



A STUDY THE FAMILY ENVIRONMENT AS CORRELATES OF LIFE SATISFACTION AMONG WOMEN

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Abstract: Working and non-working women, as well as family and job-related fulfilment, all derive from life satisfaction. Individual performance and productivity are influenced by derived factors. In comparison to working and non-working women, women place a higher value on life pleasure. Job category, job nature, kind of employment, as well as women's gender and personal profile, all impact the nature and sources of life pleasure. She achieved a high degree of life satisfaction as a result of the life system and the participation of women by aspiring caregivers. The study was conducted in order to better understand these components of women's life happiness, with a focus on family and a few specific industries.

Keywords: family environment, life satisfaction, working women, non working women.

INTRODUCTION

1. Family environment has been a lot of study done on how families create, experience, and react to the environment in which they live. This chapter describes a conceptual framework for studying the family environment that (1) incorporates recent advances in understanding multiple social influences on behaviour, (2) recognises both common and idiosyncratic characteristics of families as social units, (3) identifies research strategies to assess families, and (4) generates hypotheses about why families function differently. The framework is based on psychological, ethological, sociological, anthropological, and demographic theories and research. In our formulation of the family environment, we draw largely on empirica

l work in social ecology and decision-making, including aspects from previous theories and merging them operationally.

Life Satisfaction is one of the most powerful criteria for characterising the ageing process. In later life, greater levels of life satisfaction imply a better quality of ageing process. Furthermore, past studies have shown no correlation between life satisfaction and quality of life (George and Bearon,1980). Elders who were content with their lives indicated greater levels of life satisfaction and quality of life. A sensation of contentment or pleasure regarding one's current and previous life might be characterised as life satisfaction. The life satisfaction approach, which argues that individuals have aged effectively if they are happy and pleased with their current and previous activities, is one perspective of successful ageing endorsed by social gerontologists.

REVIEW OF LITERATURE

The present chapter provides a detailed resume of researches related to the aim and scope of the present study. Shalini Shrivastva(2007) conducted a study related Women in Workforce: Work and Family Conflict. The majority of today's married employees are members of dual-career couples. This makes it more difficult for married female professionals to balance their commitments to their families, spouses, children, parents, and friends. They are increasingly aware that work is intruding on their personal life, and they are dissatisfied. Employees, for example, seek employment that allow them to have more flexibility in their work schedules so that they can better handle work-life problems, according to recent studies. Organizations that do not assist their female employees in achieving work-life balance will have a harder time attracting and retaining the most skilled and motivated workers. The goal of this study is to uncover the key reasons and solutions to work-life conflict that working married women confront in the workplace. To investigate the serious concerns surrounding work-family conflict and HR treatments, 100 married female professionals with children (n=100) were questioned. It also aims to make businesses recognise the need of family-friendly work arrangements in order to create a happy workplace. The qualitative data from the interviews was analysed using basic descriptive statistics. The results of the data analysis were a series of pie charts that depicted respondents' concerns about work-family balance

Afrida Nazir , Uttar Pradesh(2001) A comparative study among working and non-working women on level of marital adjustment, stress and life satisfaction. In today's global environment, women must balance the roles of housewife and career building. Working and non-

working women were compared on Marital Adjustment, Stress Level, and Life Satisfaction in this study. It was expected that there would be a substantial difference in marital adjustment, stress level, and life satisfaction between working and non-working women. A sample of 100 women (50 working and 50 non-working) from Srinagar city was taken to test the aforementioned assumptions. The data was gathered using the Marital Adjustment Questionnaire, Stress Scale, and Life Satisfaction Scale. The data was analysed using the t-test, and the results show that housewives have a better marital adjustment and lower stress levels than working women. The result also shows that there is no significant difference between working and non-working women on life satisfaction.

METHODOLOGY

A methodical investigation of a certain subject or situation using scientific procedures is known as research.

RATIONAL OF STUDY

The purpose of study was to study the stress family environment as correlates of life satisfaction among women. Strong and strong family ties are rewarding in and of themselves — it feels good to be a part of a sensitive and nurturing family. Positive family ties, on the other hand, are crucial for a variety of reasons. They: assist children in feeling safe and loved, allowing them to explore their world, try new things, and learn; make it easier for your family to solve problems, resolve conflict, and respect differences of opinion; and provide children with the skills they need to form healthy relationships of their own.

OBJECTIVES:-

- a) To find the relationship between family environment and life satisfaction in working and non working women.
- b) To find the role of family environment in life satisfaction of working and non working women.

HYPOTHESIS:-

There will be significant relationship between family environment, life satisfaction of working and non working women.

SAMPLE:-

In present study the sample of 100 working women and 100 non working women were selected purposefully on the availability basis from Jaipur City .

CRITERIA FOR INCLUSION/EXCLUSION:-

1. Minimum job experience for working women would be of 2 years.
2. Age of both working and non working women will be ranging 25-40.
3. They should not be suffering from any chronic disease.

VARIABLES:-

Major variables selected for the present study are as follows:

Independent variables:-Family Environment

Dependent variable:-Life Satisfaction

PROCEDURE:-

Questionnaires were handed over to the subjects personally . They were given one to one answer during free time. All Questions are clear and significant. They will be appropriately instructed and will be assured for anonymity and confidentiality of the scores and results. A few were handed over as a group and collected by the team.

MEASUREMENT DEVICES:-

1.Family Environment Scale(FES) given by Dr. Harpreet Bhatia (Hyderabad), Dr. N.K. Chadha (New Delhi).there are 69 questions. Overall test reliability coefficient is 0.95. There are 3 types of dimensions.1.Relationship Dimensions(cohesion , expressiveness, conflict and acceptance and caring) and 2.Personal growth Dimension(independence, active-recreational orientation),3.System maintenance dimensions (organization and control)

Relationship Dimensions

1. Cohesion: Degree of commitment, help, and support family members provide for one another. there are 13 questions. reliability is 0.92.
2. Expressiveness: Extent to which family members are encouraged to act openly and express their feelings and thoughts directly. there are 9 questions. reliability is 0.88.
3. Conflict: Amount of openly expressed aggression and conflict among family members. there are 12 questions. reliability is 0.84.
4. Acceptance and caring: Extent to which the members are unconditionally accepted and the degree to which caring expressed in the family. there are 12 questions. reliability is 0.86.

Personal Growth Dimensions

5. Independence: Extent to which family members are assertive and independently make their own decisions. there are 9 questions. reliability is 0.70.
6. Active-recreational orientation: Extent of participation in social and recreational activities. there are 8 questions. reliability is 0.48.

System Maintenance Dimensions

7. Organization: Degree of importance of clear organization structure in planning family activities and responsibilities. there are 2 questions. reliability is 0.75.
8. Control: Degree of limit setting within a family. there are 4 questions. reliability is 0.48.

2. Life Satisfaction Scale (L.S. Scale) given by Q.G. Alam, Ramji Shrivastava established in 1985. 60 items related to six areas viz. health, personal, economic, marital, social and job. The responses are to be given in yes/no. yes responses indicate the satisfaction. There is no time limit yet it takes about 20 minutes to complete the questionnaires. reliability of the test is .84. and the validity was .74 and .82 respectively.

CONTROLS:-

1. Minimum job experience for working women would be of 2years.
2. Age of both working and non working women will be ranging 25-40.
3. They should not be suffering from any chronic disease.
4. On order to control the bias to the order of the test administration the scale would be administered in random order.
5. Before administering the scale the participants will be taken into confidence that result would be kept confidential and will be used for research purpose only.

STATISTICAL ANALYSIS:-

Descriptive statistics (mean, Standard deviation, etc.) for each of the variables of present study. T test for each variables with Graph.

RESULT AND DISCUSSION

Hypothesis-

There will be significant relationship between family environment, life satisfaction of working and non working women.

Table

Relation of life satisfaction with ways of family environment Factors among Working and Non Working women.

		Life Satisfaction (Total Group)	Life Satisfacti on (working Wo men)	Life Satisfacti on (Non Workin g Women)
Cohesion	Pearson Correlatio n	.133	.026	.238*
	Sig. (2-tailed)	.060	.794	.017
Expressive ness	Pearson Correlatio n	.636**	.615**	.571**
	Sig. (2-tailed)	.000	.000	.000
Conflict	Pearson Correlatio	.172*	.256*	.118

	n			
	Sig. (2-tailed)	.015	.010	.242
Acceptance and Caring	Pearson Correlation	.558**	.444**	.544**
	Sig. (2-tailed)	.000	.000	.000
Active-Recreational Orientation	Pearson Correlation	.456**	.338**	.438**
	Sig. (2-tailed)	.000	.001	.000
Independence	Pearson Correlation	.650**	.477**	.692**
	Sig. (2-tailed)	.000	.000	.000
Organization	Pearson Correlation	.073	.066	.102
	Sig. (2-tailed)	.308	.511	.313
Control	Pearson Correlation	.003	.205*	.084
	Sig. (2-tailed)	.969	.040	.408
Family Environment	Pearson Correlation	.484**	.338**	.488**
	Sig. (2-tailed)	.000	.001	.000
	N	200	100	100

* d.f. 200 at .05=.14 d.f. 100 at .05=.19

**d.f. 200 at .01=.18 d.f. 100 at .01 =.25

In case of Total group of Working and Non working women, table shows that life satisfaction was positively and significantly related to different ways of Family Environment such as Cohesion (r =-

.133; significant at 0.05 level); Expressiveness (r = .636**; significant at 0.01 level); Conflict (r

=.172*; significant at 0.05 level); Acceptance and Caring ($r = .558^{**}$; significant at 0.01 level); Active-Recreational Orientation ($r = .456^{**}$; significant at 0.01 level); Independence ($r = .650^{**}$; significant at 0.01 level); Organization ($r = .073$; non significant); Control ($r = .003$; non significant); Family Environment ($r = .484^{**}$; significant at 0.05 level).

CONCLUSION

The purpose of research studies on working and nonworking women, as well as their family environment, looked at the extent to which certain demographic characteristics predict life satisfaction. The results revealed that majority aspects of family environment are positive and significantly related to life satisfaction of working and non working women. Positive and good family environment means good life satisfaction for women. We define family environment in different areas like cohesion, expressiveness, conflict, acceptance and caring, active-recreational orientation, independence, organization, control. Working women are emotional bonding that family members have toward one another. In expressiveness the findings demonstrated the significant positive relationship of personal growth with assertiveness and emotional expressiveness among women but this correlation was high among the working women than the non-working women.

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