

# An Analysis of Mental Health among working and non-working women

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## Abstract

The main purpose of study was find out the mental health of working women and non-working women. The sample consists of 300 women (150 working women and 150 non-working women) randomly selected. The research tool used to access mental health of working women and non-working women was mental health development and standardized by inventory Jagdish and Srivastava (1983). Here 't-test' was applied for statistical analysis of data to check the significance of difference on mental health of working and working women.

Key-words: Working women, Non-working women, Mental Health.

## Introduction:

In free India women have been entering salaried remunerative, occupations and professions in increasing number. The numerical growth of women taking up employment in various capacities can witnessed in a busy area of any of the large cities in India women from the lower strata of society have always worked for wages in this country.

Among the group of women there is diversity of values working women have different values than non-working women and other adult women. In modern society the social and community environment is full of social and moral pollution. Hence there are many problem of working women in different fields. "A working women", means a women who comes out of her home to take up a gainful employment. "A housewife", means a woman who is not engaged in any type of remunerative or honorary job. The married women's best place was thought to be her home. She was supposed to do the household work and take care of her husband and child.

Mental health is an integral and essential component of health. The WHO constitution states: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Mental health can be defined as the ability to make adequate social and emotional adjustment to the environment on the plane of reality. In other words it is the ability to face and accept the realities of life. (Bhatia 1982)

Singh (2006) conducted descriptive survey method on 'Assessment of Mental Health' status of middle aged female school teacher of Varanasi city.' A random sample of 50 middle aged female school teachers working in government girl's school. The researcher conclude that the mental health scores highlight that working women are trapped in a situation where they are getting difficulty in copying.

Dudratra and Jogsan (2012) found that the basic area of mental health reveals significant difference of working and non-working woman. The non-working woman received higher mean score 73.92 as compared to the working woman 68.80. There has mean difference is 5.12 and the standard score of working woman received 9.26 and the non-working woman received 10.72. So we can say that non-working woman have a good mental health than the working woman. The t-value of mental health is 2.36. It is clearly revealed from the calculated data that there is a significant difference of mental health on working and non-working woman. In simple terms it was concluded that mental health of working woman is lesser than non-working woman.

Khodides (2013) found the significant difference in the mental health level among working women and house wives mean score of mental health for 40 working women was 68.25 & SD was 9.25 similarly mental health mean for 40 house wives their t-value was 2.35 and was significantly at 0.05 level. Therefore the result reveals that mental health is better for house wives than for working women.

#### **Objective of the study:**

By taking in to consideration the available theoretical constructs and literature concerning the problem of the present study the following major objectives were proposed to examine:

1. To access the mental health of working women.
2. To access the mental health of non-working women.
3. To access the rural and urban working and non-working women.
4. To compare the rural working and non-working women.
5. To compare the urban working and urban non-working women.

#### **Hypothesis of the study:**

1. There would be no significant difference in the mental health level of working and non-working women.
2. There would be no significant difference in the mental health level of urban working and non-working women.
3. There would be no significant difference in the mental health of rural working and rural non-working women.

**Research Methodology:**

To find out the actual picture of mental health among working women and non-working women in urban and rural area the 300 women have been randomly selected and interviewed. Again one of 300 sample 150 women (150 working and 150 non-working women) selected from the urban areas and some procedure also adopted for the rural area.

**Table****Selection Of Sample**

Study Area	Working Women	Non-working Women	Total
Urban Area	75	75	150
Rural Area	75	75	150
Size of Sample	150	150	300

Women sample comprised to official and teaching staff working in colleges and institutions.

**Tools:**

The following tools were utilized in the study:-

Mental health inventory:

Mental health status of the working and non-working women was assessed by using a mental health inventory developed by Jagdish and Srivastava (1983). It measures the mental health of the individual in six dimensions namely positive self evolution, perception of reality integration of personality autonomy, group oriented attitude and environmental mastery. This scale consists of 54 statements with four alternative answers like always most of times. Some times and never rated on four point scale out of 54 statements 23 are positive statements and 31 statements are negative. For positive statements the scoring is 4, 3, 2, 1 and for negative statements it is in the reverse order. The score ranges between 54-216 high scores on mental health inventory indicates better mental and vice-versa.

Showing item numbers included in various dimension of mental health.

Dimensions of Mental Health	Items	Positive	Negative	Total
Positive self evaluation	1*, 7*, 13*, 19, 23*, 27, 32, 38, 45, 51	06	04	10
Perception of reality	6, 8, 14*, 24*, 35*, 41, 46, 52	04	04	08
Integration of personality	2*, 9*, 15*, 18*, 20, 25*, 28*, 33, 36, 40, 47, 53	01	11	12
Autonomy	3*, 10*, 29, 42*, 48*, 54	02	04	06
Group-oriented attitudes	4, 11*, 16*, 21*, 26, 30, 39, 43, 49*, 55	04	06	10
Environmental Mastery	5*, 12, 17*, 22*, 31, 34, 37, 44, 50, 56	07	03	10
		24	32	56
* False keyed items.				

### Result:

The main objective of present study is a comparative study of mental health among working and non-working women in it statistical t-method is used and their correlation was measured.

**Result discussion of present study is as under-**

showing the mean, SD and t-value Of mental health among working & non-working

**Table 1**

Sr. No.	Variable	N	Mean	SD	t-value	df
1	Working women	150	160.33	19.402	4.074	298
2	Non-working women	150	150.20	23.462		

showing the mean, SD and t-value Of mental health among urban working women and urban non-working women

**Table 2**

Sr. No.	Variable	N	Mean	SD	t-value	df
1	Urban Working women	75	107.27	14.328	-4.849	148
2	Urban Non-working women	75	94.65	17.383		

showing the mean, SD and t-value Of mental health among rural working women and rural non-working women

**Table 3**

Sr. No.	Variable	N	Mean	SD	t-value	df
1	rural Working women	75	162.37	18.123	-5.589	148
2	rural Non-working women	75	146.57	16.459		

The result obtained that reveals significant difference of working and non-working women.

The working women receive higher mean score as compared to the non-working women. There has a significant difference in mental health among working and non-working women.

So we can say that Mental health of non- working women is lesser than the working women.

### **Discussion:**

It is well recognized that women's social roles affect their mental health it is unclear whether the effects are benefited or detrimental. (MC Bride 1998)

A similar study was conducted by Rout and Cooper (1997) and the results were that there were significant difference in mental health among working and non-working results indicate that the non-working women have better mental health as compared working women.

The study was conducted by Khodidas (2013) "Comparative study of mental health among working women on and house-wives" Department of Psychology, Saurashtra University Rajkot, the aim of the study was to find out the mental health among working women and housewives, so total number of 40 working women and 40 housewives were randomly selected from Surendranagar district, for the purpose of data collection. Mental health analysis questionnaire developed by Badami and Badami was used to measure the mental health level among working women and housewives. 't' test was used for the statistical analysis of the data. Difference between the mental health level among working women and house wives was significant at 0.05 level, so the null hypothesis was rejected and result shows that the mental health is better pf housewives than the working women.

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