



# A Comparative Study of Adjustment Ability of Working Women and Home Makers of Nagpur City

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## 1.0 Introduction

During the recent past the Indian women have been gradually coming out of traditional roles and entering into the male dominated areas or professions. Today, the role and status of the women has changed significantly. With increasing education and more liberty for their rights and privileges, women's attitude towards their stereotyped role is changing very fast. Their participation in education and work place has also led to their increased socio familial roles. Women who work outside the home are required to make many socio-familial adjustments that may contribute more stress and anxiety. Similar problems are also encountered by their peers who are homemakers. However, the nature and degree of these problems faced by the women of each group i.e. homemakers and working women is different. The problem of stress in women, particularly working women, is an important aspect on the process of social and emotional changes occurring in the society.

Women in India today have more opportunities to pursue their education in various professional fields and a lot of women have started taking up the jobs outside their homes. Women are existing under cultural norms and values so the working women have to make an adjustment with the family members are expected to make such adjustments. So this in turn leads to a number of stress and strain among working women. The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, term denotes the results of equilibrium, which may be either of these processes. It is used to emphasize the individual's struggle to survive in his or her social and physical environment. Thus, adjustment is a process which reflects total personality of a person by balancing and equilibrating his behaviour according to the present condition or we can also says that adjustment is a process maintaining, adjusting and behaving according to physical and social environment. In view of the importance of adjustment ability of a person, this study was carried out to determine the extent of adjustment displayed by the women of Nagpur City vis-à-vis various aspects. The study area was selected as Nagpur City as it is central India's one of the fastest growing cities, that is experiencing social changes on a very large scale.

## 2.0 Research Methodology

### 2.1 Research design

In the present study a cross-sectional descriptive research design involving two groups was used.

### 2.2 Study Area

This investigation was carried out in the Nagpur City of Maharashtra. Nagpur is one of the important districts of Maharashtra.

### 2.3 Population and Sample Size

All the women engaged in working in an office and the homemakers of Nagpur City above age 30 years were considered as the population of the study. To make the sample truly representative the women residing in all parts of Nagpur City i.e. East, West, North, South and Central Nagpur. A total of 160 women (80 each belonging to home maker group and working women) were selected for the purpose of data collection.

### 2.4 Data collection

The data for this study was collected using survey method. For this purpose a Google form was prepared and prior to data collection its reliability and validity was assessed through a pilot study. Reliability of the survey questionnaire was determined using a test-retest procedure. The purpose of conducting this pilot study was to validate and improve the research instrument in terms of its format and layout, the wording of statements and also the overall content.

### 2.5 Statistical Analysis of Data and Significance Level

The descriptive statistics, such as mean, standard deviation, minimum and maximum, etc. were determined from the collected data. The inferential statistics such as Chi-square test was used to determine the significance of difference between the proportions. The significance level was chosen to be 0.05 (or equivalently, 5%). All the statistical analysis of generated data was carried out using SPSS 20.0 software.

## 3.0 Results and Discussion

### 3.1 Adjustment - Family Factor

**Table 1:** Adjustment level of working women and homemakers – **Family factor**

Adjustment level	Working women		Home maker	
	Nos.	Per	Nos.	Per
Excellent	29	36.3	46	57.5
Average	46	57.5	27	33.8
Unsatisfactory	5	6.3	7	8.8
<b>Total</b>	<b>80</b>	<b>100.0</b>	<b>80</b>	<b>100.0</b>
	Chi-square 32.382; df: 2, p<0.05; Table Value:5.99		Chi-square 25.495; df: 2, p<0.05; Table Value: 5.99	

Above **Table 1** shows results pertaining to adjustment level study participants with respect to family factor.

- **Working women:** 36.3% respondents have excellent level of adjustment vis-à-vis family factor while for 57.5% respondents it was of average level. In addition to this 6.3% respondents have unsatisfactory level of adjustment with respect to this factor.
- **Home maker:** 57.5% respondents have excellent level of adjustment with respect to family as a factor while for 33.8% respondents it was of average level and further 8.8% respondents indicated unsatisfactory level of adjustment with respect to this factor i.e. family factor.

### 3.2 Adjustment - Health Factor

**Table 2:** Adjustment level of working women and homemakers – **Health factor**

Adjustment level	Working women		Home maker	
	Nos.	Per	Nos.	Per
Excellent	49	61.3	19	23.8
Average	19	23.8	24	30.0
Unsatisfactory	12	15.0	37	46.3
<b>Total</b>	<b>80</b>	<b>100.0</b>	<b>80</b>	<b>100.0</b>
	Chi-square 25.173; df: 2, p<0.05; Table Value: 5.99		Chi-square 7.701; df: 2, p<0.05; Table Value: 5.99	

Above **Table 2** shows results pertaining to adjustment level study participants with respect to health factor.

- **Working women:** 61.3% respondents have excellent level of adjustment vis-à-vis health factor while for 23.8% respondents it was of average level. In addition to this 15.0% respondents have unsatisfactory level of adjustment with respect to this factor.
- **Home maker:** 23.8% respondents have excellent level of adjustment with respect to health as a factor while for 30.0% respondents it was of average level and further 46.3% respondents indicated unsatisfactory level of adjustment with respect to this factor i.e. health factor.

### 3.3 Adjustment - Social Factor

**Table 3:** Adjustment level of working women and homemakers – **Social factor**

Adjustment level	Working women		Home maker	
	Nos.	Per	Nos.	Per
Excellent	20	25.0	41	51.3
Average	47	58.8	33	41.3
Unsatisfactory	13	16.3	6	7.5
<b>Total</b>	<b>80</b>	<b>100.0</b>	<b>80</b>	<b>100.0</b>
	Chi-square 25.747; df: 2, p<0.05; Table Value: 5.99		Chi-square 23.305; df: 2, p<0.05; Table Value: 5.99	

Above **Table 3** shows results pertaining to adjustment level study participants with respect to social factor.

- **Working women:** 25.0% respondents have excellent level of adjustment vis-à-vis social factor while for 58.8% respondents it was of average level. In addition to this 16.3% respondents have unsatisfactory level of adjustment with respect to this factor.
- **Home maker:** 51.3% respondents have excellent level of adjustment with respect to social as a factor while for 41.3% respondents it was of average level and further 7.5% respondents indicated unsatisfactory level of adjustment with respect to this factor i.e. social factor.

### 3.4 Adjustment - Emotions Factor

**Table 4:** Adjustment level of working women and homemakers – **Emotions factor**

Adjustment level	Working women		Home maker	
	Nos.	Per	Nos.	Per
Excellent	38	47.5	12	15.0
Average	29	36.3	47	58.8
Unsatisfactory	13	16.3	21	26.3
<b>Total</b>	<b>80</b>	<b>100.0</b>	<b>80</b>	<b>100.0</b>
	Chi-square 10.418; df: 2, p<0.05; Table Value: 5.99		Chi-square 27.066; df: 2, p<0.05; Table Value: 5.99	

Above **Table 4** shows results pertaining to adjustment level study participants with respect to emotions factor.

- **Working women:** 47.5% respondents have excellent level of adjustment vis-à-vis emotions factor while for 36.3% respondents it was of average level. In addition to this 16.3% respondents have unsatisfactory level of adjustment with respect to this factor.
- **Home maker:** 15.0% respondents have excellent level of adjustment vis-à-vis emotions factor while for 58.8% respondents it was of average level. In addition to this 26.3% respondents have unsatisfactory level of adjustment with respect to this factor.

### 3.5 Adjustment - Education Factor

**Table 5:** Adjustment level of working women and homemakers – **Education factor**

Adjustment level	Working women		Home maker	
	Nos.	Per	Nos.	Per
Excellent	51	63.8	22	27.5
Average	26	32.5	46	57.5
Unsatisfactory	3	3.8	12	15.0
<b>Total</b>	<b>80</b>	<b>100.0</b>	<b>80</b>	<b>100.0</b>
	Chi-square 39.239; df: 2, p<0.05; Table Value: 5.99		Chi-square 24.209; df: 2, p<0.05; Table Value: 5.99	

Above **Table 5** shows results pertaining to adjustment level study participants with respect to education factor.

- **Working women:** 63.8% respondents have excellent level of adjustment vis-à-vis education factor while for 32.5% respondents it was of average level. In addition to this 3.8% respondents have unsatisfactory level of adjustment with respect to this factor.
- **Home maker:** 27.5% respondents have excellent level of adjustment vis-à-vis education factor while for 57.5% respondents it was of average level. In addition to this 15.0% respondents have unsatisfactory level of adjustment with respect to this factor.

### 3.6 Overall Adjustment

**Table 6:** Overall Adjustment level of working women and homemakers

Adjustment level	Working women		Home maker	
	Nos.	Per	Nos.	Per
Excellent	48	60.0	22	27.5
Average	24	30.0	39	48.8
Unsatisfactory	8	10.0	19	23.8
<b>Total</b>	<b>80</b>	<b>100.0</b>	<b>80</b>	<b>100.0</b>
	Chi-square 26.901; df: 2, p<0.05; Table Value: 5.99		Chi-square 9.67; df: 2, p<0.05; Table Value: 5.99	

Above **Table 6** shows results pertaining to overall adjustment level study participants.

- **Working women:** 60.0% respondents have excellent level of overall adjustment while for 30.0% respondents it was of average level. In addition to this 10.0% respondents have unsatisfactory level of overall adjustment.
- **Home maker:** 27.5% respondents have excellent level of overall adjustment while for 48.8% respondents it was of average level. In addition to this 23.8% respondents have unsatisfactory level of overall adjustment.

## 4.0 Conclusions

### 4.1 Adjustment - Family Factor

- From the study results it is evident that most ( $p < 0.05$ ) of the working women of study area have average level of adjustment while the homemakers have excellent level of adjustment vis-à-vis family aspect.

### 4.2 Adjustment - Health Factor

- From the study results it is evident that most ( $p < 0.05$ ) of the working women of study area have excellent level of adjustment while the homemakers have unsatisfactory level of adjustment vis-à-vis health aspect.

### 4.3 Adjustment - Social Factor

- From the study results it is evident that most ( $p < 0.05$ ) of the working women of study area have average level of adjustment while the homemakers have excellent level of adjustment vis-à-vis social aspect.

### 4.4 Adjustment - Emotions Factor

- From the study results it is evident that most ( $p < 0.05$ ) of the working women of study area have excellent level of adjustment while the homemakers have average level of adjustment vis-à-vis emotions aspect.

### 4.5 Adjustment - Education Factor

- From the study results it is evident that most ( $p < 0.05$ ) of the working women of study area have excellent level of adjustment while the homemakers have average level of adjustment vis-à-vis education aspect.

### 4.6 Overall Adjustment

- From the study results it is evident that most ( $p < 0.05$ ) of the working women of study area have excellent level of overall adjustment while the homemakers have average level of overall adjustment.

## 5.0 Bibliography

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