

Mental Health of Married Working and Non-Working Women

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ABSTRACT

Much research has been done in this field since mental health issues are becoming more common among working women in the 21st century and have wide-ranging repercussions on people as well as society. The capacity for adaptation has grown in importance for working women and is a significant worldwide issue. It's still not quite clear. The purpose of the current study was to compare the Mental Health of working and non-working women. This was a quantitative study with a cross-sectional design. There were one hundred married working women and one hundred married non-working women in the neighborhood. They were all between the ages of twenty-five and forty-five, and they came from Patna. The Mental Health Inventory was used to collect data. The results showed that there were notable significant differences in the Mental Health Inventory ratings scores between working and non-working women. The current study concluded that a woman's employment and mental health were strongly correlated.

Keywords: Women, Working Women, Non-Working Women, Employment, Mental health

Introduction:

The term "working women" describes women who work outside the home for pay and receive rewards for their education from jobs in the public or private sectors of the economy. Some professional women have notable positions across various industries, suggesting that they have had to juggle being a wife and a mother. A married woman who pursues a job or employment outside of her marriage to support herself financially and/or professionally is referred to as a married working woman. Working-class married women face a range of challenges from their families and at work. Unemployed women face many challenges from both within and outside of their families, which can be extremely depressing.

Women are usually well-organized family caregivers, taking on the duties of attending to the needs of their spouse or partner, aging parents, and children, according to Dudhatra, R. R., & Jogsan, Y. A. (2012). In reality, women now have a range of responsibilities since the concept of a woman has changed over time to reflect prevailing ideologies.

Women today enjoy the same opportunities as males, but there are still a lot of problems that need to be fixed. Work and life balance concerns affect both men and women, but women are still disproportionately affected (Allan, 2011).

In a multicultural nation like India, women's standing is ever-changing. In Indian society, the working woman's role is not well defined. As such, it's unclear what their present positions and functions are. This circumstance leads to a conflict of roles (Desai et al., 2011). Therefore, understanding the adjustment components may be essential to understanding working women's subjective well-being.

Review of Literature

Using a stratified random sample technique, the mental health of working women was evaluated in a study conducted by Garima & Kiran (2014) in Lucknow on women employed by various institutions. Ninety working women were chosen from a variety of industries. In the current study, a self-made mental health evaluation questionnaire was utilized. Studies

have shown that working women's mental health is significantly impacted by their marital status. Married working women with several responsibilities may have poorer mental health due to the complex stressors they confront.

In the Dharwad district of Karnataka state, 90 working and 90 non-working women from rural and urban areas were chosen, and an assessment of their mental health status was made. The socioeconomic status scale by Aggrawal et al. (2005) and the mental health inventory by Jagdish and Srivastav (1983) were used to evaluate the socioeconomic status and mental health of the chosen respondents or sample. The findings showed that there was no meaningful correlation between the working and non-working women's mental health characteristics. When compared to women who are not employed, the working women exhibited superior mental health. (Mankani & Yenagi, 2013).

Most working women have additional responsibilities to their families in addition to their homes. This therefore affects her mental and physical health. According to Parikh, Lam, and the CANMAT Depression Work Group (2006), women are twice as likely as men to suffer from anxiety and depression, two mental health-related disorders. Extended periods of untreated mental illness in married women can have fatal consequences for both the spouse and the kid, causing needless stress on relationships and family dynamics. According to Goodman (2004), males whose spouses had PPD, for instance, reported depression rates ranging from 24% to 50%.

Dudhatra, R. R., & Jogsan, Y. A. (2012) concentrated on the anxiety and psycho-physical issues that both working and non-working women faced. Anxiety and psychophysical anxiety levels were shown to differ significantly between married people who work and those who do not. A study was done by Maqbool, M., Shrivastava, N., & Pandey, M. (2014) on the mental health of housewives and working women using a sample of 100 women—50 housewives and 50 working women—who were chosen at random from the Baramulla area of the state of Jammu and Kashmir. Mental Health Questionnaire (M.H.Q.), which was the study tool used to evaluate

the mental health of housewives and working women. The difference in the mental health levels of housewives and working women was significant. The outcome indicates that housewives have better mental health than working women.

Materials and Methods:

This was a quantitative study with a cross-sectional design. Through the use of questionnaires, information was acquired. The independent variable in this study was employment. The dependent variable is the mental health of the married working lady. For the current study, 200 married women, aged between 25 and 45, who lived in different Patna town regions were included in an accidental cum purposive sample: 100 married working women and 100 married non-working women.

Research on married working women's engagement with mental health in the context of Bihar State, India, is non-existent. Thus, an evaluation of the adjustment skills that plague working women is necessary to gain a fuller knowledge of the dynamics at play in the workplace as they relate to women. Keeping these factors in mind, the following goals guided the conduct of the current study:

Aim: The purpose of this study is to investigate the relationship between married working women's mental health and their employment.

Tools: The following tools were employed in the present study:

Socio-demographic and Personal Data Sheet:

The researcher specifically designed this semi-structured Proforma for this study. Data on sociodemographic elements like age, years married, education, domicile, religion, type of work, type of family, and monthly family income are included. Differential Personality Scale (Singh, et.al.2002) Differential personality inventory is a heterogeneous measure of personality that measures ten dimensions of personality. These dimensions are Decisiveness, Emotional stability, Masculinity, Friendliness, Heterosexuality, ego strength, Curiosity, and Dominance. This test was used in this study to find out the personality of adolescents.

Procedure

Those who were found suitable according to the inclusion and exclusion criteria were consequently selected for Group 1 (100 married working women) and Group 2 (100 married non-working women). After that information about socio-demographic variables was collected in an individual setting and psychological variables were measured using selected psychological tests. The two groups were then compared on marital adjustment score and Bell adjustment score and statistically analyzed.

Statistical analysis

The Statistical Package for Social Sciences-20 (SPSS-20) was used to assist with the statistical analysis. The chi-square test and the t-test, respectively, were used to examine group differences between Group 1 and Group 2 on certain sociodemographic and psychological factors.

Results:

The majority of the sociodemographic variables, such as age, total years married, education level, place of residence, religious belief, and family structure, showed statistically significant differences between the two groups, according to the results. However, there were statistically significant differences in the socioeconomic status variables. The study revealed that there was no significant difference in the age variable ($t=1.57, p>.05$), degree of education ($t=1.42, p>.05$), or total year of marriage ($t=.17, p>.05$). Between the two groups, there were no discernible differences in terms of place of residence ($\chi^2 = 0.24, P>0.05$), religious belief ($\chi^2 = 0.20, P>0.05$), or family type ($\chi^2 = .18, P>0.05$). The socioeconomic status difference was determined to be statistically significant ($\chi^2=.04, P<0.05$).

To find the differences between married working women (group 1) and married non-working women (group 2), a t-test was employed. The following result indicates the group differences on the Mental Health Inventory.

Table 1:
Comparison of differential personality scale between Group 1 (Married Working Women) and Group 2 (Married Non-Working Women).

Areas of assessment		Group 1 (Mean \pm SD)	Group 2 (Mean \pm SD)	t value	P
DIFFERENTIAL PERSONALITY SCALE	Decisiveness	9.20 \pm 2.27	9.06 \pm 2.17	.629	.530
	Responsibility	9.42 \pm 2.16	9.34 \pm 1.90	.392	.695
	Emotional stability	8.17 \pm 2.45	9.48 \pm 1.65	6.253	.000
	Masculinity	8.57 \pm 2.49	8.41 \pm 1.99	.709	.479
	Friendliness	8.45 \pm 1.99	8.78 \pm 1.74	1.761	.079
	Hetero sexuality	7.19 \pm 1.97	7.65 \pm 2.36	2.090	.037
	Ego strength	7.84 \pm 2.21	7.02 \pm 2.41	3.534	.000
	Curiosity	8.17 \pm 1.64	9.05 \pm 1.95	4.871	.000
	Dominance	8.59 \pm 2.11	8.24 \pm 1.75	1.826	.069
	Total	77.03\pm11.83	77.05\pm7.45	.020	.984

Discussion of Results

To see whether both the groups were similar in terms of socio-demographic details or not, both the groups were tested through the chi-square test and t-test. Results indicated that both the groups did not differ significantly on most of the socio-demographic variables i.e., domicile, religion, and type of family. To see the difference in psychological variables between the groups t-test was used.

Employment and its relation to Mental health

There were significant differences were found in Emotional stability ($t = 6.253, p < .001$), Hetero sexuality ($t = 2.090, p < .05$), Ego strength ($t = 3.534, p < .001$), and Curiosity ($t = 4.871, p < .001$) and no significant differences were found Decisiveness ($t = .629, p > .05$), Responsibility ($t = .392, p > .05$), Masculinity ($t = .709, p > .05$), Friendliness ($t = 1.761, p > .05$), and Dominance ($t = 1.761, p > .05$) between Group 1 (Married Working Women) and Group 2 (Married Non-Working Women) on different variables of Differential Personality Scale.

Similar results appeared in a study by Mankani & Yenagi, 2013 reported that working women's and non-working women's mental health are significantly different on many variables such as emotional stability and ego strength.

The present study findings supported also a study conducted by Maqbool, M., Shrivastava, N., & Pandey, M. (2014)

Similar findings were observed in a study conducted by Garima & Kiran (2014) who reported that Married working women had to face a lot of problems like difficulty in their work, taking care of things at home, loss of interest in things, feeling emotionally numb, avoid talking about a stressful situation and feeling cut off from others.

Conclusion:

This study concluded that employability has a major impact on working women's mental health. According to this study, married working women's jobs can have an impact on their mental health.

Clinical Implications:

The findings and observations from this study will contribute to our understanding of married women's mental health, both when they are employed and when they are not.

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