



A comparative study of level of stress & adjustment issues in married life of working and non-working women

¹Neha Sharma, ²Dr. Vikas Bhatheja

¹Designation of 1st Author: Research Scholar; Name of Department: Psychology; Name of Institute: Desh Bhagat University; City/Town: Mandi Gobindgarh, Punjab; Country: India

²Designation of 1st Author: Dr. Vikas Bhatheja; Name of Department: Psychology; Name of Institute: Desh Bhagat University; City/Town: Mandi Gobindgarh, Punjab; Country: India

Email – Author 1: nehasharmak730@gmail.com , Author 2 : vikarbhatheja@gmail.com

Abstract: *The modern era is an era of change and nowadays Women have become independent enough and have gained their own identity. She wants to grow in life. Earlier she was only a housewife but nowadays she has become an independent woman who can take the financial responsibility of her house along with the home responsibilities. Now we can find Women in all fields like education, medicine, bank, politics, engineering, advocacy etc. and are continuously moving towards success. If the women of today will be educated only then our nation would become more civilized, cultured and decent. Despite the fact the women of today are financially stable yet she has to make a lot of marital adjustments in her life. It is difficult to maintain harmony between the two, which affects the married life of women. In the presented research, a comparative study of level of stress & adjustment issues in married life of Working and Non- Working Women has been done. For this married life of women as one aspect of adjustment issues has been considered for the study. The sample has been taken by purposive sampling method in which 50 Working and 50 Non-Working Women are taken. In the presented research study, data related to adjustment and stress in married life of non-working and working women were collected. For the compilation of these data, the Marital Adjustment Questionnaire by Dr. Pramod Kumar and Dr. Kanchana Rahotgi (1985) and Singh Personal Stress Source Inventory (SPSSI) developed by Arun K. Singh, Ashish K. Singh and Arpana Singh in 2004 is used. Results show that there is significant difference in the married life of Working and Non-Working Women in relation to stress. It also shows that there is no significant difference in the married life of Working and Non-Working Women in relation to Marital Adjustment. The reasons which can be considered are that married life adjustment is equally demanded by both Working and Non-Working Women. Thus, it can be concluded by saying that Stress and Marital Adjustment are a part of life but it is not necessary that they both should be affected by the working status of Women*

Key Words: *Working Women and Non-Working women, Marital adjustment, Stress.*

1. INTRODUCTION:

The most important relationship which human beings carry especially between a man and a woman is marriage which is full of emotional and legal commitments. Choosing a right partner and entering into the most pious relation which is marriage is a personal achievement and a maturational milestone. To maintain peace and happiness in one's life one should make the marital relationship full of commitments and responsibilities. The adjustment which is required in a husband and a wife should be full of happiness and satisfaction which each other and thus this relationship requires maturity which understands the growth and development of the spouse. Those relationship in which growth is not experienced dies at a very early stage. It is always seen that marriage is a relationship which needs love, care and adjustment among couples for long lasting relationship.

There are lot of factors which affects marital satisfaction like social, cultural, educational etc. family income, level of education, number of children, family background are some of the factors which affects the marital life of a person. in our culture it is generally seen that husband is considered to the head of the family who is the main source of income and the wife is considered to be the homemaker. But as nowadays time have changed and it is seen that both men and women are equal partners responsible for the source of income and family growth.



There are many marriages in which spouse make their partner responsible for deteriorating relationships. It is seen nowadays that there are rising rate of divorce cases, physical abuse, cases for alimony and single parenting. There are many reasons like stress, insomnia and high blood pressure and thus handling such relationships become often a taxing issue. as it is seen that a relationship depends on the nature of the individuals involved thus, changing one's attitude, for counselling helps to face the problems in these relationship with their spouse.

Marital adjustment is one of the most important commitments in a person's life as it generates a sense of well-being. working women are considered prone to depression as they shoulder the burden of household chores and jobs outside the home. the two different environments both office and home environment are very different from each other and thus the working women faces stress which could be due to work and marital relations which results into chronic disorders such as depression, insomnia and high blood pressure. As it is seen that a relationship depends on the nature of the individuals involved thus, one should change one's attitude, go for counselling or talk openly with the spouse about the problems which one is facing in the relationship.

This research will be very helpful to know the difficulties faced by working and non-working women and will give valuable information that there are many reasons behind depression and stress of women during marital adjustment. in a married life both husband and wife should try to balance the married life whether a woman is working or not as according to the Indian tradition, the responsibility of domestic life is considered to be of women only, along with adjustment in carrying out these responsibilities, they also have stress. Therefore, an attempt is being made by the researcher to know the married life of working and non-working women in relation to stress and adjustment issues.

2. OBJECTIVES:

The study had the following objectives-

1. To do a comparative study of the level of stress in the married life of Working and Non-Working Women.
2. To do a comparative study of the adjustment issues in the married life of Working and Non-Working.

3. HYPOTHESIS:

The following were the hypotheses of the study-

There is significant difference in the stress life of married working and Non-Working Women.
There is significant difference in the adjustment issues of working and Non-Working Women.

4. RESEARCH METHOD:

Survey method was used by the researcher.

Variable:

1. Independent variable - non-working women and working women.
2. Dependent Variable - Stress and Marital Adjustment

Sample:

For the present research study, 50 non-working (housewife) women and 50 working (working in office and Schools) of Panchkula district as a sample is selected by purposive sampling method.

Tools:

In the present research study, data related to adjustment and stress in married life of non-working and working women were collected. For the compilation of these data, the Marital Adjustment Questionnaire by Dr. Pramod Kumar and Dr. Kanchana Rahotgi (1985) and Singh Personal Stress Source Inventory (SPSSI) developed by Arun K. Singh, Ashish K. Singh and Arpana Singh in 2004 is used.

Collection of data:

Data was collected by the researcher from Working and Non-Working Women by asking them to fill the adjustment and stress scale in a congenial environment. Along with this, they were also assured that their name and the information given by them would be kept completely confidential. Its data will only be used for research purpose.

5. RESULTS & DISCUSSION:

5.1. There is significant difference in the stress life of married working and Non-Working Women.

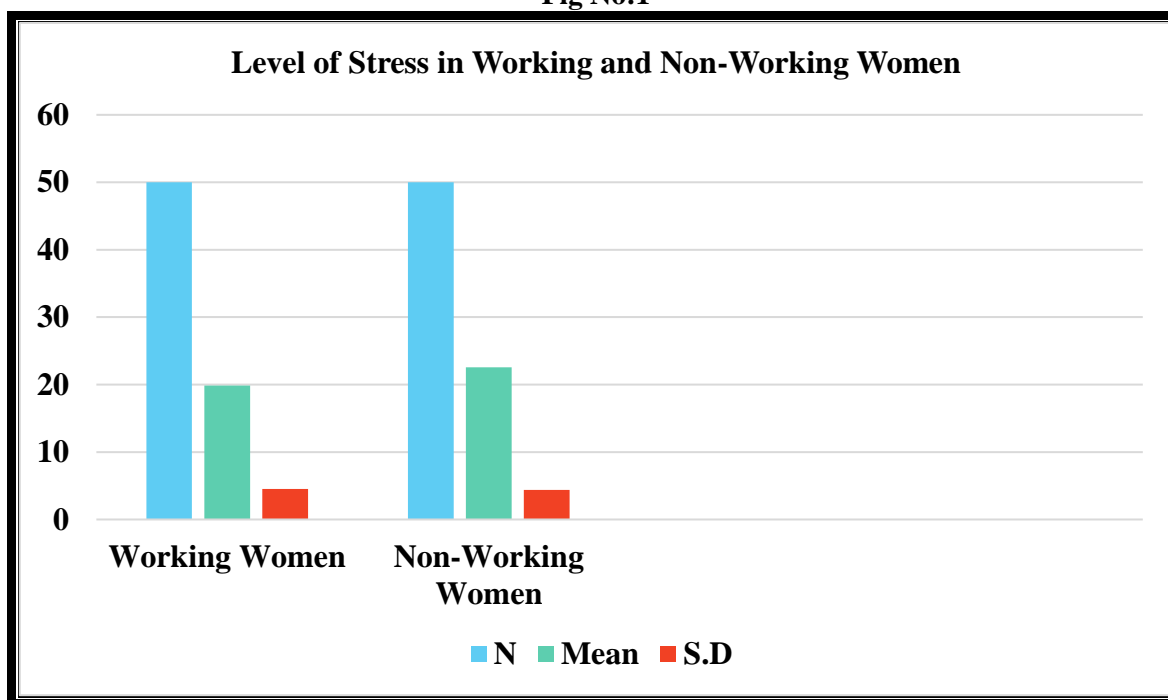


Table No: 1

Stress	N	Mean	S. D	df	t-value	Level of Significance
Working Women	50	19.84	4.51	98	4.30	Significant
Non-Working Women	50	22.54	4.36			

*Significant at 0.01 level

Fig No:1



The above table shows that the mean score of stress in married life of Working women is 19.84 and standard deviation is 4.51, whereas the mean score of stress in married life of non-working women is 22.54 and standard deviation 4.36. The value of t is 4.30, which is significant at 0.01 level of significance of $df = 98$. Therefore, the hypothesis “There is significant difference in the stress life of married working and Non-Working Women.” is accepted in the light of above evidences.

5.2. There is significant difference in the adjustment issues of working and Non-Working Women.

Table No: 2

Adjustment	N	Mean	S. D	df	t-value	Level of Significance
Working Women	50	12.24	6.82	98	1.13	Not Significant
Non-Working Women	50	13.28	6.18			

The above table shows that the mean score of adjustment in married life of Working women is 12.24 and standard deviation is 6.82, whereas the mean score of adjustment in married life of non-working women is 13.28 and standard deviation is 6.18. The value of t is 1.13, which is not significant. Therefore, the hypothesis “There is significant difference in the adjustment issues of working and Non-Working Women.” Will be rejected in the light of above evidences.

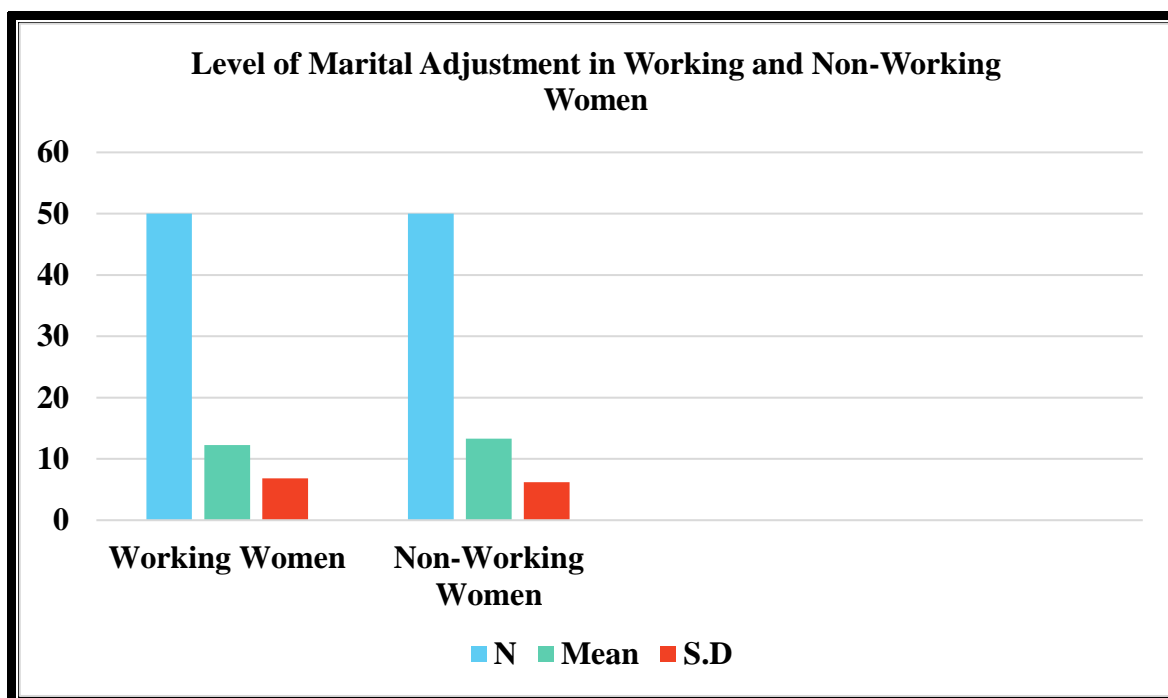


Fig No:2

6. CONCLUSION:

There is significant difference in the stress life of married working and Non-Working Women.” is accepted in the light of above evidences. The reasons behind this are that Working Women have to fulfil the responsibilities of both household and work responsibilities but the housewife have to fulfil the responsibilities of home only. This has made the life of Working Women more stressful. It is also seen that “There is significant difference in the adjustment issues of working and Non-Working Women.” Will be rejected in the light of above evidences. The reasons which can be considered are that married life adjustment is equally demanded by both Working and Non-Working Women. The occupation status is not related to it. In few studies it was found that even the Non-Working Women are not able to manage the household responsibilities well whereas the Working Women are able their house well. Thus, it can be concluded by saying that Stress and Marital Adjustment are a part of life but it is not necessary that they both should be affected by the working status of Women.

REFERENCES:

1. Farsole, A. & Baid, C. (2023) Quality of Life of Working and Non-Working Women. International Journal for Multidisciplinary Research (IJFMR). 5(4) 2582-2160.
2. Hashmi, H.A., Khurshid, M. and Hassan, I. (2007) Marital Adjustment, Stress and Depression Among Working and Non-Working Married Women. Internet Journal of Medical; Update. 2(1) 19-26.
3. Kucukkaya, B. & Kahyaoglu, S.H. (2021) The Relationship Between Stress and Quality Life of Women Working in the Washing Tape of Magnesite Mine and Home Women. Bezmialem Science. 9(2) 140-7.
4. Kumar, N. A. (2014). Mental health of married working women. International Journal for Technological Research in Engineering. 2 (4) 2347 - 4718
5. Mankani, R.V. & Yenagi, G.V. (2012) Comparative study of mental health of working and non-working women. Karnataka J. Agric. Sci.25 (4) 510-513.
6. Maqbool, M., Shrivastava, N., and Pandey, M. (2014). A comparative study of mental health of working women and housewives. Indian journal of health and wellbeing.5(11) 1398-1400.
7. Mishra, G. & UV, K. (2014). Impact of Marital Status on Mental Health of Working Women. Journal Of Medical Science and Clinical Research. 2(10) 2594-2605.
8. residence and occupational status. International Journal for Technological Research in Engineering. 1 (5) ISSN (Online): 2347 – 4718.



9. Sumathi, K., & Muralidharan, D. (2015) A study on the family adjustment among married working women. Indian journal of applied research. 5(12) 2249-555X
10. <https://hr.economictimes.indiatimes.com/news/workplace-4-0/diversity-and-inclusion/evolution-of-workplace-dynamics-for-women-in-india/90879127>
11. <https://www.ukessays.com/essays/sociology/women-employment-in-india-sociology-essay.php>
12. <https://www.healthline.com/health/mental-health/habits-to-improve-mental-health#sleep>
13. <https://egyankosh.ac.in/bitstream/123456789/67224/1/Block-1.pdf>
14. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cognitive-behaviour-therapy>
15. <https://www.healthline.com/health/cbt-techniques>