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Psycho-Social Wellbeing of Mid Age Indian Women of Different Societal Lifestyle

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ABSTRACT

Psychosocial state of mind is a positive status creating a sense of wellbeing that enables a person to function effectively within the society. Women's mid age crises are mostly related to psychosocial attributes that demands investigation in Indian society. Objective: To compare the status of psychological and social wellbeing of mid-age women of India categorized into three groups on the basis of societal lifestyle.

Method: Study area: Krishna – is a district in Andhra Pradesh, India.

Subjects: 45 mid-age women belonging to three different groups, namely House wives (GH), Active Women (GA) and Working Women (GW,) ranging the age between 35 and 55 years served as subjects of the study.

Criterion measures: To obtain data for psychological and social wellbeing standard questionnaire retrieved by Ryff, C.D. and Corey Lee M. Keyes (2012) were used.

Statistics used: Descriptive statistics and one way ANOVA were used. Level of Significance was set at 0.05. Results: The F-value of psychological and social wellbeing among three distinct Indian women's groups were 2.814(>0.05) and 5.604 (<0.05) respectively. In this study, it was revealed that significant difference exists between GA and GH; GW and GH so far as social well-being of women are concerned. However, insignificant difference was observed between GA and GW.

Conclusion: The present study observed that the state of social well-being of physically active women and working women are significantly better than house wives; however, in psychological well-being insignificant difference exists among three groups under study.

KEYWORDS :

Introduction

Mid age women experiences a wide range of physical, psychological and social indications. Psychosocial wellbeing is a positive state of mind bringing about a sense of wellbeing that enables a person to function effectively within society. Thus, the term 'psychosocial' is quite widely used in the literature in connection with health outcome. In India, hardly studies are available on wellbeing of women of advanced age group. The researchers undertake this study to assess the psychological and social wellbeing of Indian women who play different roles in their occupations.

Objectives

The objective of the study was to compare the status of psychological and social wellbeing of mid-age women belonging to three different groups on the basis of social strata.

Methodology

To achieve the objectives of the study, forty-five (45) mid-age women were taken conveniently categorized into house wife's group (GH), working women's group (The subjects were selected from Krishna district of Andhra Pradesh in India; ranging the age between 35 and 55 years. The 45 subjects were categorized into three distinct groups, namely House wife Group (GH), Active Women Group (GA) and Working Women Group (GW). Each distinct group contained 15 subjects. Active Women Group (GA) was practiced yogasanas regularly.

Criteria measure

To measure the selected wellbeing status, Ryff's (1995) questionnaire was used while social wellbeing was approximated by standard questionnaire of C. Lee and M. Keyes. The tests were taken in three consecutive days at the same time.

Statistical Techniques

To assess the level of psychological and social wellbeing of the subjects, Descriptive Statistics (Mean, Standard Deviation and Standard Error of mean) was used and to compute the mean difference among three different groups one-way ANOVA was used (Statistical Package for the Social Sciences, version 17.0, SPSS Inc, Chicago, IL, USA). The level of significance was set at 0.05 levels.

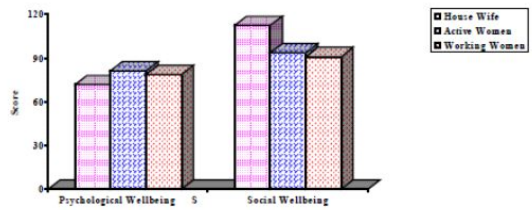
Results & Discussions

The findings pertaining to descriptive statistics of selected wellbeing components of Indian women have been presented in Table I.

Table I: Descriptive Statistics of Three Groups on Selected Wellbeing Components

Wellbeing Components	Group	Mean	Std. Deviation	Std. Error	Minimum Score	Maximum Score
Psychological Wellbeing	House Wife	72.13	9.95	2.57	59	91
	Active Women	81.13	12.21	3.15	56	104
	Working Women	78.80	10.04	2.59	63	103
Social Wellbeing	House Wife	112.60	12.35	3.19	94	141
	Active Women	94.07	21.39	5.52	45	125
	Working Women	91.00	22.07	5.70	52	123

The graphical representation of mean scores on Psychological and Social Wellbeing of three distinct groups of Indian women has been presented in Figure I.



The mean difference among three women's groups on selected wellbeing components has been presented in Table II.

Table II: Mean Difference of Three Women's groups in relation to Psychological and Social Wellbeing

Wellbeing Components	Source of Variance	Sum of Squares	df	Mean Square	F Value	Sig. Level
Psychological Wellbeing	Between Groups	654.44	2	327.22	2.814	0.071
	Within Groups	4883.87	42	116.28		
Social Wellbeing	Between Groups	4097.24	2	2048.62	5.604*	0.007
	Within Groups	15354.53	42	365.58		
*Significant at 0.05 level						

Table II shows that the F-value of three women's groups was at significant (5.604< 0.05) levels so far as social wellbeing is concerned.

Table III: Between group Comparison among Three groups in Social Wellbeing

House Wife	Active Women	Working Women	Mean Difference	Std. Error	Sig. Level
72.13	81.13		18.53*	6.98	0.011
	81.13	78.80	3.07	6.98	0.663
72.13		78.80	21.60*	6.98	0.004

Table III indicates that active Indian women (GA) and working women (GW) had significantly greater status of social well-being in comparison to the housewives (GH). However, between groups GA and GW there were insignificant relationship on said parameter.

This result might be due to the reason that working and active women gains more exposure to social environment resulting interactions with people other than own house or community. This might have broadened their views in general and at the same time social recognition and self confidence might have played a role to their state of social well-being. According to Sallis and Owen (2002), behaviour is determined by multiple influences, including individual, social and environmental factors. Thus, insignificant contribution of psychological wellbeing is observed among housewives, working women and active women in India.

Conclusion

Within the limitations of the study and in the light of findings, it may be concluded that societal lifestyle plays an important role in well-being. Active women and working women both have significantly better status in social wellbeing.

However, in psychological wellbeing there is no distinction among three groups, i.e. housewives, working women and active women of India.

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