



Psychological wellbeing of women – A study with special reference to Karimnagar and Jagtial districts of Telangana State.

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Abstract: The Covid-19 pandemic has affected the well-being of women more than men. While some pandemic-related stressors affected all in general and many women in particular. The patterns of psychological well-being among women are different from those of men. This study aims at assessing the Psychological well-being of women of Karimnagar and Jagtial districts of Telangana State. The questionnaire to the sample of 103 respondents is supplied through google form using Convenient Sampling method. The questionnaire has three parts - Psychological well-being, Harmony in life and satisfaction with life. Psychological well-being is used to describe an individual's emotional health and overall functioning in their life. Harmony involves balance and flexibility in harmonizing different aspects within the world. Satisfaction with life can be defined as assessment of quality of life by comparing actual life with expected life. The study reveals that the women are moderately psychological well-being, moderately found harmony in life and moderately satisfied with life.

Keywords: Psychological well-being, harmony in life, satisfied with life

Introduction

It is found that a large number of researches are done keeping men are over represented as the subjects of studies and women are generally ignored. Right from the beginning, the Governments all over the world states that women are to be empowered socially, economically, educationally and politically so that they can take decisions on their own. It may be related to their mobility, economic independency, political participation, public speaking and exercising their rights. As a result of which this paper is planned to assess the psychological well-being of women of Karimnagar and Jagtial districts of Telangana State.

We have two broad categories of Women – Working & Non-Working or Home makers. Home makers are familiar figures to all of us but are almost forgotten group in research as a subject of research. The fact is that homemaker is not identified as an occupation in our culture. Thus, most of the researchers have almost neglected their job. Working Women who work outside the home is mostly taken as a subject of research. They are more likely to experience stress which deteriorate the degree of psychological well – being as they have to keep the balance between their work and non-work responsibilities. The other way is that the homemakers' job may or may not enhance the degree of their psychological well-being. They may or may not experience stress due to household chores.

Review of Literature

Dr. Lakhshmi choudhary and dr. Anis Ahmad in their research paper titled a study of psychological well-being among housewives and working women of Mithila region, North Bihar, India states that “that women who work

outside the home are required to make many social readjustments, then thereafter job can contribute to overall quality of life through nature's psycho-social make up and more satisfying experiences than those available to a traditional housewives leading to women empowerment”.

Florence Thibaut and Patricia J. M. van Wijngaarden-Cremers in their paper titled Women's Mental Health in the Time of Covid-19 Pandemic concluded that “research on the subject of mental health issues during the Covid-19 pandemic is still scarce, especially in women. We hope that this pandemic will help to recognize the major role of women at home and at the workplace”.

Marcela Almeida et al in their paper titled the impact of the COVID-19 pandemic on women's mental health concluded that “Women who are pregnant, postpartum, miscarrying, or experiencing intimate partner violence are at especially high risk for developing mental health problems during the pandemic. Proactive outreach to these groups of women and enhancement of social supports could lead to prevention, early detection, and prompt treatment. Social support is a key protective factor. Similarly, parenting may be substantially more stressful during a pandemic. Gender disparities may be accentuated, particularly for employed women or single parents, as women are disproportionately responsible for the bulk of domestic tasks, including childcare and eldercare”.

Savita Malhotra and Ruchita Shah in their paper titled Women and mental health in India: An overview concluded that “concerted efforts at social, political, economic, and legal levels can bring change in the lives of Indian women and contribute to the improvement of the mental health of these women”.

M. Pilar Matud et al in their paper entitled Gender and Psychological Well-Being stated that “ Adherence to traditional gender roles is relevant to the psychological well-being of women and men, and women and men whose self-concept includes both masculine-instrumental and feminine-expressive characteristics have greater well-being”.

Vandana Mishra and Dr. HGR Tripathi in their paper entitled A study of psychological well-being among rural and urban women stated that “ it was noted that although both the rural and urban women showed moderate level of well-being on psychological well-being scale. But it was the group of rural women who showed comparatively greater degree of well-being than the urban women”.

Dushad Ram and Akash Mathew in their paper titled Psychosocial burdens of women in India: A narrative review stated that “ in India, women are subjected to enormous psychosocial burdens. The bulk of the burden stems from a variety of factors, including societal value systems, culture, tradition, illiteracy, poverty, and so on. Psychosocial burden has an impact on overall mental health. This is an issue that needs to be addressed at all levels. Mental health professionals play a vital role in identifying the hidden psychological burden and taking it into account when dealing with mental health difficulties”.

Objective of the present study:

1. To understand the psychological well-being of women of Karimnagar & Jagtial.
2. To understand the dimensions of psychological well-being, harmony in life and satisfaction with life of the respondents
3. To understand the significant differences between working women and homemakers
4. To fill the void of knowledge in the concerned areas- Jagtial & Karimnagar especially from where the present study has been carried out.
5. To draw conclusions and offer suggestions.

Limitations of the Study

1. The data collected is from a small sample of 103 respondents from Karimnagar and Jagtial only. Hence, the results cannot be generalized.

2. The time period to collect the data was small from September to October.
3. The responses may be subjective.

Research Methodology

The data is collected using convenient sampling method. The sample size is 103. The data is analyzed using SPSS software.

Data Analysis and Interpretation

Demographic Analysis of the respondents

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15-20	12	11.7	11.7	11.7
	21-24	23	22.3	22.3	34.0
	25-29	21	20.4	20.4	54.4
	30-34	15	14.6	14.6	68.9
	35-39	19	18.4	18.4	87.4
	40-45	13	12.6	12.6	100.0
	Total	103	100.0	100.0	

Source: Questionnaire

It is observed from the above table that most of the respondents belong to the age group 21-24 years i.e. 22.3 percent followed by age group 25-29 years i.e. 20.4 percent, age 35-39 years i.e. 18.4 percent, age group 30-34 years i.e. 14.6 percent, age group 40-45 years i.e. 12.6 percent and age group 15-20 years i.e. 11.7 percent respectively. This shows that young women are more in number.

		Place			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Karimnagar	53	51.5	51.5	51.5
	Jagtial	50	48.5	48.5	100.0
	Total	103	100.0	100.0	

Source: Questionnaire

It is inferred that most of the respondents are from Karimnagar i.e.51.5 percent followed by Jagtial i.e. 48.5 percent. Karimnagar is most populous district than Jagtial district.

		Religion			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	HINDU	35	34.0	34.0	34.0
	MUSLIM	29	28.2	28.2	62.1
	SIKH	16	15.5	15.5	77.7
	CHRISTIAN	14	13.6	13.6	91.3
	Other	9	8.7	8.7	100.0
	Total	103	100.0	100.0	

Source: Questionnaire

It is observed that most of the respondents belong to Hindu religion i.e.34 percent followed by Muslims i.e. 28.2 percent, Sikh i.e. 15.5 percent, Christian i.e. 13.6 and other like Buddhist, Jain etc. i.e. 8.7 percent respectively. It can be concluded that Hindus are in majority in both the areas. Hinduism is the major religion

Place * Religion Crosstabulation

Count

		Religion					Total
		HINDU	MUSLIM	SIKH	CHRISTIAN	Other	
Place	Karimnagar	17	17	10	6	3	53
	Jagtial	18	12	6	8	6	50
Total		35	29	16	14	9	103

Source: Questionnaire

It is observed that most of the respondents are Hindus and Muslims in Karimnagar followed by Sikhs and Others. Whereas in Jagtial, most of them are Hindus followed by Muslims, Sikhs, Christians and others respectively.

Place * Age Crosstabulation

Count

		Age					Total	
		15-20	21-24	25-29	30-34	35-39		40-45
Place	Karimnagar	6	7	12	11	11	6	53
	Jagtial	6	16	9	4	8	7	50
Total		12	23	21	15	19	13	103

Source: Questionnaire

It is inferred that most of the respondents in Karimnagar belong to age group 25-29 whereas in Jagtial age group 21-24 are more in number. We have youngsters of age group 15-20 and oldies of age group 40-45 are equal but less in number in Karimnagar. We have women of age group 30-34 are less in number in Jagtial.

Marital Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	NEVER MARRIED	15	14.6	14.6	14.6
	CURRENTLY MARRIED	42	40.8	40.8	55.3
	SEPARATED/DIVORCED	30	29.1	29.1	84.5
	WIDOWED	16	15.5	15.5	100.0
	Total	103	100.0	100.0	

Source: Questionnaire

It is observed from the above table that most of the respondents are married i.e.40.8 percent followed by separated/divorced i.e.29.1 percent, widowed i.e.25.5 percent and lastly never married i.e. 14.6 percent.

Place * Marital Status Crosstabulation

Count

		Marital status				Total
		Never married	Currently married	Separated /divorced	Widowed	
Place	Karimnagar	10	21	14	8	53
	Jagtial	5	21	16	8	50
Total		15	42	30	16	103

Source: Questionnaire

It is observed that married women are more in number in Karimnagar and Jagtial. Widowed women are less in Karimnagar. Never Married women are less in Jagtial. This shows that married women are more in both areas.

Monthly Income

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LESS THAN 10,000	18	17.5	17.5	17.5
	10,000-20,000	48	46.6	46.6	64.1
	20,000-50,000	29	28.2	28.2	92.2
	50,000 & ABOVE	8	7.8	7.8	100.0
Total		103	100.0	100.0	

Source: Questionnaire

It can be concluded from the above table that most of the respondents are earning monthly income from 10000 to 20000 i.e.46.6 percent followed by 20000-50000 i.e.28.2, less than 10000 i.e. 17.5 percent and 50000 & above i.e.7.8 percent respectively.

Place * Monthly Income Crosstabulation

Count

		Monthly income				Total
		Less than 10,000	10,000-20,000	20,000-50,000	50,000 & above	
Place	Karimnagar	11	27	13	2	53
	Jagtial	7	21	16	6	50
Total		18	48	29	8	103

Source: Questionnaire

It is observed that most of the respondents from Karimnagar and Jagtial are earning monthly income from 10000 to 20000. Only 2 from Karimnagar are earning monthly income of 50000 & above. Only 7 from Jagtial are earning monthly income less than 10000. This shows that income generation in Karimnagar is more compared to Jagtial district.

		Level of Education		Valid Percent	Cumulative Percent
		Frequency	Percent		
Valid	CLASS 6-8	12	11.7	11.7	11.7
	CLASS 9-12	18	17.5	17.5	29.1
	GRADUATION	42	40.8	40.8	69.9
	POST GRADUATION & ABOVE	31	30.1	30.1	100.0
	Total	103	100.0	100.0	

Source: Questionnaire

It is concluded from the above table that most of the respondents are graduates i.e.40.8 percent followed by post graduates i.e.30.1 percent, class 9-12 i.e.17.5 percent and class 6-8 i.e.11.7 percent respectively. This shows that women are educated and are aiming for higher education.

Place * Level of Education Crosstabulation

Count

		Level of Education				Total
		Class 6-8	Class 9-12	Graduation	Post graduation & above	
Place	Karimnagar	6	12	20	15	53
	Jagtial	6	6	22	16	50
Total		12	18	42	31	103

Source: Questionnaire

It is concluded from the above table that most of the respondents are graduates followed by post graduates, class 9-12 and class 6-8 respectively in both the areas. This shows that women are educated and are aiming for higher education. Karimnagar seems to be having more number of educated people.

Work position

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	WORKING				
	NON WORKING/HOME MAKER	48	46.6	46.6	100.0
	Total	103	100.0	100.0	

Source: Questionnaire

It is observed from the above table that most of the respondents are working ie.53.4 percent followed by non-working/homemaker i.e. 46.6 percent. This shows that women are prefer to work rather than to be a homemaker.

Place * Work position Crosstabulation

Count

Place	Work position		Total
	Working	Non-working/home maker	
Karimnagar	31	22	53
Jagtial	24	26	50
Total	55	48	103

Source: Questionnaire

It is observed from the above table that most of the respondents are working in Karimnagar followed by non-working/homemaker whereas vice versa in Jagtial. This shows that women are prefer to work rather than to be a homemaker in Karimnagar whereas in Jagtial, women prefer to be a homemaker.

Summary of Responses to statements to assess Psychological Well-Being of the respondents

Statements	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people	19	40	14	16	14
In general, I feel I am in charge of the situation in which I live	14	27	16	30	16
I am not interested in activities that will expand my horizons	19	29	17	23	15
Most people see me as loving and affectionate	22	27	17	21	16
I live life one day at a time and don't really think about the future	19	29	18	21	16
When I look at the story of my life, I am pleased with how things have turned out	15	24	18	28	18
My decisions are not usually influenced by what everyone else is doing	16	40	20	14	13
The demands of everyday life often get me down	16	26	13	28	20
I think it is important to have new experiences that challenge how you think about yourself and the world	20	24	13	31	15
Maintaining close relationships has been difficult and frustrating for me	19	39	17	13	15
I have a sense of direction and purpose in life	11	23	13	38	18
In general, I feel confident and positive about myself	18	25	16	27	17
I tend to worry about what other people think of me	14	36	13	21	19
I do not fit very well with the people and the community around me	13	28	22	22	18
When I think about it, I haven't really improved much as a person over the years	21	26	28	14	14
I often feel lonely because I have few close friends with whom to share my concerns	18	13	12	20	14
My daily activities often seem trivial and unimportant to me	17	18	27	21	20

I feel like many of the people I know have gotten more out of life than I have	20	22	10	40	11
I tend to be influenced by people with strong opinions	17	37	16	20	13
I am quite good at managing the many responsibilities of my daily life	11	24	14	34	20
I have the sense that I have developed a lot as a person overtime	29	28	15	17	14
I enjoy personal and mutual conversations with family members or friends	23	31	28	11	10
I don't have a good sense of what it is I'm trying to accomplish in life	17	51	10	14	11
I like most aspects of my personality	20	18	21	19	25
I have confidence in my opinions, even if they are contrary to the general consensus	15	17	8	49	14
I often feel overwhelmed by my responsibilities	16	32	15	22	18
I do not enjoy being in new situations that require me to change my old familiar ways of doing things	4	28	16	36	19
People would describe me as a giving person, willing to share my time with others	38	35	13	6	11
I enjoy making plans for the future and working to make them a reality	26	24	25	17	11
In many ways, I feel disappointed about my achievements in life	6	35	15	25	22
It's difficult for me to voice my own opinions on controversial matters	25	29	23	14	12
I have difficulty arranging my life in a way that is satisfying to me	32	26	22	12	11
For me, life has been a continuous process of learning, changing, and growth	6	34	12	35	16
I have not experienced many warm and trusting relationships with others	26	20	29	15	13
Some people wander aimlessly through life, but I am not one of them	26	24	25	17	11
My attitude about myself is probably not as positive as most people feel about themselves	7	35	15	24	22
I judge myself by what I think is important, not by the values of what others think is important	26	29	23	14	11
I have been able to build a home and a lifestyle for myself that is much to my liking	10	36	14	27	16
I gave up trying to make big improvements or changes in my life a long time ago	35	38	10	7	13
I know that I can trust my friends, and they know they can trust me	25	24	32	12	11
I sometimes feel as if I've done all there is to do in life	21	45	8	17	12

When I compare myself to friends and acquaintances, it makes me feel good about who I am	12	13	22	27	29
Total	784	1209	735	919	654

Source: Questionnaire

It is observed that most of the respondents strongly disagree and disagree (when added) with the statements of psychological well-being.

Summary of Responses to statements to assess Harmony in life of the respondents

Statements	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
My lifestyle allows me to be in harmony	25	23	3	45	7
Most aspects of my life are in balance	23	28	20	12	20
I am in harmony	6	21	13	44	19
I accept the various conditions of my life	42	24	21	5	11
I fit in well with my surroundings	31	25	23	17	7
Total	127	121	80	123	64

Source: Questionnaire

It is observed that most of the respondents strongly disagree and disagree (when added) with the statements of harmony in life.

Summary of Responses to statements to assess Satisfaction with Life of the respondents

Statements	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
In most ways my life is close to my ideal	6	33	18	24	22
The conditions of my life are excellent	7	17	12	49	18
I am satisfied with my life	42	23	21	7	10
So far i have gotten the things i want in my life	30	25	21	20	7
If I could live my life over , I would change nothing	7	33	17	24	22
Total	92	131	89	124	79

Source: Questionnaire

It is observed that most of the respondents strongly disagree and disagree (when added) with the statements of satisfaction with life.

Descriptives

		Statistic	Std. Error	
PSW	Mean	2.8669	.02202	
	95% Confidence Interval for	Lower Bound	2.8232	
		Upper Bound	2.9105	
	5% Trimmed Mean	2.8630		
	Median	2.8333		
	Variance	.050		
	Std. Deviation	.22349		
	Minimum	2.45		
	Maximum	3.38		

	Range		.93	
	Interquartile Range		.33	
	Skewness		.221	.238
	Kurtosis		-.762	.472
Harmony	Mean		2.7592	.05303
	95% Confidence Interval for Mean	Lower Bound	2.6540	
		Upper Bound	2.8644	
	5% Trimmed Mean		2.7547	
	Median		2.8000	
	Variance		.290	
	Std. Deviation		.53823	
	Minimum		1.80	
	Maximum		3.80	
	Range		2.00	
	Interquartile Range		.80	
	Skewness		.375	.238
	Kurtosis		-.501	.472
	Satisfaction	Mean		2.9359
95% Confidence Interval for Mean		Lower Bound	2.8227	
		Upper Bound	3.0492	
5% Trimmed Mean			2.9417	
Median			3.0000	
Variance			.336	
Std. Deviation			.57953	
Minimum			1.00	
Maximum			4.00	
Range			3.00	
Interquartile Range			.80	
Skewness			-.236	.238
Kurtosis			.101	.472

Source: Questionnaire

To know whether the data is normally distributed, the above values are calculated with the help of SPSS. When we look into Skewness and Kurtosis, the values for Psychological Well-Being, Harmony in Life and Satisfaction with life (.221, .238 , -.762 , .472) , (.375 , .238, -.501, .472) and (-.236, .238, .101, .472) do not lie between -1.96 to +1.96, therefore the data is not normally distributed. Therefore, spearman correlation is calculated to know the relationship between psychological well-being, harmony and satisfaction of the respondents.

Correlations

			PSW	Harmony	Satisfaction
Spearman's rho	PSW	Correlation Coefficient	1.000	.006	-.203*
		Sig. (2-tailed)	.	.949	.040
		N	103	103	103
	Harmony	Correlation Coefficient	.006	1.000	.161

	Sig. (2-tailed)	.949	.	.103
	N	103	103	103
Satisfaction	Correlation Coefficient	-.203*	.161	1.000
	Sig. (2-tailed)	.040	.103	.
	N	103	103	103

*. Correlation is significant at the 0.05 level (2-tailed).

Source: Questionnaire

There is low/moderate correlation between psychological well-being and harmony in life as it is showing just 0.006 and also that there is low/moderate correlation between psychological well-being and satisfaction with life as it is showing negative 0.203 value.

Psychological Well Being

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Moderate Psychological Well Being	103	100.0	100.0	100.0

Source: Questionnaire

It is concluded from the above table that most of the women of both the areas- Karimnagar & Jagtial are psychologically well-being moderately.

Harmony in life

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Moderate Harmony in life	86	83.5	83.5	83.5
High Harmony in life	17	16.5	16.5	100.0
Total	103	100.0	100.0	

Source: Questionnaire

It is concluded from the above table that most of the women of both the areas- Karimnagar & Jagtial are found harmony in life moderately.

Satisfaction with life

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Poor Satisfaction with life	1	1.0	1.0	1.0
Moderate Satisfaction with life	71	68.9	68.9	69.9
High Satisfaction with life	31	30.1	30.1	100.0
Total	103	100.0	100.0	

Source: Questionnaire

It is concluded from the above table that most of the women of both the areas- Karimnagar & Jagtial are found satisfaction with life moderately.

Findings of the study

1. Most of the Women belong to the age group 21-24 years. Young women are more in number.

2. Most of the Women are from Karimnagar. Karimnagar is most populous district than Jagtial district.
3. Most of the Women belong to Hindu religion. Hinduism is the major religion.
4. Most of the Women in Karimnagar belong to age group 25-29 whereas in Jagtial age group 21-24 are more in number. Women of 21 to 29 i.e. Young women are more in both the places.
5. Married women are more in number in Karimnagar and Jagtial.
6. Most of the Women from Karimnagar and Jagtial are earning monthly income from 10000 to 20000. Women are earning but the income is less.
7. Most of the Women are graduates. Women are pursuing Education in both the places.
8. Most of the Women are working. Working women are increasing in both the areas.
9. Most of the women of both the areas- Karimnagar & Jagtial are psychologically well-being moderate.
10. Most of the women of both the areas- Karimnagar & Jagtial are found harmony in life moderate.
11. Most of the women of both the areas- Karimnagar & Jagtial are found harmony in life moderate.

Conclusion and Suggestions

Women should be psychologically fit to office chores or household chores or both. Women in both the areas- Karimnagar and Jagtial are having the feeling that the psychological well-being, harmony in life and satisfaction with their life is moderate only whether to workingwomen or non-working women. Hence, it is suggested that we should make such strategies that women whether working or homemakers feel that they are psychologically a well-being person. Family counseling or Family Therapy is needed by psychologist and other behavioral scientist. It can help them to improve troubled relationships if they have with their partner, children or other family members. It can help in addressing specific issues such as marital or financial problems, conflict between parents and children, or the impact of substance abuse or a mental illness on the entire family. It can also help in making congenial environment within the house and outside for the promotion of healthy and better standard of living. It is also suggested that men should contribute their full cooperation to them for overall life satisfaction.

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