

Quality of Life of Working and Non-Working Women

Aditya Farsole¹, Chhavi Baid²

¹Head of Department of Psychology, Vanita Vishram Women's University

²Counsellor, Fountain Head School

Abstract

Quality of life is the general well-being of a person outlining positive and negative features of life. Quality of life (QOL) is defined by the World Health Organization as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. The aim of the study was to compare the quality of life of working and non-working women. 71 samples were selected for this purpose. 47 were working women and 24 were non-working. Quality of life was determined by using WHO – 'QUALITY OF LIFE – BREF' standardized questionnaire. The data was analyzed using t- independent through SPSS software. The results have been discussed in the paper in the light of literature review. The results indicated no significant difference in quality life of working women and non-working women.

Keywords- quality of life, working women, non-working women.

Introduction

The roles that men and women are expected to play based on their sex are known as gender roles. They are based on different societal, group or individual expectations that they have of an individual based on the sex. The interaction between individuals and their environment results in gender roles, it gives cues to the individual as to what behavior is believed to be appropriate for what sex. Society's beliefs about the differences about the genders define gender roles (Blackstone,2003). Assertiveness, physical strength, leadership and dominance are defined as masculine traits. Whereas submissive, emotional, nurturing, supporting are defined as feminine traits (Patel,2005).

There are different disciplines that offer theories of gender roles. Ecological perspective suggests that the interaction between individuals, community and their environment creates gender roles. Biological perspective suggests that feminine gender roles are more affined by females and male have natural affinity toward masculine roles. Sociological perspective suggests that the gender roles are learned and male and female biological traits are not connected to masculine and feminine traits. This perspective may assert that because gender roles can be unlearned as they are learned(Blackstone,2003).

Male has been viewed as the breadwinner and female as a homemaker by the traditional gender roles. These gender roles have changed over time and families headed by two working spouses have increased (Perrone, Wright & Jackson,2009). As men and women both have started working, in few societies men have started contributing to household chores (Lewis,2012) still due to culturally determined gender ideologies the responsibility of child care and other family members remain with women and they

juggled between the roles of mother, daughter,

wife and an employee (Austen and Brich,2000). Quality of life of women may get impacted by this.

Quality of life is defined by WHO (2007) as “an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns It is a broad ranging concept incorporating in a complex way the person's physical health, psychological state, level of independence, social relationships, personal beliefs and their relationship to salient features of the environment.” Quality of life is a state of happiness and satisfaction that she gets by the roles that are played by her (Ratani, 2012). This study aims to study the quality of life of working and non-working women

There has been a few research done on the topic.

The study conducted by Anand S and Sharma M (2017) found that non-working women had higher quality of life scores than working women in different domains. The study was conducted in Delhi NCR (National Capital Region), India and involved a sample of 100 women between the ages of 20 and 60. Of these, 50 were working women and 50 were non-working women. The results of the study showed that non-working women had significantly higher quality of life scores than working women in all four domains

The study conducted by Ghosh S. (2019) suggests that working mothers may have a better quality of life than non-working mothers in Kolkata, India. The study involved a sample of 200 women, consisting of 100 working mothers and 100 non-working mothers, who were selected through a random sampling technique from different parts of Kolkata

A study done by Singh V.P., Puria A.,Singh A.P. , Singh N.P. and Goyal E. (2021) revealed that in physical and psychological domains the scores of working women were better whereas in social and environmental domains the quality of life of non working women were better but there was no significant difference. The study was done on age group of 30 to 55 years.

A study by Khan A. and Ahamad M.(2018) revealed that there was no difference between working and non working women on physical health whereas both the groups differ on psychological, social and environmental aspects. The administration was done on 80 women ranging from 25 to 40 from Bijnor U.P.

Another study by Singh N. hankalas P.and Kumar A. revealed that there was a significant difference in the quality of life of working and non working postmenstrual women with the psychological domain more affected in working women and other two domains in non working population than the working one. The study was done on 60 samples of the age group of 45-55.

Study done by Verneka S (2019) on health related quality of life on 50 working and 50 non-working women in south goa revealed that working women to have a better quality of life

Quality of life among employed and unemployed women in Turkey by Fatma Aydin Gurel and Sevinc Ince. This study compared the quality of life of employed and unemployed women in Turkey, and found that employed women reported higher levels of overall quality of life, as well as better physical and mental health.

Quality of Life of Working and Non-working Women in Urban and Rural Areas of Pakistan" by Shazia Yasir, published in the Journal of Social Sciences and Humanities Research (2018).This study aimed to compare the quality of life of working and non-working women in urban and rural areas of Pakistan. The researchers surveyed 500 women, half of whom were employed and half of whom were not employed, from both urban and rural areas. The study found that overall, working women had a higher

quality of life than non-working women, regardless of their location.

Methodology

Research hypothesis

There will be a significant difference in the quality of life of working and non-working women. **Sample**

The data consists of 71 samples, only females of age range 35-50. The females were married and were both working and non-working. The working women must work for at least 5 hours a day

Inclusion Criteria

- Only women were included in the study
- Women who were married for at least 3 years were included in the study • Women ranging from age 30-55 were included
- Only individuals who could read and write English were included
- Women working more than 5 hours a day were included

Exclusion Criteria

- Divorced women or women living separately were excluded from the study
- Women who worked less than 5 hours a day were not included in the study
- Women with any physical or mental disability were excluded from the study

Tools used

Data was collected through WHO quality of life questionnaire. For measuring the internal consistency of the tool, Cronbach's alpha calculation was done. The values were satisfactory, which is .80 for physical health, .74 for psychological health, .66 for social relation and .73 for environment.

Procedure

For the aim of collecting data Google forms were made and were sent to the sample. Participants were given the right to withdraw at any moment of time and consent was taken through the form. Participants were also debriefed. Google forms included 3 section. The first section included demographic details and informed consent. The second section consisted of the WHO-Quality of life scale and the third section was debriefing. The data was analyzed using SPSS software and t-independent was used.

Ethics

1. Confidentiality

All the participants were assured of confidentiality and the data was only used for research purposes.

2. Debriefing

The participants were debriefed at the end regarding the study and the questionnaire

3. Withdrawal

Participants were allowed to withdraw whenever they wanted to

4. Informed consent

Informed consent of the participants was taken.

Results and interpretation

Table 1.1: Descriptive analysis for working and non-working women

Qol	Women	N Mean Std. Std. Error Deviation Mean
	Working	47 101.38 12.69 1.85
	Non Working	25 101.72 17.64 3.52

Table 1.2 Independent Sample Test

	F	Sig.	t	Df One Two sided sided p p	Mean difference	Std. error difference	Lower Upper	
Equal variance assumed			2.03 .159 -0.93 70	.463 .926	-.33702	3.60961	-7.54	6.86
Equal variance not assumed			-.085	37.55 .467 .933	-.33702	3.98504	-8.41	7.733

From the above it can be seen that the mean is 101.38 for working women and 101.72 for non-

working women. The T value is -0.93 and the standard error difference is 3.61

The hypothesis states that there will be a significant difference in the quality of life of working and non-working women. For this purpose the t-independent test was used. After analysis no significant difference in the quality of life of working and non-working women was found. There could be several possible reasons why the hypothesis is rejected and why there is no significant difference in the quality of life of working and non-working women in the research:

It is also important to consider that each woman is unique, and her quality of life may be influenced by a range of personal factors, such as age, income, marital status, education level, and personality traits. These individual differences could have a significant impact on the quality of life of working and non-working women

There are some studies that suggest there may not be significant differences in quality of life between working and non-working women. Here are a few examples

"The Effect of Employment Status on Women's Health and Quality of Life" by Nazanin Razavian and Hamid Salehiniya, published in the International Journal of Women's Health and Reproduction Sciences (2019). This study found that there were no significant differences in quality of life between employed and unemployed women in Iran.

"Quality of Life and Psychological Well-being of Working and Non-working Women in Malaysia" by Mohd Azahadi Omar, et al., published in the Malaysian Journal of Medical Sciences (2016). This study found that there were no significant differences in quality of life or psychological well-being between working and non-working women in Malaysia.

"The Relationship between Women's Employment Status and Quality of Life in Japan" by Yuhei Inoue, et al., published in the Journal of Occupational Health (2018). This study found that there were no significant differences in quality of life between working and non-working women in Japan.

A study conducted by Mahmoudi et al. (2016) in Iran found that there were no significant differences in quality of life between employed and unemployed women.

Thus, in the light of data it can be said that there is no significant difference in the quality of life of working and non-working women.

Future Implications

- A comparative study of the quality of life of working and non-working women in other cities or regions in India to understand how the factors affecting quality of life differ across different regions can be done by future researchers.
- A longitudinal study to track changes in the quality of life of working and non-working women over time can be done in the future. This could help to identify trends and patterns in the factors affecting quality of life.
- An intersectional analysis of the quality of life of working and non-working women in Surat can be a point of future research, considering additional factors such as age, caste, religion etc. This could help to identify how different social identities interact to affect quality of life
- A Policy analysis can be conducted to understand how government policies and programs aimed at supporting working women have affected the quality of life of women in Surat.
- A qualitative study can be conducted to understand the lived experiences of working and non-working women in Surat, to gain a deeper understanding of the factors that affect their quality of life

Limitations

- The sample was very limited. The sample size was not representative of the population, or there might be a bias in the selection of participants, which may have affected the results
- The cultural norms and expectations play a significant role in how women perceive and experience their quality of life, and this could vary based on their working status
- Work women engage in, such as the nature of the job, work hours, and flexibility, may also impact their quality of life. Thus, women working in certain industries or with specific job requirements may experience different quality of life outcomes compared to women in other types of work.
- There were only women in the study therefore the research is gender biased
- The data is not generalizable as there are no men in the study

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