



Life Satisfaction of Retired Working and Non Working Women on Rural and Urban Background – A Gerontological Study

KEYWORDS

Life Satisfaction, Retired Working Women, Non Working Women, Rural and Urban Background.

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ABSTRACT

The present study was undertaken to find and compare the life satisfaction of retired working and non working women on rural and urban background. 200 retired working and non working women were selected by using purposive cum stratified sampling technique. Life satisfaction scale developed by Promila Singh and George Joseph was used for data collection. The data was subjected to statistical treatment by using percentage, Mean, Standard Deviation, and 't' test. It was found that retired working and non-working women differ significantly on level of life satisfaction. Retired working women were found low satisfied as compared to non-working women. Further, it was found that locality has significant impact on life satisfaction of retired working and non working women, rural group was found much satisfied than urban group.

Introduction:

Old age has become a complex phenomenon. The transition into old age creates many problems for those individuals who have not prepared themselves for what best may be called as "later maturity". Old age is considered the final period of life. It is an obvious fact that every individual has to pass through this stage. Physiologically, old age may be said to have arrived to an individual when general decline or debilitating diseases have resulted in extreme frailty, displacement or invalidism. Psychologically, the mental processes have slowed down and the individual turns to self contemplation, retrospection and concern over the meaning of life. Saxeena (1963) remarked "Old age is the man's most paradoxical and contradictory stages of life. It is a time when life's last question arises with full intensity allowing no illusions and demanding solutions to what is unreasonable".

During this phase when a woman is entering old age, she has to face many problems relating to her physical conditions, mental efficiency, psychological weakness, social isolation etc. A retired working woman who has worked through all her life, faces another traumatic experience as soon as she reacts to the stage of retirement. The structure of working women as home maker and women who work outside the home, are quite different in early and midlife. Different values and economic constraints have prompted initial selection between the two choices. It is quite unrealistic to assume that every older woman who retires from the labor force will just resume her full time household role and live happily thereafter. Married women who have worked for a comfortable time experience major life changes upon retirement. Removal of daily schedules after retirement clearly produces major life changes, whether or not these changes are viewed in a positive and negative light. Lopata, (1966) argues "retirement for women, traditionally at least, represented a less drastic shift in roles, since domestic roles after supplemented work roles"

Satisfaction is a Latin word which means 'to make' or 'do enough'. However, satisfaction with one's life implies a "contentment with' or 'acceptance of one's life circumstances', or the fulfillment of one's wants and needs for one's life as a whole" (Sousa, L. and Syubomir, Sky 2001). In essence, life satisfaction is a subjective assessment of the quality of one's life, because life satisfaction has a large cognitive component.

A great deal of psychological researches have explored the

source include ones overall wealth, whether one is single or married, male or female, young or old. Because, most of the researchers investigate that predictor of life satisfaction have not specifically focused on experience of the women. However, the findings of many of these studies are directly relevant to women's lives. Life circumstances such as bearing and rearing children, marriage, poverty, inequality, all influence the life satisfaction of women. Thus, life satisfaction is an overall assessment of feelings and attitudes about one's life at the particular point in time ranging from negative to positive. It is one of the major indicators of wellbeing. Life satisfaction has positive effect as well as negative effect. (Diener, et. al., 1984) includes the following observation:

"Desirable changes in one's liking, satisfaction with past, satisfaction with present, satisfaction with future and significant other views of one's life".

Different researchers have conducted studies on working and non working women. Some have related to perception, role playing, employment, education, life satisfaction etc. Lack and Mack (1949) conducted a study on marital adjustment and employed wife and found that there was no significant differences between the marital adjustment of working and non working women. Subhavathmma (1990) conducted a study on educated working women and found that double responsibility which married working women expressed that they face difficulties in meeting demands of both professions and family there was a clash of personal interests between the spouses, which have experienced by a majority of the respondents. Saxena (1990) conducted a study of pattern of adjustment of retired working and non working women and found that retired working and non working women have been seen to have different adjustment patterns. Easwaroorthy (1990) studied life satisfaction of aged person living with their spouses and found that majority of the respondents were highly satisfied in the retirement held less self efficiency beliefs, communication services, social leisure and religion activities. Borg (2009) conducted a study on life satisfaction among older people and results revealed that life satisfaction in older people with reduced self care capacity is determined by several factors, These are social, physical, mental and financial aspects interacted with each other; especially feeling lonely, degree of self care capacity, poor overall health, feeling worried and poor financial resources in relation to needs. Those people who keep proper self care capacity and maintain overall health are high satisfied with their lives. Those

who keep low self care are less satisfied with their lives. Jan Muzamil and Tasia Masood (2009) conducted a study on assessment of life satisfaction among women and found that lower level of satisfaction in career has been found mostly among high level of groups by 75 percent. Average level of satisfaction was reported among career women at high level of age by 37.93 percent where as high level of satisfaction among career women is found mostly among women at average level of age group by 41.3 percent. Montserrat, celdr (2010) Daily activities and life satisfaction in older people living in rural context and found that yesterday's pattern of activities is similar to an ideal pattern, although in the ideal day, our sample allocated more time to social activities and less time to passive activities such as watching TV or resting. In both cases, leisure activities and time spent working seem to play an important role in older people's life satisfaction. Ar-roba (2011) studied life satisfaction among working and non working women with special reference to District Budgam. High level of general life satisfaction was found in women at high age group, where as average level of life satisfaction is found among the women of low level of age group. Average level of life satisfaction was found among literate women, whereas high level of general life satisfaction is found among illiterate women. High level of general life satisfaction is reported among working women, whereas high level of general life satisfaction is seen among non working women. Machinov and Fernandez (2012) studied retirees social identity and satisfaction with retirement and found retired people feel dissatisfaction on retirement and effective identity predictor of satisfaction with retirement In nutshell, related studies are important in drawing out conclusions and provide hypothesis and measures future research. It also gives a way to accumulate knowledge for the beginners and an experienced research. Accordingly the present investigator formulated a research problem which reads as:-

Statement of the problem:

Life Satisfaction of Retired Working and Non Working Women on Rural and Urban Background.

Objectives:

The following objectives have been formulated for the present investigation.

1. To study and compare the life satisfaction of retired working and non-working women.
3. To study and compare the life satisfaction of rural retired working and non – working women.
5. To study and compare the life satisfaction of urban retired working and non working women.

Hypothesis:

The following hypotheses have been formulated for the present investigation:

1. Retired working and non working women differ significantly in their level of life satisfaction.
2. Rural retired working and non – working women differ significantly in their level of life satisfaction.
3. Urban retired working and non working women differ significantly in their level of life satisfaction.

Delimitation of the study

The study was delimited to the following:

1. The study was delimited to three Districts of Kashmir valley namely Srinagar, Shopian and Pulwama only.
2. The age group of the respondents was ranging from 60-80 years.

Methodology

Keeping in view the research evidences, objectives and hypotheses, the researcher found it suitable to go through descriptive survey method, through which data was collected.

Sample:

The sample for the present study was selected from the three districts of Kashmir valley-Shopian, Pulwama and Srinagar by using purposive cum stratified sampling technique. The present investigation involves retired working women (N=100) and non-working women (N=100).

Tools for Data Collection:

The data for the present study was collected with the help of Life Satisfaction Scale (L-S scale) developed by Promila Singh and George Joseph. This scale consists 35 items, which gives the global picture of once life satisfaction.

Statistical Techniques Employed:

Information gathered was put to suitable statistical analysis by computing Percentage, Mean, S.D and test of significance (t-test).

Table 1.1: Percent wise distribution of Retired Working and Non-Working Women on Life Satisfaction.

RRWW			RNWW			RUWW			UNWW		
LS	AS	HS	LS	AS	HS	LS	AS	HS	LS	AS	HS
8%	80%	12%	2%	14%	84%	60%	22%	18%	56%	36%	8%
(4)	(40)	(6)	(1)	(7)	(42)	(30)	(11)	(9)	(28)	(18)	(4)

Index:

RRWW=Rural Retired Working Women.

LS=Low satisfied.

RNWW=Rural Non – Working Women.

AS=Average satisfied.

RUWW=Rural Urban Working Women.

HS=High Satisfied.

UNWW=Urban Non – Working Women.

Fig. 1.a: Showing percent wise distribution retired rural working women on level of life satisfaction.

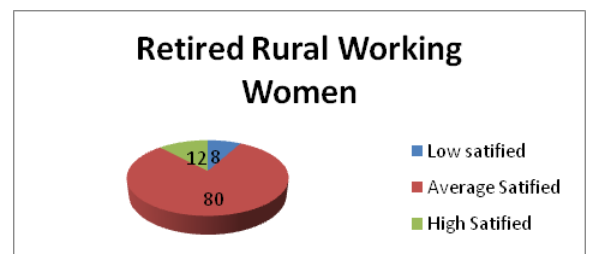


Fig.1.b: Showing percent wise distribution of rural non working women on level of life satisfaction.

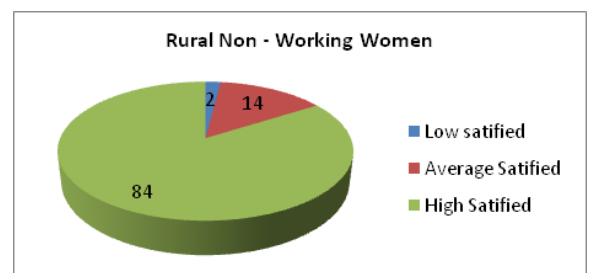


Fig. 1.c: Showing percent wise distribution of retired urban working women on level of life satisfaction.

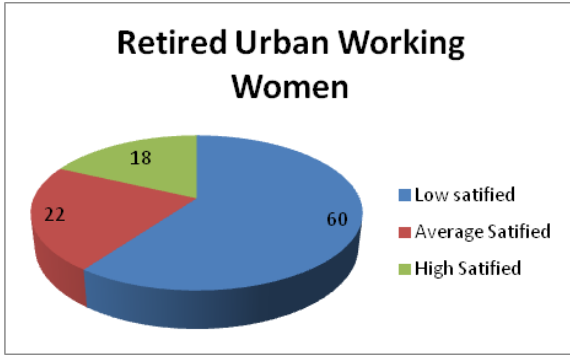


Fig. 1.d: Showing percent wise distribution of urban non-working women on level of life satisfaction.

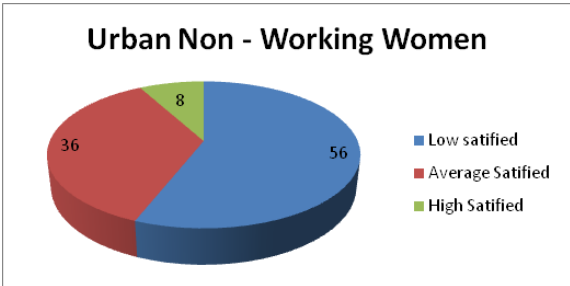


Table 1.2 Showing significance of difference between the mean scores of retired working and non - working women on level of life satisfaction (N=100 each).

Retired Working Women		Non Working Women		't'- value	Result/s
Mean	S.D	Mean	S.D		
92.8	27.25	114.84	36.41	4.85	Significant at 0.01 level

Fig. 2.1: Showing mean comparison of retired working and non- working women on level of life satisfaction.

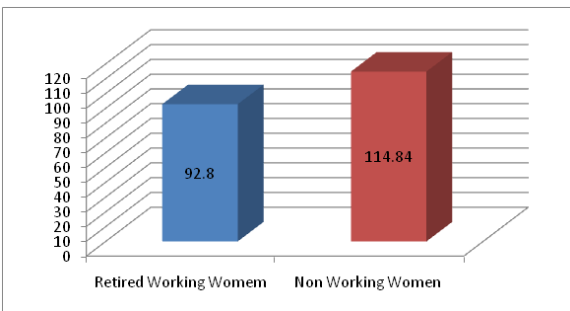


Table 1.3: Showing significance of difference between the mean scores of rural retired working and rural non - working women on level of life satisfaction (N=50 each).

Retired Working Women (Rural)		Non Working Women (Rural)		't'- value	Result/s
Mean	S.D	Mean	S.D		
100.9	20.78	149.46	46.46	6.75	Significant at 0.01 level

Fig.2.2: Showing mean comparison of retired rural working and rural non working women on level of life satisfaction.

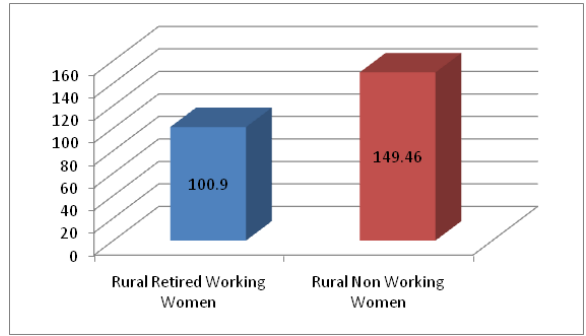


Table 1.4: Showing significance of difference between the mean scores of retired urban working and urban non-working women on level of life satisfaction (N=50 each).

Retired Working Women (Urban)		Non Working Women (Urban)		't'- value	Result/s
Mean	S.D	Mean	S.D		
84.7	32.99	80.22	22.20	0.97	Not Significant

Fig. 2.3: Showing mean comparison of urban retired working women and urban non working women on level of life satisfaction.

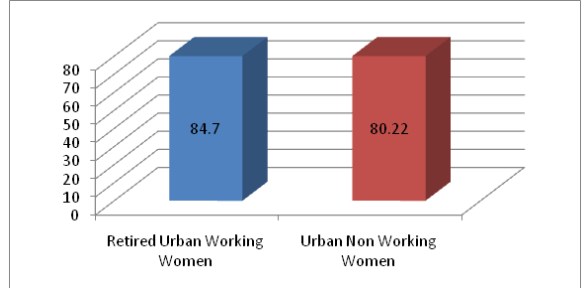


Table 1.5 Showing significance of difference between the mean scores of retired rural working and urban retired working women on level of life satisfaction (N=50 each).

Retired Working Women (Rural)		Retired Working Women (Urban)		't'- value	Result/s
Mean	S.D	Mean	S.D		
100.9	20.7	84.7	32.99	2.94	Significant at 0.01 level

Fig. 2.4: Showing mean comparison of retired rural working women and urban retired working women on level of life satisfaction.

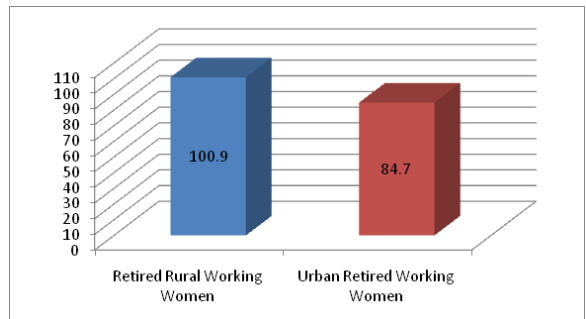
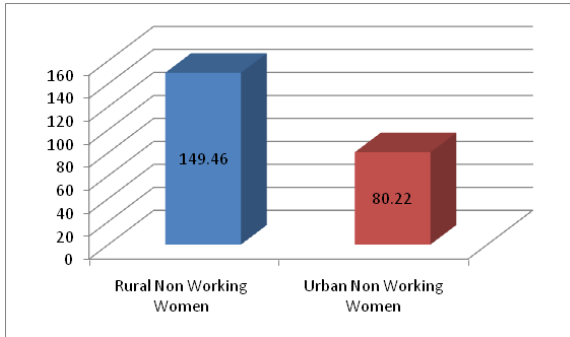


Table 1.6: Showing significance of difference between the mean scores of rural non working women and urban non working women on level of life satisfaction (N=50 each).

Working Women (Rural)		Non Working Women (Urban)		't'- value	Result/s
Mean	S.D	Mean	S.D		
149.46	46.46	80.22	22.20	9.51	Significant at 0.01 level

Fig. 2.5: Showing mean comparison of rural non working women and urban non working women on level of life satisfaction.



Interpretation of data

Table 1.1 (Fig.1.a to 1.d) gives us the information about percent-wise distribution of retired working and non-working women on life satisfaction. The percentage of retired working women was observed to be as: 34% low satisfied, 51% averagely satisfied and 15% as highly satisfied. While in case of non-working women, the percentage seems to be: 29% low satisfied, 25% averagely satisfied, 46% as highly satisfied. In order to find the percent wise distribution on the basis of rural urban locality, it has been observed that in case of rural retired working women 8% seems to be low satisfied, 80% averagely satisfied and 12% as highly satisfied. In the same table the percent wise distribution of rural non - working women came to be: 2% low satisfied, 14% averagely satisfied and 84% as highly satisfied. Coming up to the percent wise distribution of urban retired working women on life satisfaction, the findings came to be: 60% as low satisfied, 22% as averagely satisfied and 18% as highly satisfied, while as urban non working women seem to be as: 56% low satisfied, 36% averagely satisfied and 8% as highly satisfied. The results are in line with the results carried out by other researchers (Arunradha, 1992, Muzamil and Masood, 2008).

Table 1.2 (Fig.2.1) shows the significance of difference between the mean scores of retired working and non-working women on the level of life satisfaction. The calculated 't' value came out to be 4.85 which is significant at 0.01 level of confidence. From this observation, it is inferred that retired working women differ significantly from non-working women on the level of life satisfaction. However, the difference favours the category of non-working women. This can further be stated that non working women have high level of life satisfaction (M=114.84) than retired working women (M=92.8). The results further reveal that non-working women seem to be happy in their day to day activities, they consider their life as meaningful and have positive self image. Besides, they have been found to have feeling of success in achieving goals. The results are in line with the investigation carried out by Arunradha, (1992)

Table 1.3 (Fig. 2.2) shows the significance of difference between mean scores of retired working and non working women (rural group) on life satisfaction. The calculated 't' value has found out to be 6.75 which is significant at 0.01 level of confidence. This means that the two groups (rural retired working and rural non working women) differ significantly on the level of life satisfaction. Further, the difference goes in favour of rural non-working women. This can further be stated that rural non-working women have high level of life satisfaction (M=149.46) than rural retired working women (M=100.9). From these results, it can be inferred that non-working women from rural area do not experience any complaint in their life satisfaction. It is observed that this category of women seems to consider life as meaningful, take pleasure in everyday activities and have an optimistic outlook. The results are supported by Howat (1997) whose findings reveal that hardworking women are more satisfied than those who believe in luck.

Table 1.4 (Fig. 2.3) shows the significance of difference between the mean scores of retired working women and non-working women (urban group) on level of life satisfaction. The obtained 't' value came out to be 0.79 which is not significant. This means that the two groups of women (retired working and urban non - working) do not differ significantly in their level of life satisfaction. The results in line with the investigation carried out by Tony (2009).

A perusal of table 1.5 (Fig. 2.4) shows the significance of difference between the mean scores of rural and urban retired working women on the level of life satisfaction. The calculated 't' value came out to be 2.94 which is significant at 0.01 level of confidence. From these results, it is revealed that retired working women from rural background are significantly different from retired working women of urban background on life satisfaction. Further, the difference in mean scores goes in favour of rural retired working women (M=100.9). The results can be further explained as that rural retired working woman consider their life as more demanding and less pessimistic. Besides, rural working women derive pleasure from domestic affairs as compared to urban retired working women.

Table 1.6 (Fig.2.5) shows the significance of difference between the mean scores of non - working women from urban and rural background on the level life of satisfaction. The calculated 't' value came out to be 9.51, which seems to be significant at 0.01 level of confidence. It is inferred that there is a significant difference between the mean scores of rural non-working women and urban non-working women on life satisfaction score. Further, the difference in mean score goes in favour of rural retired working women. It can be inferred that rural non-working women (M=149.46) are more satisfied with their lives than urban non-working women (M=80.22). Further, the results revealed that rural non-working women feel success in achieving their goals, take pleasure from day to day activities, consider their life as meaningful, hold optimistic attitude towards life and enjoy their life as a whole. Besides, rural non-working women derive satisfaction from what they do, obtain pleasure from domestic activities and believe in self-help and self sufficiency. The results are supported by a host of researchers in the field (Arooba, 2009, Dienner, et,al 1984).

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