Mental Health and Life Satisfaction among Working and Non-Working Women

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Abstract

The present study is an attempt to examine mental health and life satisfaction among working and non-working women. The Participants was drawn from the population of women taking from Sangli city. Total participants consist of 100 (50working women and 50non-working women) the random sampling technique is used to select an unbiased representative sample of 100women. In the present study three variables are included. For the present study mental health inventory and satisfaction with life scale are used. Mental health and life satisfaction are the dependent variables and women are an independent variable. Two types are a women first is working women and second is non-working women are included. There is significant difference between working and non-working women on mental health. Working women level of mental health is higher than the non-working women. There is significant difference between working and non-working women on life satisfaction. Working women level of life satisfaction is higher than the non-working women.

Introduction:

Mental health is an also important as physical health. A positive mental health would be achieved by sharpening of perception of information arriving to the brain through all our special senses, better analytical faculty (IQ), and sharper memory and on the overall improvement in personality characteristics. Mental health is a term used to describe either a level of cognitive or emotional wellbeing or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience.

The WHO states that there is no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. According to Menninger (1945) "mental health is the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness". Hilgard (1957) argued a mentally healthy person is an adjusted person. This statement means that he is duly distressed by the conflicts he faces. He attacks his problems in a realistic manner, he accepts the inevitable, and he understands and accepts his own shortcomings. More recently many have recognized that mental health is more than the absence of mental illness. Even though many of us don't suffer from a diagnosable mental disorder, it is clear that some of us are mentally healthier than others. The study of the characteristics that make up mental health has been called "positive psychology."

The term life satisfaction, morale, and happiness are often used interchangeably to refer to well-being, yet there constructs are very much in meaning. Life Satisfaction refers to the overall cognitive judgmental aspects of subjective well being (Diener, 1984). George (1981) defined life satisfaction as a cognitive process by which an individual assesses his or her progress towards desired goals. George also defined happiness as "transitory moods of gaiety reflecting the affect that people feel toward their current state of life".

Life satisfaction concept goes beyond the living conditions approach, which tends to focus on the material resources available to individuals. There are three major characteristics are associated with life satisfaction.

Life satisfaction refers to individuals' life situations. The concept requires a micro perspective, where the conditions and perceptions of individuals play a key role. Macroscopic features relating to the economic and social situation of a society are important for putting the findings at individual level into their proper context, but they do not take center stage.Life satisfaction is a multi-dimensional concept. As noted above, the notion of quality of life and the consideration of several areas of life broaden the narrower focus on income and material conditions which prevails in other approaches. Multi-dimensionality not only requires the description of several life domains, but emphasizes the interplay between domains as this contributes to quality of life.

Review of Literature

ArunaJyothi (2016). In this studyexamine the Mental Health and Depression among working and non-working women at Tirupatitown. A sample of 80 women was taken out of which 40 were working women and 40 were non-working women. Thesample was administered Mental Health Inventory developed by Jagadish and Srivastava (1983) and Depression Scaleconstructed and standardized by Karim and Tiwari (1986) was used. The results revealed that there was a significantdifference in mental health and depression in working and non-working women.

Bhalerao*et al.* (2009).This researcher studied the mental health of rural female with age range of 11-26 years. Results revealed that 95.29 per cent of the rural females had medium level ofmental health followed by low level i.e. 4.70 per cent, none of them had belongs to high levelof mental health.

NishantAfroz and RanjanaMitra (2003). Find out where education and economics empowerment of women have helped them to attain their inherent potentiality and growth and whether there are any specific personality factors   that helped them in this direction. For this purpose POI and 16 PF were administered to 33 professional women aged 19-50 years selected from fields of medicine, academics and nursing findings indicate that out of 33 respondents only one was able to self-actualize, the remaining respondents were high on self-regards, subscale if POI self-regards is positively and significantly correlated with the personality traits of high intellectual ability. Soberness, conscientiousness as well as being venturesome, tough minded, shrewd, self sufficient and controlled.

ArjunKachave (2006). In this study result revealed the research that life satisfaction is high among workingwomen for their family. Mental health is associated with their life satisfaction. Career women are having economic independence and they are satisfied for their life.

Objectives

1. To study the mental health of working and non-working women.
2. To study the life satisfaction of working and non-working women.

Hypotheses

1. There will be significant difference between working and non-working women on Mental Health.
2. There will be significant difference between working and non-working women onlife satisfaction.

Participants:

For this research work a random sampling technique is used. The sample will be consisting of total 100 subjects including two groups i.e. 50 working and 50 non-working women's. The educational status and nativity of the subjects will be controlled to a certain extent i.e., educational status 12 + (School education), age range between 25-55, and all women of urban population.

Variables

In the present study three variables are included. Mental health and life satisfaction are the dependent variables and women are an independent variable. Two types are a women first is working women and second is non-working women are included.

Research Design

Present study is comparative study. For this study descriptive statistics is used. Purposes of comparisons in two group independent sample t test statistical techniques are used.

Psychological Devisees:

The following psychological devisees will be used in the present research work.

Mental Health Inventory:

This inventory developed by Dr. Jagdish and Dr. A.K. Srivastava. The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was .73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire.

Satisfaction with Life Scale (SWLS)

The Satisfaction with Life Scale for children (SWLS) is a measure of life satisfaction developed by Ed Diener and colleagues (Diener, Emmons, Larsen, & Griffin, 1985). Life satisfaction is one factor in the more general construct of subjective well-being. The SWLS-C is a short, 5-item instrument designed to measure global cognitive judgments of one's lives. The scale usually requires only about one minute of respondent time. The scale is not copyrighted, and can be used without charge and without permission by all professionals (researchers and practitioners). The scale takes about one minute to complete, and is in the public domain. The SWLS is to have favorable psychometric

properties, including high temporal reliability. Scores on the SWLS correlate moderately too highly with other measures of subjective well-being, and correlate predictably with specific personality characteristics. It is noted that SWLS is suited for use with different age groups and other potential uses of the scale are discussed. For the current study, Hindi version of the scale was used. The responses are given a score between 1 to 5 as follows:-

Item	Totally Agree	Agree	Can't Say	Disagree	Totally Agree
Positive	5	4	3	2	1
Negative	1	2	3	4	5

The SWLS does not measure satisfaction with specific domains of life (e.g., family, employment, and income). Combining domain-specific ratings to attain a global indication of life satisfaction has been criticized for assuming that individuals place equal value on all life areas. Summing or other weightings imposed by the instrument lose the subjective valence of the domains.The test-retest reliability is 0.82 and the criterion validity is 0.50.

Statisticalanalysis

Purpose of present study data collection done by the help of psychological test mental health inventory and life satisfaction scale. After data collection all test are prepared for scoring and tabulation. Master chart are prepared and for statistical analysis SSPS software 20 version used.

Table no. 1
Mean SD and t value for women onMental health

Variable		N	Mean	SD	' t '	Sign.
Gender	Male	50	128.82	23.98	2.54	0.01
	Female	50	116.42	24.77		

Figure No. 1
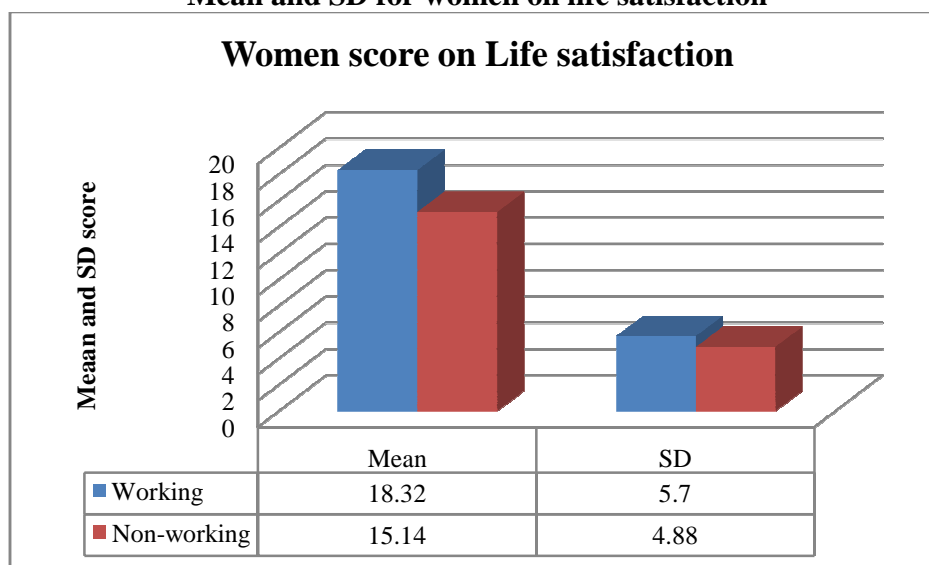**Mean and SD for women on mental health**
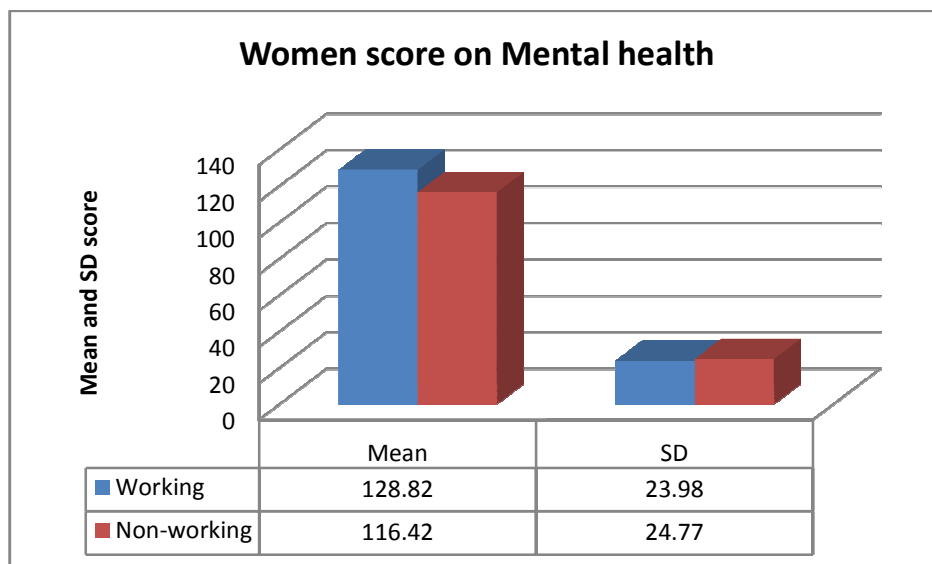
Above table no.1 and figure no. 1 shows that the mean difference of mental health between working and non-working women. Women are an independent variable. There are two types first areworking and second is non-workingyouth. Working and non-working women mean score on mental health respectively (M = 128.82) and (M = 116.42) and SD score of working and non-working women on mental health respectively (SD = 23.98) and (SD= 24.77). Mean difference of mental health between working and non-working woment value is t = 2.54 for df 98.This t value is significant at the 0.01 level of the confidence. That's mean working and non-working women differ from each other on mental health. Hypothesis no. 1, "there will be significant difference between working and non-working women on mental health" is accepted. According to mean score and manual of mental health inventoryworking women level of mental health is higher than the non-working women.

Table no. 2
Mean SD and t value for women on life satisfaction

Variable		N	Mean	SD	' t '	Sign.
Gender	Male	50	18.32	5.70	2.99	0.01
	Female	50	15.14	4.88		

Figure No. 2
Mean and SD for women on life satisfaction

Above table no.2 and figure no. 2 shows that the mean difference of life satisfaction between working and non-working women. Women are an independent variable. There are two types first are working and second is non-working. Working and non-working women mean score on life satisfaction respectively (M = 18.32) and (M = 15.14) and SD score of working and non-working women on mental health respectively (SD = 5.70) and (SD= 4.88). Mean difference of life satisfaction between working and non-working women t value is t = 2.99 for df 98.This t value is significant at the 0.01 level of the confidence. That's mean working and non-working women differ from each other on life satisfaction. Hypothesis no. 2, "there will be significant difference between working and non-working women on life satisfaction" is accepted. According to mean score and manual of Satisfaction with life scaleworking women level of life satisfaction is higher than the non-working women.

Conclusion:

There is significant difference betweenworking and non-working women on mental health. Working women level of mental health is higher than the non-working women.There is significant difference between working and non-working women on life satisfaction. Working women level of life satisfaction is higher than the non-working women.

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