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A STUDY TO ASSESS THE LIFE SATISFACTION AMONG WORKING AND NON-WORKING WOMEN AT SELECTED URBAN AREAS BANGALORE, KARNATAKA

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ABSTRACT

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 [(1)]. A descriptive study was conducted among women to assess the life satisfaction. The sample consisted of 60 women, 30 from the working group and 30 from non-working group who were randomly selected. Data was collected using standardized tool 'the life satisfaction scale questionnaires' created by Ed Diener and his team in 1984. The data was analysed 6(20%) working women's 5(17%) non-working women's are extremely satisfied, 9(30%) working women's, 11(37%) non-working women's are slightly satisfied. The findings shows that working women's are more satisfied than non-working women's.

INTRODUCTION:

Life satisfaction is an important measure of human well-being, reflecting how individuals evaluate the overall quality of their lives. It helps to understand whether people feel happy and fulfilled in different areas of life. Women, being central to family and society, experience life satisfaction differently depending on their roles. Working women often balance professional duties with family responsibilities, while non-working women focus mainly on house hold roles. Both groups may face unique pressures, challenges and opportunities that influence their level of satisfaction.

OBJECTIVES:

1. To assess the life satisfaction of working and non-working women
2. To compare the life satisfaction of working and non-working women

MATERIALS AND METHODS:

Research approach: Quantitative approach.

Research design: Comparative design was adopted for the study.

Research setting: The study was conducted at selected urban area, Bangalore.

Sampling technique: Random sampling technique was used for the selection of samples.

Sample size: The sample size is 60[30-working and 30-nonworking].

Source of data: The data was collected from the working and non-working women at selected urban area, Bangalore.

Instrument used:

- Section A: Demographic data.
- Section B: Life satisfaction scale.

Plan for data analysis:

- The data was analysed using descriptive statistics.

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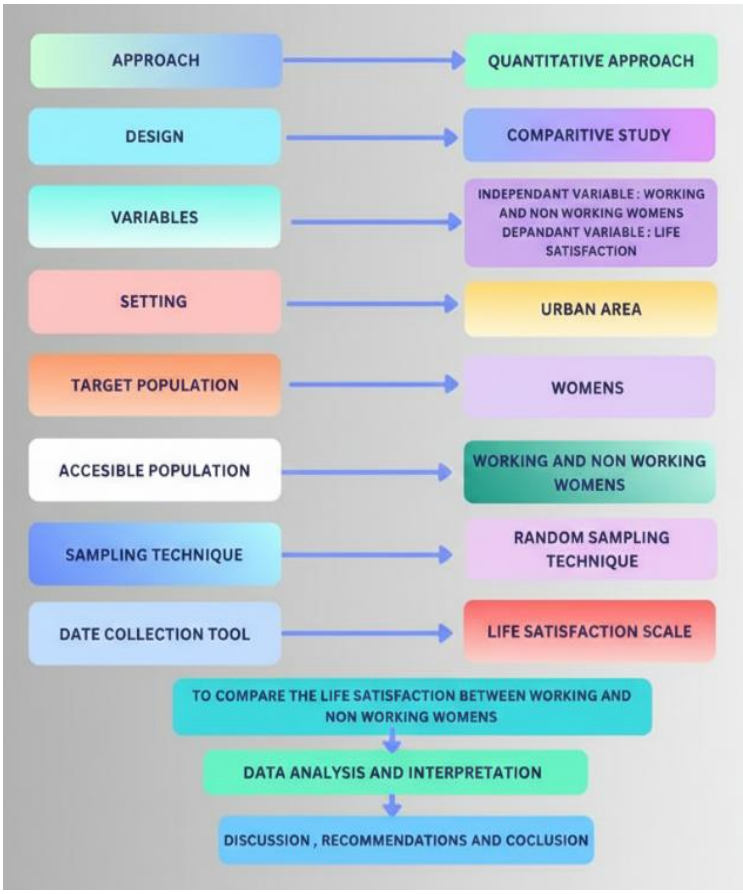


Table 1: Demographic Characteristics of Study Participants

SL NO.	CHARACTERS	WORKING WOMENS (n=30)	PERCENTAGE %	NON WORKING WOMEN (n=30)	PERCENTAGE %
1	AGE				
	21-30	13	43.30%	9	30%
	31-40	12	40%	8	26.70%
	41-50	5	16.70%	9	30%
	51-60	0	0%	4	13.30%
2	RELIGION				
	HINDU	23	76.70%	23	76.70%
	CHRISTIAN	6	20%	4	13.30%
	MUSLIM	1	3.30%	3	10%
3	EDUCATION				
	PRIMARY	1	3.30%	5	16%
	HIGHER PRIMARY	1	3.30%	4	13.30%
	HIGH SCHOOL	3	10%	6	20%
	PUC	1	3.30%	4	13.30%
	DEGREE	10	33.30%	9	30%
	PG	14	46.70%	2	6.70%
	ILLITERATE	0	0%	0	0%
4	OCCUPATION				
	GOVERNMENT	1	3.30%	0	0%
	PRIVATE	29	96.70%	0	0%

	BUSINESS	0	0%	0	0%
5	INCOME PER MONTH				
	5000-15000	6	20%	1	3.30%
	15000-25000	9	30%	0	0%
	25000-35000	4	13.30%	1	3.30%
	MORE THAN 35000	8	26.70%	0	0%
	NONE OF THE ABOVE	1	3.30%	28	93.30%
6	MARITAL STATUS				
	SINGLE	11	36.70%	1	3.30%
	MARRIED	19	63.30%	29	96.70%
7	RECREATIONAL ACTIVITY				
	SOCIALIZING	13	43.30%	12	40%
	WATCHING TV	9	30%	13	43.30%
	READING BOOKS	3	10%	1	3.30%
	RITUAL ACTIVITIES	3	10%	3	10%
	OTHERS	2	6.70%	1	3.30%
8	TYPE OF FAMILY				
	NUCLEAR	27	90%	25	83.30%
	JOINT	3	10%	5	16.70%
9	SLEEPING DURATION				
	5-6 HOURS	7	23.30%	5	16.70%
	6-7 HOURS	19	63.30%	19	63.30%
	7-8 HOURS	4	13.30%	6	20%
	NONE OF THE ABOVE	0	0%	0	0%
10	SOCIAL SUPPORT				
	FAMILY	17	56.70%	23	76.70%
	FRIENDS	2	6.70%	1	3.30%
	NEIGHBOURS	0	0%	0	0%
	NONE OF THE ABOVE	2	6.80%	0	0%
	ALL OF THE ABOVE	9	30%	6	20%

Description: The table shows demographic characteristics of 30 working and 30 non-working women. Most working women were aged 21–30 years (43.3%), while non-working women were mainly aged 21–30 and 41–50 years (30% each). The majority in both groups were Hindus (76.7%). Nearly half of the working women were postgraduates (46.7%) and most were privately employed (96.7%), whereas 93.3% of non-working women had no income. Most participants were married (working women 63.3%, non-working women 96.7%), belonged to nuclear families (90% and 83.3%), slept 6–7 hours (63.3%), and reported family as the main source of social support

SCORE INTERPRETATIONS:

Scorings	Interpretations
31-35	EXTREMELY SATISFIED
26-30	SATISFIED
21- 25	SLIGHTY SATISFIED
20	NEUTRAL
15-19	SLIGHTY DISSATISFIED
10-14	DISSATISFIED
5-9	EXTREMELY DISSATISFIED

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RESULT AND INTERPRETATIONS:

Table 2: Frequency and Percentage Distribution of Life Satisfaction among Working and Non Working Women.

SCORE	WORKING WOMENS	NON -WORKING WOMENS
31-35 (EXTREMELY SATISFIED)	6 (20%)	5 (17%)
26-30 (SATISFIED)	7 (23%)	9 (30%)
21- 25 (SLIGHTY SATISFIED)	9 (30%)	11 (37%)
20 (NEUTRAL)	2 (7%)	1 (2%)
15-19 (SLIGHTY DISSATISFIED)	6 (20%)	2 (7%)
10-14 (DISSATISFIED)	0 (00%)	2 (7%)
5-9 (EXTREMELY DISSATISFIED)	0 (00%)	0 (00%)

Description: The table describes the demographic characteristics of 30 working and 30 non-working women. Most participants were aged 21–30 years and belonged to the Hindu religion (76.7%). Working women were predominantly postgraduates (46.7%) and employed in the private sector (96.7%), while most non-working women reported no income (93.3%).

DISCUSSION:

A study findings shows that 20% of working women and 17% of non- working women are extremely satisfied , 23% working women's and 30% non-working women's are satisfied , 30% working women and 37% non-working women are slightly satisfied, 7% working women and 2% of non-working women are neutral, 20% working women and 7% of non- working women's are slightly dissatisfied .

The study conducted by Dr Anshu Chauhan indicated that 65% of working women were satisfied and 63% of non-working women were satisfied which shows that working women are more satisfied compared to non-working women.

RECOMMENDATIONS:

1. The study can be replicated in different setting such as rural and semi -urban communities.
2. The study can be conducted on a longer sample size to improve generalization. The study can be including intervention programs such as counselling or workplace support policies.

A longitudinal study can be conducted to assess changes in life satisfaction over time ..

CONCLUSION:

The present study concludes that life satisfaction varies between working and non-working women, with working women demonstrating comparatively higher levels of life satisfaction. A greater proportion of working women were found to be extremely satisfied with their lives, while non-working women were more often slightly satisfied. These findings suggest that employment may contribute positively to overall life satisfaction and psychological well-being among women.

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