

Comparative Study of Mental Health of Working and Non-Working Women

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Current research has been done to know the impact on mental health of working and non-working women. The total number of samples for this was 60 in which 30 working women and 30 non-working women in the age group of 25 to 45 years were taken. MHI (Mental Health Inventory) was used for data analysis by Dr. Mrs. Kamlesh Sharma for data collection. There is no significant difference between working and non-working women. The results showed that the mental health scores of working women and non-working women did not differ, with both having almost the same mental health.

Keywords : mental health, working women, non-working women.

Introduction

Indian women are slowly coming out of the traditional. Women are learning to play roles and enter male dominated areas. The role and status of women has changed in recent years. Their participation in education and workplace has also increased their socio-family roles. Women in India have more opportunities to grow.

Women in independent India are entering in increasing numbers in salaried remuneration and occupations. The numerical growth of women taking up employment in various capacities can be seen in the busy area of any major city in India, women from the lower strata of the society have always worked for wages in this country. There is a diversity of values in the women's group. Working women and non-working women have different values than other adult women. The social and community

environment in modern society is full of social and moral pollution. So there are many problems of working women in different sectors. "A working woman" means a woman who comes out of her home to take up a gainful employment. Their higher education and more and more women can be seen taking up jobs outside their homes. "A housewife" means a woman who is not engaged in any form of remuneration or honorary work. The best place for married women was considered to be their home. She is supposed to do household chores and take care of her husband and child. Mental health is an integral and primary component of health. It has been reported as an important factor influencing mental health. Various behaviors, activities, happiness and performance of the individual. Mental stress is an important cause of mental health health problems that arise due to various conditions. If the mental state is good, a woman

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can take various decisions. Mental health can be defined as the ability to make adequate social and emotional adjustments to the environment on the surface of reality. In other words it is the ability to face and accept realities. The WHO constitution states: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Singh (2006) conducted a descriptive survey method on the status of 'mental health assessment' and conducted research on middle-aged women in Varanasi city. The researcher concludes that mental health scores highlight that working women Stuck in a situation where they are finding it difficult to imitate.

Khodides (2013) found significant differences in mental health between working women and housewives. The mean mental health score of women and housewives was 68.25 for 40 working women and the SD was 9.25. Was . Similarly, for 40 housewives, their mean T-value for mental health was 2.34 and the level at 0.05 was significant. Hence the results suggest that mental health is better for housewives than for working women.

Dudratra and Jogsan (2012) found significant differences between working and non-working women in the basic area of mental health. The non-working woman got a higher average score of 73.92 as compared to the working woman 68.80. The mean difference is 5.12 and the standard working woman got 9.26 and the non working woman got 10.72. So we can say that non-working women have better mental health than working women. The t-value of mental health is 2.36. The calculated data clearly shows that there is a significant difference in mental health between working and non-working women. In simple words, it was concluded that

the mental health of working women is better than that of non-working women.

R.V Mankani and Gangav Yenagi (2011) "The results showed that there was no significant difference between the mental health dimensions of working and non-working women. Working women had better mental health than non-working women.

Objective

Main objective of the current study is to compare the mental health of working and non-working women.

Hypothesis

It was hypothesized in this study that there would be a significant difference in the level of mental health between working women and non-working women.

Tool

Mental Health Scale (MHQ) Manufactured and standardized by Dr Kamlesh Sharma, Dr BRA. Research Institute Indore was used to assess the mental health level of the subjects. The test consists of 60 items and is formulated in the form of positive and negative statements. The scale has 60 statements. Each statement has three alternative answers- "yes", "indefinite" and "no". The subject has to choose only one alternative answer. The plan to score it is 2 points for "yes" for positive statements, 1 point for "uncertain" and 0 points for "no", and 2 points for "no", with 1 point for negative statements. For this only reverse marking is to be adopted. for "indeterminate", and 0 points "Yes".

Sample

The present research assessed the 'mental health' of 30 working women and 30 non-working women in the middle age group of 25 to 45 years of urban area of Bhilai Raipur.

Result and Discussion:

Working Status	Mean	S.D.	t- value
Working Women	86.53	11.88	1.20
Non-Working Women	83.07	10.57	

Mental health can be defined as the ability to make adequate social and emotional adjustments to the environment on the ground of reality. In the present research, the 'mental health' of middle-aged working women and non-working women of 25 to 45 years of age group of urban area of Bhilai Raipur was assessed. The researcher concludes that the core area of mental health does not reveal significant differences between working and non-working women. The non-working woman scored an average score of 83.07. Working women got a higher average score of 86.53. And the standard score of working women is 11.88 and for non-working women is 10.50. So we can say that there is no significant difference between working and non-working women. The t-value of mental health is 1.20, which was not found significant ($P < 0.05$), falsifying our hypothesis that there would be differences in mental health between working and non-working. The calculated data clearly shows that there is no difference in mental health of working and non-working women. It is clear from this that whether women are working or non-working, the ability to adjust in their situation is found more in them, the data shows a healthy mindset in both. While it is well known that women's social roles influence their mental health, it is unclear whether the effects are beneficial or harmful. (MC Bride 1998)

A similar study was conducted by Raut and Cooper (1997) and the results showed that there were significant differences in mental health between working and non-working outcomes indicating that the mental health of non-working women was higher than that of working women. is better. This study was conducted by Khodidas (2013) "Comparative Study of Mental Health" Working women and housewives" Department of Psychology, Saurashtra University Rajkot, The aim of the study was to find out the mental health of working women and housewives, so 40 working women and 40 housewives were randomly selected from Surendranagar district for the total number. The Mental Health Analysis Questionnaire, developed by Badami and Badami, was used to measure the level of mental health of working women and housewives. The 't' test was used for statistical analysis of the data. The difference in the level of mental health of working women and housewives was significant at 0.05 level, so the null hypothesis was rejected and the result indicated that housewives had better mental health than working women. RV Mankani and Gangav NG found in their study that most working and non-working women had high self-efficacy. There was no significant difference found between working and non-working.

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