



A Study of Marital Adjustment , Stress and Anxiety Among Working and Non-working Women

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ABSTRACT

The purpose research attempted to study of the Adjustment, Stress and Anxiety of working women and non-working women. **Objectives-** To study the Marital Adjustment, Anxiety, Depression and Stress among working and non-working women. **Hypotheses:** There is no significant difference between working and non-working women with dimension on Marital Adjustment, Anxiety, Depression and Stress. **Methodology Sample:** The sample comprised of 50 working and 50 non-working women from rural and urban areas of Beed District of Maharashtra state. **Research Design:** the present study Simple Research design was used. **Variables-** The independent variables are Types of women (working and non-working women) and Dependent variables are Marital Adjustment, Anxiety, Depression and Stress. **Research Tools-** Marital Adjustment Questionnaire by Dr. Pramod Kumar (1999) And Anxiety, Depression ,and Stress Scale (2011) by Pallavi Bhatnagar. **Statistical Treatment:** Mean, SD and 'F' values used. **Conclusions** Working Women High Marital Adjustment, Anxiety, Depression and Stress than Non-Working Women.

Keyword: *Marital Adjustment, Stress, and Anxiety, Working Women and Non-working Women.*

INTRODUCTION:

Marital adjustment as a function is dependent on various factors like an ideal mate, fulfillment of needs, similarity of backgrounds, common interest value, role concepts and change in life partners. Marital adjustment, satisfaction with different facets in marital field, relationship, happiness a number of variable attest to the quality of a marriage. Such dimensions are frequently studied in the marriage and family field. The concepts of marital adjustment, success, satisfaction, stability, happiness, consensus, cohesion, adoption, integration and role strain are used in a psychological sense referring to the state of one of the marital partners, sometime they are used in social, psychological sense referring of the state of the group or system.

Anxiety is a psychological and physical response to treat a self-concept characterized by subjective, consciously perceived feelings of tension (Spielberger, 1983). Anxious students have experience of cognitive deficits like misapprehension of information or blocking of memory and recall. Spielberger reported two forms of anxiety: state anxiety – a response to a particular stimulation or set of circumstances, and trait anxiety – an intrinsic characteristic of the person. Depression is a medical condition that can affect a student's ability to work, study, interact with peers, or take care of themselves. Symptoms of depression may include: difficulty sleeping or sleeping too much, appetite changes, withdrawing from participating in activities once enjoyed, feelings of sadness, hopelessness, unhappiness, and difficulty concentrating on school work. Symptoms of depression can also leads to thoughts of suicide.



Stress has posed serious problems for children parents, teachers, society and nation, it has got a direct bearing on the academic achievement of adolescent when the adolescent are mentally and physically healthy they better perform in their academic achievement. Stress is the insistent outcome caused by stable strain and subsists in every part of our life. The changeover from adolescence to adulthood is a complicated journey in the field of education for the college students. Employment has a positive influence on the well being of women.(Alex RoshanAnie 2015) From early age women showing their abilities in different field. But in Indian society the primary work of women is too manage their family first.

Both an working and non-working women play a significant role in household activities of their families. The happiness of a family to a great extent depends upon her. A Working women fulfill their duties and responsibilities sincerely in their outside profession. The double work pressure brings anxiety, stress and other problems. On the other hand, we notice that housewives suffer several issues such as stress, despair, and worry. The primary issue with them is that they spend the majority of their time on domestic chores and do not have time for themselves. Still, everyone believes that you have time for yourself. They are not working since they are remaining at home, yet No one can comprehend how much labor there is. Something she can't describe and which makes her feel. There is sadness among housewives, and they are feeling depressed. They are underestimated because they are financially insecure, but they never express it to others. (Richa Sharma 2019)

REVIEW OF LITERATURE:

Dudhatra and Jogsan's (2012) this study showed significant difference in mental health and depression with respect to both non-working women and working on mental health and depression. Gurudatt, (2014) this study found that nonworking women are more depressed after delivery compared to working women. H.A. Hashmi and M. Khurshid(2007) They studied was conducted to determine the marital adjustment, Stress and depression among working and non working married women. Sample of the study consisted of 150 working and non working married women's. The education was at least gradation and above. They indicated result indicated highly significant relationship between marital adjustment stress and depression. They finding that working married have to face more problems in their married life as compared tonon working married women Hashim, Kurashid and Hassan, (2007) this study findings of the investigation also showed that working married women have to face more problems in their married life as compared to non-working married women.

The results further indicated that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to non-working and less educated working married women. Muddanagouda Patil (2016). They investigation was conducted to examine the stress among the working and non-working women. They studied 90 sample, which working women (45) and non-working women (45). They measure women stress level. They study reaveals that the working women has more stress than the non-working women. Nathwat S.S. Mathur (1993)They compared working and non working women. Result finding that significantly better marital adjustment than housewives. Although the housewives had lower scores on negative effect than the working women.

Patil (2016) studied on the stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non- working



women's. Reeta Kumari, (2014) this study revealed that working married women have more problems in their married life as compared to non- working married women can perform well in their married life and they free from depression as compared to educated working women and non –working married women. Susmita Mukhopadhyay (1989), They study that compare working women than non working women stress anxiety.

STATEMENT OF THE PROBLEM

To study of Marital Adjustment, Stress and Anxiety among working and non-working women.

OBJECTIVE OF THE STUDY:

- To study the Marital adjustment among working and non-working women
- To study the Anxiety among working and non-working women.
- To study the Depression among working and non-working women
- To study the stress among working and non-working women

HYPOTHESIS OF THE STUDY:

- There is no significant difference between working women and non-working women among Marital adjustment
- There is no significant difference between working women and non-working women among Anxiety
- There is no significant difference between working and non-working women among Depression.
- There is no significant difference between working women and non-working women among Stress.

METHODOLOGY

SAMPLE:

The present study sample conducted by the in beed district . This data were declared by random sampling method. The sample comprised of 50 working and 50 non-working women from rural and urban areas of Beed District of Maharashtra state. Considering the time and convenience of the researcher villages of Nandurghat. The city at Beed were randomly selected. The sample of working women was drawn from schools, college and bank and the sample of non- working was drawn from neighborhood areas.They study was sample age limit to above 30 years to 50 years age.

RESEARCH DESIGN

Simple research design used in the present study.

VARIABLE OF THE STUDY:

Independent Variable: Types of Women 1) Working women 2) Nonworking Women

Dependent Variables:1) Marital adjustment 2) Anxiety 3) Stress 4) Depression

RESEARCH TOOLS:**1) Marital Adjustment Questionnaire**

Marital adjustment is developed by Dr. Pramod Kumar (1999). The questionnaire consists of 25 highly discriminating items, yielding scores in three different dimensions of the marital adjustment and on the total. The statements of the test are simple and declarative about self-seeking responses in 'Yes' or 'No'. 1 score is given to the response 'Yes' and '0' score is given to the scale is 25(1x25) and the minimum score of the scale is '0'(0x25) and the average score is 12.5. A high score on this test indicates a bright marital adjustment while low score shows a poor marital adjustment. Test's reliability was estimated by split-half method and test-retest method. Reliability of this test was found 0.71 and 0.84 respectively in this test was estimated only 'content validity'.

2) Anxiety, Depression, and Stress Scale (2011)

This scale was developed by Pallavi Bhatnagar. This scale was considered as an appropriate questionnaire for the assessment of the Anxiety, Depression and Stress of an individual. The total numbers of items in this scale were 48 which are divided into three categories, i.e. Anxiety, Depression and Stress. Each item is scored 1 if endorsed "YES" and 0 if endorsed "NO". The range of the score is 0-19 for anxiety subscale, 0-15 for depression subscale and 0-14 for stress subscale. Higher score indicates experiencing greater anxiety, depression and stress and vice-versa. This Scale Reliability is 0.81 and 0.89 and Validity - 0.81 and 0.89.

STATISTICAL TECHNIQUES

Mean, S.D and ANOVA were used to analyse the data.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are presented below.

Types of Women on Marital Adjustment**Hypotheses-01**

- There is no significant difference between working and non-working women among Marital Adjustment.

Table No.01

Show the Mean, SD and F Value of Types of Women on Marital Adjustment

Factor	Types Women	Mean	SD	N	F Value	Sign.
Marital Adjustment	Working Women	32.48	3.57	50	20.25	0.01
	Non-Working Women	30.23	3.22	50		

Observation of the table 01 indicated that Marital Adjustment of The mean and SD value obtained by the Working Women 32.48 ± 3.57 , and Non-Working Women was 30.23 ± 3.22 . It is observed that the calculated 'f' value (20.25) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Working Women High Marital Adjustment than Non-Working Women.

Types of Women on Anxiety**Hypotheses-02**

- There is no significant difference between working and non-working women among Anxiety.

Table No.02 - Show the Mean, SD and F Value of Types of Women on Anxiety

Factor	Types Women	Mean	SD	N	F Value	Sign.
Anxiety	Working Women	9.03	2.80	50	10.78	0.01
	Non-Working Women	7.06	2.10	50		

Observation of the table 02 indicated that Anxiety of The mean and SD value obtained by the Working Women 9.03 ± 2.80 , and Non-Working Women was 7.06 ± 2.10 . It is observed that the calculated 'f' value (10.78) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that It means that Working Women High Anxiety than Non-Working Women.

Types of Women on Depression

Hypotheses-03

- There is no significant difference between working and non-working women among Depression.

Table No.02 - Show the Mean, SD and F Value of Types of Women on Depression

Factor	Types Women	Mean	SD	N	F Value	Sign.
Depression	Working Women	9.43	2.17	50	4.97	0.05
	Non-Working Women	8.40	1.98	50		

Observation of the table 02 indicated that Depression of The mean and SD value obtained by the Working Women 9.03 ± 2.80 , and Non-Working Women was 7.06 ± 2.10 . It is observed that the calculated 'f' value (10.78) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that It means that Working Women High Depression than Non-Working Women.

Types of Women on Stress

Hypotheses-04

- There is no significant difference between working and non-working women among Stress.

Table No.04 - Show the Mean, SD and F Value of Types of Women on Stress

Factor	Types Women	Mean	SD	N	DF	F Value	Sign.
Stress	Working Women	7.98	1.67	50	98	12.13	0.01
	Non-Working Women	5.61	2.13	50			

Observation of the table 04 indicated that Stress of The mean and SD value obtained by the Working Women 7.98 ± 1.67 , and Non-Working Women was 5.61 ± 2.13 . It is observed that the calculated 'f' value (12.13) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that It means that Working Women High Stress than Non-Working Women.

CONCLUSIONS

- 1) Working Women High Marital Adjustment than Non-Working Women.
- 2) Working Women High Anxiety than Non-Working Women.
- 3) Working Women High Depression than Non-Working Women.
- 4) Working Women High Stress than Non-Working Women.



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