

# Relation of Non-Working Women with Family in Kashmir (Rural & Urban)

## Abstract

The study was undertaken to assess the relation of non-working females with their family residing in Kashmir both rural and urban. A total of 100 subjects were included in the study. The study shows feelings of women and the relation with their family. It also shows whether they help others and their decision making power at home. Also reveals their status and respect in their family. According to our study the subjects did not have concept of balanced diet and they buy food items without checking food label. Most of the women feels normal rather than happy at home and most of the subjects have good relation with family. It also reveals that most of the women help others in their work. As per our study most of the subjects have poor decision making power at home. Study depicts that they prefer to eat fried foods sometimes in a week, study also manifests that some subjects use to eat fruits but some don't have concept of fruit benefits.

**Keywords:** Feeling, Relation, Decision Making, Respect etc.

## Introduction

A non-working women participant from the middle income group emphasized the importance of self-sacrifice for fulfilling the role of a wife and mother. A woman is a part of her home. If she is absent from the home, even for a while, her house gets disturbed. Whether it is about the upbringing of children, their mental development; responsibilities towards her husband, towards her house; keeping an eye on the children who are young adults, understanding their feelings, their demands, then adjusting yourself with them; you have to sacrifice yourself to fulfill their needs. All this is the responsibility of a woman. When we are with our children then we should leave all our problems at a side and only being a mother we should attend our children. They answer with love and affection to the question of their children that may sound stupid to you. This is how you help them in growth of their personality, abilities and their gut. If there are disputes with sister or with mother-in-law then anger developed from these disputes should not be displaced on the kids. She should take care of her house, take care of her husband and take care of her kids and do cooking. Woman is required to fulfill her responsibilities without being told. Though I am doing a job even then I am fulfilling my responsibilities well. I get up early in the morning and according to my routine I am fulfilling my responsibilities. Presently life it is very difficult to manage if only one member is working and rest are just relying upon his income then they cannot provide good education to their kids, and they cannot provide good life to their kids. If woman is working then as there is more money they can fulfill the requirements of their children. Stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non-working women's. In order to verify the above hypothesis a sample of 90 women's were taken. From which working women's (N= 45) and non-working women's (N= 45). To measure the stress, the stress scale developed by Singh (2002) was administered individually to the subjects. The data were subjected to 't' analysis and the major findings of the study reveals that the working women's has more stress than the non-working women's. **Patil (2016)**. Life satisfaction and stress among working and non-working women. A sample of 200 women (100 working & 100 non-working) was drawn randomly from the population. Life Satisfaction Scale by Alam & Srivastava (1996) and stress scale by Singh (2004) were used for data collection. Mean, standard deviation, „T“ test and correlation were the statistics calculated. The results indicated that there was significant difference regarding life satisfaction and stress between working and non-working women. Results revealed that working and non-working women differed significantly on their life satisfaction (t=5.52). Working women were

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more satisfied with their life, on stress scale non-working women have higher level stress as compared to working women. A significant negative relationship was found between life satisfaction and stress **Shing (2014)**. Working and nonworking women's descriptions and experiences of their roles in society. A descriptive exploratory research design was used. After approval from ethics review committee, Aga Khan University, the data was gathered from women in three communities representing the low, middle and upper socioeconomic strata, in Karachi, Pakistan. The participants were selected by critical case sampling. The sampling was terminated once the saturation was achieved. The in-depth interviews were conducted by using the interview guide. Thirty-five women participated in the study. Data was analyzed using descriptive statistics. The findings showed that the participants identified three main roles of women in a society. These roles are familial, financial supporter, and socio-political roles. Women's experiences and feelings related to these roles had an impact on their quality of life **Rattani (2012)**. Life Role Balance among Women in Secondary School Administration studied the various perspectives of female secondary school administrators on how to balance multiple roles in life and the difficulties and social barriers they face in doing the same. A whopping 71% of respondents agreed that their work commitments interfered with home commitments and a meager 41% agreed that home commitments conflict with work commitments. 55% disagreed with the statement that home commitments interfere with work commitments. Surprisingly 70% of respondents agreed that the districts in which they are working support them to have an optimal work life balance and 73% feel that they are supported by their supervisor. 77% agree that they have major responsibilities at home and childcare and 65% agree that another adult at home shares these duties with them. Only 43% of respondents agreed that they had a healthy life balance and 35% disagreed with this. Although a majority of 64% of respondents feels they are able to negotiate between their multiple roles, still a majority of respondents i.e. 78% feels that conflicting multiple roles creates stress in their lives. Only 45% of respondents feel that they are good at balancing multiple roles while 42% believe they are not good at it. Regarding the effect of stress on health, 71% agreed that stress arising out of multiple role demands affects their health and 80% agreed that such stress affected their family and personal life. On the contrary, only 38% agreed that it affected their work performance. The women confessed that it was a tough and challenging task to achieve a balance and some even admitted it being a weakness for them while others were striving to achieve it by new coping strategies **Melissa et al (2010)**. The relationship between work role characteristics and pressures, family role characteristics and pressures, work-family conflict, and indicators of well-being for self-employed persons vis-a-vis persons employed in organizations. It was found out that employment type ( $F=10.53$ ,  $p < 0.001$ ) and gender ( $F=11$ ,  $p < 0.001$ ) had significant impact on the above stated variables. It was

concluded that self-employed individuals enjoyed more autonomy (Mean 4.47 as compared to mean 3.61), more flexibility of schedule (Mean 0.20 as compared to mean 0.06) and higher levels of involvement (Mean 3.09 as compared to mean 2.45) in their work as compared to individuals employed in organizations. Surprisingly, self-employed individuals reported greater work-family conflict, greater family role pressures due to parental demands, job satisfaction, but lower satisfaction from family as compared to organizationally employed individuals. The reason for the same is that self-employed individuals devote more time and commitment to work as the responsibility for business is solely on their shoulders. Women reported less autonomy, less work involvement, less time commitment to work, less work family conflict and less job satisfaction (Means 3.75, 2.47, 2.97, 2.69 and 3.59 respectively) as compared to men (3.93, 2.76, 3.74, 2.86 and 3.78 respectively). Women displayed more schedule flexibility (mean = 0.08 versus - 0.07), family involvement (mean = 4.17 versus 3.89), time commitment to home (mean = 2.27 versus 1.64) and life stress (mean = 2.93 versus 2.73) than men. The possible reason for the same could be that women are more committed to home and spend more time with family while men want to spend time with family but are unable to do so. But women suffer from life stress more than men because of the multiple role demands of work and family **Saroj et al (2001)**. The factors related to work which contribute to time-based and strain-based work to non-work conflict among married female and male lawyers. Three major factors considered for this study were Work Involvement, Work Role Stressors and Work Context. It was found out that Work Overload was the sole significant contributor to work – non work conflict for both male and female lawyers. For male lawyers, contributors to work-non work conflict were completely different as working for longer hours; working with firms having more women; and their partner being the major source of income i.e. partner being bread earner had effect on work-non work conflict as compared to females being affected by Work Context as they reported higher work-non work conflict if they joined a law firm vis-à-vis other law employment opportunities. Also, females preferred to work in firm shaving more number of female lawyers. Domestic status variables like preschool children and working status of partner had little effect on females' work-non work conflict as their strain based conflict was reduced by additional family roles **Jean E Wallace (1999)**. Family adjustment of married working and non-working women's. A specially developed adjustment inventory, a health-status questionnaire, a neuroticism scale, and an incomplete sentences blank to 76 married working and 70 married nonworking women's. No significant differences in adjustment or neuroticism were found between the working and nonworking nor were any differences found on the incomplete sentences measure of psychological conflicts. It is concluded that a woman's adjustment, whether employed or not, is a function of her own personality traits, expectations, and perceptions

combined with those of her spouse and family members **Bhattacharjee, al. (1983).**

**Aim of the Study**

The aim of this study is to see the Relation of Non-Working women with family in Kashmir (rural and urban).

**Material and Method**

The study was conducted in Jammu & Kashmir division. The sample comprised of hundred females who were selected following convenient

**Result and Discussion**

sampling technique. The researcher visited the nearest houses and first 100 women encountered were recruited for the study. The research tools used was an interview schedule and the socio demographic profile sheet which was developed by the investigator keeping in view the objective of the study. The analysis of data was done using the Microsoft excel and spss, programme employing the tests like mean and correlation.

**Table -1 Subjects Feeling At Home (=100)**

Parameters	Rural	Urban	%age	Chi-Square	P-Value
<b>How Subjects Feel At Home</b>					
Delighted	11	10	21.0	1.79	0.61
Mixed	21	18	39.0		
Mostly Satisfied	15	18	33.0		
Unhappy	2	5	7.0		
<b>Subjects Relation With Family</b>					
Excellent	20	16	36.0	6.79	0.05
Very Good	10	21	31.0		
Good	17	10	27.0		
Poor	2	4	6.0		

According to the table the mean score depicts that 22.45% (n=11) women feels delighted at their home, 42.86% (n=21) rural women feels mixed at home, 30.61% (n=15) women feels mostly satisfied at home and only 4.08% (n=2) feeling unhappy at home. Whereas in urban 19.62% (n=10) women feeling delighted at their homes, 35.29% (n=18) women feeling mixed at home, 35.29% (n=18) women feeling mostly satisfied and only 9.80% (n=5) women have unhappy feeling at home. Hence the calculated data values  $\chi^2$  (1.79) and p-value (0.61) revealed that the majority of the subjects feels mixed at home which means they have different feelings with the given circumstances therefore it shows positive correlation with given variables.

Also mean score infers that the majority of the subjects have very great relation with their family, in which 40.82% (n=20) women have excellent

relation with family, 20.41% (n=10) women have very good relation, 34.69% (n=17) women have good relation and only 4.08% (n=2) women have poor relation with family. Consequently 31.37% (n=16) women from urban have excellent relation with family, 41.18% (n=21) women have very good relation with family, 19.61% (n=10) women have good relation and only 7.84% (n=4) women have poor relation with family. Hence the bivariate analysis of values  $\chi^2$  (6.79) and p-value (0.05) depicts that the majority of the subjects have excellent relation with their family it shows positive correlation with given values.

The study describes that the both rural and urban women feeling mixed at home, also it reveals that the rural women have excellent relation with family as compared to the urban women they have very good relation to the family therefore in both cases relation is positive.

**Table 2 Subjects Help Others in their Activities (n=100)**

Parameters	Rural	Urban	%age	Chi-Square	P-Value
<b>Subjects Like to go outside</b>					
Yes	11	13	24.0	1.89	0.91
No	12	11	23.0		
sometimes	26	27	53.0		
<b>Subjects Help Others in their Activities</b>					
Yes	20	12	36.0	4.11	0.24
No	2	5	31.0		
Rarely	15	20	27.0		
Mostly	12	14	6.0		

In above table the mean score infers that the majority of the subjects spend their time at home they sometimes like to go outside home, in which 22.45% (n=11) rural women like to go outside home, 24.49% (n=12) women did not like to go outside home and 53.06% (n=26) women sometimes like to go outside home. While as in urban 25.49% (n=13)

women like to outside home, 21.57% (n=11) women did not like to go outside home and 52.94% (n=27) women sometimes like to go outside home. Hence the calculated data values  $\chi^2$  (1.89) and p-value (0.91) revealed that majority of subjects sometimes go outside home which shows positive correlation with given values.

Table also manifests that the most of the subjects actively help others in their activities, of which 40.82% (n=20) rural women help others in their activities, 4.08% (n=2) women did not help others in their activities, 30.61% (n=15) women rarely help others and 24.49% (n=12) women mostly help others. Consequently in urban 23.53% (n=12) women help others in their activities 9.80% (n=5) women did not help others in their activities, 39.22% (n=20) women help rarely and 27.45% (n=14)

women mostly help others in their activities. Hence the descriptive values  $\chi^2$  (4.11) and p-value (0.24) proves that the majority of the subjects shows positive correlation with given variables.

The study depicts that the majority of the subjects spend most of the time at home from both rural and urban they sometimes like to go outside home and also they help others in their activities. So the calculated value shows positive relation in both cases.

**Table3 Decision Making Power at Home (n=100)**

Parameters	Rural	Urban	%age	Chi-Square	P-Value
<b>Working At Home is Expressing Herself</b>					
Yes	32	22	54.0	4.94	0.02
No	17	29	46.0		
<b>Subjects have Decision Making Power At Home</b>					
Yes	25	23	48.0	3.51	0.55
No	24	28	52.0		

The mean score of table infers that the majority of the subjects from rural feel that working at home expressing herself as compared to urban, of which in rural 65.31%(n=32) women feels working at home expressing herself and 34.69% (n=17) women did not feel working at home is expressing herself, where as in urban 43.14% (n=22) women feels working at home is expressing herself and 56.86% (n=29) women did not feel working at home is expressing herself. Hence the descriptive values  $\chi^2$  (4.94) and p-value (0.02) conveys that the majority of subjects shows positive correlation.

women have decision making power and 48.98% (n=24) did not have decision making power at their home. Apart from these 45.10% (n=23) urban women have decision making power and 54.90% (n=28) women did not have decision making power at their home. Hence the descriptive statistics  $\chi^2$  (36.64) and p-value (0.05) reveals that the decision making power at home of rural women is acceptable and shows positive correlation and in urban it is not acceptable, the majority of the subjects did not have decision making power at home it shows negative correlation. The study illustrates that the majority of the women feels working at home is expressing herself. It also describes that the decision making power at home of rural women is acceptable as compared to urban.

In addition above table reveals that the majority of subject did not have decision making power at their home. Of which 51.02% (n=25) of rural

**Table 4 Respect at Home (n=100)**

Parameters	Rural	Urban	%age	Chi-Square	P-Value
<b>Subjects Get Respect At Home</b>					
Yes	46	38	84.0	6.97	0
No	3	13	16.0		
<b>Subjects Get Gift on Festivals</b>					
Yes	32	20	52.0	6.81	0
No	17	31	48.0		

The mean score infers that the majority of the subjects get respect at their home, of which 93.88% (n=46) rural women get respect at home and 6.12% (n=3) women did not get respect at their home. Where as in urban 74.51% (n=38) women get respect at their home and 25.49% (n=13) women did not get respect at home. Hence the descriptive analysis of values  $\chi^2$  (6.97) and p-value (0.00) revealed that the majority of subjects shows highly positive correlation with given variables.

The study reveals that the majority of the subjects get respect at their home from both rural and urban and also study infers that the majority of the rural subjects get gift on festivals as compared to the urban, therefore in both case majority of the subjects shows positive correlation.

In addition table conveys that in rural 65.31% (n=32) women get gift on festivals and 34.69% (n=17) women did not get gift on festivals. However in urban 39.22% (n=20) women get gift on festivals and 60.78% (n=31) women did not get gift on festivals. Hence the calculated data  $\chi^2$  (6.97) and p-value (0.00) depicts that the majority of the subjects shows positive correlation with given variables.

**Recommendations**

1. Decision making brings confidence in a person so they should take some personal decisions.
2. Maintain good relation with family members to keep yourself stress free.
3. Help others in their work to keep yourself active and act as a good human being.

**Conclusion**

The results of the study shows that mostly women illiterate or literate range, few women are highly qualified, as per our study only 10% subjects participate in public affairs organizations. Women did not prefer to go for learning outside home and they

don't have time for exercise. According to our study the subjects did not have concept of balanced diet and they buy food items without checking food label. Most of the women feels normal rather than happy at home and most of the subjects have good relation with family. It also reveals that most of the women help others in their work.

As per our study most of the subjects have poor decision making power at home. Study depicts that they prefer to eat fried foods sometimes in a week, study also manifests that some subjects use to eat fruits but some don't have concept of fruit benefits

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