



A Comparative Study On The Life Satisfaction And Life Distress Between It Working And Non-It Working Women Of Chennai

Dr.M.Lakshman Kumar, Guest Lecturer,
Department of Sports Psychology and Sociology,
Tamil Nadu Physical Education and Sports University, Chennai – 600 127

Abstract: The purpose of this study is to compare the life satisfaction and life distress between IT working and non-IT-working women of Chennai. The total number of subjects participated in this study was 120, 60 IT working and 60 non-IT-working women in Chennai. The subjects were between 21 to 40 years old. The test items selected to assess the life satisfaction and life distress of IT and non-IT people were Life satisfaction index -Z (LSIZ) developed by Bernice Neugarten, Robert J. Havighurst, and Sheldon S. Tobin and Life distress inventory (LDI) developed by Edwin J. Thomas, Marianne Yoshioka, and Richard D. Anger. The Mean score of life satisfaction in IT working women was 34.15** and the mean score of life satisfaction in non-IT working women is 34.5**. The Mean score of life distress in IT working women is 64.25** and the mean score of life distress in non-IT working women is 65.93**. A t-test was conducted to examine the difference in the life satisfaction and life distress between IT working and non-IT-working women. The obtained p value is 0.743** which means that there is no significant difference in the life satisfaction between IT working and non-IT-working women. The obtained p value is 0.617** which means that there is no significant difference in the life distress between IT working and non-IT-working women.

Index Terms – Life satisfaction, IT working women, Life distress, working women.

I. INTRODUCTION

In the recent years the emergence of Information Technology (IT) has rapidly increased in India, especially in Chennai. The bloom in the field of Information Technology (IT) has a huge positive impact on the GDP of the nation and created new job opportunities to people which is a huge positive and on the other hand the people working in the Information Technology (IT) sector face a lot of psychological, physiological and social problems that affects their wellbeing. Life satisfaction and stress are some of the most common social and psychological problems faced by people. Life satisfaction refers to assessing one's entire life experience, rather than just one's present happiness level. (Buetell, 2006) stated life satisfaction as "An overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive". Another commonly accepted description of life satisfaction is provided by Ruut Veenhoven, a renowned researcher in the field of life satisfaction is "Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads" (Courtney, 2018). Research Studies indicate a significant correlation between life satisfaction and various health-related aspects such as chronic illness, sleep disturbances, pain, obesity, tobacco use, anxiety, and levels of physical activity (Strine, Chapman, Balluz, Moriarty, & Mokdad, 2008). Stress is an inherent aspect of life, stemming from internal or external pressures that impact individuals. How individuals react to stress influences both their personal well-being and the surrounding environment. Despite the prevalent notion that stress is primarily negative due to its abundance in modern lifestyles, from a biological perspective, stress can be neutral, negative, or positive (Devi, 2016). (Lazarus Folkman, 1984) stated stress as

“A general term describing psychological and bodily response to a stimulus that alters an existent state of equilibrium”. According to (Dohrenwend, 1974) life stress is “stressful stimuli or situation to which everyone is exposed to a greater or lesser extent in the natural course of life”. Higher life satisfaction is prospectively associated with the occurrence of several major events in work and family life. Higher life satisfaction is associated with positive life events like greater occupational success, better health and even delayed mortality (Diener & Chan, 2011; Lyubomirsky, King, & Diener, 2005; Oishi, Diener, & Lucas, 2007). Various researches and studies have discussed the life satisfaction and stress in IT employees (Anithalakshmi & Bindhu, 2022; Singh, 2014). Like all the fields the IT sector has some positives as well as some negatives, with a balanced and proper lifestyle the stress can be managed and a proper life satisfaction can be attained.

Aim of the study:

The aim of the study was to compare the life satisfaction and life distress between IT working and Non-IT-working women of Chennai.

3. Methodology:

3.1 Selection and collection of samples:

The non-probability sampling, convenient sampling method is used to collect samples. 60 samples of IT working women and 60 samples of non-IT-working women were collected from various individuals in Chennai. The samples range between the age between 21- 40.

3.2 Selection of test items

The test items selected to assess the life satisfaction and life distress of IT and non-IT people were Life satisfaction index -Z (LSIZ) and Life distress inventory (LDI). Life satisfaction index -Z (LSIZ) was developed by Bernice Neugarten, Robert J. Havighurst, and Sheldon S. Tobin. The LSIZ is an 18-item instrument designed to measure the life satisfaction of older people. Life distress inventory (LDI) was developed by Edwin J. Thomas, Marianne Yoshioka, and Richard D. Anger. This 18 items inventory is a self-rating instrument intended to measure the current level of distress experienced across 18 areas of life.

3.3 Administration of the test

The researcher met various IT working and non-IT working female people gave them the questionnaire, explained them the purpose of this study, and necessary guidelines and made them to fill the questionnaire. They were informed that their data and personal information will be kept confidential.

3.4 Statistical Methodology:

Data were collected and interpreted using SPSS statistics program version 23 and the data is analysed using t-test and the level of significance was set at 0.05 level.

ANALYSIS AND DISCUSSION

After statistical analysis and interpretation of the data collected from IT working and non IT working women the mean scores are found and shown in the below table (Table -1).

Table No-1

Analysis of life satisfaction between IT working and non-IT-working women of Chennai.

Variable	Field	N	Mean	Std. Deviation
Life satisfaction	IT working women	60	34.15	6.297
	IT working women	60	34.5	5.315

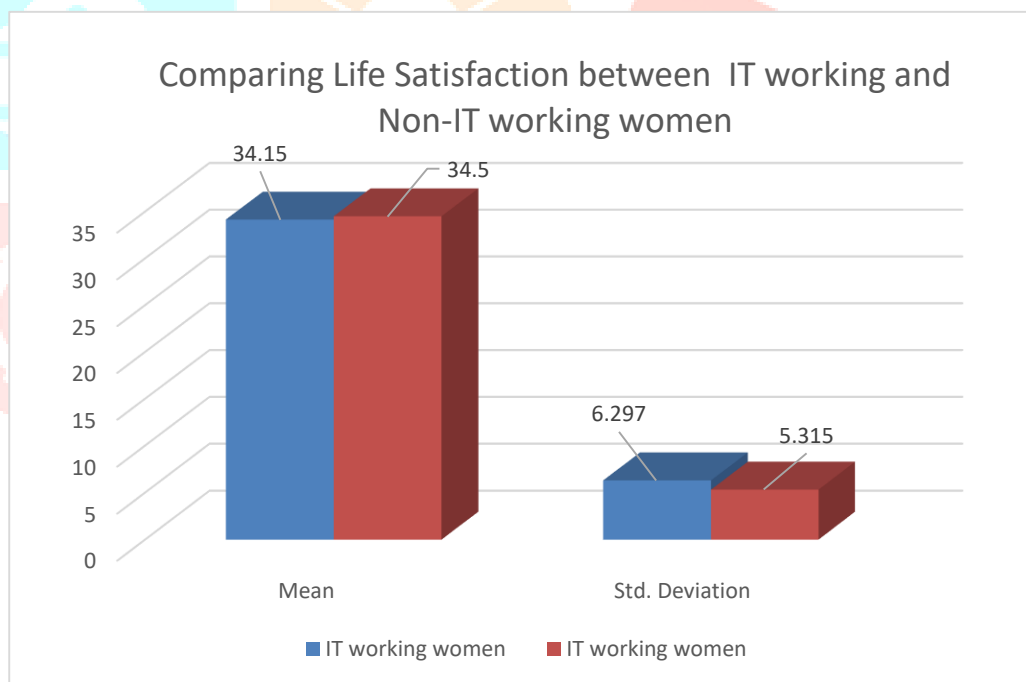


Fig-1: Graphical representation of life satisfaction between IT working and non-IT working women.

The above table and graphical representation show the Mean and Standard Deviation of life satisfaction between IT working and non-IT working women. The Mean score of life satisfaction in IT working women is 34.15** and the standard deviation is $\pm 6.29^{**}$. The mean score of life satisfaction in non-IT working women is 34.5** and the standard deviation is $\pm 5.31^{**}$.

Table No-2

Analysis of life distress between IT working and non-IT-working women of Chennai.

Variable	Field	N	Mean	Std. Deviation
Life Distress	IT working women	60	64.25	18.605
	IT working women	60	65.93	18.196

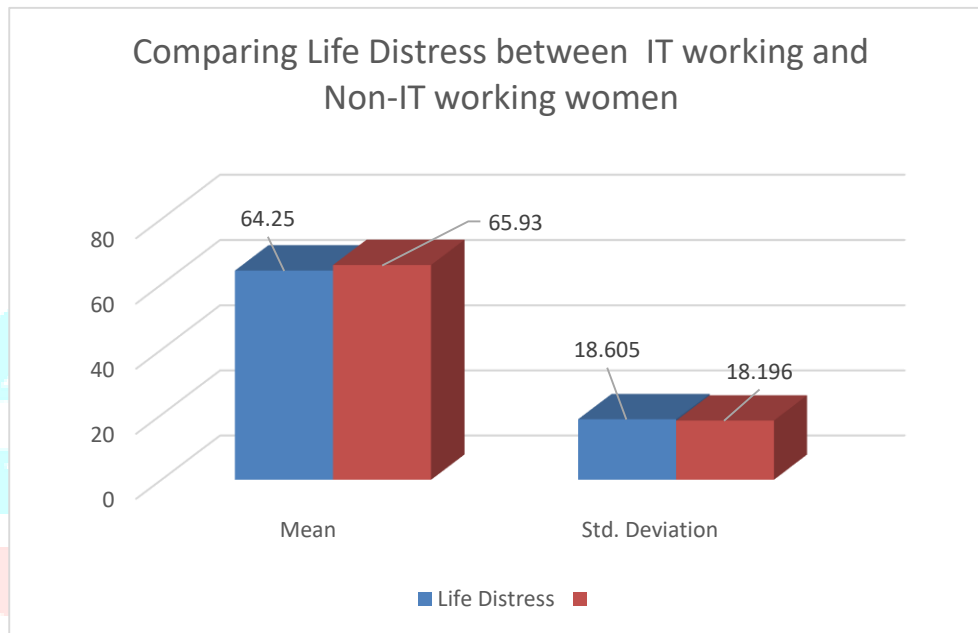


Fig-2: Graphical representation of life distress between IT working and non-IT working women.

The above table and graphical representation show the Mean and Standard Deviation of life distress between IT working and non-IT working women. The Mean score of life distress in IT working women is 64.25** and the standard deviation is $\pm 18.605^{**}$. The mean score of life distress in non-IT working women is 65.93** and the standard deviation is $\pm 18.196^{**}$.

Table No- 3

Comparison of life satisfaction between IT working and non-IT-working working women

Life distress	t-test for equality of mean						
	t	df	Sig. (2 tailed)	Mean differences	Std error differences	95% confidence interval of the difference	
						lower	upper
Equal variance assumed	-.501	118	.617	-1.683	3.360	-8.336	4.970
Equal variances not assumed	-.501	117.942	.617	-1.683	3.360	-8.336	4.970

The above table represents the independent sample t-test for life satisfaction between IT and non-IT working women. The p value is 0.743** which is greater than 0.05(level of significance) which means that there is no significant difference in the life satisfaction between IT working and non-IT-working working women. Thus, the null hypothesis is formulated.

Ho = There was no significant difference in life satisfaction between IT and non-IT working women in Chennai.

Table No- 4

Comparison of life distress between IT working and non-IT-working working women

Equal variances not assumed	-.501	117.942	.617	-1.683	3.360	-8.336	4.970
-----------------------------------	-------	---------	------	--------	-------	--------	-------

The above table represents the independent sample t-test for life distress between IT and non-IT working women. The p value is 0.617** which is greater than 0.05 (level of significance) which means that there is no significant difference in the life distress between IT working and non-IT-working working women. Thus, the null hypothesis is formulated.

Ho = There was no significant difference in life distress between IT and non-IT working women in Chennai.

Conclusion:

The result of this study stated that there was no significant difference in the life satisfaction and life distress between IT working and non-IT working women in Chennai. Which eventually means that both the IT working and non-IT working women in Chennai is satisfied with their present life. While comparing the life distress of IT working and non-IT working women in Chennai it was found that there was no difference between them, which eventually means that both the IT working and non-IT working women in Chennai face similar distress in life.

Reference:

- Buetell, N. (2006). Life satisfaction, a Sloan Work and Family Encyclopedia entry. Work and Family Researchers Network. Retrieved from <https://workfamily.sas.upenn.edu/glossary/l/life-satisfaction-definition>.
- Strine, T. W., Chapman, D. P., Balluz, L. S., Moriarty, D. G., & Mokdad, A. H. (2008). The associations between life satisfaction and health-related quality of life, chronic illness, and health behaviors among U.S. community-dwelling adults. *Journal of Community Health*, 33, 40-50.
- Courtney E. Ackerman. (2018). Life Satisfaction Theory & 4 Contributing Factors (+ Scale). <https://positivepsychology.com/life-satisfaction/>.
- Devi k. (2016). "Level of stress among working and non-working women in Chandigarh" *International Journal of Scientific & Engineering Research*, Volume 7, Issue4, April-2016 ISSN 2229-5518.
- Dohrenwend, BP & Dohrenwend BS. (1974). Stressful life events: their nature and effects.
- Lazarus RS, Delingis A. Psychological stress and coping imaging. *American Psychologist* 1983;38:245-254.
- Diener, E., & Chan, M. Y. (2011). Happy people live longer: Subjective well-being contributes to health and longevity. *Applied Psychology: Health and Well-Being*, 3(1), 1–43. <https://doi.org/10.1111/j.1758-0854.2010.01045.x>.
- Lyubomirsky, S., King, L., & Diener, E. (2005). The Benefits of Frequent Positive Affect: Does Happiness Lead to Success? *Psychological Bulletin*, 131(6), 803–855. <https://doi.org/10.1037/0033-2909.131.6.803>.
- Oishi S, Diener E, Lucas RE. The Optimum Level of Well-Being: Can People Be Too Happy? *Perspect Psychol Sci*. 2007 Dec;2(4):346-60. doi: 10.1111/j.1745-6916.2007.00048.x. PMID: 26151972.
- Anithalakshmi, S., & Bindhu, K. C. (2022). A STUDY ON RELATIONSHIP BETWEEN PERCEIVED STRESS AND LIFE SATISFACTION AMONG WORKING AND NON-WORKING WOMEN.
- Singh, S. K. (2014). Life satisfaction and stress level among working and non-working women. *The International Journal of Indian Psychology*, 1(4), 121-128.