



IJAHSS



Copyright@IJAHSS

A Comparative Study of Life Satisfaction between Working and Non-Working Women in A Spiritual Environment

Vanshika Sharma¹; Dr. Pragma Rana²; Dr. Manoranjan Tripathy³

¹ BA(Psychology)-Sem-VI, Dept. of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

² Associate Professor, Dept. of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

***Corresponding Author**

Vanshika Sharma

ABSTRACT

This study aims to investigate and compare the level of life satisfaction between working and non-working women in a spiritual environment. The research will be conducted using a comparative research design, with a sample size of 60 women, including 30 working women and 30 non-working women, who belong to a spiritual community. The study uses a standardized life satisfaction scale to collect data from participants. The findings of this study indicates that there is no significant difference between the life satisfaction of the working and non-working women. And this will contribute to the understanding of the relationship between work status, spirituality, and life satisfaction among women. The results of the study will surely help policymakers and organizations for practically implementing and promoting the level of well-being for working and for women who are handling the household works. The study may also serve as a foundation for future research in the field of work, spirituality, and life satisfaction.

Key Words: *Working women, non-working women, Life satisfaction, spirituality*

INTRODUCTION

The roles and responsibilities of women have undergone a significant transformation in recent times. Women are increasingly taking on multiple roles, such as being a homemaker, a professional, a caregiver, and a community member. These diverse roles can have a significant impact on women's psychological wellbeing, quality of life, and overall life satisfaction. It is essential to explore how life satisfaction differs between women who work and those who do not, particularly in a spiritual environment. A spiritual environment is a place where individuals feel a strong spiritual connection and a sense of support from their faith or belief system. In such an environment, people engage in various spiritual activities, such as meditation, prayer, and other forms of worship. India is a country where spirituality and religion play a significant role in people's lives. Women in India face unique challenges and responsibilities due to societal norms and expectations. Therefore, this research paper aims to examine the differences in life satisfaction between working and non-working women in a spiritual environment. The study will focus on women in India and explore how their spiritual practices and beliefs may influence their life satisfaction. This research will provide valuable insights into the impact of work and spirituality on women's overall quality of life and wellbeing. To achieve this objective, a quantitative research design will be employed. A sample of women who work and do not work will be selected from a population of women living in a spiritual environment in India. The Life Satisfaction Scale developed by Sharma and Mishra [1] will be used to collect data. Descriptive statistics, including mean and standard deviation, will be computed, and a t-test will be performed to analyse the data. The findings of this study will contribute to the existing literature on life satisfaction and women's roles in a spiritual environment. It will provide insights into the factors that contribute to life satisfaction among women in India and highlight the importance of understanding the influence of spirituality and work on women's quality of life. These findings will have practical implications for policymakers, employers, and women themselves, as they seek to balance work and other responsibilities while maintaining their overall wellbeing. Sharma & Kumar [2] conducted a study on life satisfaction an overall assessment of feelings and attributes about one's life at a particular point in time ranging from negative to positive. The present study was conducted to measure the life satisfaction among working and non-working women. Findings indicate that there was significant difference between working and non-working women. Working women have higher life satisfaction in compare to non-working women. Chauhan [3] designed a study to find out the difference between working and non-working women on life satisfaction. The sample was comprised of 40 women (20 working and 20 non-working). The age range 30 to 50 years. The result indicates that there will be a significant difference among working and non-working women on life satisfaction. Chaudhary [4] In India, especially in urban areas an increase in female employment outside the home has occurred during the last few decades. This has greatly increased the number of multiple role women. A working woman may face difficulties in attempting to fulfil the demands of both worlds, at home and outside, while a housewife may feel

tired and irritated with her household chores and financial dependence. All these may cause stress in these two groups and may affect their life satisfaction. The present study was undertaken to examine and compare the level of life satisfaction and stress among working women and housewives. Altogether 80 married working women and housewives whose age ranged from 25 to 40 years were randomly selected from Moradabad city. Alam Life Satisfaction Scale was used to see the level of satisfaction among the two groups of women whereas Singh Personal Stress Source Inventory was administered on the subjects to examine their level of stress. It was found that magnitude of life satisfaction was significantly higher among working women whereas housewives were significantly better in terms of the level of stress. Incompatibility between work and family life disturb the thought process of working women that is manifested as higher stress among them. Singh [5] The main aim of the present study was to examine the life satisfaction and stress among working and non-working women. A sample of 200 women (100 working and 100 non-working) was drawn randomly from the population. Results revealed that working and non-working women differed significantly on their life satisfaction ($t=5.52$). Working women were more satisfied with their life.

OBJECTIVE:

To estimate life satisfaction of women. To estimate life satisfaction between working and non-working women in spiritual environment.

HYPOTHESIS:

Researcher formulated following null hypothesis for fulfillment of objectives:

(H_0): There is no significant difference in the life satisfaction level of working and non- working women living in a spiritual environment

MATERIAL & METHOD:

Research design: Researcher applied ex-post-facto research design for this this research study.

Inclusion Criteria: Married working and married non-working women living in a spiritual environment of age group 18-40 years are included in this study

Exclusion Criteria: Widow women were excluded from this study. The study does not consider males as the samples, as the researcher is mainly interested in finding out the life satisfaction of women.

Tools: Researcher applied Life Satisfaction Scale developed by Q.G Alam and Ram ji Srivastav.

Reliability- Test re-test reliability quotient was .84.

Validity- The validity of the scale was obtained by correlating it with Saxena's adjustment inventory. The quotient obtained was .74 and .84 respectively.

PROCEDURE OF DATA COLLECTION:

The data was collected from 60 participants women who visited Shantikunj, Haridwar for deep darshan and yugshilpi. The participants were briefly informed about the test. They were welcomed and made to sit comfortably in a well-lighted room and were provided with the materials required for completing the questionnaire. The participant was then given instructions to administer the test and, they were entrusted about the secrecy of their answers. Participants were given considered time in order to complete the questionnaire After the completion, the questionnaire were collected back and say thank you for their co-operations. To confirm the correct responses of the participants some precautions were necessary. The precautions observed were- The test was administered personally by the researcher, The queries of the subjects were answered before giving the questionnaire, The participants were requested to be true and honest while answering. Then, scoring was done and raw scores were calculated. Interpretation was then done in accordance to the given norms. Finally, statistical analysis was done to infer the difference in life satisfaction of the working and non-working women living in spiritual environment.

STATISTICAL ANALYSIS:

T-Test is used for calculation of the data.

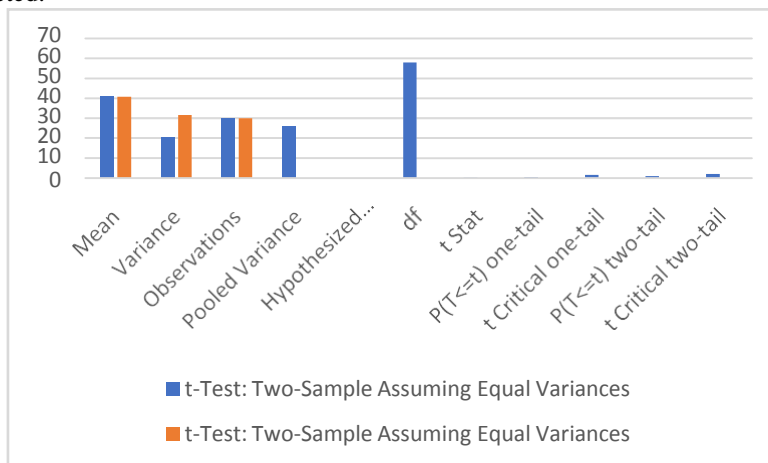
$$df = N_1 + N_2 - 2$$

df = 58

Category	N	Mean	SD	SE _D	t - value	Level of significance
Working women	30	41.0	20.0	25.84	0.15	Not significant at 0.05 level
Non-working women	30	40.8	31.6			

Result Table and Graph

According to the table, there is no significance between Working and Non-Working Women at 0.05 level so the null hypothesis was not rejected.



INTERPRETATION & DISCUSSION:

The hypothesis was not rejected. So, we can say that there is no significant difference between the life satisfaction of the working and non-working women. There can be many factors that tend to foster a good life satisfaction among working and non-working women, living in a spiritual environment.

The sample was collected from the women belonging to the Shantikunj, GayatriParivar (working and non-working). GayatriParivar is a living model of a futuristic society, being guided by principles of human unity and quality. It is a modern adoption of vedic rishis, who practiced and propagated the philosophy of vasudhaivaikutumbabakam.

Some factors that tend to be the reason for a good life satisfaction are some of the spiritual practices performed by people living in Shantikunj, Haridwar such as, well balanced daily routine, simple food, daily vedic rituals practices, yoga, meditation, prayer, Atmabodh, Tatvabodh, sadhna, upasna perfect art of living and so on. Udermann[6] also studied effect of spirituality on health and healing. Study after study suggested that a relationship does exist between the strength of one's spirituality and one's overall health. Levin [7] concluded that beneficial effect of spiritual involvement on physical and mental health status.

Thus, an individual's spiritual environment directly influences his/her mental health, life satisfaction and overall health or well-being.

CONCLUSION:

The present study investigates the life satisfaction among working and non-working women. According to result and interpretation it is concluded that there is no significant difference found between working and non-working women. This shows Spiritual environment plays a vital role in life satisfaction of all the working and non-working women.

REFERENCES

1. Sharma, V., & Mishra, M. (2007). Validity of Life Satisfaction Scale. *Psychological Studies*, 52(2), 157-162
2. Sharma, K., & Kumar, S. (2019). Life satisfaction among working and non-working women. *International Journal of Indian Psychology*, 7(2), 787-796
3. Chauhan, A. (2019). A comparative study of life satisfaction among working and non-working women. *International Journal of Management, technology, and Engineering*, 9(5), 725-3729
4. Chaudhary, S (2019). Life satisfaction and stress among working women and housewives: A comparative study. *Journal of Indian Psychology*, 37(1), 15-21
5. Singh, S. (2014) Life satisfaction and stress level among working and non-working women. *The International Journal of Indian Psychology* <https://scholar.google.com>
6. Udermann, B. E (2000) The Effect of Spirituality on Health and Healing. *Journal of Athletic Training*, 35(2):194-197
7. Levin, J.S. (1994). Religion and health: are there an association, is it valid, and is it casual? *SocSci Med*. 1994; 38:1475-1482