



# THE STUDY ON SELF-ESTEEM AND PSYCHOLOGICAL WELL BEING AMONG WORKING AND NON WORKING WOMEN

Geethika A\*, Archana M \*, Sannet Thomas\*\*

2<sup>nd</sup> year BSC. Psychology students, Yuvakshetra Institute Of Management and Studies, mundur, Palakkad, Kerala-678631

\*\*Assistant professor, Department of psychology, Yuvakshetra Institute Of Management and Studies, mundur, Palakkad, Kerala-678631,

## ABSTRACT

**AIM :** Self esteem is defined as general self -worth and effective experiences of the self that are linked to these global appraisals (Murphy and Morrel ,2005). Psychological well-being refers to how people evaluate their lives cognitively and effectively, in terms of satisfaction (Former et al,1985). Psychological well-being can be described as a State of a mental disorder, from the perspective of positive psychology. (Kitchener and Jorm (2002). The present study aimed to investigate the self esteem and psychological well-being among working and non working women.

**METHOD:** The study was done on 70 women aged 20 to 55 ,out of which 35 were working and 35 were non working. Purposive sampling methods was used. For assessment and measuring self esteem, the self esteem scale (Rosenberg ,1965) and for psychological well-being a scale measured and developed by (Goldberg ,1972) were used to collect data.

The data were analysed by mean, standard deviation, Independent sample t-test , Pearson's product moment correlation.

**RESULTS:** Result proves it , there is a significant difference in Self esteem among working and non working women. There is no significant difference in psychological well-being among working and non working women. Statistically there is no significant relationship between self esteem and psychological well-being among working and non working women.

**Key words:** self esteem, psychological well-being

# INTRODUCTION

Psychological well-being is a multi-dimensional concept: optimism, self control, happiness, Interest ,free of failure, anxiety and loneliness has been considered as the special aspects of well being. Psychological well-being is about lives going well. Self esteem can influence life in myriad

Ways,from academic and professional success to relationships and mental health. So, this study aims to investigate the self esteem and psychological well-being among working and non working women. The term 'psychological well being' can be explained through two perspectives- the Hedonic and Eudaimonic perspective of well being,the former indicating emotional wellbeing and the later indicating well being. It is the combination of feeling good and functioning effectively. Therefore, people with high psychological well-being report feeling happy, capable,well supported, satisfied with life,and so on. The consequences of psychological well-being to include better physical health, mediated possibly by brain activation pattern,neurochemicals, effects,and genetic factors.At the most level, psychological well-being is quite similar to other terms that refer to positive mental states,such as happiness, satisfaction and it many ways it is not necessary,or helpful to worry about fine distinctions between such terms. Psychological well-being is a subjective construct hase on a range of psychological needs that are being met or not . Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Self-esteem is used to describe a person's overall sense of self worth or personal value. Self esteem,term can involve a variety of thinking about ourselves,such as the evaluation of our own appearance, beliefs, emotions and behaviours. It reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgement of one self as well as an attitude towards the self . Self esteem is the way individual's feel themselves and how well they do things that are important for them. This study attempts to understand self esteem and psychological well-being among working and non working women. In modern India, the role of women can be called phenomenon. Both working and non working women play a very significant role in their life.

## Definition of key terms:

Self esteem is defined as general self esteem and effective experiences of the self that are linked to these global appraisals (Murphy, and Morrel ,2005).

Psychological well-being refers to how people evaluate their lives cognitively and effectively in terms of satisfaction.(Diener et al,1985).

## Relevance of study:

In modern India,the role of women can be called phenomenon.Both working and non working women play a very significant role in their life.In this society both working and non working women face a lot problems, So we investigated about psychological well-being and self esteem among working and non working women.

# REVIEW OF LITERATURE

Laveena D' mello et al (2018) conducted a study on self esteem and academic performance among the students . This study tries to bring the connectivity between academic performance and self esteem. It aims at studying the level of self esteem of students with low academic performance. Total 50 students have taken. The conclusion drawn from the study is , there is no significant correlation between self-esteem and academic performance.

Mehamadh T and Shaukat M (2014) conducted a study on life satisfaction and psychological well-being among adults . The study includes 200 females .The result showed that depression and self esteem are predators of life satisfaction and no difference observed in life satisfaction .Students with low psychological well-being cannot properly concentrate on their works and hence result in gaining low outcomes.

## Rationale:

After reviewing the literature researcher found that there is no research related with self esteem and psychological well-being among working and non working women ,so that researcher is trying to research on this topic

## METHOD

### Problem:

Is there any significant difference in the level of self esteem and psychological well-being among working women and non working women?

### Aim:

To understand self esteem and psychological well-being among working and non working women.

### Objectives of the research :

- 1.To study the difference between mean scores of working and non working women on self esteem.
- 2.To study the difference between mean scores of working and non working women on psychological well-being.
- 3.To study about the relationship between self-esteem and psychological well-being among working and non working women.

### Variables:

Independent variable: working and non working

Dependent variable: self esteem and psychological well-being

### Hypothesis:

Pursuant of the above objective,5 hypothesis are formulated

- 1.There will be no significant difference in the level of Self esteem among working and non working women.
- 2.There will be no significant difference in the level of psychological well-being among working and non working women.
- 3.There will be no significant relationship between self-esteem and psychological well-being among working women and non working women.

## Research design:

The study was quantitative type and used a correlation design to determine, if there is a relationship exists in self esteem and psychological well-being among working and non working women. The study also adopted a between group research design to assess the difference in self esteem and psychological well-being among working and non working women.

## Research sample:

Purposive sampling method is used for this and the study sample consisted of 70 women at age range from 21 to 55 from different parts of Kerala, out of which 35 are working and 35 are non working.

The sample belongs to the same gender, different religious family type, area of residence.

## Sampling criteria:

### Inclusion criteria:

- Willing to participate in the online survey.
- womens from Kerala
- Age limit 21-55

### Exclusion criteria:

- Those who are not willing to participate in the online survey.
- womens from other states.
- Age limit other than 21-55.

## Tools:

Following tools were used for the data collection.

1. Self esteem scale (Rosenberg,1960)
2. psychological well being questionnaire (Goldberg,1972)

## Procedure:

Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. The well being scale (Goldberg,1982) of 12 items and self esteem scale (Rosenberg,1960) of 10 items were given to sample through online with proper instruction one after the other. Responses were collected from the participants. The scoring of the two assessments were done and interpreted according to the manual.

## Analysis of data:

The collected data was analysed using following statistical tests :

1. Mean, standard deviation
2. Independent sample t-test
3. Pearson's product moment correlation

Ethical issues:

- 1.Data collected has been used only for research purposes.
- 2.Confidentiality and of the obtained information have been maintained throughout the study.
- 3.In formed consent of each and every participant was acquired.

## RESULTS

Data analysis and interpretation:

The main purpose of the present study was investigating the well being and self esteem among working and non working women. For this purpose, the investigators formulated 5 hypothesis and results are shown in the below tables

Table 1 : mean , standard deviation and significant value on self esteem and psychological well-being among working and non working women.

Group.	N.	Mean.	Standard. Deviation.	Sig(2 Tail)
Self. Esteem.	Working 35.	17.9714.	2.9098.	0.13
	Non Working. 35.	19.0280.	2.6798.	
Total.	70			

Psycho-logical. Well. Being	Working 35.	22.657	3.12001	0.268
	Non Working 35.	24.371	4.6493	
Total.	70			

Table 1, shows that, significant value of self-esteem among working and non working women is 0.13. Which is significant at 0.05 level of significance .So the 1st null hypothesis is rejected. Thus there is a significant difference in the level of self esteem among working and non working women. The significant value of psychological well-being among working and non working women is 0.268 which is not significant at 0.05 level of significance . So the 2<sup>nd</sup> null hypothesis is accepted. Thus there is no significant difference in the level of psychological well-being among working and non working women.

The working women have mean value of 17.97 on self esteem whereas non working women have mean value of 19.02 on self esteem so compared to working women non working women have higher level of self esteem.

The working women have mean value of 22.65 on psychological well-being whereas non working women have mean value of 24.37 on psychological well-being so compared to working women non working women have higher level of psychological well-being.

Table 2: correlation coefficient value between self-esteem and psychological well-being among working and non working women.

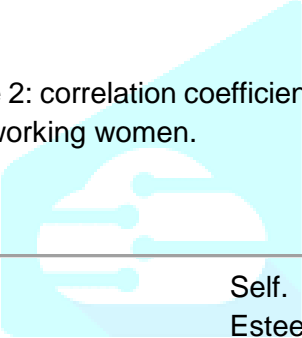
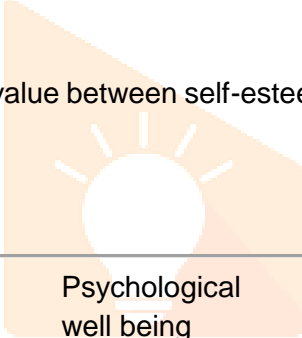
			
	Self. Esteem	Psychological well being	
Self. Esteem.	Pearson's Correlation	.028	
	Sig(2. Tail)	.820	
	N.	70.	70
Psycho. logical. Well Being.	Pearson's Correlation	0.28.	1
	Sig(2. Tail)	.820	
	N.	70.	70

Table 2 shows that, significant value of correlation between self esteem and psychological well-being among working and non working women is 0.820, which is not significant at 0.05 level of significance. Thus 3<sup>rd</sup> null hypothesis is accepted so there is no significant relationship between psychological well-being and self esteem .

### Major Findings:

1. There is significant difference in the level of Self esteem among working and non working women.
2. There is no significant difference in the level of psychological well-being among working and non working women.
3. There is no significant relationship between the level of self-esteem and psychological well-being among non working women and non working women.
4. Non working women have high level of self-esteem and psychological well-being as compared to working women.

### Limitations :

1. Sample was only from the Kerala
2. Sample size was small

### IMPLICATIONS:

Working women have low level of psychological well-being and self esteem compared to non working women . So we can develop intervention plan for working women.

### Scope for further study:

1. Further research can be done on large population
2. Qualitative research method can be done for improving the quality of the present study.

## CONCLUSION

Self esteem is defined as general self worth and effective experiences of the self that are linked to these global appraisals ( Murphy et.al (2005). American psychologist Abraham Maslow included self esteem in his hierarchy of human needs. Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. In modern India, the role of women can be called phenomenon. Both working and non working women play a very significant role in their life. Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. The well being scale (Goldberg,1972) of 12 items and self esteem scale (Rosenberg ,1960) of 10 items were given to sample through online with proper instruction on after the other. Responses were collected from the participants. For data analysis Pearson's correlation Wes employed.

## REFERENCES

- 1 Akran ,M.(2017).self esteem and psychological well-being. International journal of Indian psychology,vol .5,(1),DIP:18.01.077/2017, DOI:10.25215/0501.077
- 2 American psychological association (2008) psychology Topic, Encyclopaedia, Psychology
- 3 Sarkova,M.(2010) psychological well-being and self esteem in slovak adolescents .

