

# A COMPARATIVE STUDY ON LIFE SATISFACTION AMONG WORKING AND NON-WORKING WOMEN

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## ABSTRACT

*The Present Study designed to find out the differences among working and non-working women on Life Satisfaction. The sample was comprised of 40 women [20 working and 20 non - working women]. The age range 30 to 50 years. Random sampling was used for data collection. The data was collected through Life Satisfaction Scale developed by Hardeo Ojha to examine Life Satisfaction among working and non-working women . Mean, SD and T Test will be used. The result indicates that there will be a significant difference among working and non-working women on Life Satisfaction.*

**Keywords:** *Life Satisfaction, working and non-working women*

In modern Indian society, a woman play an important role in every field. (Maqbool, et al, 2014) Modern women of Indian society are generally involved in very vital roles in carrying up responsibilities. This generally includes taking care of their family, managing household, office, taking care of children and taking care of the budgets. A working woman is usually defined as a woman who works for wages. A woman who is not working or the housewife is considered as the married woman whose duty is to take care of her family and kids and look after the household chores.

## INTRODUCTION

Life satisfaction is an important construct in positive psychology. The measures of Life Satisfaction are sensitive to the entire spectrum of functioning, and thus, provide indicators of both well-being and psychopathology. Satisfaction with life, a cognitive, global evaluation of one's life satisfaction, constitutes one of the three core dimensions of hedonic well-being and is well-established as a pivotal index of psychological health. (Gilman and Huebner (2003).

## REVIEW OF LITERATURE

Agarwal (2001) studied life satisfaction among working and non-working women and results showed significant difference in the life satisfaction of working and non-working women. Life-satisfaction was found to be higher among working women than non-working women.

Dr. Anasuya J. Akbari (2012) conducted a study Life Satisfaction and Stress Among Working and Non-Working Women. The result show that significant difference was observed in physical & family

stress among the respondents. But the role stress was significantly higher among working women than non-working women as well as life satisfaction was better among working women than non-working women.

Singh (2014) conducted a study on Life satisfaction and stress level among working and non-working women and found that Working women were more satisfied by their life than non-working women as they earn money, they can fulfil the needs and can support the family and husband financially.

Arshad, et al, (2015) conducted a study on Life satisfaction among working women and non-working women found that significant difference among working women and non-working women. Result shows that working women more satisfied than non-working women. Another study was conducted to compare working and non-working women on Marital Adjustment, Stress level and Life Satisfaction. Results those housewives have better marital adjustment and low level of stress than working women. The results also show that there is no significant difference between working and non-working women on life satisfaction.

## **OBJECTIVES**

The aim of the study is to find out the difference among working and non-working women on Life Satisfaction.

## **HYPOTHESIS**

There will be no significant difference among working and non-working women on Life Satisfaction.

## **METHODOLOGY**

Methodology is a collection of various steps which are carried out.

## **SAMPLE:**

The sample was comprised of 40 women. [20 working 20 non-working]. The age range 30 to 50 [Mean Age = 40] years. Random sampling was used for data collection.

## **TOOLS USED:**

Data was collected through life satisfaction scale developed by Hardeo Ojha to examine life satisfaction among working and non-working women

## **RESULT AND DISCUSSION:**

The Mean, SD and T – test were calculated to analyze the difference on life satisfaction among working and non-working women.

**PROCEDURES:**

For data collection, respondents were selected different area of Agra city. Then were requested to fill up the questionnaire along with the condition that their feedback kept confidential and used for research only.

**STATISTICAL ANALYSIS:**

The data which will emerge from the above-mentioned study will be analyzed. Following standard statistical methods are used:

1- Mean and Standard Deviation will be calculated for all variables.

2- To examine the differences among working and non-working women, we will compute it by T-Test.

Data was statistically analyzed for examining the life satisfaction among working and non-working women by computation of 't'-test.

The mean, standard deviation and t-test were calculated to analyze the difference among working and non-working women on life satisfaction. The result is discussed in table below:

**TABLE:**

Showing the mean S.D. and 't' value among working and non-working women, on life satisfaction.

Group	N	Mean	S.D	't' Value	Sig. Level
Working women	20	65.29	2.53	3.19	0.5
Non-working women,	20	63.25	1.89		

**CONCLUSION:**

On the basis of above description, it can be concluded that there is significant difference among working and non-working women, on life satisfaction.

Above description we can say that working women more satisfied than and non-working women

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