

Adjustment and Mental Health in Working Women

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ABSTRACT

The main purpose of this research was to investigate the adjustment and mental health in working and non working women. The total sample consisted 80 among 40 working and 40 non – working women was selected through random sampling technique from Rajkot city (Gujarat).the research tools for adjustment was measured by Pramod Kumar and mental health was measured by D.J. Bhatt and miss. Gida (1992). Here revised was used which was made by siddhpura shilpa (2005). To check the significant difference between group t- tests was applied. Here t-test used result revealed that there is a significant difference between working and non working women with respect to their adjustment and mental health.

Key words: adjustment, mental health, working and non-working women.

INTRODUCTION

Indian women have been gradually coming out of traditional roles and entering into the male dominated areas. In recent years the role and status of the women have been changed tremendously. With increasing female education and more liberty for their rights and privileges, women's attitude towards their stereotyped role is changing. Their participation in education and work place has also led to their increased socio familial roles. Women who work outside the home are required to make many socio-familial adjustments that may contribute more stress and anxiety. The problem of stress in women, particularly working women, is an important aspect on the process of social and emotional changes.

Women in India today have more opportunities to pursue their higher education and more and more women have started taking up the jobs outside their homes. Women are existing under cultural norms and values so the working women have to make an adjustment with the family members are expected to make such adjustments. So this in turn leads to a number of stress and strain among working women.

The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, term denotes the results of equilibrium, which may be either of these processes (Monroe). It is used to emphasize the individual's struggle to along or survive in his or her social and physical environment.

Good (1959) sates that adjustment is the process of finding and adopting modes of behavior suitable to the adjustment or the changes in the environment. Shafer (1961) is the process by which a living organism maintains a balance between its needs.

WHO defines health as a state of 'complete physical, mental and social well merely the absence of disease or infirmity'. Mental health has been reported as an important factor influencing an individual's various behaviors, activities, happiness and performance. Mental pressure is a vital cause of the mental health problems which arise due to various conditions. If the mental condition is good, a woman can take various responsibilities of a family and her understand the complications, try to solve them, plan for future and adjustment with others by becoming mentally strong. Women and depression is holding a relationship of much interest over the last two decades. As more and more women enter the work force, they are increasingly exposed not only of the some work environment as men, but also to pressure created by multiple roles and conflicting expectations (Nelson and Burke 2000; Chang 2000). These differences occur in most countries around the world (Nolen-Hoeksema and Girgus, 1994; Whilelm and Roy, 2003; Get and Conger, 2003).

Mental health is a state of well being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well being and the effective functioning of a community. According to World Health Organization (WHO) mental health includes "subjective well-being, perceived self efficacy, autonomy competence, intergenerational dependence, and self actualization of one's intellectual and emotional potential, among others." Different psychologists are trying to defined mental health by different way.

According to Sullivan, a healthy person is one who has syntaxes relationship with others and who reacts to people as they really are, not as symbol of past relationship. Thus, emphasis is on interpersonal relationship. Alder defined a healthy personality as one which experiences a sense of identification against infantile feeling of inferiority and helplessness. Mental health can be defined as the ability to make adequate social and emotional adjustments 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).

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Tank, S.G. (2010) and shah, B.M. (2009) it was found that there was significant difference of marital adjustment and mental health between working and non-working women among joint and nuclear family.

Suri R. K. and Singh S. (2017), it was found that there is a significant difference between Working and Non-Working Women with respect to their Mental Health and Marital Adjustment.

Yogesh A. Jogsan it was found that there significant difference in mental health and social adjustment with respect to both working and non working women.

Objectives

The main objective of study was as under:

1. To measure the adjustment in working and non- working women.
2. To measure the mental health in working and non working women.

Hypothesis

To related objectives of this study, null hypothesis were as under:

1. There will be no significant difference in adjustment of working and non-working women.
2. There will be no significant difference in mental health of working and non- working women.

METHOD

Participants

According to purpose of present study consisted of 80, women with 40 working and 40 non-working within the age range of 25 to 45. The sample of working women was drawn from teachers and the as a sample from particular area of Rajkot city (Gujarat).

Instruments

Following instrument were used for data collection.

- (A) Adjustment scale: the scale was developed by Dr. Pramod Kumar. The scale contains of 40 items, each to be rated on 2 point scale. The minimum and maximum score obtained in the scale are 0 and 40 respectively. There reliability and validity are higher.
- (B) Mental health scale: The mental health scale was developed by Dr, D.J.Bhatt and G.R. Gida (1992). This scale revised by siddhapura shilpa (2005). This scale contains 40 items, each to be rated on 3 point scale. The minimum and maximum score obtained in the scale are 40 and 120 respectively. There reliability is 0.94 and validity is 0.63.

Procedure of data collection

In this study random sampling method was used. Initial meeting with the participants was made at particular area of Rajkot city (Gujarat). Total 80 participants were taken as a sample.

They were informed about the purpose of the study upon initial meeting, each participants was also explained the nature of the study. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants before administering the scale, the purpose of the study was again explained to the participants. A good rapport was built with the participants for getting correct response. Some necessary instruction and guidelines were provided to them and they were requested to fill up the both scale as per the instruction given in the scale. After completion of the scale participants returned the scale and they were thanked for their participation and cooperation.

Research design

The aim of present research was to a study of adjustment and mental health in working and non- working women. For these total 80 samples were taken with used random method. To check significant difference between groups t-test was used. Result and discussion of study is as under:

Result table 1
Showing t- value score of adjustment in working and non- working women

Variables	N	Mean	sd	t	Sig.
Working women	40	24.6	8.54	2.24	0.05
Non-working women	40	28.65	7.66		

Sig. leval= 0.05 =1.99

0.01 = 2.64

Ns = not significant

The table indicates that the mean score of adjustment in working and non-working women are 24.6 and 28.65. The standard deviations for both working and non-working women's are 8.54 and 7.66 respectively. The difference between these two means is significant at 0.05 levels of confidence as the values of 't' ratio is 2.24. According result working women are adjustment not good.

Result table 2
Showing t- value score of mental health in working and non- working women

Variables	N	Mean	sd	t	sig
Working women	40	90.94	15.03	3.80	0.01
Non-working women	40	101.4	8.72		

Sig.level= 0.05=1.99

0.01=2.64

Ns=not significant

The table indicates that the mean scores of mental health in working and non-working women are 90.94 and 101.4. The standard deviations for both working and non-working women's are 15.03 and 8.72 respectively. the difference between these two means is significant at 0.01 level Of confidence as the values of 't' ratio is 3.80 according result working women are mental health not good .

Conclusion

We can conclude by data analysis as follows.

There was significant difference in adjustment of working and non working women. There was significant difference in mental health of working and non working women.

Limitation of the research

This study had several limitations that can be addressed by future research. Firsts, the participants consist only women of the particular area of Rajkot city. So it is not representative of all other city. Hence a more representative participant might yield different result; for example a participant from different city of Gujarat might show significant interaction effects of different city.

Suggestions

Endeavour can be executed to analyze move them 80 data of sample with efficacy to attain batter results. Selection of sample can be accomplished with the intake of different city women , different state to ascertain in their adjustment and mental health.

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