

# Periodic Research

## Psychological Wellbeing and Mental Health in Women Relation to Their Work



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### Abstract

The main purpose of this study was to find out the mean difference between psychological well-being and mental health among working and non-working women. The total sample consisted 80 as a variation belonging to 40 working women and 40 non-working women. The research tool for psychological wellbeing was measured by Bhogle and Prakash (1995) and translated in to Gujarati by Suvera (2001) and mental health was measured by Dr. D. J. Bhatt and Ms. Geeta R. Geeda (1992). To check the significant difference between group t-test was applied and to check correlation between variables Karl person correlation method was used. Here t-test used result revealed psychological well-being and mental health is a not significance difference. While the correlation between psychological well-being and mental health reveals 0.13 positive correlations.

**Keywords:** Psychological Wellbeing and Mental Health.

### Introduction

Psychological well being is a state of mind desirable for one and all. Some of the characteristics associated with psychological well being are: optimism, positive work attitudes, understanding, reaching out to people, maintaining good health, ability to sustain relationships, able to handle crisis effectively etc. The above characteristics sound utopian in the context of present day life style. Society today is driven by competition and is putting pressure on the people. Well –being is a concept that encompasses a well-rounded, balanced ,and comprehensive experience of life .It includes health in social , physical, mental, emotional ,career, and spiritual domains.

Well-being is when we are at a place in life where everything has come together and were proud and place. Understanding and incorporating the above ideas can bring greater wisdom, self –awareness, and bring greater sis dim, self –awareness, and psychological well-being. Positive psychological definition of wellbeing generally include some of six general characteristics .The six characteristics of well-being most prevalent in definition of well-being are:- the active pursuit of well-being -abeyance of attributes: -positive affect or life satisfaction; -Prosaically behaviour; - Multiple dimensions; and – personal optimisation.

Investigation gender differences in psychological well-being is important as not all people are identical .considering differences among them will help in the of fort to empower individuals to achieve their fall-potential and self–actualization. Recent studies on gender differences in psychological well-being have yielded contradictory findings which underscore the need to study more on the impact of gender on important well-being outcomes.

Middle age is the bridge between adulthood and old age, which requires special attention. During this period, in addition to physical and social changes some psychological changes also occur like fear of losing control, dependence on someone, beginning of realization that youth is getting over and old age is nearer, fatigue, lack of sexual interest, loss of memory, more tension etc. which may affect the overall well-being and positive mental health of women. A working woman bearing dual role responsibility one in family and other at job, when cannot discharge her duties equally efficiently feels tense and continuous tension creates stress which in turn may affect her mental health status. During middle age some biological changes like menopause, aging coupled with psychosocial factors and work-family conflict may generate irritation, frustration, anxiety, depression etc. in these women. The problems of working women are multidimensional and differ from woman to woman. Many studies have been done related to women and their mental health.

Mental health indicated that there were significant differences in the family environment and mental health of working and non-working women. Mental health scores highlight that working women are trapped in a situation where they are getting difficulty in coping strategies to deal with it effectively and get mentally strained. Excess work, less freedom, high need for motivation and working situations are powerful source of stress among working female. Therefore, emotional balance, adjustment process, tolerance level and other personality attributes are under great threat, which affect negatively the mental health.

The sense of one's identity or self is an important dimension of individual's personality giving each one of us unique individuality. Women and depression is holding a relationship of much interest over the last two decades. As more and more women enter the work force, they are increasingly exposed not only of the same work environment as men, but also to unique pressure created by multiple roles and conflicting expectations (Nelson and Burke 2000; Chang 2000). It has long been observed that women are about twice as likely to become clinically depressed (to have dysthymia or unipolar depression) as are men. These differences occur in most countries around the world. (Nolen - Hoeksema and Gurgus, 1994; Whilelm and Roy, 2003; Ge and Conger, 2003). Depression is normal features of our lives. Modernity brought women education in its wake and she changed the arena of activity. She stepped out of the threshold of house and joined service like man. Now she got admiration, equality and opportunity. But the euphoria was ephemeral as she was supposed to take to this job as an additional responsibility. She not expected to shrink household work. This brought problems like strain and depression. (Pillai and Sen (1998). A women by nature is expressive emotional and sensitive. Physiological social and cultural background of women probably plays a key role in mending a women's attitude and natures towards the external relation we know that women are generally more at risk to develop psychological disorder and depression in particular. Health is a process, which evolves on environmental and historical lines towards farther objectives. Thus locals is always in a given control depends upon existing conditions which are themselves related to the changes that take place in the environment. Internal organic factors, their homeostatic state and interaction with the environmental life of an individual would be very simple if all the needs were automatically fulfilled. But it is a fact that there are many obstacles both environmental and personal that mental interface and such obstacles place an individual in a stressful situation. In a book entitled mental hygiene in public health P. V. Lewkan has written that mentally healthy individual is one who is himself satisfied, lives peacefully with his neighbours, makes healthy citizens of his children and even after performing these fundamentals duties has enough energy left to do something of benefit to society? Possessing mental health, an individual can adjust

properly to his environment, and can make the best effort for his own, his family's and his society's progress and betterment. The chief characteristic of mental health is adjustment. The greater the degree of successful adjustment the greater will be the mental health of the individual. Lesser mental health will lead to less adjustment and greater conflict. The purpose of present investigation was to find out the difference between working and non-working women as regards the level of depression and mental health.

## Review of Literature

Hayers and Ross (1986) found that good physical health improved psychological well being. They studied the effect of exercise, overweight and physical health on psychological well being in a telephone survey of 401 subjects. Results revealed that good physical health improved psychological well being.

Garima Gupta and Neha Nafis (2014): Marital Adjustment and Psychological Well-Being Differences in Working and Non-Working Female. In addition, result indicates that the study revealed the not significant difference psychological wellbeing between working and non-working women.

Game Vishal Raghunath (2012) mental health of middle aged working women. Method: Quantitative approach using Exploratory Descriptive Study design. Sample size was 60 and the sampling technique used was Quota Sampling. Results: About 92% middle aged working women suffered mild level of stress in the study.

## Significance of Research

The present study is psychological wellbeing and mental health in women relation to their work. This research will be useful in enhancing psychological well-being and job satisfaction in working women. Through this research, it will be useful for the psychological well-being of women and how to increase their work and what factors to consider in increasing productivity. Also, women's work will be useful in how to increase satisfaction.

## Research Problem

Psychological wellbeing and mental health in women relation to their work.

## Objectives

The main objectives of study were as under.

1. To measure the mean difference of psychological wellbeing in working and non-working women.
2. To measure the mean difference of mental health in working and non-working women.
3. To check the correlation between psychological wellbeing and mental health in working and non-working women.

## Null Hypothesis

To related objectives of null hypothesis were as under:

1. There will be no significant difference of psychological wellbeing in working and non-working women.
2. There will be no significant difference of mental health in working and non-working women.

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3. There will be no correlation between psychological wellbeing and mental health in working and non-working women.

### Variables

Variables of the Present study as under:

1. Independent variables
  - i. Working women and Non-working women
2. Dependent variables
  - i. Score receive on psychological wellbeing scale.
  - ii. Score receive on mental health scale.
3. Control variables
  - i. in this study only women were taken.
  - ii. Limited samples were taken for this study.
  - iii. The selection of sample only from Rajkot city.
  - iv. In this present study includes 20 to 30 years women.

### Participants

According to the purpose of present study total 80 samples has been selected. There were 40 working women and 40 non-working women were taken as a sample from different area in Rajkot city (Gujarat).

### Research Design

The aim of present study was to a study of psychological wellbeing and mental health in working and non-working women. For these total 80 working and non-working women were taken as a sample. Here to the measure psychological wellbeing in the psychological wellbeing scale was used. This was made by Bhogle and prakash (1995). Here Gujarati adaptation was used which was made by Suvera (2001). Check mental health in them mental health scale was used. This was made by Dr.D.J.Bhatt and Ms.Geeta.R.Geeda (1992). To check difference between group t-test methods is used. Were taken as participant to check the correlation between psychological wellbeing and mental health Pearson 'r' method is used.

### Instrument

Following Instrument were used for data collection:

### Psychological Well-Being Scale

The scale was developed by Bhogle and prakash (1995). This scale translated by suvera (2001) into Gujarati. The scale consisted of 28 item with 2 alternative response varying from Yes or No, each to be rated on 2 point scale. The minimum and maximum score obtained in the scale are 0 and 28 respectively. There reliability and validity are higher.

### Mental Health Scale

The mental health scale was made by Dr. D. J. Bhatt and Ms. Geeta R. Geeda. This scale contains 40 statements pertaining to five domains aim of mental health, these five dimensions include perception of reality, integration of personality, positive self-evaluation, group oriented attitudes and environmental mastery to be rated an 3-point scale. In this scale statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, neutral 3, 2, 1 score is used and which are negative statements for agree, disagree, natural 2, 3, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half-divided method, and test, re-test has 0.87.

### Procedure

According to purpose of present study for data collection the investigator explained the purpose the study to the subjects for these total 40 working and 40non-working women. Were taken sample from different part of Rajkot city (Gujarat).Testing was done personally with working and non-working women. The whole procedure of fill the inventory was explained to them fully and clearly. The instructions given on questionnaire were explained to them. It was also made clear to them that these scores would be kept secret. It was checked that none of the participants left any questions unanswered or that no participants encircled both the answer given against questions.

### Results and Discussions

The main objective of present study was to measure the psychological wellbeing and mental health in working and non working women. Result discussion of present study is as under.

**Table-1: Showing Mean, S.D. and t-value Score of Psychological Wellbeing in Working and Non-Working Women**

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Working women	40	18.28	4.07	0.72	NS
2.	Non-working women	40	17.68	3.38		

Significance Level 0.05 = 1.99  
0.01=2.64  
NS = Not Significant

The table-1 indicates that the mean score of psychological wellbeing in working women are 18.28 and non-working women are 17.68. The standard deviations for both working and non-working women are 4.07 and

3.38 respectively. The t-value was 0.72 which was not significant. So we can say that first hypothesis was accepted.

**Table-2: Showing Mean, S.D. and t-Value Score of Mental Health in Working and Non-Working Women**

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	working women	40	86.70	10.61	1.12	NS
2.	non-working women	40	84.08	10.31		

Significance Level 0.05 = 1.99  
0.01=2.64  
NS = Not Significant

The table-2 indicates that the mean scores of mental health in working women are 86.70 and non-working women are 84.08. The standard deviations for both working and non-working women are 10.61

and 10.31 respectively. The t-value was 1.12 which was not significant. So we can say that second hypothesis was accepted.

**Table-3: Correlation of the Psychological Wellbeing and Mental Health in Working and Non-Working Women**

Sr. No.	Variable	N	Mean	r
1	Psychological wellbeing	80	17.98	0.13
2.	Mental health	80	85.39	

According to table-3 the results obtained positive co-relation between psychological wellbeing and mental health. It was 0.13 positive co-relations between working and non-working women. It means psychological wellbeing decrease mental health decrease and psychological wellbeing increase mental health increase.

### Conclusion

We can conclude by data analysis as follows;

There were no significant differences between the mean scores of two groups in psychological wellbeing. There was no significant difference between the mean scores of two groups in mental health. The co-relation between psychological wellbeing and mental health is 0.13 which is positive correlations. It means psychological wellbeing decrease mental health decrease and psychological wellbeing increase mental health increase.

### Limitation and Future Research

This study had several limitations that can be addressed by future research. Firsts, the participants consist only of working and non-working women of the different organize in Rajkot city. So, it is not representative of all working and non-working women. Hence, a more representative participant might yield different result; for example, a participant from different organize of Gujarat might show significant interaction effects of areas.

### Suggestions

Endeavour can be executed to analyze more them 80 data of sample with efficacy to attain better results. For the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different women from different state and district to ascertain their psychological wellbeing and mental health. To crown the research work, other method of selecting sample can be appropriated.

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