



A STUDY MARITAL ADJUSTMENT AND LIFE SATISFACTION AMONG WORKING AND NON WORKING WOMEN

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ABSTRACT

The present study Objectives: 1) To Find out The Marital Adjustment among Working and Non Working Women. 2) To Determine The Life Satisfaction among Working and Non Working Women. Hypotheses: H1) there will be significant differences between working and non working women on their marital adjustment. H2) There will be significant difference between working and non working women on their life satisfaction Sample: For this research work, a purposive random sampling technique was used. The samples were consisting of total 32 respondents including two groups' i.e. 16 working women and 16 non working women from Hingoli city (Maharashtra State age ranges between 25 to 45 years and educational status Under Graduation. Tools: Marital Adjustment Scale: This scale developed by Pramod Kumar and Rohtagi Kanchan, 1999. Life Satisfaction Scale: This scale constructed by Alam & Shrivastava Conclusion: Working women have good marital adjustment as compare the Non working women. Working women have better life satisfaction as compare the Non working women.

Key words: Marital Adjustment, Life Satisfaction, Working Women, Non Working Women

INTRODUCTION

In the 21st century, we see women working shoulder to shoulder with men in all fields. there is no area where women do not work then they are working from peon to high position. Not

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only is this, with the help of army and navy you can do great things. Even so, owning one still beyond the reach of the average person. For such women, they can do nothing but have family and children. So they have to exercise at all levels. On the other hand, the women who have learned make a living by doing their job. Because they are financially capable. So they try to live their lives to the fullest. They seem to be able to handle the responsibilities of office or family. So what is the difference between a woman's work and hers? To show this, A Study marital adjustment and life satisfaction among working and non working women has been selected for the present research.

Operational definitions of the terms:

Marital Adjustment: The subjects score obtained on marital adjustment questionnaire constructed & standardised by Proamod Kumar & Kanchana Rohatgi consider as marital adjustment.

Life Satisfaction: "It refers to a state of happiness in all Spheres of life i.e. family, health, job satisfaction etc." The subjects score obtained on life satisfaction scale constructed by Dr. Q.G. Alam and Ramji Shrivastav consider as life satisfaction of women

Working women: "Those women who are doing teaching government jobs and earning money, in addition to the responsibilities of house".

Non-working women means they do not work in teaching & other professions, they do only work their family in the house.

Review of literature:

Jamabo & Ordu (2012) the present study was investigate the marital adjustment of working class and non-working class women in Port Harcourt metropolis in Rivers State, Nigeria. The survey research design was used for the study. The sample consisted of three hundred (300) subjects selected through multi-stage random sampling. Result is shows that both working and non working class women exhibit no clear difference in their marital adjustment. The educational attainment of women does not affect their marital adjustment. Women who are low of low income status exhibit the same degree of marital adjustment as those of higher economic status.

Muhammad Arshad, Sidra Gull & Dr. Khalid Mahmood (2015)

The present study was conducted to measure the life satisfaction among working and non working women. Satisfaction with Life Scale (SWLS) developed by Ed Diener and colleagues (1984) consisting 5 items was administered to the sample of (N=100) of different organizations and living areas of Islamabad and Faisalabad. The sample was divided into two

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categories 50 working women and 50 non-working women, out of which 25 working and 25 non working from Faisalabad, 25 working and 25 non working from Islamabad were taken. t-test was computed for the statistical analysis of the data. All hypotheses were significant at $P < .05$ level. Findings indicate that there was significant difference between working and non-working women regarding their positive well being.

Research Problem:

“To Study marital adjustment & Life Satisfaction among working and non working women”

Aim of the Study:

The aim of the present research is to investigate the marital adjustment & Life Satisfaction among working and non working women”

Objective of the Study:

- 1) To find out the marital adjustment among working and non working women”
- 2) To determine the life satisfaction among working and non working women.

Hypotheses:

- 1) There will be significant differences between working and non working women on their marital adjustment.
- 2) There will be significant difference between working and non working women on their life satisfaction.

Participant:

For this research work, a purposive random sampling technique was used. The samples were consisting of total 32 respondents including two groups’ i.e.16 working women and 16 non working women from Hingoli city (Maharashtra State).age ranges between 25 to 45years and educational status Under Graduation.

Variable: There were two variable one is independent variables another is dependent variable. Which were taken into consideration in the present investigation given below?

Independent Variables

Types of woman (i.e. working and non working women)

Dependent Variables: a) Marital Adjustment, b) Life Satisfaction.

Tool:-

Marital Adjustment Scale: This scale developed by Pramod Kumar and Rohtagi Kanchan, 1999 was used for assessing the extent of marital adjustment among between husband and wife. This tool is meant for married couples with age running from 28-60 years. The marital adjustment questionnaire consists of 25 highly discriminating “Yes”, “No” type items. Reliability of the Questionnaire was calculated both by split-half method, correlating odd-even items, applying the Spearman-Brown formula and test-retest reliability were also studied, with an interval of three weeks. The obtained reliability was .70 and .84 respectively

Life Satisfaction Scale:

This scale constructed Alam & Shrivastava The scale has 60 items. Every item is to be responded either in ‘Yes’ or ‘No’.types. Reliability of the Test – Test-retest reliability was computed after a lapse of six weeks. The obtained quotient was .84.

Procedure of Data Collection: The data were collected personally from the Hingoli city on different occasions employing the tools

Statistical Technique: The data were analysed as follows;

The mean and standard deviation for respondents on Marital Adjustment & Life Satisfaction and t-test were used to analyse the scores.

H1) There will be significant differences between working and non working women on their marital adjustment.

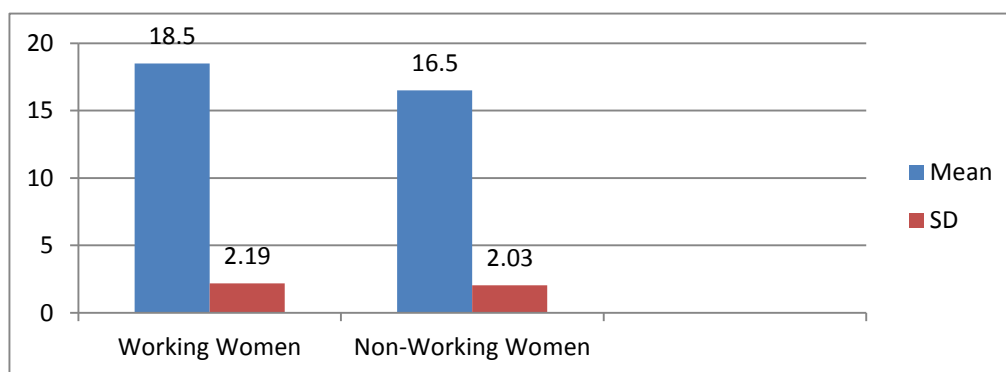
Table No.1.1

Mean, SD for types of women on Marital Adjustment

Type of women	Sample	Mean	SD	df	t Value
working women	16	18..5	2.19	30	2.679
Non working women	16	16.5	2.03	30	

Figure No.1.1

Mean & SD for Types of Types of women on Marital Adjustment



The result table 1.1 and figure 1.1. Indicates the mean and standard deviation of working and Non working women on marital adjustment. The mean score was found to be differ for working and Non working women on their score of marital adjustment. as working women obtained $M=18.5$, $SD = 2.19$ and Non working women obtained $M= 16.5$ & $SD =2.03$ respectively. The “t” score of is significant at 0.01 level .it can be said that H1. There will be significant differences between working and non working women on their marital adjustment. is to be accepted. It is observed that working women have good marital adjustment as compare the Non working women.

H2. There will be significant difference between working and non working women on their life satisfaction.

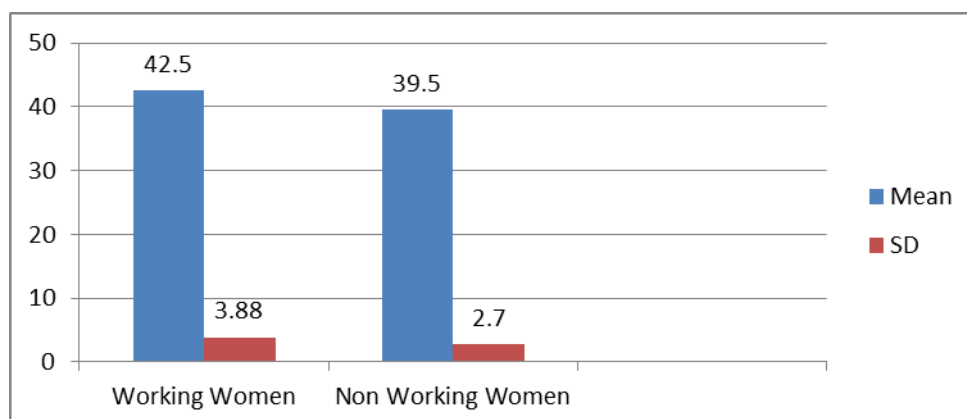
Table No.1.2

Mean And SD Value For Women On Life Satisfaction

Type of Women	Sample	Mean	SD	df	t Value
working women	16	42.5	3.88	30	2.538
Non working women	16	39.5	2.7	30	

Figure no.1.2

Mean & SD value for women on Life Satisfaction



The result table no.1.2 and figure no.1.2 illustrate the mean and standard deviation of working and Non working women on life satisfaction .The mean and SD scores were found to be differ for working and Non working women on life satisfaction as working women obtained $M=42.5$ & $SD =3.88$ and Non working women obtained $M =39.5$ & $SD =2.7$ respectively. The “t” score of is significant at 0.01 level. It can be said that H2. There will be significant difference between working and non working women on their life satisfaction. Is to be accepted. It is observed that working women have better life satisfaction as compare the Non working women

CONCLUSION:

In this study I conclude that Working women have good marital adjustment as compare the Non working women. Working women have better life satisfaction as compare the Non working women. Because working women has two different types worked in the house as well as in the office.

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