



A comparative study of psychological well-being between working and non-working mothers

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ABSTRACT

Nowadays, world is equally ruled by men as well as women in almost all aspects. Working mothers are more effective in managing both work and family. Psychological well-being of working mothers has gained a significant amount of interest among researchers. The following study aimed at digging out the difference between working mothers and non working mothers on Psychological Well-being. The total sample for this research was 40 women comprising of 20 working and 20 non working women who are mothers. The age range of the participants was 35 to 55 yrs. For assessment, Ryff's Psychological Well-Being scale was used. The obtained scores were analyzed by One Independent t-Test on SPSS software. As a result, it was found the hypothesis, working mothers will be high on psychological well-being as compared to non working mothers, is rejected.

Keywords: Psychological Well-Being, Working Mothers, Non-Working Mothers

1. INTRODUCTION

From ancient times, in many cultures, it has been seen that men undertake financial responsibilities of a family, while women as a role of housewife take care of their children and family at home, despite of their educational qualifications. But, in today's world, men and women, both are contributing best at their work sector. Women are equally supporting financial needs as well as health and social life of their family and in fact, they proved themselves as the best at their workplace in different areas.

Women achieved more decision-making powers in the family through education and employment, but at the same time, researchers suggested that the work stress affects the mental well-being of working women compared to non-working women. Mothers are the chief member of every family whether they are working or non-working. It is important that their emotional health, happiness and overall functioning is effective and productive to them as well as for the family. Many researchers show the interest and study about the psychological well-being of working women and how it effect them in their life. In the present research, the psychological well-being of working and non-working mothers is being analyzed and the comparison between them is studied.

"The best judge of whether or not a country is going to develop is how it treats its women. If it's educating its girls, if women have equal rights, that country is going to move forward. But if women are oppressed and abused and illiterate, then they're going to fall behind." (BARACK OBAMA, Ladies' Home Journal, Sep. 2008)

1.1 Psychological Well-Being

Generally, Psychological Well Being refers to the positive mental states like happiness or satisfaction. The study of a Well-being of a person has gained a considerable focus of many researchers and it is a strong area of interest in development of any country. The notion of Psychological Well-Being can be stated as an individual feeling good as well as optimal psychological functioning of an individual. An American psychologist Carol Ryff developed a Six-Factor Model of Psychological Well-Being contributing to individual's psychological well-being and happiness. According to Ryff, Psychological Well-being consist of positive relationships with others, personal mastery, autonomy, a feeling of purpose, personal growth and meaning of life.

1.2 Objectives

The fundamental objective of this research is to study the comparison of Psychological Well-Being between working and non-working mothers.

2. LITERATURE REVIEW

"Psychological Well-Being and Work-Life Balance of Working Women: A co-relational study", Shefali Singh, Dr Kavita Koradia, *International Journal of Scientific & Engineering Research*, Volume 8, Issue-12, Dec-2017. This paper presents the research carried

out on 200 working women of age 25-45 years in Pune City. The results of the study revealed that women working with banks and schools were psychologically more stable and so their overall Work-life balance was high as compared to those who work with colleges and IT companies.

“Physiological and Psychological Stressors among Working and Non-Working Women”, Harshpinder Aujla, Paramjit Aujla, *Journal of Human Ecology*, 20:2,121-123. This research was performed on 75 working and 75 non-working women in Ludhiana City. The results of this study indicated that working women were more stressed as compared to non-working women.

“Marital Adjustment and Subjective Well-Being in Indian-Educated Housewives and Working Women.”, S.S. Nathawat, Asha Mathur, *The Journal of Psychology: Interdisciplinary and Applied*, 127:3, 353-358. This research compared marital adjustment and subjective well-being in Indian educated housewives (N = 200) and working women (N= 200). The results of this study concluded significantly better marital adjustment and subjective well-being for the working women than for the housewives.

“Working and Non-Working mothers: a comparative study”, Usha Rout, Cary L. Cooper, Helen Kerslake, *Women in Management Review*, Vol-12, 1997. For this research, 200 questionnaires were distributed and 101 were returned out of which 78 percent were working mothers and 22 were non-working mothers. The findings of this study indicate that working women had better mental health and reported less depression than non-working women.

“Comparison of Mental Health Status of Employed and Non-employed mothers with Preschool children”, C.K. Revilock, *Occupational Health Nursing*, April-1982. The present study was conducted on 87 white married women: 27 employed women with children, 30 non employed women with children, and 30 employed women without children. The study evaluated that there was a little difference in psychological well-being scores of employed and non-employed mothers. The scores of comparison groups were similar.

3. HYPOTHESIS

Alternate Hypothesis - Working mothers will be high on psychological well-being as compared to non-working mothers.

Null Hypothesis - There will be no significant difference in psychological well-being between working and non-working mothers.

4. METHODOLOGY

4.1 Sample

The present comparative study was conducted on women who are mothers and dwelling in Pune. The population for this study comprised of 40 women consisting of 20 working and 20 non-working mothers. Snowball sampling Technique was used as a sampling method for collection of data. The age range of entire sample was 35 to 55 years.

4.2 Assessment Tools

In present study, Psychological Well-Being (PWB) scale-42 item version by Ryff has been used to assess the measures of psychological well-being. The scale was developed by Prof. Carol D. Ryff in 1989. It is a 6 point scale ranging from 6 (Strongly Agree) to 1 (Strongly Disagree). In the final scoring procedure, scoring for the responses to negatively scored items is reversed. Ryff’s scale of Psychological Well-Being was designed to measure six aspects of psychological well being, which are as follows :

- 1) Self-acceptance - A positive attitude toward oneself and one’s past life.
- 2) Positive relations with others - High quality, satisfying relationships with others.
- 3) Autonomy - A sense of self-determination, independence, and freedom from norms
- 4) Environmental mastery - The ability to manage life and one’s surroundings.
- 5) Purpose in life - Having life goals and a belief that one’s life is meaningful
- 6) Personal Growth - Being open to new experiences as well as having continued personal growth

4.3 Procedure

The PWB scale questionnaire was shared with the participants by contacting them at their home and offices, and asked them to fill the questionnaire. Some of the participants who were not approachable were mailed the scale and asked them to fill and mail it back.

4.4 Results and Analysis

At the time of scoring of the data collected, the statistical analysis of test scores was done on SPSS software. SPSS abbreviates to “Statistical Package for the Social Sciences”. On SPSS, test scores of two different groups were analyzed by One Independent T-test.

Table 1: Group Statistics

Type of woman	N	Mean	Std. Deviation	Std. Error mean
Working	20	187.20	31.039	6.941
Non-Working	20	179.80	22.696	5.075

The mean value for working group was calculated as 187.20 and for non-working group was calculated as 179.80. As the mean of working group was calculated higher as compared to non-working group, it suggests that the hypothesis is in correct direction.

Table 2: Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means	
	F	Sig.	t	df
Equal Variances assumed	0.040	0.842	0.861	38
Equal variances not assumed			0.861	34.800

Table 3: Independent Samples Test

	t-test for Equality of Means				
	Sig.(2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval Lower	95% Confidence Interval Upper
Equal Variances assumed	0.395	7.400	8.598	-10.006	24.806
Equal variances not assumed	0.395	7.400	8.598	-10.059	24.859

As per results by Independent Samples Test, the values are not significant at 0.05 or 0.01 level. Hence, the hypothesis that Working mothers will be high on psychological well-being as compared to non-working mothers is rejected.

The causes due to which hypothesis can be rejected are as follows:

- The sample size taken for the research was 40 which might be inadequate for accurate research. Limited samples were selected due to time constraint and hence randomized sampling was not possible.
- Due to lack of consideration of significant control variables such as working hours, type of work, working environment, etc.

There can be outliers in the sample that may affect the accuracy of research. For example, the mean calculated for working group was 187.20 and there is test score of value 91 in this group which is affecting the accuracy of results. This can act as an outlier.

5. CONCLUSION

This research was initially conducted to test the hypothesis that Working mothers will be high on psychological well-being as compared to non-working mothers and results suggest that hypothesis is in correct direction but as per statistical analysis of test scores, the values are not significant at 0.05 or 0.01 level. This concludes that the hypothesis, Working mothers will be high on psychological well-being as compared to non working mothers, is rejected.

6. REFERENCES

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