

STUDY OF PSYCHOLOGICAL AND SOCIAL PROBLEMS OF EDUCATED WORKING WOMEN IN RELATION TO THEIR RESIDENTIAL BACKGROUND AND SOCIO-ECONOMIC STATUS

Dr.Parminder Kaur (Assistant Professor Guru Nanak College of Education,Gopalpur Ludhiana)

The present study is related to the psychological and social problems of educated working women. The sample of the study was selected from two districts of Rajasthan-- Sriganganagar and Hanumangarh. Out of sample of 400 working women, 200 were selected from each district. The data is subjected to statistical analysis and revealed that working women face psychological and social problems. Working women of urban background suffer from more psychological and social problems than rural women. Significant difference existed in psychological and social problems of working women as compared to socio economic status.

The emergence of the class of working women is comparatively new concept in Indian society. During the last five decades, industrialization, urbanization, increasing level of education, awareness of rights, wider influence of media and westernization has changed the status and position of woman. She is no longer related within the four walls of her home. The concept of equality has exercised a powerful emotional appeal in the struggle of women to free them from the old age aspersion. Today the status of women has totally changed and it influences her role in society also. The most fundamental and remarkable changes have been exclusive emancipation into the activities of the world. They have been entering salaried, remunerative occupation and professions in increasing members. The present sky rocketing prices resulting in economic tension have around in her a desire to pool in her might in easing the financial and economic constraints of her life. For this she has to maintain an equilibrium and balance between home and career. The employment of women outside home has added to their duties, functions. The problems of women who combine the different roles of wife, a mother and working women are multiple; which can be categorized under different headings as psychological problems, social problems and economic problems. Although more and more women are employed and their families need that income but the attitude towards women and their role in the family has not undergone much change. Even today, looking after family and child rearing is generally considered as primary responsibility of women. Carrying out all the duties and responsibilities of home almost single handedly cause stress and strain for her. If she cannot cope up with the work, lead to feeling of guilt and after resulting into emotional disorders.

Problems of working women are manifold. They are not taken to be as equally efficient worker as men and face discrimination at work place. This attitude tends to create feeling of inferiority, uselessness, inability and leads to mental fatigue, stress related illness and high degree of job dissatisfaction among working women. Hence women face problems like job strain, role conflict, sexual harassment, inadequate household help, financial dependence and other occupational hazards. These also affect the productivity and efficiency and reputation as worker. For different roles, stress is sure to overpower and affect the mental health of working women. In the light of the multifaceted roles that women play, the well being of them should not only be viewed as issues in social development but should be seen as an essential component for awareness. Women should not be treated as child bearer or home worker but as an enterprising personality. Therefore, there is a need to investigate and explore the social and psychological problems that adversely affect the women in schools, colleges, hospitals, offices etc. so that there is awareness about these problems and also for seeking promise solutions to minimize them to take a cool sigh and march ahead dual life.

Psychological and social problems:

Psychological and social problems greatly affect one's life, one's work, family and leads to personality disorder. Modern scientific and technological development has created a lot of exposure in man's life. Life is full of numerous hardships, conflicts and problems related to satisfaction of basic needs and psychological needs. Traditionally it had been perceived that men are more subject to psycho-social problems because of varied responsibilities being the provider of the family. But in recent times, this perception has changed. Women face more psychological and social problems because of their dual responsibilities –one in family and one in job. Various psychological and social problems like anxiety, frustration, mental illness, distress, depression, anger, phobias, and emotional distress upset her. A careful and sensitive observation of mind and behaviour of women reveals beyond doubt how her fears, anxieties, stress and strain wrap and dampen her morale, courage, efficiency, excellence, progress and glory. Jain and Gunthey (2001) indicated that non-working women had better understanding, more martial satisfaction and fulfillment of expectations whereas working women respected more hassles less support, more psychological adjustment problems and higher level of mental health hazards. A study conducted by Mukhopadhyay (1997) found that working women play a dual role in family and work place. They experience a sustained stress to cope with both conditions and hence their mental well-being gets affected. Psychological and social problems have decaying impact on her outer and inner potential. Despite all her resilience, patient, fortitude and tolerance, sometimes her spirit gives way under the dreary and cumbersome obligations of home and official duties.

The situation at work place create more conflicting. This leads to anxiety, worry and intolerance. The study by Sinha (1997) found that working status of women had significant effect on anxiety. In male dominant society, uncertain and hesitant also make her socially anxious. The evaluation by others also generates social anxiety in them. This disrupts and hampers the health and psychology of working women and leads to frustration. If the situation continues the frustration affects the performance of women. If their professional obligations cannot be met, their self-image and consequently their ability to cope up with social

settings may be endangered. Bamji (2005) in study found that gender disparity at all levels and its adverse impact on women has become a face of life. This is partly due to biological role and responsibilities of women as mother but mostly due to traditional mindset. In 21st century, depression has become so widespread that leads to sadness and dejection. A person who suffers from depression has depressed mood or loss of interest in pleasure activities, feeling of fatigue, loss of energy, insomnia, decreased appetite psychomotor retardation, feeling of guilt and thought of death. Leger (2004) found that most working women who experience depression and generalized anxiety disorder are between age group 35 – 55 years. Such symptoms of depression and anxiety retard their success in workplace and household lives. Kindler (2005) in a study observed that women are often socialized to develop their sense of self from their relationships or the quality of their relationship. He further noted that support from family and spouse appears to mean somewhat more to women than men. B. Usha and K.T. Geetha (2011) in case study stated that stress is a part of employee's life. However, where stress is excessive, personal and organizational performance is at best damaged.

Therefore, it is visualized that for drawing the best of creative talent and intellectual potentialities of women in the workforce and as well as in domestic life, there is need to recognize such psychological and social problems and study them in depth in today's changed scenario of education for seeking promising solutions and to give working women the worthy attention, dignity and cooperation that richly deserve and help them to maintain a healthy mind in a healthy body.

OBJECTIVES OF THE STUDY

1. To study the psychological problems of educated working women.
2. To study the social problems of educated working women.
3. To study the impact of residential background (urban and rural) on psychological problems of educated working women.
4. To study the impact of residential background (urban and rural) social problems of educated working women.
5. To explore the social and psychological problems faced by educated working women belonging to high socio-economic status and low socio-economic status.

HYPOTHESES

In the light of objectives of study following hypotheses were framed:

1. Educated working women face lots of psychological problems.
2. Educated working women face lots of social problems.
3. The psychological problems of educated working women related to rural and urban areas do differ significantly.
4. The social problems of educated working women related to rural and urban areas do differ significantly.
5. The psychological problems of professional and non professional educated women belonging to urban and rural areas do not differ significantly.
6. The social problems of professional and non professional educated women not vary with their varying levels of socio economic status.

METHOD

Sample

The sample of 400 educated working women from schools, colleges, hospitals, offices government and private etc. was taken from Sri Ganganagar and Hanumangarh districts of Rajasthan.

Tool

A standardized test of psychological and social problems by Hundal (2002) was used to collect the data. The test has 51 test items related to psychological problems and 54 items related to social problems. It has five point scales i.e. strongly agree, agree, undecided, disagree, strongly disagree. The test-retest reliability of the tool was 0.82 and 0.84 for social and psychological test items respectively. A socio-economic status scale by R. L. Bhardwaj (2011) was used to know the socio-economic status of the women under study. It contained a set of varying statements related to socio-economic status of working women. This questionnaire solicited information about the respondent's profile like social prospective, professional prospective, property, prospective and monthly income prospective. There were five answer probabilities to the enquiries 'very high', 'high', 'ordinary', 'low' and 'very low'

Statistical techniques

Mean, SD, t-test and F test techniques were adopted to analyze the data for the present problems.

RESULTS AND DISCUSSION

To find out the psychological and social problems of educated working women, the scores obtained on the tests of psychological and social problems were computed to find out mean and SD for each test. The score of psychological problems has been found to be 99.97 with SD of 25.33 on this test. The mean score of social problems is 113.81 with SD of 28.37. Quartile deviation was calculated to divide the whole group into three categories, namely the group having high psychological problems, average and less psychological problems. When percentage was calculated, 24.75% women had less psychological problems, 25.55% had high and 49.70% had average psychological problems. Similarly the whole group was divided into three categories namely high, average and less social problems. After analyses it was found that 26.25% had less social problems, 26.50% had high and 47.25% had average social problems. Thus the hypothesis that working women face lots of psychological and social problems is accepted.

To find out the impact of rural and urban residential background on the psychological problems of educated working women, t-test was applied to find out the significant difference. The result indicates that the mean score of the psychological problems of urban working women has been found to be 103.12, SD 25.73 and SEM 1.91 whereas mean score of rural working women has 97.37, SD 24.69 and SEM 1.66. When psychological problems of urban and rural working women were compared, the mean difference was found to be 5.75. The value of 't' has 2.26 (P<0.05). This reveals that the urban working women perceive to suffer from more psychological problems as compared to rural educated working women. To study the social problems of urban and rural working women, the results indicate that the mean score of urban working women has to be found 117.3, SD 31.12 and SEM 2.31 and the mean score of rural working women has 110.90, SD 25.51 and SEM 1.75. The mean difference was found to be 6.43 and value of 't' has been found to be 2.22 (P<0.005). The result showed that urban working women perceive to suffer from more

social problems than rural working women. So hypothesis that psychological and social problems of working women with rural and urban background were different significantly was accepted.

The results indicate that the sum of squares within groups is 7682.38 where as within conditions is 308471.46. The value of mean squares of scores within groups is 3841.19 but within conditions is 782.92 at df 2 and 394 respectively. Thus the value of F-ratio 4.906 has been found to be significant at 0.01 level. The results show that there is a significant difference between social problems of educated working women on the basis of their socio economic status.

The results indicate that the mean score of the educated working women of high socio-economic status in respect of their social problems has been found to be 118.87, whereas the mean score of low socio-economic status has been found to be 110.97. This shows that the educated working women belonging to high socio-economic status perceive to face more social problems than the women belonging to low socio-economic status. The sum of squares with in groups is 2008.52 squares within groups is 2008.52 whereas within conditions is 242713.88. The value of mean squares of scores within groups is 1004.26 but within conditions is 616.03 at df of 2 and 394 respectively. Thus the value of F ratio 1.630 has been found to be significant at 0.05 level. The results show that there is no significant difference between psychological problems of educated working women on the basis of their socio-economic status.

The results show that the mean scores of educated working women of high socio-economic status in relation to their psychological problems has been found to be 106.57, the mean scores of average socio-economic status has been found to be 99.90, whereas the mean score of low socio-economic status has been found to be 94.71. This shows that educated working women belonging to high socio economic status face more psychological problems than the women belonging to low socio-economic status.

CONCLUSION

The following conclusions were drawn on the basis of the analysis of data. The result of current study showed that working women face many psychological and social problems. Working women have to fulfill many expectations and requirements at workplace and home. This put strain on their mind get mentally upset, but still tries to adjust. This leads to frustration and immense burden on them. Significant mean difference exists in psychological and social problems of working women of rural and urban areas. Urban employed women have more problems relating to time and energy management at workplace and household work. In rural areas, due to joint family system, the workload may be shared by family members. Besides this, environment at workplace in rural areas is more congenial. There is more interaction between working women and shared their problems. This keep them free from mental tensions. It is evident that psychological and social problems have adverse effect physical and mental health. These reduce the energy, lead to difficulty in dealing with others and completing the required tasks and duties of job. Then a woman has a feeling of helplessness and powerlessness. Administrators, policy makers should help to create a congenial work environment to promote caring and fairness. Social support should be provided in the workplace as it is potential facilitator for change. This also provides assistance for coping with psychological and social problems.

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