

A COMPARATIVE STUDY OF THE MENTAL HEALTH OF WORKING AND HOUSE WIFE WOMENS

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ABSTRACT

The present research is a comparative study of the mental health of working and housewife women. Apart from the hardships that working women have to endure, the family responsibilities that have to be fulfilled by the job as well as the condition of the workplace and the difficulties and problems that arise there are adversely affecting their mental health. In such a scenario, the working conditions and environment of the place where women are employed need to be conducive to the development of their mental health, otherwise it will have far-reaching consequences for human society in the future and limit development and women's self-reliance.

KEY-WORDS: *Mental, Health , Working, House Wife , Womens*

INTRODUCTION

In the Indian Context, women are increasingly participating in various business sectors. The number of women employed in various capacities is on the rise. It is easily seen in any major city in India. Women from economically and socially backward communities of the society are seen to be engaged in wage work in the past. Even today in rural areas, these women are seen to be involved in this wage business to some extent. In a community with high socio-economic status, the scope of work of women was limited to the home and they lived the life of a housewife. In independent India, women from this high socio-economic status are also moving out of

the privacy of the home and are seen entering various job pursuits along with men. In the recruitment process, women are given less opportunities than men. Even when men and women have equal qualifications, there is a tendency in society to give preference to men over women. There is also a social thought flow that shows that women have less experience than men and have less potential, which is largely wrong. As a result, women face obstacles in their progress. In such a situation most of the women get jobs in the business or in the field where the male class avoids coming, most of the women are seen working. It has the highest number of jobs in the private sector. While working in this field, women face various problems because their job is mainly at the discretion of the manager or the business owner. As a result, their salaries and other facilities are very normal. In some places, they are not even given these facilities. As a result, it is not possible to say that their basic needs will be met through this job business. These women mainly work in areas where there is no need for training. The work of these women is not only limited to jobs but they also have to do various household chores by doing jobs. As a result, they have to cope with the stress of work and the stress of work in the family, but they also face mental health problems. In addition, most of the women in the family do not have the right to the salary they get through employment, while other men in the family are seen to be entitled to their salary, so their needs and preferences are given secondary place. The effect is on their mental health. In addition, women working in various fields face the problem of sexual bias. The adverse effects of technological advancement on them, the inability to improve their skills and grades, the problem of paid maternity leave in private sector jobs, the easy termination of women's employment and the transfer of it to another person are easy for managers. The problem of harassment of working women has created various obstacles in the way of women's development. The effect can be seen in their mental health.

The women's group has a wide variety of ideas. Working women have different identities than housewives and other adult women. In modern society, the social and community environment seems to be full of social and moral pollution. That is why many problems are seen in the case of women working in different fields. A working woman is one who works outside the home. Women of all the three levels can be included in this. In the traditional Indian society she was struggling to meet her financial needs and living in adverse conditions but today the attitude of the society towards women has changed a lot and as a result many women are working in various types of jobs.

HOUSEWIVES AND WORKING WOMEN

A housewife is a woman who is not involved in any kind of job business. The main position of this woman is her home and she is expected to do the housework and take care of the family members. So working women are women who serve in the private or government sector or do physical or mental work and get paid for it.

THE CONCEPT OF MENTAL HEALTH

Mental health is an integral and essential component of a person's health. According to the World Health Organization, health is a state of complete physical, mental and social well-being in which the absence of illness or disability alone does not mean health. An important consequence of this definition is that mental health is more pronounced than mental disorders or mental disabilities. Mental health is a state of human well-being in which a person becomes aware of his or her own potential. Such a person can easily cope with the common stresses of life, work effectively and be able to make a significant contribution to the development of himself and the society. In this positive sense, mental health is a fundamental component of the effective well-being of society as well as personal well-being. Mental health can be defined in terms of a person's ability to make effective social and emotional adjustments in real life. In other words, mental health is the ability to face and accept the realities of life. (Bhatia, 1982). More than one social, mental and biological factor determines a person's level of mental health. Persons who are under constant socio-economic pressure are at risk for community mental health. Lower mental health is associated with rapid social change, stressful work conditions, sexism, social exclusion, modern lifestyles, problems of violence, and balanced mental health violations of physical illness. A mentally healthy person is self-satisfied, lives a good life in harmony with his neighbors, makes children healthy citizens and even after fulfilling these basic duties, he benefits the mental health development of the society. A mentally healthy person can properly adjust to his surroundings and do his best for himself, his family and the progress and upliftment of his community. The main feature of mental health is adjustment. The greater the potential for successful social planning, the better the mental health of the individual. Low adjustment due to low mental health leads to great struggle. In addition, certain psychological and personality factors also contribute to mental health.

RESEARCH OBJECTIVES

1. Assessing the mental health of job and housewife women.
2. Comparing the mental health of working women and housewives.

RESEARCH HYPOTHESES

There is no significant difference in the level of mental health of working women and housewives.

Research Methods:

The research presented is based on 60 women in Akola. Among them, 30 women are employed in various types of private sector and 30 women are housewives. They have been selected through a deliberate sample selection process. The average age group of these women is 25 to 40. The survey method has been used for this research. Mental health research was used to gather facts about mental health. Percentage system, mean, t values are used for analysis and interpretation.

ANALYSIS

Table no. 1.1

Compare the Mental Health of working women and house wife women

Status of Mental Health	Working Women		House Wife Women		Total Women	
	N	%	N	%	N	%
Excellence	08	13.33	16	26.67	24	20.00
Good	12	20.00	24	40.00	36	30.00
Moderate	26	43.33	14	23.33	40	33.33
Low	08	13.33	04	6.67	12	10.00
Poor	06	10.00	02	3.33	08	6.67
Total	60	100	60	100	120	100

In terms of mental health of working women and housewives, the proportion of women working in good health is 13.33% and the proportion of housewives is 26.67%. This shows that the proportion of housewives is higher than that of working women. In terms of good health, the proportion of working women is 20.00% and the proportion of housewives is 40.00%. Here too, the proportion of housewives is higher than that of working women. The proportion of women working in general health condition is 43.33% and the proportion of housewives is 23.33%. It shows that the proportion of working women is higher than that of housewives. In the case of low health status, the proportion of employed women is 13.33% and the proportion of housewives is 6.67%. The proportion of working women is higher than that of housewives. The proportion of employed women is 10.00% and the proportion of housewives is 3.33%. The proportion of working women is higher than that of housewives. This shows that the proportion of housewives in terms of good and good mental health is higher than that of working women, and the proportion of working women in terms of general, low and very low mental health is higher than that of housewives.

In terms of mental health of working women and housewives, the average mental health of working women is 61.50 and that of housewives is 68.89. Also the ratio deviation is 6.45 and 7.58 respectively. Comparing the median mental health of working and housewife women, the T value obtained by calculation was 3.12. The T value obtained by calculation is higher than the table value expected at the levels of 0.01 and 0.05 for the independence quantity 58. This means that there is a significant difference in the mental health status of working women and housewives, which shows that the mental health status of housewives is more effective than that of working women.

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