



A Review On Life Satisfaction And Stress Level Among Working And Non- Working Women

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Abstract:

The primary objective of this research was to investigate the levels of life satisfaction and stress experienced by women who were either employed or not employed. One hundred working women and one hundred non-working women were selected at random from the population to make up the sample. For the purpose of data collection, the Life Satisfaction Scale developed by Alam and Srivastava (1996) and the stress scale developed by Singh (2004) were used. The statistics that were computed included the mean, the standard deviation, the "t" test, and the correlation. According to the findings, there was a substantial disparity between working women and non-working women in terms of the levels of stress and happiness with their quality of life. The results showed that there was a significant difference between working women and non-working women in terms of their level of life satisfaction ($t=5.52$). Women who were employed reported greater levels of happiness with their lives, whereas women who were not employed reported higher levels of stress on a scale comparable to that of working women. The researchers discovered that there is a substantial inverse link between stress and life satisfaction.

Keywords: *Life Satisfaction, Stress and Working and Non-Working Women*

Introduction:

The term "satisfaction" refers to a mental state. An evaluation or assessment of anything is what it is called. Both "contentment" and "enjoyment" are included in the meaning of this phrase. Therefore, it encompasses both cognitive and emotive evaluations of the situation. The state of satisfaction may be both fleeting and consistent throughout the course of time. Currently, the terms "happiness" and "subjective well-being" are used as synonyms for the concept of

life satisfaction. Using the phrase "life-satisfaction" rather than the word "happiness" has a number of advantages, one of which is that it highlights the subjective nature of the notion. The concept of happiness may also be used to refer to an objective good, particularly in the context of philosophical discourse. One of the advantages of the phrase "life-satisfaction" in comparison to the title "subjective well-being" is that it refers to an overall appraisal of life, rather than focusing on particular psychosomatic

symptoms or sensations that are now occurring.

Growing economies and contemporary times have led to an increase in the number of families with two working parents, which has a negative impact on the level of life satisfaction experienced by individuals. It is necessary for the economic growth of any nation to include both male and female labour forces into the workforce. Therefore, it is necessary for both men and women to make contributions to the process of the country's development. This is because the work that women do adds to the expansion of the economy and the decrease of poverty. For a long time, the primary role of women has been seen to be the upkeep of the family, which includes the care of children and the household, while the primary job of men has been to provide for their families financially. On the other hand, as a result of an increasing number of women joining the labour and pursuing professions, these clearly defined gender roles were compelled to undergo a transformation (Servim, 2006). When it comes to women's life, the two most significant parts are their work and their family.

The concept of life satisfaction may be characterised as an all-encompassing and comprehensive evaluation of an individual's sentiments and attitudes towards their life at a certain moment in time, based on the criteria that they have selected for themselves (Kuskova Valentina, 2011). Being satisfied with one's life may have enormously negative repercussions for both the person in their capacity as an employee and the individual

in their capacity as a member of the family. From the perspective of Diener et al. (1985), life satisfaction may be described as an individual's overall evaluation of their life, which is characterised by positive aspects.

Life satisfaction may also be described as an overall evaluation of one's sentiments and attitudes towards their life at a certain moment in time, which can range from negative to positive. A person's subjective life satisfaction may be defined as the degree to which they believe they are happy and healthy in their own environment. When one is satisfied with life as a whole, they must be content not just with what is now happening, but also with what has happened in the past and what will happen in the future, not only with the present, but also with the past and the future. That is, Tatarkiewicz (1976).

Contentment with one's life is one of the components that make up the more comprehensive concept of subjective wellbeing. The difference between affective assessment and life satisfaction lies in the fact that the former is driven more by cognitive processes than by emotional ones. Satisfaction with one's life might be evaluated on a global scale or just in relation to a single aspect of one's life. The term "satisfaction" refers to a mental state. An evaluation or assessment of anything is what it is called. Both "contentment" and "enjoyment" are included in the meaning of this phrase. Consequently, it encompasses both cognitive and emotive evaluations of the situation. The state of satisfaction may be both fleeting and consistent throughout the course of time. An individual's level of life

satisfaction may be defined as the extent to which they have a favourable assessment of the overall quality of their life as a whole. In other words, how much does the individual like the life that they are now leading? A comprehensive assessment of one's life is included in the meaning of the term "life satisfaction." According to the evaluation, the perception that life is "exciting" does not always imply that it is "satisfying." It's possible that life has an excessive amount of excitement, but not enough of the other aspects. All of the important criteria that are present in the mind of the person are included in an overall appraisal of life. These criteria include, for instance, how well one feels, how well one's expectations are likely to be satisfied, and how desirable particular variables are considered to be, among other things.

A person's perception of how their life has been and how they feel about where it is heading in the future is what constitutes their level of feeling satisfied with their existence. This is a measurement of well-being that may be evaluated based on factors such as mood, contentment with relationships with other people and with objectives that have been accomplished, self-concepts, and the self-perceived capacity to deal with the challenges of everyday life. A positive outlook on one's life as a whole, as opposed to one's sentiments at the moment, is what it means to have this attitude. Life happiness has been assessed in connection to a wide variety of factors, including economic position, the amount of schooling one has, experiences, and the location of the individual's house, amongst many others.

The concept of life satisfaction may be described as the state of having a positive attitude towards one's life in its entirety. The concept of life satisfaction may be described as the state of having a positive attitude towards one's life in its entirety. The great bulk of research that has been conducted on the topic of life satisfaction has been based on surveys. The degree to which a person is satisfied with their life might be a reflection of the pleasant experiences that they have had. Individuals have the potential to be inspired to pursue and accomplish their objectives as a result of these events.

In the Aristotelian ethical paradigm known as eudemonism (which derives its name from the Greek term for happiness, eudemonia), the concept of life satisfaction is often seen as a desirable aim in and of itself. According to this model, the proper activities lead to the well-being of the person, with pleasure being the highest form of happiness. The term "stress" refers to a non-specific adaptive reaction of the body to any demand, as well as an internal and external stimuli. Both of these components have been identified. According to Pearlin et al. (1981), stress may be broken down into three key conceptual domains: the ways in which stress manifests itself, the factors that contribute to stress, and the causes of stress. They are periods that are really stressful. We are working at two or more jobs at the same time. Unreasonable expectations and onerous workloads are being tolerated by our collective efforts. As a result of the fact that we cannot afford to be laid off or fired, we are stifling our anger and fury in the face of unjust

circumstances and excessively unreasonable supervisors.

Indian women have made significant progress since the country's independence. Women in today's society have developed the skills and capacities necessary to not only be a proficient housewife but also to be on par with their male counterparts in terms of their ability to do the same tasks. This is the new generation of women who are interested in pursuing the vocation of their childhood dreams. However, not everyone will find this existence to be a bed of roses. Even though there is not much agreement among psychologists on the precise definition of stress, it is generally accepted that stress is the result of demands being put on an organism that cause the body to react in an atypical manner, whether it be physically, psychologically, or emotionally. When it comes to people, stress may come from a broad number of sources and can result in a wide range of reactions, both good and negative.

Families in India are going through a period of fast change as a result of the rising rate of urbanisation and general modernity. The majority of Indian women, regardless of their social background, have found employment in the workforce. particularly in metropolitan areas, the number of educational options available to Indian women is far more than it was a few decades ago. This is particularly true in the current day. By doing so, new vistas have been opened, awareness has been elevated, and ambitions for personal development have been boosted. This, in conjunction with the pressures coming from the economy, has played a significant

role in influencing the choice of women to join the workforce. The majority of research that have been conducted on married women who are employed in India have shown that economic need is the predominant reason offered for working. One of the most common psychological issues that people have been dealing with in recent years is stress, as well as diseases that are tied to stress. Due to the fact that the world is always evolving, stress is something that affects everyone, regardless of age, gender, career, social position, or economic standing. The majority of people's lives are spent under stress as a result of the fast changes that are occurring. It is for this reason that the concept of stress has evolved into an issue that is widely acknowledged in every facet of life.

Keeping a healthy equilibrium between one's obligations at work and those at home is what we mean when we talk about work–life balance. Both the workplace and the home have become more antagonistic realms, both of which are equally voracious of energy and time and are responsible for conflict between the two entities. It is common knowledge that stress has the ability to render human life ineffective, which is why it is challenging for those who are experiencing stress to lead regular lives. Satisfaction with one's life and stress are two factors that are often intertwined. The degree of life satisfaction and stress experienced by working women and women who do not have jobs has been the subject of a lot of studies that have been undertaken by researchers in this particular topic.

Review of Literature:

According to the research that has been conducted up to now, personality plays a key part in determining whether or not a woman would consider her life to be fulfilling. Within a short period of time, however, proximate environmental influences have the potential to alter judgements of life pleasure. The purpose of the research that Chipperfield and Havens (2001) carried out was to investigate the level of life satisfaction experienced by persons who had experienced a change in their marital status as well as those whose marital status remained steady over a period of seven years. Women's life happiness decreased over the course of the seven years, but men's life satisfaction stayed the same. This was seen among those whose marital status remained steady. When it comes to those who have gone through a transition, namely the death of a spouse, it was shown that both men and women suffer a decrease in their level of life satisfaction, with the reduction being more prevalent for males. Furthermore, it was observed that the level of life satisfaction experienced by males increased over the course of seven years when they acquired a spouse, however the same was not seen for women.

In general, these data suggest that the association between changes in marital status or stability is different for men and women according to the gender hierarchy. A research on the subject of life satisfaction was carried out by Sandra and Hughey (2003). The Adult Life Satisfaction Scale and the Black Women's Spirituality/Religiosity Measure

(BWSRM) were administered to 147 African American women from six different states with the purpose of measuring their level of satisfaction with their lives. The women reported greater levels of religiosity than spirituality, which is substantially correlated with life happiness. This was the case despite the fact that there was no significant difference identified between the evaluations of life satisfaction and spirituality with regard to age or educational level. Among Iranian women who were not married and lived in metropolitan areas, Kousha and Moheen (2004) investigated the level of life satisfaction. According to the findings of a number of path analyses and cross tabulations, the level of life satisfaction experienced by married women is directly proportional to the degree to which they are content with their marriage, their work, and their leisure activities. There is a correlation between women's pleasure with their work and their satisfaction with their hours, and it seems that women prefer part-time occupations regardless of how big or small they are.

On the other hand, the number of hours that a woman works has almost little impact on her level of life satisfaction. Women who do not have children do not give any consideration to the number of hours they work, but women who do have children say that they are substantially happier if they have a job, regardless of the number of hours that it requires them to work. Additionally, Ayres and Malouff (2007) have brought attention to the significance of providing a quick problem-solving training in the workplace. This

training has the potential to enhance problem-solving abilities as well as self-efficacy in the area of problem-solving, hence contributing to the enhancement of positive effects, job satisfaction, and overall life satisfaction. From the perspective of how employment affects life happiness, Perrone et al. (2007) discovered that the level of contentment with one's marriage and one's job was strongly connected to one's overall level of life satisfaction. Also emphasised in (Schaer, 2008) was the enhancement of couples' ability to cope. Training to raise dyadic competences, which may have beneficial impacts on overall well-being, life satisfaction, and other workplace factors such as reduced burnout and less job stress—these are all things that can be improved by training.

A study published by the Northern Territory Government in 2003 states that stress in the workplace is the outcome of the interplay between an individual and the environment in which they live and work. In the fourth person, it is the consciousness of not being able to deal with the demands of their job environment, together with the unpleasant emotional reaction that is connected with experiencing this awareness. The research on stress brought on by one's place of employment was carried out by the European Foundation for the Improvement of Living and Working Conditions in the year 2007.

According to the research, job-related stress is a sequence of responses that takes place when workers are confronted with work demands that are not matched to their knowledge, skills, or talents, and which test their capacity to

deal with the issue. In their research on the relationship between the workplace and job performance, Park (2007) discovered that the negative effects of work stress are recognised as a problem to both employers and workers. Their findings also revealed that women, youth, shift workers, part-time workers, and workers who do not have white collar positions are more likely to have occupations that are under high pressure.

Sample:

The sample was comprised of Ranchi women who were either employed or those who were not employed. Therefore, one hundred working women (who were teachers in government schools) and one hundred women who were not working (housewives) were selected at random. Women in the workforce have a high level of qualifications. 26 to 40 years old was the age range of the ladies.

Instrument:

Life Satisfaction Scale - Both Alam and Srivastava (1996) were responsible for its development and standardisation. There are sixty items on the exam that are of the yes/no kind. Yes indicates that the desire is satisfied. Scores that are higher indicate a greater degree of satisfaction. The ages of the participants ranged from 18 to 40 years old. The reliability of the test was determined to be .84 when it was retested, and the validity of the test was 1.74.

Stress Scale- It was Singh (2004) who came up with the idea. The ages of the participants ranged from 16 to 50 years old. The validity of the test was

determined to be.61, while the test's reliability among retests was found to be.82. The higher the scores, the greater the amount of stress.

Results and Discussion:

In the current research, the primary objective was to investigate the levels of life satisfaction and stress experienced by working and non-working women. In order to analyse the data, the "t" test technique was used. The following is a discussion of the results of the presented study:

Table 1: Means, SDs and “t” value of Working and Non-Working Women on Life Satisfaction

Groups	N	Means	SDs	t	P value
Working women	100	51.87	18.79	5.52	0.01
Non-working women	100	39.49	12.39		

As can be seen from the findings shown in table 1, there is a substantial disparity in terms of life satisfaction between women who are employed and those who are not employed. In comparison to the non-working woman, who had a mean score of 39.49, the working woman received a higher mean score of 51.87. 18.79 was the standard deviation score for working women, whereas 12.39 was the score for women who did not have gainful employment. For this reason, we may assert that women who are employed report a greater degree of life satisfaction than women who are not employed. 5.52 is the value of the "t"

value for life satisfaction. Within the realm of labour, there exists a notable distinction between working and working women. It indicates that the hypothesis was validated. Women who were employed reported higher levels of life satisfaction. They are able to meet their requirements since they are paid a wage and make money. Their spouse and their family are supported by them. Working women are economically independent, meaning that they do not rely on their husbands or families for financial support. Because of this, individuals are able to find contentment in their lives. They had the expectation that their lives would be safe. They have a sense of contentment with the circumstances of their lives. On the other hand, women who do not have jobs report lower levels of contentment with their whole lives. Within the context of working women, they are underestimating. In a similar vein, Bhatt (2013) discovered the same conclusion.

Table 2: Means, SDs and “t” value of working and non-working women on stress

Groups	N	Means	SDs	t	P value
Working women	100	21.85	10.39	7.21	0.01
Non-working women	100	34.26	13.79		

Table 2 shows that the mean scores of women who were not employed were higher, coming in at 34.26, compared to the scoring of working women, which was 21.85. One might deduce from this that women who were not employed were experiencing a higher level of stress compared to women who were employed.

According to the hypothesis, which claims that "working and non-working women will differ significantly with regard to their stress level," this finding provided evidence that the hypothesis was correct. It is because non-working women fill several positions, which are inconsistent and produce contradicting circumstances, that they experience high levels of stress. This is the reason why non-working women are so stressed out. Traditional duties of women, such as those of homemakers, are still expected of them in our culture.

Table 3: Correlation coefficients of life satisfaction and stress (N=200)

	Stress	P value
Life Satisfaction	-0.3125341	0.01

As seen in the table above, there was an inverse relationship between stress and the level of satisfaction one has in life. The results of this correlation demonstrated that there is a negative association between the degree of stress and the level of life satisfaction. This demonstrated that stress has a significant bearing on the degree to which one is satisfied with their life. It was shown that those who were content with their lives had lower levels of stress in their lives over time. The findings of Azzem and Ozdevecioglu (2013) were found to be comparable. Because of this, our theory was validated.

Conclusion:

Underscoring the significant influence that job status has on psychological well-being, the results of the study shed light on a clear distinction in the degrees of life satisfaction and stress

experienced by working women as opposed to women who do not maintain employment. Working women demonstrated greater life satisfaction ratings compared to their counterparts who did not work, which suggests that employment contributes favourably to women's opinions of the quality of their lives. This may be owing to the fact that working women are economically independent and have a sense of fulfilment that comes from their professional positions. On the other hand, women who did not have jobs reported greater levels of stress, which suggests that the lack of professional involvement may increase stress levels. This might be a result of social expectations and the undervaluing of responsibilities related to homemaking. In addition, the fact that there is an inverse association between life satisfaction and stress brings to light the negative impact that stress has on life contentment, which is consistent with finding from other studies. In light of these results, which provide evidence to support the concept that women's work status has a major impact on their levels of life satisfaction and stress, it is imperative that the significance of professional positions in promoting women's psychological well-being be recognised.

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