



PSYCHOLOGICAL WELLBEING OF WORKING AND NON-WORKING WOMEN OF CHANDIGARH

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Abstract: *The present study has been undertaken to investigate the psychological wellbeing of Working and Non-Working women of Chandigarh. Psychological wellbeing is when a person is mentally healthy and remains positive in his life. It plays an important role in one's life as it fulfils it is a combination of feeling good and functioning effectively to achieve such a state in which one should start having positive outlook in life. It is also related to physical health of a person. It is also known as mental well-being as it is considered a state of optimal mental health and functioning. It encompasses various aspects of an individual's psychological state of mind, including emotional, cognitive, and social well-being. Sample of the study consisted of 50 working and 50 non-working married women randomly selected from Chandigarh. Their age ranged between 30 to 51 years. Their minimum education was graduation and above. They belong to middle and high socio-economic status. Psychological wellbeing scale by D.S Sisodia and Pooja Choudhary was used. Results indicated that there was found significant difference in the psychological wellbeing among women of different age group.*

Key-words: Working Married Women, Non-Working Married Women, Depression, Marital Adjustment

1. INTRODUCTION

Psychological wellbeing is when a person is mentally healthy and remains positive in his life. It is also known as mental well-being as it is considered a state of optimal mental health and functioning. It encompasses various aspects of an individual's psychological state of mind, including emotional, cognitive, and social well-being. It is not merely the absence of mental illness but is also characterized by positive emotions, healthy thoughts and behaviors, resilience, and a sense of fulfillment with a purpose in life.

It plays an important role in one's life as it fulfils it is a combination of feeling good and functioning effectively to achieve such a state in which one should start having positive outlook in life. It is also related to physical health of

a person. A happy person has a less chance of cardiovascular disease or any other complications in life. He is also socially active. Staying mentally healthy is more than treating or preventing mental illness (Tennant et al., 2007).

According to Diener and Smith (1990), Psychological wellbeing as a broad construct, encompassing four specific and distinct components including -

Pleasant or positive wellbeing, Unpleasant affect or psychological distress, Life satisfaction and Domain or situation satisfaction.

It is related to happiness, satisfaction, self-actualization, peace, and happiness with all elements of life. According to Warr (1978), psychological well-being is a concept that is felt by a person about his/her daily activities. He defined psychological wellbeing as a feeling that include negative and positive emotional state which is more than satisfaction. He also gave importance to positive mental indicator that includes certain characteristics such as growth and learning from new experiences and success in the search of value.

There are five major areas of psychological well-being, which cover the wholesome meaning.

- 1. Life Satisfaction:** It is when a person is in a state of being satisfied, his fulfilment of desire, his satisfaction and contentment, gratification containment in possessions and enjoyment; repose of mind resulting from compliance with its desires or demands.
- 2. Efficiency:** The comparison of what is actually produced or performed with what can be achieved with the same consumption of resources (money, time, labor, etc.).
- 3. Sociability:** The relative tendency or disposition to be sociable or associate with one's fellows.
- 4. Mental health:** Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder.
- 5. Interpersonal Relations:** An interpersonal relationship is an association between two or more people that may range from fleeting to enduring.

Psychological well-being does not require to feel good all the times. It is an experience of both happy and painful emotions. Those who are not able to manage these positive and negative emotions face problems in life. It is compromised when negative emotions which overcome person's ability to handle it and interfere with his or her daily life.

2. STATEMENT OF THE PROBLEM

The present research problem was titled as “Psychological Wellbeing of Working and Non-Working Women of Chandigarh”.

3. OBJECTIVES OF THE STUDY

The main objectives of the present study are as under:

1. To identify the status of psychological well-being of working and non-working women.
2. To study the psychological wellbeing among 30-40 and 41-51-years working women.
3. To study the psychological wellbeing among 30-40 and 41-51-years non-working women.
4. To study the psychological wellbeing among 30-40 years working and 30-40 years non-working women.
5. To study the psychological wellbeing among 41-51 years working and 41-51 years non-working women.
6. To study the psychological wellbeing among 30-40 years working and 41-51 years non-working women.
7. To study the psychological wellbeing among 30-40 years non-working and 41-51 years working women.

4. HYPOTHESIS

H1 There is significant difference in the psychological well-being among working and non-working women.

H2 There is significant difference in the psychological well-being among 30-40 years and 41 -51 years working women.

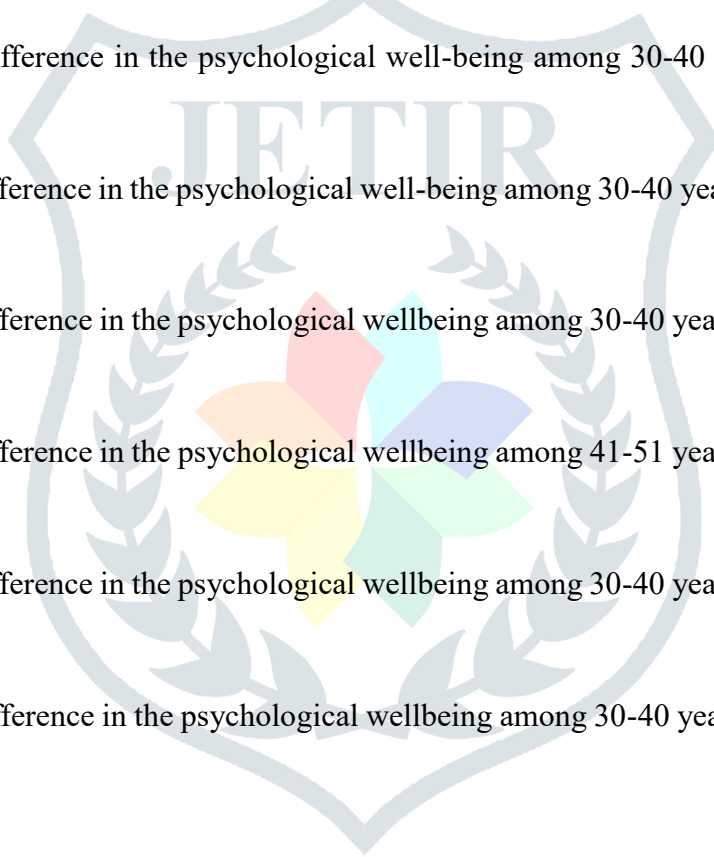
H3 There is significant difference in the psychological well-being among 30-40 years and 41-51 years non-working Women.

H4 There is significant difference in the psychological wellbeing among 30-40 years working and 30-40 years non-working women.

H5 There is significant difference in the psychological wellbeing among 41-51 years working and 41-51 years non-working women.

H6 There is significant difference in the psychological wellbeing among 30-40 years working and 41-51 years non-working women.

H7 There is significant difference in the psychological wellbeing among 30-40 years non-working and 41-51 years working women.



5. RESEARCH METHODOLOGY:

The study is descriptive survey type.

Variables:

Table No: 1

S. No	Name of the Variable	Nature of Variable	Level	Name of Level
1	Women	Independent Variable	2	Working and Non-Working Women
2	Age	Independent Variable	2	30-40 years and 41-51 years
3	Psychological Wellbeing	Dependent Variable	1	Score of Psychological wellbeing

Tools:

Psychological wellbeing scale by D.S Sisodia and Pooja Choudhary was used to collect data.

Statistical Techniques:

The following statistical techniques were used for the analysis of the data.

Mean, Standard Deviation and t-test

Population and Sample:

The present study was conducted on Working and Non-Working Married Women of Chandigarh. Total 100 were taken as sample for study out of which 50 were Working and 50 Non-Working Married Women. were taken as sample for the present study. Purposive random sampling technique was used.

Sample design:

Table No: 2

Age	Working Women A1	Non -Working Women A2	Total
B1	30-40 Years (25)	30-40 Years (25)	50
B2	41-51 years (25)	41-51 years (25)	50
Total	50	50	100

6. ANALYSIS AND INTERPRETATION OF DATA:

1. There is significant difference in the psychological well-being among working and non-working women.

Table No: 3

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.01 level	Significance
Women	Working	50	188.26	8.44	48	4.15	2.80*	Significant
	Non-working	50	177.88	15.48				

Significant at 0.01 level*

The table above shows that the value of Mean for working women is 188.26 whereas for non-working women turned out to be 177.88. This shows high level of psychological wellbeing for working and non-working women in Chandigarh. The S.D for working women is 8.44 whereas for non-working women is 15.48. The t-value is 4.15. The table also shows that there is difference in the psychological wellbeing of working and non-working women. It is seen that the working women living in Chandigarh were affected by several reasons due to work pressure along with the household responsibilities. This can be analyzed on the basis of the workload which both of them bear. Irrespective of their responsibilities they have they have to sacrifice their own self just for the sake of the family. Hence the hypothesis that there is significant difference in the psychological well-being among working and non-working women is accepted in the light of above evidences.

2. There is significant difference in the psychological well-being among 30-40 years and 41 -51 years working women.

Table No: 4

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.05 value	Significance
Working Women	30-40 years	25	188.32	10.51	23	0.05	2.06*	Not Significant
	41-51 years	25	188.2	5.90				

The table above shows that the value of Mean for 30-40 years working women is 188.32 whereas for 41-51 years working women turned out to be 188.2. This shows high level of psychological wellbeing for both age groups of working women in Chandigarh. The S.D for 30-40 years working women is 10.51 whereas for 41-51 years working women is 5.90. The t-value is 0.05. The table also shows that there is slight difference in the psychological wellbeing of both the age groups of working women. This shows that age group is not the criteria for a working woman of any age group as both has dual responsibilities of the workplace and household responsibilities. They are seen more energetic and are ready for any challenges faced at workplace and home. Hence the hypothesis that there is significant difference in the psychological well-being among 30-40 years and 41 -51 years working women is rejected in the light of above evidences.

3. There is significant difference in the psychological well-being among 30-40 years and 41-51 years non-working Women.

Table No: 5

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.01 level	Significance
Non-working women	30-40 years	25	187.4	7.74	23	5.49	2.80*	Significant
	41-51 years	25	168.36	15.51				

Significant at 0.01 level*

The table above shows that the value of Mean for 30-40 years non-working women is 187.4 whereas for 41-51 years non-working women turned out to be 168.36. This shows high level of psychological wellbeing for 30-40 years non-working women in Chandigarh. The S.D for 30-40 years non-working women is 7.74 whereas for 41-51 years non-working women is 15.51. The t-value is 5.49. The table also shows that there is difference in the psychological wellbeing of both the age groups of non-working women. This may be because non-working women get less opportunities for self-grooming, and spending time for themselves. This shows that age group is the factor responsible for the psychological wellbeing of a person. Hence the hypothesis that there is significant difference in the psychological well-being among 30-40 years and 41-51 years non-working women is accepted in the light of above evidences..

4. There is significant difference in the psychological wellbeing among 30-40 years working and 30-40 years non-working women.

Table No: 6

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.05 level	Significance
Working Women	30-40 years	25	188.32	10.51	23	0.35	2.06*	Not Significant
Non-working Women	30-40 years	25	187.4	7.74				

The table above shows that the value of Mean for 30-40 years working women is 188.32 whereas for 41-51 years non-working women turned out to be 187.4. This shows high level of psychological wellbeing for 30-40 years working and non-working women in Chandigarh. The S.D for 30-40 years working women is 10.51 whereas for 30-40 years non-working women is 7.74. The t-value is 0.35. The table also shows that there is slight difference in the psychological wellbeing of working and non-working women of different age groups. This shows that age group is not only the factor responsible for the psychological wellbeing of a person. Hence the hypothesis that there is significant difference in the psychological wellbeing among 30-40 years working and 30-40 years non-working women is rejected in the light of above evidences.

5. There is significant difference in the psychological wellbeing among 41-51 years working and 41-51 years non-working women.

Table No: 7

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.01 level	Significance
Working Women	41-51 years	25	188.2	5.90	23	5.98	2.80*	Significant
Non-working Women	41-51 years	25	168.36	15.51				

Significant at 0.01 level*

The table above shows that the value of Mean for 41-51 years working women is 188.2 whereas for 41-51 years non-working women turned out to be 168.36. This shows high level of psychological wellbeing for 41-51 years working women whereas low level of psychological wellbeing for 41-51 years non-working women. The S.D for 41-51 years working women is 5.90 whereas for 41-51 years non-working women is 15.51. The t-value is 5.98. The table also shows that there is a huge difference in the psychological wellbeing of both the age groups of working and non-working women of different age groups. This shows that age group and the atmosphere in which a person is spending her time is the factor responsible for the psychological wellbeing of a person. Hence the hypothesis that there is significant difference in the psychological wellbeing among 41-51 years working and 41-51 years non-working women is accepted in the light of above evidences.

6. There is significant difference in the psychological wellbeing among 30-40 years working and 41-51 years non-working women.

Table No: 8

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.01 level	Significance
Working Women	30-40 years	25	188.32	10.51	23	5.32	2.80*	Significant
Non-working Women	41-51 years	25	168.36	15.51				

Significant at 0.01 level*

The table above shows that the value of Mean for 30-40 years working women is 188.32 whereas for 41-51 years non-working women turned out to be 168.36. This shows high level of psychological wellbeing for 30-40 years working women and low level of psychological wellbeing for 41-51 years non-working women in Chandigarh. The S.D for 30-40 years working women is 10.51 whereas for 41-51 years non-working women is 15.51. The t-value is 5.32. The table also shows that there is difference in the psychological wellbeing of both the age groups of working and non-working women. This shows that age group and the atmosphere is the factor responsible for the psychological wellbeing of a person. Hence the hypothesis that there is significant difference in the psychological wellbeing among 30-40 years working and 41-51 years non-working women is accepted in the light of above evidences.

7. There is significant difference in the psychological wellbeing of 30-40 years non-working and 41-51 years working women.

Table No: 9

Variable	Group	N	Mean	SD	df	Obtained 't' value	Table value of 't' at 0.05 level	Significance
Non-working Women	30-40 years	25	187.4	7.74	23	-0.41	2.06*	Not Significant
Working Women	41-51 years	25	188.2	5.90				

The table above shows that the value of Mean for 30-40 years non-working women is 187.4 whereas for 41-51 years working women turned out to be 188.2. This shows high level of psychological wellbeing for 30-40 years non-working women and 41-51 years working women in Chandigarh. The S.D for 30-40 years non-working women is 7.74 whereas for 41-51 years working women is 5.90. The t-value is -0.41. The table also shows that there is difference in the psychological wellbeing of both the age groups of non-working and working women. This shows that age group is the factor responsible for the psychological wellbeing of a person. Hence the hypothesis that there is significant difference in the psychological wellbeing of 30-40 years non-working and 41-51 years working women is rejected in the light of above evidences.

7) CONCLUSION:

The above cited results enabled the researcher to conclude rationally that there was found significant difference in the psychological wellbeing among women of different age group. It is seen that the working women living in Chandigarh were affected by several reasons due to work pressure along with the household responsibilities thus, there was seen significant difference in the psychological well-being among working and non-working women. There was a slight difference in the psychological wellbeing of both the age groups of working women which shows that age group is not the criteria for a working woman of any age group as both has dual responsibilities of the workplace and household responsibilities and they are seen more energetic and are ready for any challenges faced at workplace and home. Hence, there is no significant difference in the psychological well-being among 30-40 years and 41 -51 years working women. In case of age group among 30-40 years and 41-51 years non-working women there is difference in the psychological wellbeing. This may be because non-working women get less opportunities for self-grooming, and spending time for themselves which shows that age group is the factor responsible for the psychological wellbeing of a person if she is non-working thus, there is significant difference in the psychological well-being among

30-40 years and 41-51 years non-working women. There is slight difference in the psychological wellbeing of working and non-working women of different age groups which shows that age group is not only the factor responsible for the psychological wellbeing of a person thus there is no significant difference in the psychological wellbeing among 30-40 years working and 30-40 years non-working women. There was seen a huge difference in the psychological wellbeing of both the age groups of working and non-working women of different age groups which shows that age group and the atmosphere in which a person is spending her time is the factor responsible for the psychological wellbeing of a person. Hence, there was seen a significant difference in the psychological wellbeing among 41-51 years working and 41-51 years non-working women. There is difference in the psychological wellbeing of both the age groups of working and non-working women which shows that age group and the atmosphere is the factor responsible for the psychological wellbeing of a person thus, there is significant difference in the psychological wellbeing among 30-40 years working and 41-51 years non-working women. There is difference in the psychological wellbeing of both the age groups of non-working and working women which shows that age group is the factor responsible for the psychological wellbeing of a person. This shows that there is a significant relationship in the psychological wellbeing of 30-40 years non-working and 41-51 years working women.

9) REFERENCES:

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