



LIFE SATISFACTION AND MENTAL HEALTH AMONG WORKING AND NON-WORKING MOTHERS

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ABSTRACT

The quality of work, life is the 2 major components of individual's satisfaction. There is an emerging trend to identify and improve the aspects that contribute to the quality of work and life. Life satisfaction refers to a person's general happiness, freedom from tension, interest in life etc.. Good employee mental health contributes to harmony and happiness, this would be reflected in their life. The present study was undertaken to compare the mental Health conditions and life satisfaction of mothers. A further objective of the study was to contribute and broaden the knowledge base of how occupational stress effects on mental health and life satisfaction and endeavour to add new information to the existing body of information. Keeping the above points in view the present study was conducted on 30 working and 30 non-working /homemakers, women in with the age range of 25 to 50 years were taken. Life Satisfaction Scale developed by Singh And Joseph, The Employee Mental Health Inventory developed by Dr.Jagdish (1985) was used to assess the life satisfaction and Mental Health of mothers. Good mental health contributes to harmony and happiness which would reflect in their personal life. The obtained results were analysed using suitable statistical method; results were discussed in this paper. The women employees with work-related, mental problem were helped with counselling and therapies.

Key Words : Life Satisfaction, Mental Health, Working and non working mothers.

Introduction

Life Satisfaction is the way in which people express their emotions, feelings (moods) and how they feel about their directions and options for the future person's general happiness, freedom from tension, and interest in life. ... Life satisfaction is a major key of subjective wellbeing.

Good mental health contributes to workplace harmony and life happiness. A vital part of the overall work environment is the amount of time we spend on the job. We are likely to spend 1/3 or 1/2 of our waking hours at work for 40 to 45 years. This is long time to feel frustrated, dissatisfied and unhappy, especially since these feelings will carry over to your family and social life and affect your physical and emotional health.

Job satisfaction is also a part of life satisfaction. The nature of a worker's environment off the job indirectly influences his/her feelings on the job. Since a job is an important part of life for many workers, job satisfaction influence general life satisfaction. The homemakers spent much of time in home, taking care of children's, spending quality time with family members. The result is that there is spill over effect that occurs in both directions between job, home responsibilities and life satisfaction. This paper asks whether makes mother happy. It examines the relationship between actual working hours, quality time spent in home and mental health conditions among mothers.

Gove and Tudor, in 1973 in U S finding that paid employment is associated with better mental health among women .stress theories assert that some roles or combinations of role cause stress, or multiple role conflict. The present study tries to study how working hour flexibility (part-time and full time) contributes to mental health conditions of women employees.

We analyse whether part time and full time employment significantly affect women's happiness and improve or reduce mental health problems. Part time employment is the most widespread form of alternative work schedule. More than 25% of the U.S workforce holds part-time jobs. Part time employment has grown faster than full-time employment, particularly in service and retailers. Part time employment is attractive to people with pressing family responsibility.

LIFE SATISFACTION SCALE : Recently, interest in quality of work life has been stimulated by claims of wide spread worker dissatisfaction. There is now emerging trend to identify and improve job characteristics that contribute to quality of work life .This interest in the quality of work life is in keeping with a growing concern for general quality of life or life satisfaction

Life satisfaction scale is based on the following dimensions

1. Taking pleasure in everyday activities,
2. Considering life meaningful,
3. Holding a positive self –image,
4. Having a happy and optimistic outlook,
5. Feeling success in achieving goals.

These dimensions can be referred to as current life satisfaction.

EMPLOYEES MENTAL HEALTH INVENTORY: Health, an indispensable quality in human beings, has been reported as soil from which the finest flower grows. Sound health makes sound mind, adds to the happiness of a person, and leads to meaningful and active life.

“The preamble of world health organization's character defined health as a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity”.

Before the second half of 20th century, mental health was considered as the absence of mental disease but now it has been described in its more positive connotation, and not only as the absence of mental illness. Mental health has been mentioned as the ability of a person to balance once desire and aspirations, to cope life stress and to make psycho-social adjustments.

PROBLEM: To assess the life satisfaction and mental health condition of working and non-working mothers.

OBJECTIVE: The objectives of the study keep in view the issues that have emerged from previous research and the limitations. The specific objectives are as follows:

1. To assess life satisfaction of working and non-working mothers using Singh And Joseph,(1983) Life Satisfaction Scale
2. To assess the mental health condition of women employees using Dr. Jagdish (1985) Employee's Mental Health Inventory.
3. Compare life satisfaction and Mental Health of working and non-working mothers.
4. To identify areas in which counselling or intervention may be needed for working and non-working mothers.

Operational Definition:

Working Mothers Working Mothers working in Degree College as teaching faculty.

Non Working Mothers: Mothers who are not involved in Paid Activities

Life Satisfaction: A overall feeling of satisfaction in life

Mental Health: A state of happiness or satisfaction at work and life (absence of mental disorders)

Hypothesis:

1. "The Employment has an effect on Life Satisfaction and Mental health condition among working and non working mothers"
2. There is difference between Life Satisfaction and Mental health condition among working and non working mothers"

VARIABLES:

a. Independent variable: Employment

b. Dependent variable: Life Satisfaction, Mental health.

Research design: Exploratory study

Sample: The sample consists of 2 groups.

1. 30 working mothers, as a faculty in degree college in Bangalore city
2. 30 Non -working mothers in Bangalore city.
3. With the age group of 25 to 50 years. Their education qualification being graduation.

MATERIALS:

1. Singhs and Joseph Life Satisfaction Scale (1983) it consists of 35 statements. Subjects indicate their response on a 5 point scale, by putting a cross mark in the corresponding box.
2. Dr. Jagdish employee's mental health inventory (1985) it consists of 24 statements. Subject is indicated to mark their response by putting tick mark on the cell below yes or no.
3. Manual, keys and norms.
4. Writing materials.

Procedure:

The subject is seated comfortably.

Rapport has to be established.

The subject is given Singhs and Joseph Life Satisfaction Scale and Dr. Jagdish employee's mental health inventory and asked to write the personal data such as name, age, education, occupation, work experience, type of employment etc in the space provided, and other demographic details.

The subjects were instructed to answer the statements.

The responses of the subject were scored with the help of scoring key, provided by author.

Instructions: For Life Satisfaction Scale, Employee's Mental Health Inventory

"This scale has a list of 35 statements related to your day to day life. Read each statement carefully and see to what extent that statement is applicable in your case, using the five point scale given against each statement. Put a cross mark(x) in the box below the alternate you select. You may select only one of the each alternative for each statement. Be spontaneous and honest, as your responses will be kept confidential"

" here are some statements relating to your health. There are two alternatives-yes and no of each statement, please choose the alternative which is applicable on you or what you are really feeling about that statement, please indicate your response by marking tick () on the cell below yes or no response. As there is no right or wrong statement, please feel free to respond on all items without hesitation."

Precautions:

1. Effort should be made to secure the true answer from the subject.
2. The subject should interpret the questions by himself.
3. The experimenter may give meaning of the questions.

Analysis of data:

1. Analysis of is done by referring to the key and norms.
2. Calculate the group mean and standard deviation
3. Compute 't' test to find the significance difference between the mean.

Results and discussion

Table 1-shows the mean age, marital , no of children of Working Mothers.

MEAN AGE	AVERAGE NO OF CHILDREN	Work Experience
29 years	1	3 years

Mean age of the subjects were twenty nine years and all subjects had 1 child and three years of work experience.

Table 2-Shows the mean age, no of children Non-Working Mothers

MEAN AGE	AVERAGE NO OF CHILDREN
31 years	1

Mean age of the subjects were thirty one years and all were subjects having children

Table 3-Shows the mean and SD of the working mothers on Life Satisfaction Scale

Mothers	TOTAL	MEAN	SD	't'
Working mothers	1632	54.4	7.3	
Non-working mothers	1953	65.1	8.06	

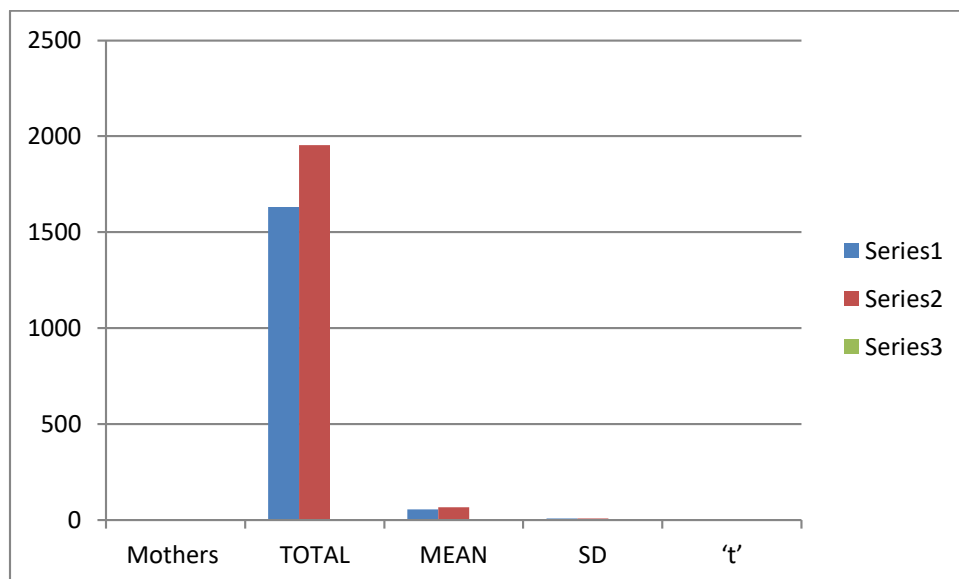
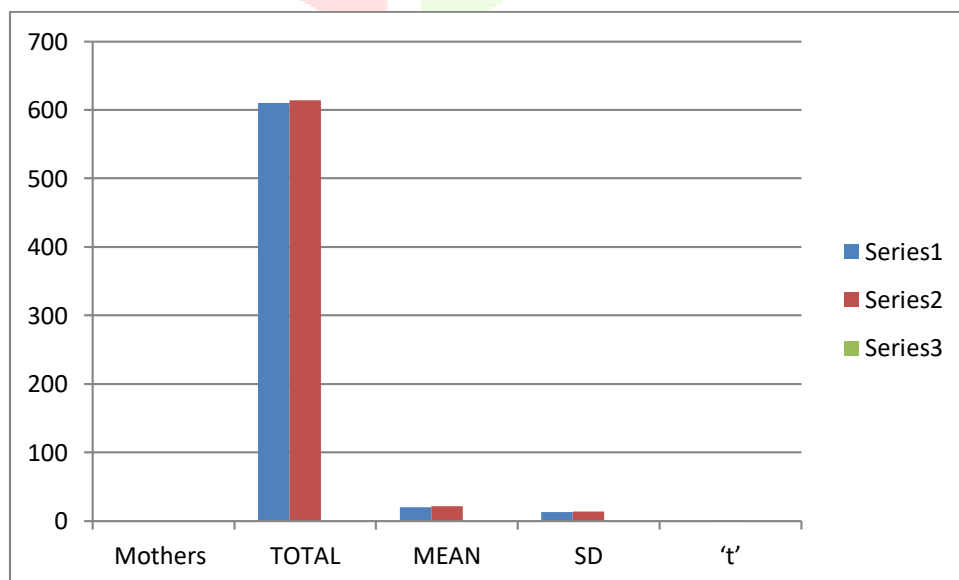


Table 3-Shows the mean and SD of the working mothers on Employee's Mental Health Inventory

Mothers	TOTAL	MEAN	SD	't'
Working mothers	610	20.4	13.1	
Non-working mothers	614	21.3	13.9	



DISCUSSION

The life satisfaction of the mothers was assessed using Singhs and Joseph Life Satisfaction Scale and The mental health of mothers was assessed using Mental Health Inventory developed by Dr.Jagdish (1985) was administered on a group of mothers working in Degree College and Homemakers. The sample consists of 30 working mothers and 30 non working mothers working in Bangalore city. The age ranges of the subjects were 25 to 50 years. Table 1-shows the mean age, marital , no of children percentiles of working mothers ,Table 2-shows the mean age, no of children , percentiles of non working mothers Table 3-shows the total, mean and SD and 't' value working and non working on Life Satisfaction Scale The working mothers have a total score 1632 of and mean of 54.4 and SD 7.3 , the non-working mothers have a total score of 1953 and mean of 65.1 and SD 8.06. The obtained 't' value is 0.92 . Table 4-shows the total, mean and SD and 't' value working and non working on Mental Health inventory. The working mothers have a total score of 614 and mean of 20.4 and SD 13.1, the working mothers have a total score of 610 and mean of 20.3 and SD 12.9. The obtained 't' value is 0.89 .when referred to table D at df of 58, the value is not significant at 0.01 and 0.05 level. This indicates that there is no significant difference between the two group .hence the result shows that the group scores are in accordance to hypothesis 1 which states "The Employment has an effect on Life Satisfaction and Mental health condition among working and non working mothers" and hypothesis 2 " There is difference between Life Satisfaction and Mental health condition among working and non working". The probable reasons may be the research was conducted on degree college employees; teaching is one of the professions which are most suited for females. Since there is no shifts and working is comfortable. During the process of data collection it was found that the employees who had small children had little grievances of not spending quality time with children. The women employees with work-related adjustment problem were helped with counselling and guidance. The employee's economic conditions and their commitment to job, work environment, determine their work place health, harmony and happiness rather than the type of work alone.

Conclusion:

1. The group scores are not in accordance to hypothesis which states "The Employment has an effect on Life Satisfaction and Mental health condition among working and non working mothers".
2. There is difference between Life Satisfaction and Mental health condition among working and non working, because they experience greater stress. Non-working mothers have more opportunities to accomplish their domestic and child care tasks.
1. Individual differences are clearly evident in the present study.

LIMITATION OF STUDY

1. The present study was conducted on women employees working in Degree College and homemakers with the age group of 25 – 50.
2. It was an exploratory in nature.
3. Further research can be conducted on different sample with different age group.
4. The sample was restricted to only degree college employees.

Suggestions for the further research

1. Research can be conducted on a group with limited age range
2. Research can be conducted on women working in different organisations, which has shift work, long working hours etc...

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