

# A COMPARATIVE STUDY OF LIFE SATISFACTION OF WORKING WOMEN OF GOVERNMENT AND PRIVATE SECTOR

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**Abstract:** *During ancient times women have been adored and worshipped as goddesses. 'Men make houses and women make homes' is the traditional belief. The duties of woman were just limited to bring up the children, and caring every family member. Now the time has changed. Not all women work because they are compelled to do it. Some work because they want to do it. Some are doing job privately while other are engaged in government job. The job of women seems to be associated with certain factors like her age, nature of employment, experience, financial demands, qualification, training etc. The present research endeavour aimed to do study of life satisfaction of working women of government and private sector. The sample of the study consisted of 200 working women from Jaipur district of Rajasthan state. Out of which 100 were working in private sector and other 100 were from government sector. Life Satisfaction Scale was used for collection of data. Mean, S.D. and t-test were used for the analysis of data. The results indicated that there is significant difference exists between life satisfaction of working women of private and government sector.*

**Key Words:** *Working women, Government, Private, Life satisfaction, Family.*

## 1. INTRODUCTION:

In ancient times, Manu, the great scholar said "Where women are worshipped there the deities are pleased". The women have been adored and worshipped as goddesses. Several women occupied distinguished positions in society and played very important role in our history. Maitreyi, Gargi, Savitri are some of the unforgettable names which can neither wither nor become absolute. The women have been adored since time immemorial as virtues incarnates. Saraswati is called the 'Goddess of learning'; Lakshmi, the Goddess of Wealth; Durga Kali, the Goddess of Power and Energy. The women were the centre and foundation of the social and cultural life of any family. Home was her sphere of activity. In ancient times, 'Men make houses and women make homes' is the traditional common belief. The duties of woman were just limited to bring up the children, and caring every family member with her loving and amiable, characteristics which she naturally owes. It was the traditional belief that man is for the field and woman for the home.

Today the women enjoy equality of status, equality of opportunity along with men. Now, she became financially more independent and economically more sound, she became the major decision maker, and she became the policy maker in various new fields. It can't be denied that present women have the ability to be qualified either educationally or practically to attain success in different branches and fields. Therefore, it is quite fair to promote them to higher positions in their careers. Today there is no field left or untouched where the women have not shown their worth.

Working women of middle or lower class have to work for economic reasons while those higher class women may work just to pass their time. The women who work for financial reasons have to face many problems. They have to work in an office or organization, full-time. Often they are sniggered at; people make passes at her and criticize her work just because she is a woman. Besides all this, they, indeed, have to keep walking on a razors edge all the time. Her domestic life is also not smooth. She does not get any reprieve from household work because of her office job. She has to get up early in the morning to finish her household chores, get the children ready for school, prepare breakfast and lunch for her husband and school going children, clean the house before she is ready to go to office. The western concept of the husband helping in household chores has not taken root in our country yet. When she comes back in the evening she has to help her children with their studies, prepare dinner and try to look pleasant all the time in front of family members and guests. Nobody bothers to find out her requirement to be fulfilled.

The job of women seems to be associated with certain factors like her age, nature of employment, experience, financial demands, qualification, training etc. Not all women work because they are compelled to do it. Some work because they want to do it with their interest. In our society, irrespective of her employment status, still visualizes her as primary carriers of children and family members. It is also clear that women's ability to balance these multiple roles has a direct effect on their physical and mental well-being, marital adjustment as well as family environment and ultimately life satisfaction. The question arises whether working outside the home affects with her role as a wife and mother. Married working women face many challenges in the life that can affect their marital relationship, environment of family and ultimately life satisfaction.

## 2. LIFE SATISFACTION:

Life satisfaction, in general, means being happy about life. It measures how people evaluate their life as a whole rather than their current feelings. Life satisfaction is defined as having a favourable attitude towards one's life as a whole. It is an overall evaluation of attitudes, feelings, and emotions about one's life at a particular time. It is a complex term. Sometimes this term is used interchangeably with the feeling of happiness. But both are quite different in meaning. Happiness is anything we pleased. It is an immediate in the moment feeling; whereas life satisfaction is the feeling of happiness while thinking about life as a whole.

Life satisfaction can be explained as a feeling of goodness and may be decide in terms of mood, satisfaction with dealings with others and with self achievements, self-concept, and self supposed capability to deal with everyday life (Glossary of Terms, 2003).

**Rutt Veenhoven**, in his study of life satisfaction, stated that life satisfaction is a complex combination of collective action, individual behaviour, simple sensory experiences, higher cognition, and stable characteristics of the individual, the environment and chance factors (Positive Psychology Program).

## 3. REVIEW OF THE RELATED LITERATURE

**Sarla and Sunita (2013)** studied to assess and compare adjustment and life satisfaction in working and non working women. The major findings of the study were that there was insignificant difference between life satisfaction of working and non-working women. There was insignificant difference between adjustment of working and non-working women. If the findings are truly and sincerely followed, it can have tremendous impact on education for every person because adjustment and life satisfaction is necessary in life.

**Hasnain et. al (2011)** studied to find out the difference between married and unmarried, working and non-working women on life satisfaction and self esteem. For this purpose, total 80 women were taken on incidental basis. Among them 40 were working and 40 non-working. Among each group there were 20 married and 20 unmarried women making a 2\*2 factorial design. ANOVA showed significantly greater life satisfaction and lower self esteem for working women than for non-working women.

**Jan and Masood (2008)** evaluated life satisfaction among women and to analyze the influence of socio-personal characteristics of women with their life satisfaction. To fulfil these objectives, 120 women were selected from Jammu and Kashmir, through multi-stage sampling method, using questionnaire and scale regarding "Life Satisfaction among Women", constructed. The data was analyzed, computing percentage, chi square value, ANOVA, Karl Pearson's correlation and degree of freedom. The study depicted that women had average level of life satisfaction at all age levels. It was found that with an increase in age, the overall life satisfaction decreases; whereas, with an increase in personal income, the overall life satisfaction increases.

## 4. JUSTIFICATION OF THE STUDY:

Today the women enjoy equality of status, equality of opportunity with men. She became financially independent and economically sound, she became the major decision maker, and she became the policy maker in various new fields. She ventured into outer field, but the traditional views about her role as home maker, about her so called duties as a mother, sister, wife, are still kept on demanding on her the women are divided between her official work and home duties. Her duties start from early in the morning with many responsibilities on her shoulder before going to office, like preparing breakfast, lunch, getting kids ready for school etc.

In order to know to which extent the job affects the married working women's lives, the researcher studied life satisfaction as it measures how a person evaluates his or her life as a whole rather than his or her current feelings. The concept of working woman, leading a blissful domestic life, has not yet been accepted by our Indian society. Now the time has come to give some attention to the poor, harassed working woman who also bears the burden of domesticity. If we review the findings on the variable life satisfaction as discussed above, they give a mixed result and do not give any particular direction for further study. Nothing is clear about studies of life satisfaction with reference to government and private jobs.

Therefore the researcher felt that there is a need to conduct a research to understand the life satisfaction of married working women in a very comprehensive way.

## 4. OBJECTIVES:

- (i) To study the life satisfaction of married working women.
- (ii) To compare the life satisfaction of working women of private and government sector.

## 5. HYPOTHESES:

- (i) There is no significant difference exists between life satisfaction of working women of private and government sector.

## 6. METHODOLOGY:

### 6.1 Sample

The sample of the study consisted of 200 working women that were selected randomly from Jaipur District in Rajasthan state. Out of 200 working women, 100 were women working in govt. sector and 100 were working in private sector.

### 6.2 Tools Used

To collect the data for the present study, a standardized psychological tools was used.

### 6.3 Life Satisfaction scale developed by y Alam and Srivastava

Life Satisfaction Scale (LSS) intends to assess the life satisfaction of any category of professional. This scale was developed by Mr. Q.G. Alam and Dr. Ramji Srivastava. There are 60 items related to six areas, viz., Health, Personal, Economic, Marital, Social and Job in this scale. The responses are to be given in Yes/No. Yes responses indicated the satisfaction. It is applicable for the subjects of age between 18 to 40 years.

### 6.4 Procedure for Data Collection

The investigator, in order to arrive at meaningful generalizations selected the representative sample of 200 from the population under study i.e. Jaipur district of Rajasthan. The married working women were approached personally. Informed consent was taken from them in order to seek their voluntary participation and only those women were included who agreed to take part in this study. Then, the investigator administered the selected tool for measuring life satisfaction of working women. The investigator approached the subjects and explained them the instructions provided in the manuals. The investigator after establishing rapport with the subjects administered the above mentioned tool. The responses to items of the tool were scored as per the method recommended by the constructor of the test.

### 6.5 Statistical Techniques Used

The information/responses collected from the respondents were subjected to various statistical treatments. The data was analysed by using statistical techniques. Statistical techniques used for analyzing data were Mean, S.D. and t-test was used to study the significant difference in job satisfaction of working women on the basis of type of job i.e. govt. and private.

## 6. ANALYSIS AND INTERPRETATION OF DATA:

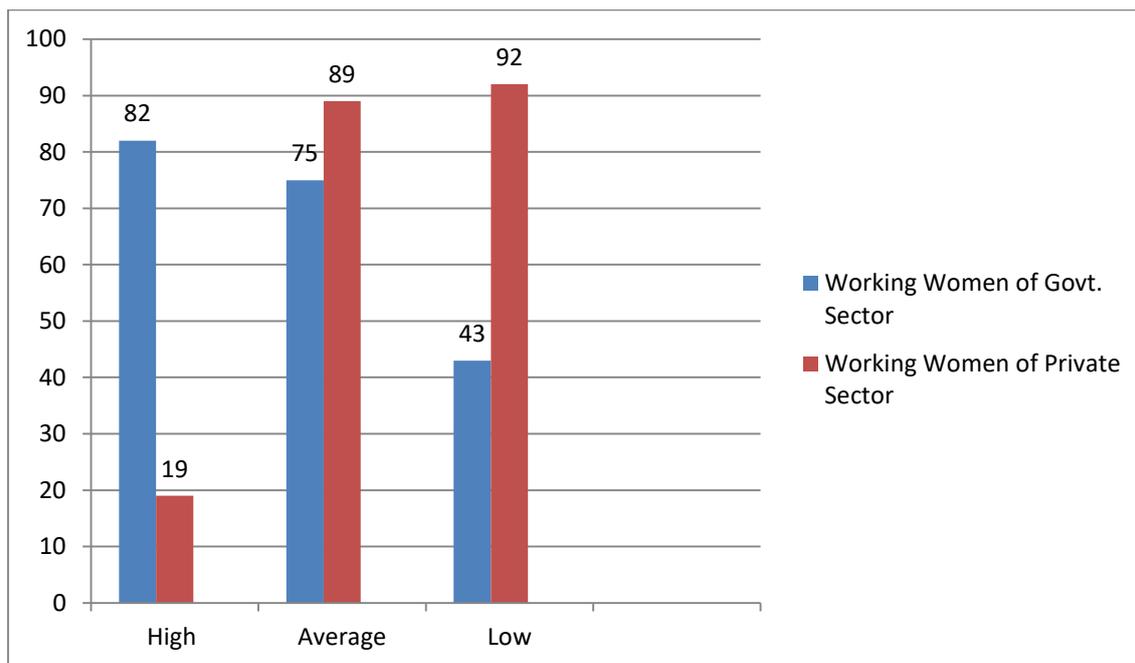
**Objective 1-** To study the life satisfaction of working women.

**TABLE-1**  
**LIFE SATISFACTION OF WORKING WOMEN**

S.No.	Satisfaction Level	Range of T-Scores	No. of Working Women	
			Govt.	Private
1.	High	56.15 – 72.93	82	19
2.	Average	39.37 – 55.03	75	89
3.	Low	22.59 - 38.29	43	92

Table 1 shows that out of 200 working women of Govt. sector only 82 are at above high level of life satisfaction, 75 working women are average, while 43 are at low level of life satisfaction. It clearly indicates that majority of working women from Govt. sector lie at high level of life satisfaction.

The table1 also indicates that out of 200 working women of private sector, only 19 working women are at high level of life satisfaction. Only 89 working women are at average, while 92 are at low level of life satisfaction. Mostly working women of private sector are at low level of life satisfaction.



**Figure 1**  
**LIFE SATISFACTION OF WORKING WOMEN**

**Objective 2-** To compare the life satisfaction of working women of private and government sector.

**Hypothesis -** There is no significant difference exists between life satisfaction of working women of private and government sector.

To verify this hypothesis, t-test was applied and the comparison was done with respect to nature of job. The t-value for it is given in table-2.

**TABLE- 2**  
**MEAN, STANDARD DEVIATION AND t-VALUE OF LIFE SATISFACTION OF WORKING WOMEN**

Nature of Job	N	Mean	S.D.	df	t-value
Government	200	40.31	10.77	398	8.0761
Private	200	31.99	9.81		

\*\*Significant at 0.01 level of significance

From the above table 23, it is found that the mean score of life satisfaction of working women of government sector is 40.31 and life satisfaction score of working women of private sector is 31.99. Computed value of standard deviation (S.D) of working women of government sector and private sector are 10.77 and 9.81 respectively. Degree of freedom was found to be 398. From the above table, the obtained t-value is 8.0761. When compared with the table value, the obtained t-value is found to be significant at 0.01 level of significance.

Hence, the null hypothesis stating “There is no significant difference exists between life satisfaction of working women of private and government sector” stands rejected. Further, the mean score of life satisfaction of working women of government sector was found to be 40.31 which is significantly higher than the mean score of working women of private sector. The graphical representation of life satisfaction of working women is given below.



Figure 2

### MEAN SCORE OF LIFE SATISFACTION OF WORKING WOMEN OF GOVERNMENT AND PRIVATE SECTOR

#### 7. RESULT:

There is significant difference exists between job satisfaction of working women of private and government sector. It means that there is a difference in their level of job satisfaction. It shows that the life satisfaction of working women of government sector is significantly higher than the life satisfaction of working women of private sector.

#### 8. CONCLUSIONS:

It cannot be denied that in present scenario a woman has to hold her family and occupation together. To do all these she faces a kind of stress that influences the both life satisfaction and occupational performance. Because of difficult situations they feel dissatisfaction with their job, there are so many married working women that would like to give up work and spend their time with their family as best they can; but sometime financial hurdles come in way and they again have to join work so that family budget can be maintained; so she again faces several kinds of problems like getting to spend time with their children, dealing with sickness, quality of time for herself, personal stress along with illness. All this affect their personal life.

On the basis of this research, the researcher finally concludes the effect of job satisfaction on marital adjustment, family environment and life satisfaction of working women. Here it is also found that there is difference in job satisfaction, marital adjustment, family environment and life satisfaction of women who work in government sector and private sector. There is a trend of doing job by women. It can't make any difference, whether they are married or unmarried. Present study revealed that there is a direct influence of job satisfaction on the marital adjustment of married working women. It is also revealed that job satisfaction also affects family environment and life satisfaction of working women of government sector and private sector. The results show that the working women of government sector and private sector have difference in the mean score of their job satisfaction, marital adjustment, family environment and life satisfaction. Hence, job satisfaction is a good predictor of healthy married life, good family environment and ultimately life satisfaction of working women.

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