

A COMPARATIVE STUDY OF ADJUSTMENT AT HOME AMONG WORKING WOMEN AND HOUSEWIVES

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Abstract

The present study is conducted to study the home adjustment of working women and housewives. The study has been done in Ghaziabad city. Multistage sampling Technique was followed and 150 working women and housewives. (working married women =75, housewives =75). Were taken as sample. Their age range was between the 30 to 45 years. So we can say that working women are more natural, independent, and healthy as compare to non-working women whereas non working women are more obsessive, dependent, then working women.

Keywords: Home Adjustment , Working Women, Housewives.

Introduction

Our recent years there has been enormous increase in the number of women entering different professions. But in Indian society the primary work of women is too manage their family first. Both an employed and unemployed women play a significant role in household activities of their families. The happiness of a family to a great extent depends upon her. But now a day's work pressure are same for man and women. They also work an same stressful conditions man do but their family are not realizing this and they expect same kind of involvement from them as house gives to their families. A working women fulfill their duties and responsibilities sincerely in their outside profession .The double work pressure brings frustration stress and other problems.

On the other side we see that the housewives faces many problems like stress depression and anxiety. The main problem with them is that they spend maximum time in household work and not having time for themselves still everyone thinks that you do not have any work as they are staying home but no one can understand that there are many work which she cannot explain and this feeling bring depression among housewives and they feel undervalued because they are financially insecure, they never show this feeling with anyone.

The forgoing discussion makes it clear that working women and housewife both faces various types of adjustment problems in their work place home and life the aim of the present investigation is to find out the home adjustment behavior of working women and housewife. Before going deep inside this topic we are going to understand the meaning of the word working women and housewife.

A housewife ,” means a women who is not engaged in any type of remunerative or honorary job .She was supposed to do house hold. The married

women's best place was thought to be her home. She was supposed to do the house hold work and take care of her husband and children.

A working women, means a women who comes out of her home to take up a gainful employment. The women of all three strata can be included in this. In traditional Indian society it was under gross economy, necessity and under adverse circumstances but today society attitude towards married women has considerably changed and they are entering into remunerative vocations.

Literature Review

Nathwat, S.S., Mathur (1993) compared working and non working women, result indicated significantly better marital adjustment and subjective wellbeing for the working women then for the housewives. Specially, working women reported higher scores on general health, life satisfaction and self esteem measures and lower scores on hopelessness, insecurity and anxiety compared with non working. Although the housewives had lower scores on negative effect than the working women. [1]

Hashmi H.A., Khurashid M. and Hassan, (2007) explore the relationship between marital adjustment, stress and depression. Sample of the study consisted of 150 working and nonworking married women. Their age ranged between 18 to 50 years. Dyadic adjustment scale. (2000), back depression inventory (1996) and stress scale (1991) were used. Result indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also shows that working married women have to face more problems in their married life as compared to non working women. The results further show that highly educated working and non working women can perform well in their married life and they are free from depression as compared to educated working and non working women. [2]

Objectives of the Study

To find out the comparative study of home adjustment among working women and housewives.

Sample

The sample of the study consisted of 150 women with 75 working and 75 non working within the range of 30 to 45. The sample of working women was drawn from schools, colleges, banks and the sample of non working was drawn from neighborhood areas.

Variable

There are two variable in this research

1. Dependent variable – Working women and housewife
2. Independent variable – Home adjustment

Methodology

This paper includes descriptive research.

Results and Discussion

Data were analyzed by calculating percentage of responses on every item of all three dimensions of the perception scale used for measuring perception of adjustment level at home among working women and housewives. There are three columns of every item -

Table 1 (Working Women)

S. No	Item	Always (%)	Sometime (%)	Never (%)
1	If there is any dispute at home do you remain silent.	7.1	42	7.1
2	When your husband comes home irritated you may react.	7.1	14	7.1
3	Small issues sometimes disturb a lot.		28.5	
4	Whenever work is not done according to your wish you got irritated.	21	7.1	
5	As an individual your confidence level helps you to overcome stress in organization/home.	21	7.1	
6	Sometimes overburden in your workplace/home affecting your personal life.	7.1	21	
7	Do you get less than 7 hours of sleep at night .		7.1	21
8	While evaluating your performance by others, does the negative feedback increase your stress.	7.1	14	7.1
9	Whether counseling from experts will help you to overcome stress.	14	14	
10	“Entertainment decreases our stress “are you involved in entertaining your family.	7.1	21	
11	When there is any argumentative situation arises it usually result in your favour.	28	28	
12	Do you and your spouse enjoy when you go outside together.	28		
13	In leisure time do you generally prefer to go outside.	7.1	21	
14	Do you confide in your spouse almost.		28	

Table 2 (Housewives)

S. No	Item	Always (%)	Sometime (%)	Never (%)
1	If there is any dispute at home do you remain silent.	7.1	28.5	
2	When your husband comes home irritated you may react.	14	42	14
3	Small issues sometimes disturb a lot.	14	35	21
4	Whenever work is not done according to your wish you got irritated.	42	28.5	
5	As an individual your confidence level helps you to overcome stress in organization/home.	35	28.5	7.1
6	Sometimes overburden in your workplace/home affecting your personal life.	14	42	14
7	Do you get less than 7 hours of sleep at night .	14	35	35
8	While evaluating your performance by others, does the negative feedback increase your stress.		50	21

9	Whether counseling from experts will help you to overcome stress.	7.1	21	42
10	“Entertainment decreases our stress “are you involved in entertaining your family.	42	7.1	21
11	When there is any argumentative situation arises it usually result in your favour.	28	42	
12	Do you and your spouse enjoy when you go outside together.	21	50	
13	In leisure time do you generally prefer to go outside.	14	56	
14	Do you confide in your spouse almost.	14	42	14

Conclusion

Thus it can be concluded that working women are more independent, natural and healthy as compare to non working women. Whereas non working women are more obsessive, dependent as compare to working women. But sometime job stress and other factors results into instability in the home, and housewives home stress and other factors results into instability in the home. it becomes necessary for women to be enlightened in knowing their roles traditionally and striking a balance between work and the home. Finally, more research is needed in determining to improve well being of working women and non working women.

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