

Mental wellness and life satisfaction among working women

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In the present study sample has been drawn from the working women both professional and non professional educational background and income levels from Raipur (Chhattisgarh) within the age range of 28-45 years. The sample was selected on random basis. It consisted of total 240 working women of both professionals (120) and of non professionals (120) educational background, different income group. To study these research problem 2x2 factorial designs was used. In this design working women of 2 categories professional and non professional Educational background, salary groups (2 income levels) were independent variables, Life satisfaction was dependent variable, so the proposed research design was 2x2 factorial designs. Pramod Kumar and Jayshree Dhyani, Life Satisfaction Scale (LSS) were used.

Keywords- *Mental wellness, Life satisfaction, Working Women*

Life satisfaction and health status are two distinct constructs, although mental and physical health constructs have higher potential to impact life satisfaction. Mental health stress was shown to have more of an impact on life satisfaction than physical health stress; however, both mental health and physical health are key determinants of life satisfaction.

Psychological distress is widely used as an indicator of the mental health of the population in public health and in population surveys. Psychological distress is viewed as an emotional condition that involves negative views of the self, others and the environment and is characterized by unpleasant subjective states such as feeling tense, worried, worthless and irritable as

per Barlow & Durand, (2005). Nagata et al., (1999) reported this gender difference in life satisfaction confirms previous research. Gender-specific relationships between health and quality of life have been linked to gender differences in disease and disability trajectories.

Women tend to live longer with illness and to experience more disability related diseases, compared to men who tend to fall ill with more life-threatening health conditions leading to shorter periods of impaired health (Gold et al., 2002).

Darling, Coccia & Senatore (2011) in the study on Women in Midlife: Stress, Health and Life Satisfaction stated that Midlife is filled with challenges and unique stressors for women, which necessitate a greater

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understanding of the factors that influence their life satisfaction. The results showed that women in midlife, who experienced more stressful life changes and had higher body mass index scores, slept fewer hours and had greater health stress, which resulted in lower life satisfaction. These results have implications for family health professionals and programmes that deal with family and health problems, including, sleep, weight and stress.

Membrive et. al. (2011) studied on Quality of life in perimenopausal women working in the health and educational system found Significant differences between working women's quality of life and some labor conditions. The perceived quality of life in perimenopausal women who work in Education is higher than that of those working in Health ($p=0.004$).

Women's income and household financial security

Choi (2001) studied relationship between life satisfaction and post retirement employment among older women. They concluded postretirement employment in itself does not contribute to older women's life satisfaction, but financial resources and especially the older women's concerns about their own financial situation are potent determinants of their life satisfaction.

The transition of women from the private to the public sphere has called into question the traditional model of the man as provider and the woman devoted to family matters, while at the same time allowing women to acquire a measure of financial independence and professional fulfillment. Paid work of women has also helped

maintain the purchasing power of households. Indeed, according to data from Statistics Canada (2000) (in Johnson, Lero and Rooney, 2001) between 1989 and 1998 the average after tax income of dual earner families with children increased by 6%, going from \$49,400 to \$52,100, while the average income of two-parent families with a single income decreased by 5% during the same period, going from \$37,900 in 1989 to \$31,000 in 1998. Thus, women's income has become a more important source of household financial security.

Objectives

The present research aims to study following objectives –

1. To study Life satisfaction among working women as a functions of their professional and non professional Educational background.
2. To study Life satisfaction among working women of two Income levels more than below 4 lakhs and 4 lakhs to below 8 lakhs (2 income levels).
3. To study the Interactive effects of professional and non professional Educational background and Income levels on Life satisfaction.

Hypotheses:

1. Life satisfaction among working women will be influenced by their professional and non professional Educational background and income levels.
2. Life satisfaction will be more among working women of professional educational areas as compared to non professional educational areas.
3. Life satisfaction among working women of higher income levels will be more as compared to the working women of lower income levels.

Psychological Tool:

Life satisfaction scale (LSS) by Kumar and Dhayani (1988) was used to assess life satisfaction of the subject's. The scale contains five dimensions i.e. mental, job, social, marital and family. The life satisfaction scale (LSS) in its form consists of 54 highly discriminating items, 45 positively and 9 items negatively worded. These items are in a 3- pointrating scale format. The life satisfaction scale was developed with a view to provide a handy tool for identify person having low satisfaction in life and who may require psycho-diagnostic help.

Sample:

The sample was selected by using random sampling procedure. It consists of 240 working women of both professionals (120) and non professionals (120) educational background of 2 income levels. 4 lakhs yearly – Low Income Group and 4 lakhs to below 8 lakhs yearly - Average Income Group.

Table-1
Distribution of the Sample in Table

Income Levels	Educational Background	
	Professional	Non-Professional
Low Income Group, below 4 lakhs	60	60
Average Income group 4 lakhs to below 8 lakhs	60	60
Total	120	120

Results Analysis and Interpretation:

The present study was conducted to find out differences between working women professionals vs. non-professionals educational background and its income levels on life satisfaction dimensions (Mental, Job, Social, Marital, and family). The statistical test of mean and SD was applied between these groups. Results are given below-

Table- 2

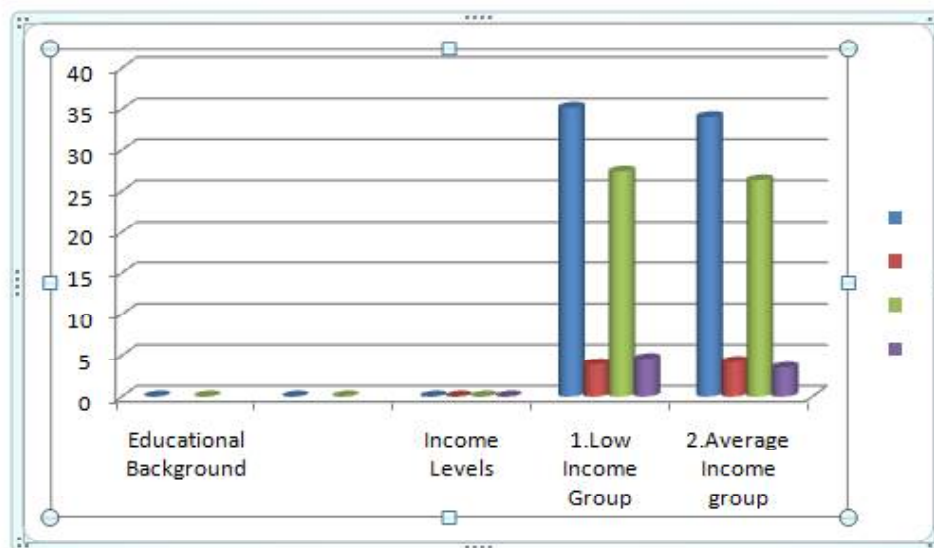
Educational Background	Professional Working Women		Non - Professional Working Women	
	Mean	SD	Mean	SD
1.Low Income Group	35.17	3.8-93	27.38	4.55
2.Average Income group	34.03	4.1-82	26.3	3.47

In the mental satisfaction dimension of working women of professional educational background of low income group mean score was found (35.17) and SD (3.893). In the same dimension, for working women of non-professional educational background of low income group mean score was found (27.38) and SD (4.55). In the mental satisfaction dimension of the mean score for working women of professional educational background of average Income group was found (34.03) and SD (4.182). In the same dimension, For working women of non- professional educational background of Average income group mean score was found (26.30) and SD (3.47).

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Figure -01

Mental Satisfaction Scores of Working Women of Professional & Non-Professional Educational Background and Two Groups of Income Levels Presented in Figure -01
 Mean of Mental Satisfaction dimension along with SD of two groups:-



On the basis of means score on dimension mental satisfaction, working women of low income group of professional educational background were higher (35.17) as compared to working women of low income group of non-professional educational background (27.38). On the basis of means score on dimension mental satisfaction working women of Average income group professional educational backgrounds were higher (34.03) as compared to working women of Average income group of non-professional educational background (26.30).

Figure -02

Comparison of Means on Mental Satisfaction Dimension of Working Women Working Women of Professional & Non-Professional Educational Background (Both) of Different Income Levels



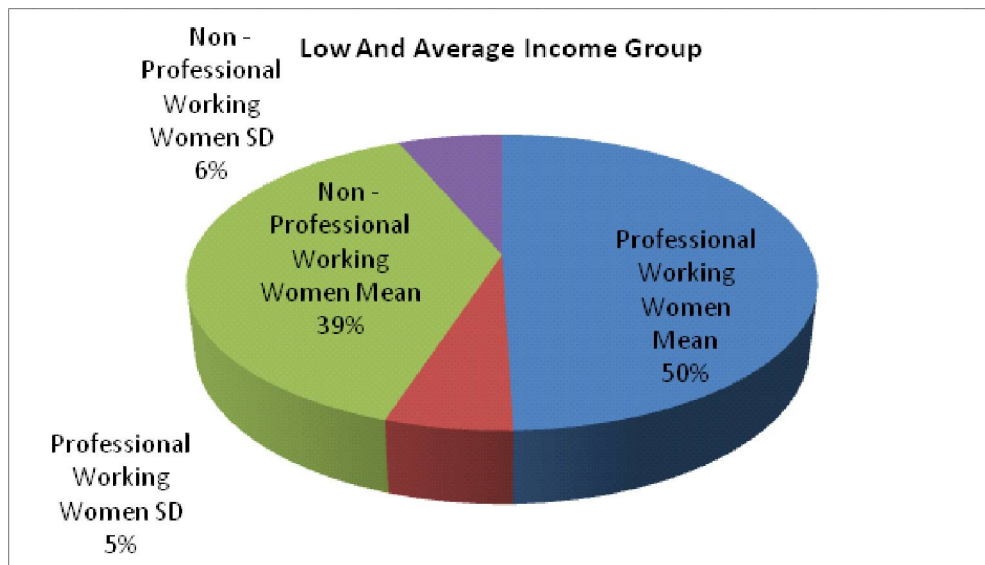
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Figure -02 shows that there is more difference in the mean scores of mental dimension of life satisfaction among working women at low income group professional educational background & non-professional educational background, comprising 35.17 and 27.38 mean scores respectively. It is observed that there is much

difference in mean score of mental dimension of life satisfaction among working women at average income group of professional educational background & non-professional educational background, comprising 34.03 and 26.30 mean scores respectively. It is

Pie Chart -1

Below show the pie chart of Mean and SD scores



Show the pie chart of Mean and SD score different between working women of professional & non-professional educational background and income levels.

Contribution of the Paper

The study focuses on professional and non-professional Working women of different income group (low-below four lakh and average-four to eight lakh) .The findings show that professional Working women of different income group have shown more satisfaction on mental

dimension because of her engagements with job in professional career a similar study can be done on go other dimension of life satisfaction.

The difference was seen in mental dimension of life satisfaction among working women of low and average income group of the professional and non professional streams having more satisfaction in mental dimension of life satisfaction. Mental wellness, income level and beter life satisfaction among working women.

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