

Study of satisfaction of life among working and non-working women

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Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. The present study was conducted to measure the life satisfaction among working and non working women. A sample of 300 women (150 working & 150 Non working) was drawn randomly from the population of eastern Uttar Pradesh and Chhattisgarh. Life Satisfaction Scale developed by Sharma and Mishra (2018) was used for data collection. Mean, SD, and F ratio was computed for the statistical analysis of the data. Findings indicate that there was significant difference between working and non working women. Working women have higher life satisfaction in compare to non working women.

Keywords: satisfaction of life, working women, non-working women

Life satisfaction is the ultimate goal that we as human beings are striving to achieve our entire lives. The label satisfaction is a concept that can mean many different things to different individuals. Webster's dictionary defines satisfaction as the fulfillment of a need or want. Life satisfaction is one of the oldest and most persistently investigated issues in the study of women. Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect, and negative affect (Diener, 1984). People will feel more satisfied when they perceive that their standards of fulfillment have been met and less satisfied when they have not been met (Diener et al., 2000). Life satisfaction is often considered a desirable goal, where correct actions lead individual to the well-being (Myers, 1992). For some, satisfaction with life is defined as future hope, whereas future hope is one of the consequences of satisfaction or dissatisfaction with life, such that when a person is completely satisfied with their life, they become more hopeful about the future. As a whole, satisfaction with life is the feeling of prosperity because the individual finds meaning and satisfaction in life, from the past to the present with hope of a desirable life in the future. Yang (2006) has reported a meaningful relation between the rate of an individual's combativeness and decreased satisfaction with life. Satisfaction with life is one of the efficient factors of human promotion and evolution. Life satisfaction is the way a person perceives how his or her life has been and how they feel about where it is going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. This issue is particularly important amongst women.

Women in India have come a long way after independence. From just a skilled homemaker, women today have acquired skills and capabilities of not just being a homemaker but being at par with their

male counterparts. This is the new generation of women, who wants to pursue their dream career. But this life is not a bed of roses for all. While there is little consensus among psychologists about the exact definition of stress, it is agreed that stress results when demands placed on an organism cause unusual physical, psychological, or emotional responses. In humans, stress originates from a multitude of sources and causes a wide variety of responses, both positive and negative. Indian families are undergoing rapid changes due to the increased pace of urbanization and modernization. Indian women belonging to all classes have entered into paid occupations. At the present time, Indian women's exposure to educational opportunities is substantially higher than it was some decades ago, especially in the urban setting. This has opened new vistas, increased awareness and raised aspirations of personal growth. This, along with economic pressure, has been instrumental in influencing women's decision to enter the work force. Most studies of employed married women in India have reported economic need as being the primary reason given for working. One of the most frequently faced psychological problems of recent years is stress and stress related illnesses. Due to an ever changing world, everybody is affected by stress regardless of age, gender, profession, social or economic status. Because of these rapid changes, people live most of their lives under stress. Therefore, the notion of stress has become a widely recognized problem in all aspects of life. Work life balance is the maintenance of a balance between responsibilities at work and at home. Work and family have increasingly become antagonist spheres, equally greedy of energy and time and responsible for work family conflict. We know that stress paralyses the human life on account of which it is difficult for people suffering of stress to live the normal life. Life satisfaction and stress are interrelated with each other. A number of researchers in the specific field have been conducted to measure the level of life satisfaction and stress among working and non working women.

Life Satisfaction Scale and the Black Women's Spirituality/Religiosity Measure (BWSRM). Although no significant difference was found among the ratings of life satisfaction and spirituality with respect to age or educational level, the women reported higher levels of religiosity than spirituality, which correlates significantly with life satisfaction. Kousha and Moheen (2004) explored life

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