A Comparative Study of Quality of Life of Working and Non-Working Females of Mumbai City

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ABSTRACT

The present era has witnessed a tremendous change in the role of women due to the rapid evolution of society. Women were previously limited to their domestic chores, but today they are actively involved in their careers while also managing their family and social responsibilities. This has led to empowerment and difficulties for women, especially in the area of psychological well-being.

With increased opportunities for employment for women & the need to supplement household income; more & more women are entering the job market. With the breaking up of joint family system & the increased phenomenon of nuclear families, working women need support; in terms of quality and care; for their young children while they are at work. Women play multiple roles in the family that affect the health & well-being of all family members. The role of women as care-givers and as providers of family income may conflict with one another; which may have potentially important implications for the welfare of children.

Working women face stress related to their work environment, such as workload, time pressure, performance, competition, role ambiguity, and work-family conflict. Managing work and family responsibilities can lead to overload and emotional exhaustion. These factors can lead to increased levels of stress and anxiety, which in turn can impact psychological well-being. On the other hand, employment can lead to economic freedom, social identity, self-esteem, and feelings of achievement, which can have a positive impact on psychological well-being. In the present fast-paced urban environment, especially in a large metropolitan city such as Mumbai, women have different roles to play both within and outside their homes. Working women are most likely to be exposed to work-related stress, time constraints, and the dual roles of work and home, whereas non-working women are most likely to be exposed to home and social-related responsibilities, as well as limited social interactions.

Although various studies have been conducted on stress and quality of life, there is a lack of studies that have compared the stress and quality of life, as well as some selected physiological parameters, of working and non-working females in the context of the Mumbai city. Therefore, there was need to investigate whether there are any differences between working and non-working women in terms of their quality of life.

Objectives of the Study

To compare the mean scores of quality of life of working and non-working females of Mumbai city.

Hypotheses of the Study

H_0,: There is no significant difference between the mean scores of quality of life of working and non-working females of Mumbai city

METHODOLOGY

Design of the Study

The study is a cross-sectional comparative analysis. This means data is collected from the participants at a single point in time to compare the two distinct categories of women. The researcher identified "Working" and "Non-Working for the study.

Population of the Study

The population consists of females aged 30 to 40 years residing in the Dadar and Parel area of Mumbai City.

Sample of the Study

Purposive Sampling was done to collect sample size of 100 female subjects between the ages of 30 and 40 years. The sample was divided into two equal groups:

- **Working Females (50):** Women engaged in any form of paid work, including government, private, or self-employment.
- **Non-Working Females (50):** Women not engaged in paid work, primarily occupied with domestic responsibilities and household management.

The inclusion criteria of the study was subject aged between 30 to 40 years were included, only females were included for sample selection & subjects willing to participate in the study. The exclusion criteria was males were excluded & candidates not willing to participate.

Selection of Variables and Tests

- **Quality of Life:** Measured via Standardized Questionnaire to assess overall life satisfaction and psychological well-being. The WHOQOL-BREF is a 26-item self-report measure for adults (18+) that is used to assess self-perceived quality of life. It was developed by the Word Health Organization as a quality-of-life assessment that could be applicable cross-culturally (The WHOQOL Group, 1994). The scale is designed to measure the impact of disease and impairment on daily activities and behaviour, perceived health, disability and functional capacity.

Criterion Measures

Table no. 3.1 Criterion Measures

Sr. No	Variables	Test	Units
	Psychological Variable		
1	Quality of Life	QOL by WHO	Scores

Description of Tests / Tools

The following standardized tests and scientific procedures were used to measure the selected dependent variables.

Quality of Life Questionnaire

- **Purpose:** To assess the participants' overall life satisfaction and psychological well-being.
- **Equipment Required:** Standardized Quality of Life Survey forms and stationery.

- **Procedure:** The subject is given a standardized questionnaire in a quiet environment. The subject responds to a series of validated items regarding their physical, psychological, and social health.
- **Scoring:** * Responses are tabulated according to the specific scale's manual.
- The WHOQOL-BREF is a self-administered questionnaire comprising 26 questions on the individual's perceptions of their health and well-being over the previous two weeks. Responses to questions are on a 1-5 Likert scale where 1 represents "disagree" or "not at all" and 5 represents "completely agree" or "extremely".
- The WHOQOL-BREF covers four domains:

1. Physical health
2. Psychological
3. Social relationships
4. Environment

All four domains together depict the Quality of Life. Higher mean scores typically indicate a higher perceived Quality of Life.

Group Wise Comparison Of Mean Scores Of Quality Of Life

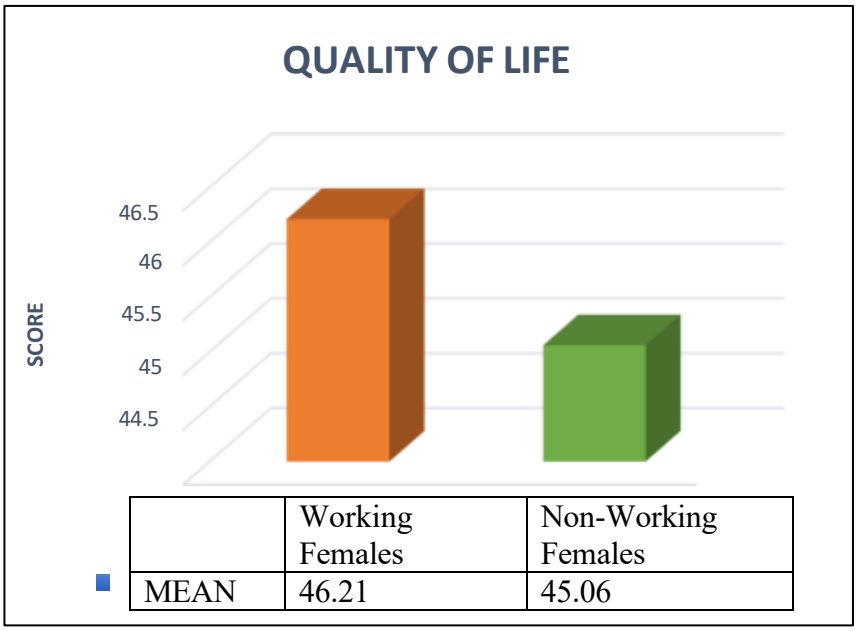
The objective was to compare the mean score of quality of life between working females and non-working females. The data were analyzed with the help of t-test and results are presented in Table 3.3.

Table 3.3: Group Wise Mean, SD, N and t-values of Quality of Life of Working Females and Non-Working Females

Group	M	SD	N	t-value	Remark
Working Females	46.21	3.78	50	1.84	$p > 0.05$
Non-Working Females	45.06	2.26	50		Not Significant

From Table 3, it can be observed that the t-value is **1.84**, which is **not significant at 0.05 level** with **df = 98**. This indicates that the mean scores of quality of life between working females and non-working females do not differ significantly. Thus, the null hypothesis stating that there is no significant difference in quality of life between working females and non-working females is **accepted**. The mean score of quality of life for working females is **46.21**, which is slightly higher than that of non-working females (**45.06**). However, the difference is not statistically significant. Therefore, it may be concluded that **both groups have almost similar levels of quality of life**.

Figure 4.2: Group Wise Comparison of Mean Scores of Quality of Life



CONCLUSION

Findings of Quality of life between working and non-working females indicate that both groups maintain a balanced life satisfaction through different means.

RECOMMENDATION

- Future research can include larger sample sizes and different age groups.
- Longitudinal studies can be conducted to observe changes over time.
- Additional variables such as diet, physical activity, and socio-economic status can be included in future studies.

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