bhatt (2013).

Table-2: Means, SDs and “t” value of working and non-working women on stress

| Groups | N | Means | SDs | T | P value |
|----------------------------|-----|-------|-------|------|---------|
| Working married women | 100 | 21.85 | 10.39 | 7.21 | 0.01 |
| Non- working married women | 100 | 34.26 | 13.79 | | |

According to table-2, the mean scores of non-working married women were higher 34.26 as compared to working married women 21.85. This shows of the fact that non- working married women were facing more stress than working married women. Hence, it confirmed or affirmed the hypothesis which states that “Working and non- working women would differ significantly with regard to their stress level”. High stress among non-working women is the reason that non-working married women play multiple roles. They play multiple role in their family, which are inconsistent, and create or develop conflicting situations. Many conflicting, challenging and stressful situations occur. The society still demands the traditional roles of women as homemaker.

Table-3 – Correlation coefficients of life satisfaction and stress (N=200)

| | Stress | P Value |
|-------------------|------------|---------|
| Life Satisfaction | -0.3125341 | 0.01 |

According to above table, there was a negative correlation between stress and life satisfaction. This correlation showed that as long as the stress levels increase their life satisfaction level decreases. This showed that stress have a meaningful negative effect on life satisfaction. Those persons who were satisfied with their life, they were have less stress in their life. Azzem & Ozdevecioglu (2013) were found similar result. Thus, our hypothesis was proved.

CONCLUSION

The results revealed that working and non-working married women differed significantly on their life satisfaction ($t=5.52$). Working married women were more satisfied with their life. On the stress scale non-

working married women have the higher level of stress as compared to working married women. A significant negative relationship was found between stress and life satisfaction of married women.

Practical Implication of the Study

The finding of the present study can be useful to researchers working on similar topics.

Limitation

1. The data has been collected from Haryana, thus the results could not be generalized.
2. There are possible demographic predictors that were not included in this study, and thus, prevent discovering some important data. This support further analysis and replication with this kind of prediction

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