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RELATION OF PERCEIVED PSYCHOLOGICAL WELLBEING AND LIFE SATISFACTION AMONG MIDDLE-AGED WOMEN

ABSTRACT:

This present study examined the relationship between perceived psychological wellbeing and life satisfaction among middle aged working and non-working women of Gandhinagar district. The total random sample consisted of 100 middle aged women (50 working and 50 non-working women) were selected in Gandhinagar District (Gujarat). Psychological wellbeing scale developed by D.S.Sisodia & Pooja Chaudhary and Life satisfaction scale developed and standardise by Dr. Pramod Kumar and Dr. (Mrs.) Jayshree Dhyani were used to collect the required data. Mean scores were computed and 't' – test was applied to find out the differences between the two groups. The result of the study shows that significant impact on the Psychological Wellbeing and Life Satisfaction among Middle aged women in Gandhinagar District. The 'r' between Psychological Wellbeing and Life Satisfaction was 0.82.

Keywords: Middle aged women, Psychological wellbeing & Life Satisfaction.

INTRODUCTION:

Middle age theoretically refers to reaching an age where you have lived half the average life expectancy for your gender. According to **Oxford English Dictionary (2012)**, "The period between early adulthood and old age, usually considered as the years from about 45 to 65. The standard diagnostic manual of the American Psychiatric Association- used to term middle age as 40 to 60. The average midpoint of life is now about 40 for women and 38 for man (generally men tend to die 6 to 8 years before women). In comparison, 100 years ago women arrived at middle age by 22, mainly because so many died in childbirth. Midlife is also when careers and economic success. Ambitions and expectations for later years have expanded, and many people carry on active professional, social and personal lives. Women in their 40 to 50 years were becoming increasingly affected by trying to manage the responsibilities of family, home and work. Middle aged women trying to manage careers, children and elderly relatives are suffering from depression and anxiety more than any other social groups (**National Health Service, 2007**). The study aims to find answers to the following questions:

- What is the level of psychological wellbeing and life satisfaction among middle aged women?
- Whether an intervention programmes can help the women in improving their psychosocial well-being and life satisfaction?
- **Psychological Wellbeing :**

The concept of well-being originated from Positive Psychology. The shift from negative to positive psychology is a welcome change in the discipline. The focus positive psychology is to study the improvement in the lives of individuals. Positive Psychology has emerged from the problem of the west. Thus it may be inferred that knowledge is culturally conditioned. Well-being requires harmony between mind and body. It implies a sense of balance and ease with the pressures in a person's life. Well-being is concern with how and why people experience their lives in positive ways, including both cognitive judgment and affective reactions. As such, it covers that have used such diverse terms as happiness, satisfaction, morale and positive affect.

Crow and Crow (1951) is in the view that physical well-being, adjustment to mental ability, emotional control, social adjustment and even sex adjustment-all these characteristics should be included in well-being.

WHO (1952) defined optimal health as "A state of complete physical mental and social well-being and not merely the absence of disease or infirmity." They also added spiritual wellbeing as one dimension of well-being.

Shaffer and Shoben (1956) considers well-being as: (1) Good physical wellbeing; (2) Accepting one's strengths and weakness; (3) Accepting other people; (4) Seeking as well as having a warm feeling towards them; (5) A confidential relationship; (6) Active attention; (7) Social participation; (8) satisfying work; (9) creative experience; (10) Using the scientific method. According to **Dictionary of the English Language (2000)** well-being is a contented state of being happy and healthy and prosperous.

Pavot and Diener(2003)defined well-being as the subjective feeling of contentment, happiness, satisfaction with life's experience and one's role in the world of work, sense of achievement, utility belongingness and no distress, dissatisfaction or worry etc. According to

Bhimwal(2007) well-being is a multidimensional construct comprising of physical, mental and social components. Well-being is more than the absence of mental illness and can be measured by several psychological and social indicators like life satisfaction, depression, anxiety, self-esteem, etc. Psychological Well-being refers to the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life (**Burris, Brechting, Salsman, & Carlson, 2009**).

▪ **Life Satisfaction:-**

Satisfaction is a state of mind. It is an evaluative appraisal of something. The term refers to both 'contentment' and 'enjoyment'. As such it covers cognitive- as well as affective-appraisals. Satisfaction can be both evanescent and stable through time. Life satisfaction is the way a person evaluates his or her life and how he or she feels about where it is going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favourable attitude of one's life as a whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, amount of education, experiences, and residence, as well as many other topics.

According to **Hamilton (1995)** in the Dictionary of Developmental Psychology, life satisfaction is the degree of contentment with one's own life style. Life satisfaction is referred as an assessment of the overall conditions of existence as derived from a comparison of one's aspiration to one's actual achievement (**Cribb, 2000**). Life Satisfaction generally implies the pleasure that a person gets from his/her life (**Telman and Unsal, 2004**).

❖ **OBJECTIVES :**

The present study was carried out to accomplish following objectives:

- To know various dimensions of psychological wellbeing such as Satisfaction, Efficiency. Sociability, Mental health, Interpersonal relations and over all psychological wellbeing between middle aged working and non-working women.
- To know the significance difference of life satisfaction between middle aged working and non-working women.
- To check the correlation between psychological wellbeing and life satisfaction among adolescence.

❖ **NULL - HYPOTHESES :**

The main hypotheses of the present study are as under. :

- There exists no significant mean difference between working and non-working middle aged women with regards to component Satisfaction of psychological wellbeing.
- There exists no significant mean difference between working and non-working middle aged women with regards to component Efficiency of psychological wellbeing.
- There exists no significant mean difference between working and non-working middle aged women with regards to component Sociability of psychological wellbeing.
- There exists no significant mean difference between working and non-working middle aged women with regards to component Mental Health of psychological wellbeing.
- There exists no significant mean difference between working and non-working middle aged women with regards to component Interpersonal Relations of psychological wellbeing.
- There exists no significant difference between working and non-working middle aged women with regards to Life satisfaction.
- There exists no correlation between overall scores of psychological wellbeing and life satisfaction between working and non-working middle aged women.

❖ **VARIABLES :**

Following variables were selected for the present study:

▪ **Independent Variable :**

For the present study two independent variables were selected which were divided into two levels. : (1) Middle aged working women & (2) Middle aged non-working women.

▪ **Dependent Variable :**

(1) Various Dimensions of Psychological wellbeing score & (2) Life satisfaction score are studied as a dependent variables.

▪ **Controlled Variable :**

- The sample was selected by random system.
- The sample size is restricted to only 100 middle aged working and non-working women.
- In this study government sector will be including from only Gandhinagar city (Gujarat) and its surrounding villages.

❖ **METHODOLOGY :**

This study was a descriptive and quantitative study utilizing survey research methods to attain its intentions. For this study random sampling technique was used. Personal Datasheet and another two tests Psychological wellbeing scale and life satisfaction scale were administered to middle aged women of Gandhinagar city.

▪ **Participant :**

Total 100 middle aged working and non-working women was randomly selected from various areas of Gandhinagar city.

▪ **Tools :**

The following tools were used in the present research work.

(1) Personal Datasheet :

Certain personal information about respondents included in the sample of research is useful and important for research. Here also, A personal datasheet developed by the investigator was used to collect information about Name, Age, Residence, Type of occupation, Type of family etc were collected.

(2) Psychological Wellbeing Scale :

Psychological wellbeing scale developed by **D.S.Sisodia and Pooja Chaudhary**.

○ **Reliability :**

The reliability of the scale was determined by (A) Test – retest method and (B) Internal Consistency Method. The test – retest reliability was 0.87 and consistency value for the scale is 0.90.

- **Validity :**

Besides face validity as all the items of the scale has high focus, the scale has high content validity. The scale was validated against the external criteria and coefficient obtained was 0.94.

- **Scoring :**

The scale consists of 50 statements. All statements are positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses are assigned. The sum of marks is obtained for the entire scale. The higher score shows that more wellbeing.

(3) Life Satisfaction Scale:

The Life Satisfaction Scale developed and standardise by **Dr. Pramod Kumar** and **Dr. (Mrs.) Jayshree Dhyani**. The Life Satisfaction Scale (LSS) is developed with a view to provide a handy tool for identifying persons having low satisfaction in life, and who may require psycho-diagnostic help. The Life Satisfaction Scale (LSS) in its final form consists of 54 highly discriminating items – 45 positively worded and 9 negatively-worded. These items are presented in a 3-Point rating.

- **Reliability:**

The split-half reliability, correlating odd-even items, applying the Spearman-Brown formula for doubling the test length was found to be .68

- **Validity:**

The face validity of the scale appeared to be fairly high as the items were prepared following intensive interviews of 50 married Ss regarding their concept of total life satisfaction. The content validity was adequately assured as only those items were selected for the initial scale for which there was 100% agreement amongst the judges.

- **Scoring:**

A numerical value of 3, 2 and 1 is assigned to the 'True', 'Partially' and 'Not true' response categories for all the items, i.e. 1, 3, 4, 6, 7, 14, 26, 27 & 34, in which ease, reverse scoring is applicable. The sum of these values gives the overall life satisfaction score for the S. Since, the responses contributing to life satisfaction are given a score, the higher the total score, the higher would be the life satisfaction of the S. The scale can also be scored area-wise if need be.

PROCEDURE:

The first step for the present study was taken by selecting the sample. To select the sample, randomized sample techniques were used on middle aged working and non-working women. After establishing the rapport with respondents scales of Psychological wellbeing and life satisfaction scale were administered to the middle aged working and non-working women of Gandhinagar. The entire participants were approached at their place. They were told that the purpose of the data collection is only for a research and their responses would be used for research purpose only. After completion of the data collection, responses of each respondents on each tools were scored as per the scoring key of manual.

❖ HYPOTHESES TESTING :

Independent t – Test was used for analysing the significance of difference between two groups (Middle aged working and non-working women). "r" was used to check the correlation on Psychological wellbeing and Life satisfaction among middle aged working and non-working women of Gandhinagar city.

❖ ANALYSIS & INTERPRETATION OF DATA :

As hear pointed out previously that the main aim of the study is to investigate Psychological wellbeing and Life satisfaction among middle aged working and non-working women. After analysis, interpretation has to be done carefully, logically and critically by examining the results. The obtained result is shown in the following tables and figures No. – 1,2,3,4,5,6 & 7:

Ho1: There exists no significant mean difference between working and non-working middle aged women with regards to component satisfaction of psychological wellbeing.

Table: 1

Showing the Mean, SD & t- Value of among working and non-working middle aged women with regards to component satisfaction.

Sr. No	Middle aged women	N	Mean	SD	df	t - Value	Level of Sig.
1.	Working women	50	17.23	9.21	98	2.61	P > .05 (Significant) Table Value: 0.05 = 1.98 0.01 = 2.62
2.	Non working women	50	15.09	6.15			

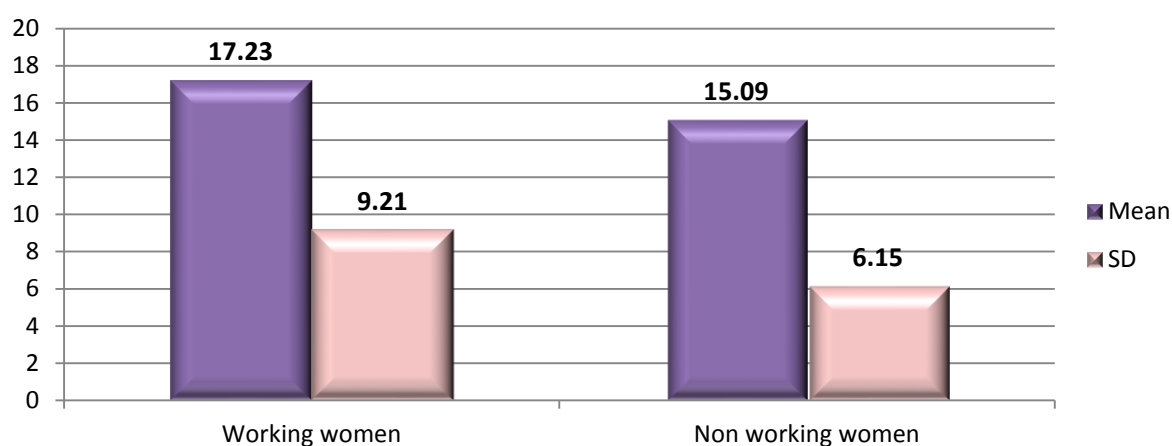


Figure: 1 – Showing Mean, SDs of Middle aged working and non-working women with regard to component satisfaction.

▪ **Interpretation:**

As above Table & Figure no: 1 shows that the main difference between two groups in terms of component satisfaction. The mean for the middle aged working women is 17.23 and SD 9.21 as well as the mean of the non-working women is 15.09 and SD 6.15. The obtained t - value is 2.61 that is significant at 0.05 level. Null hypothesis is rejected.

Ho2: There exists no significant mean difference between working and non-working middle aged women with regards to component Efficiency of psychological wellbeing.

Table: 2

Showing the Mean, SD & t- Value of among working and non-working middle aged women with regards to component efficiency.

Sr. No	Middle aged women	N	Mean	SD	df	t - Value	Level of Sig.
1.	Working women	50	21.68	11.85	98	3.36	P > .01 (Significant) Table Value: 0.05 = 1.98 0.01 = 2.62
2.	Non working	50	19.98	10.71			

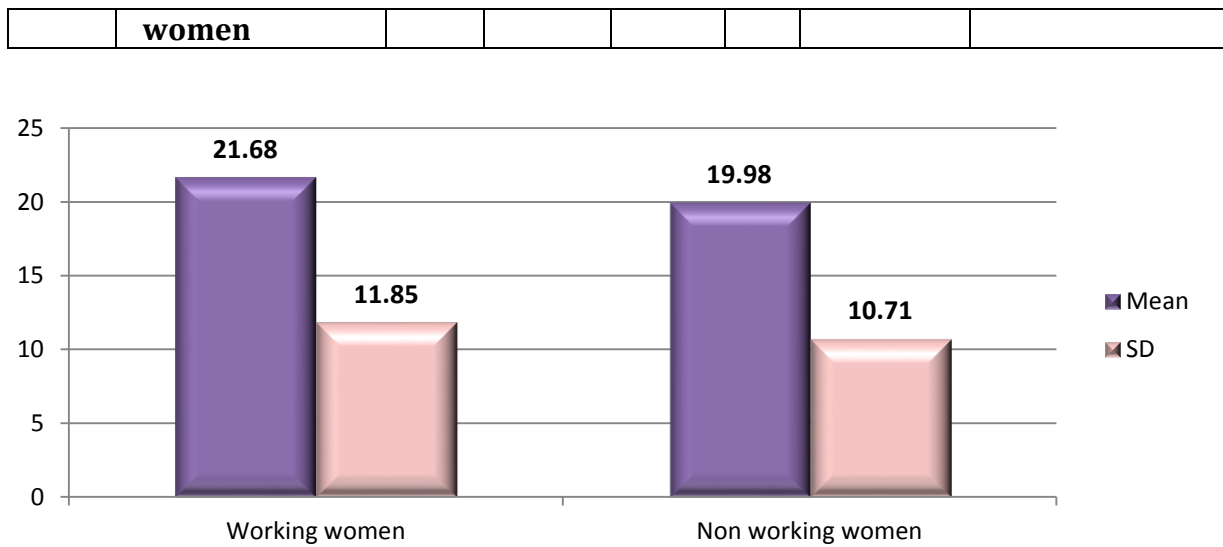


Figure: 2 – Showing Mean, SDs of Middle aged working and non-working women with regards to component Efficiency.

▪ **Interpretation:**

As above Table & Figure no: 2 shows that the main difference between two groups in terms of component efficiency. The mean for the middle aged working women is 21.68 and SD 11.85 as well as the mean of the non-working women is 19.98 and SD 10.71. The obtained t - value is 3.36 that is significant at 0.01 level. Null hypothesis is rejected.

H03: There exists no significant mean difference between working and non-working middle aged women with regards to component sociability of psychological wellbeing.

Table: 3

Showing the Mean, SD & t- Value of among working and non-working middle aged women with regards to component sociability.

Sr. No	Middle Aged women	N	Mean	SD	df	t - Value	Level of Sig.
1.	Working women	50	23.68	10.99	98	1.55	P > .05 (Insignificant) Table Value: 0.05 = 1.98 0.01 = 2.62
2.	Non working women	50	22.97	9.87			

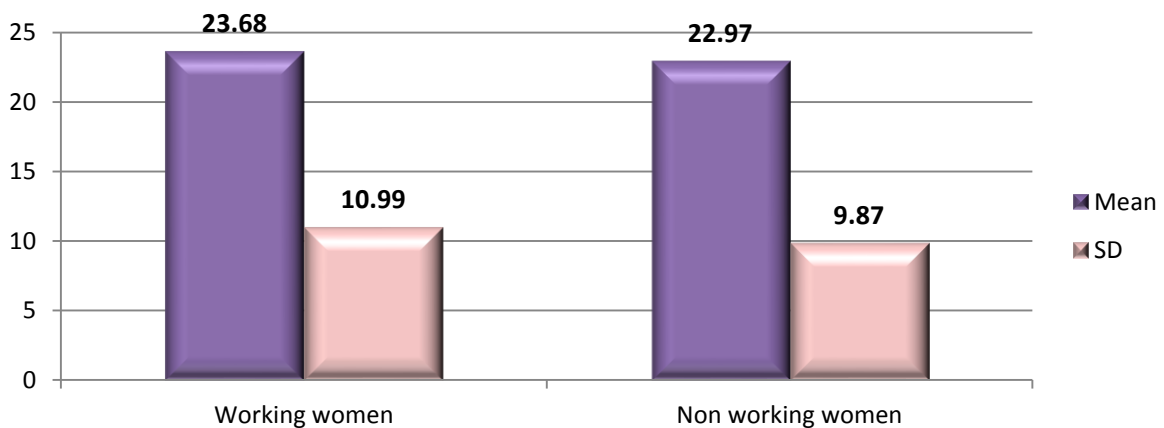


Figure: 3 – Showing Mean, SDs of Middle aged working and non-working women with regards to component sociability.

▪ **Interpretation:**

As above Table & Figure no: 3 shows that the main difference between two groups in terms of component sociability. The mean for the middle aged working women is 23.68 and SD 10.99 as well as the mean of the non-working women is 22.97 and SD 9.87. The obtained t - value is 1.55 that is insignificant at 0.05 level. Null hypothesis is accepted.

Ho4: There exists no significant mean difference between working and non-working middle aged women with regards to component Mental Health of psychological wellbeing.

Table: 4

Showing the Mean, SD & t- Value of among working and non-working middle aged women with regards to component mental health.

Sr. No	Middle Aged women	N	Mean	SD	df	t - Value	Level of Sig.
1.	Working women	50	25.84	11.56	98	2.98	P <.05 (Significant) Table Value: 0.05 = 1.98 0.01 = 2.62
2.	Non working women						

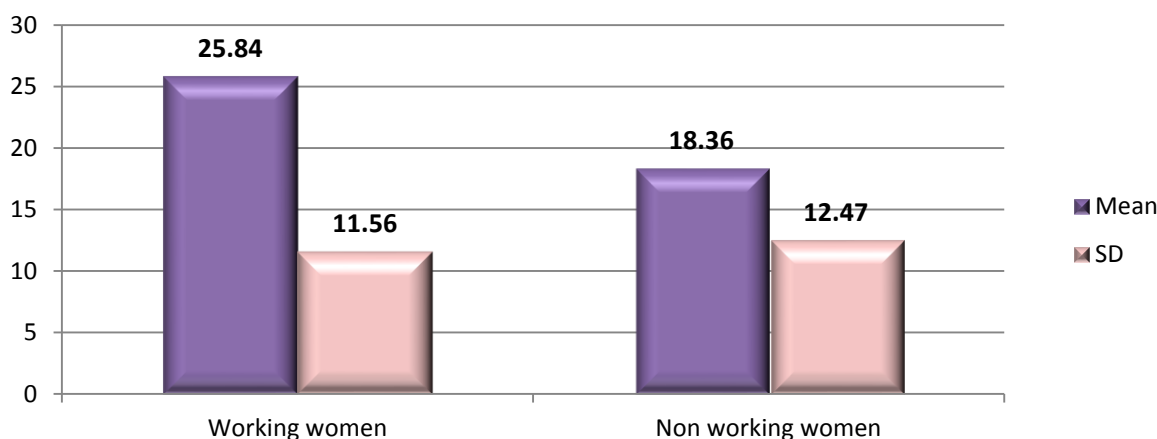


Figure: 4 – Showing Mean, SDs of Middle aged working and non-working women with regards to component mental health.

▪ **Interpretation:**

As above Table & Figure no : 4 shows that the main difference between two groups in terms of component mental health. The mean for the middle aged working women is 25.84 and SD 11.56 as well as the mean of the non-working women is 18.36 and SD 12.47. The obtained t - value is 2.98 that is insignificant at 0.05 level. Null hypothesis is accepted.

Ho5: There exists no significant mean difference between working and non-working middle aged women with regards to component of psychological wellbeing.

Table: 5

Showing the Mean, SD & t- Value of among working and non-working middle aged women with regards to component Interpersonal Relations.

Sr. No	Middle Aged women	N	Mean	SD	Df	t - Value	Level of Sig.
1.	Working women	50	21.26	9.33	98	3.69	P < .05 (Significant) Table Value: 0.05 = 1.98 0.01 = 2.62
2.	Non working women						

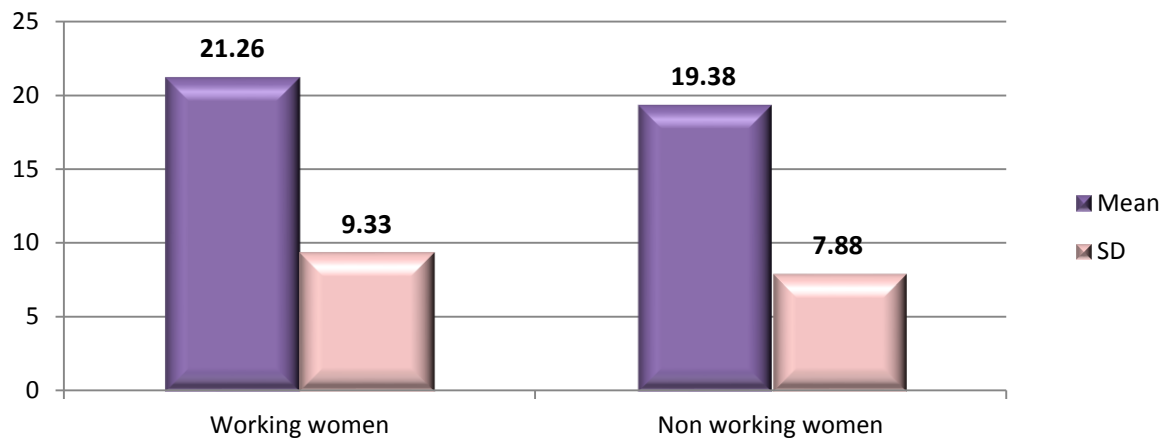


Figure: 5 – Showing Mean, SDs of Middle aged working and non-working women with regards to component interpersonal relations.

▪ **Interpretation:**

As above Table & Figure no: 5 shows that the main difference between two groups in terms of component interpersonal relations. The mean for the middle aged working women is 21.26 and SD 9.33 as well as the mean of the non-working women is 19.38 and SD 7.88. The obtained t - value is 3.69 that is significant at 0.05 level. Null hypothesis is rejected.

Ho6: There exists no significant difference between working and non-working middle aged women with regards to life satisfaction.

Table: 6

Showing the Mean, SD & t- Value of among working and non-working middle aged women with regards to life satisfaction.

Sr. No	Middle aged women	N	Mean	SD	df	t - Value	Level of Sig.
1.	Working women	50	35.98	15.97	98	6.74	P < .05 (Significant) Table Value: 0.05 = 1.98 0.01 = 2.62
2.	Non working women						

Figure: 6 – Showing Mean, SDs of Middle aged working and non-working women with regards to life satisfaction.

- **Interpretation:**

As above Table & Figure no: 6 shows that the main difference between two groups in terms of life satisfaction. The mean for the middle aged working women is 35.98 and SD 15.97 as well as the mean of the non-working women is 33.67 and SD 14.31. The obtained t – value is 6.74 that is significant at 0.05 level. Null hypothesis is rejected.

Ho7: There exists no significant difference between working and non-working middle aged women with regards to life satisfaction.

Table: 7

Correlation calculation between Psychological wellbeing and Life satisfaction among middle aged working and non-working women.

Types of Variables	Total (N)	Mean	“r”
Psychological wellbeing	100	136.88	0.82
Life satisfaction			

- **Interpretation:**

As above Table no: 7 shows the correlation calculation between psychological wellbeing and life satisfaction is 0.82. So the result clearly revealed that the correlation between psychological wellbeing and self-confidence was high correlation.

❖ **FINDINGS :**

According to the results major findings of the present study are as under:

- There exists significant mean difference between working and non-working middle aged women with regards to component satisfaction of psychological wellbeing.
- There exists significant mean difference between working and non-working middle aged women with regards to component Efficiency of psychological wellbeing.
- There exists no significant mean difference between working and non-working middle aged women with regards to component Sociability of psychological wellbeing.
- There exists significant mean difference between working and non-working middle aged women with regards to component Mental Health of psychological wellbeing.
- There exists significant mean difference between working and non-working middle aged women with regards to component Interpersonal Relations of psychological wellbeing.
- There exists significant difference between working and non-working middle aged women with regards to life satisfaction.
- There exists high correlation between various dimensions of psychological wellbeing and life satisfaction between working and non-working middle aged women.

❖ **LIMITATIONS :**

Every study suffers some limitations because of the limited time and resources at hand of the researcher. Some of the limitations were:

- The present study is limited to only a middle aged working and non-working women, which further reduces the scope of generalization
- The present study is limited to only in Gandhinagar city.
- The sample size of the study was relatively small and thus the research cannot be generalised easily.
- The variables treated as independent variable was not exhaustive. Various demographic variables such as Type of job, Type of family, Marital Status, Socio-economic factors could have been included for a clearer picture of variable section.

❖ **RECOMMENDATIONS FOR FUTURE RESEARCH :**

Weaknesses in past research emphasize the need to gather and analyze research that encompasses all periods of time (Jones & Kottler, 2006). Small sample size is also an area of weakness in the research; a larger sample size allows for generalities to be determined. This study may be conducted on more than districts. Future research could also examine psychological wellbeing among young working and non-working women. The further investigation can be made by taking other variables like Adjustment, Anxiety, Depression.

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