



A COMPARATIVE STUDY ON LIFE SATISFACTION AND MARITAL ADJUSTMENT OF EMPLOYED AND UNEMPLOYED MARRIED WOMEN, RESIDING IN ANANDANAGAR, AGARTALA, TRIPURA (WEST)

Mental Health Nursing

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ABSTRACT

Marriage is a social agreement between two individuals that unites their lives legally, economically, and emotionally. Marital adjustment as a function is dependent on various factors like an ideal mate, fulfillment of needs, similarity of backgrounds, common interest, values and role concepts. Life satisfaction has been measured in relation to economic standard, amount of education, experiences, and the people's residence as well as many other topics. **Methodology** The researcher conducted a Comparative study on life satisfaction and marital adjustment of employed and unemployed married women, residing in Anandanagar, Agartala, Tripura (west). 60 sample (30 employed+30 unemployed) were selected by non-probability convenience sampling technique. Life Satisfaction Questionnaire – 11 (LISAT- 11) and Self-structured Marital Adjustment Assessment Scale were used to collect data. Mean, standard deviation, two sample “t” test and chi-square test were used to analyse data. **Results** showed that Mean and Standard Deviation of life satisfaction among Employed married women were 51 ± 7.11 and Unemployed married women were 41.87 ± 4.40 with 't' value 5.98 which was significant at $p < 0.01$. Mean and Standard Deviation of marital adjustment among Employed married women were 64.93 ± 6.21 and Unemployed married women were 61.33 ± 11.99 with 't' value 1.46, $p = 0.19$ which was not significant. There was significant association was found between Age ($\chi^2 = 8.15$, $P = 0.02$), Occupation ($\chi^2 = 6.53$, $P = 0.01$), Monthly income ($\chi^2 = 10.83$, $P = 0.01$), Spouse's Occupation ($\chi^2 = 8.29$, $P = 0.04$) and Life Satisfaction among Employed married women and also Number of Children ($\chi^2 = 11.47$, $P = 0.003$) and Marital Adjustment among Employed married women. **Conclusion** The present study concluded that Life satisfaction was higher in Employed married women than Unemployed married women. But employed and unemployed married women does not differ in Marital adjustment. A similar study can be done on large sample to generalize the study findings.

KEYWORDS

Life Satisfaction, Marital Adjustment, Employed Women, Unemployed Women, Married Women

INTRODUCTION

Marriage is considered to be one of the most important and significant relationships in an individual's life. It is a union between two individuals who commit to sharing their lives and supporting each other in all aspects. However, the concept of marriage has evolved over the years, and today, many women are seeking employment and pursuing their careers alongside marriage. This shift in societal norms has brought about significant changes in the dynamics of marriage and its impact on the overall well-being of women. In this paper, we aim to explore the life satisfaction and marital adjustment of employed and unemployed married women residing in Anandanagar, Agartala, Tripura (West), and compare the two groups.

Anandanagar is a residential area located in Agartala, the capital city of Tripura (West) in India. It is a well-developed locality with a mix of both urban and rural population. The majority of the population in Anandanagar follows the traditional patriarchal system where men are the breadwinners, and women are responsible for household chores and taking care of the family. However, in recent years, there has been a significant increase in the number of women pursuing education and seeking employment opportunities.

The choice between employment and non-employment is a pivotal decision for married women, impacting their individual well-being and the harmony of the marital relationship. Understanding the factors that contribute to life satisfaction and marital adjustment is essential for crafting informed policies and support systems. This study aims to bridge existing gaps in the literature by shedding light on the unique challenges and opportunities faced by both employed and unemployed married women in Anandanagar. By unraveling these dynamics, it seeks to provide a nuanced perspective that can inform interventions aimed at enhancing the quality of life for married women in this specific socio-cultural context. Furthermore, the findings may contribute to the broader discourse on gender roles, work-life balance, and the factors influencing marital satisfaction in diverse communities.

OBJECTIVES OF THE STUDY

1. To assess the life satisfaction and marital adjustment among employed and unemployed married women.
2. To compare the life satisfaction among employed and unemployed married women.
3. To compare marital adjustment among employed and unemployed married women.
4. To find out the association between life satisfaction and marital adjustment among employed and unemployed married women with their selected socio-demographic variables.

Assumption

1. Life satisfaction of employed and unemployed married women may vary.
2. Marital adjustment of employed and unemployed married women may vary.

METHODOLOGY

Research Approach:

This study employs a Quantitative Research Approach, specifically adopting a Descriptive Comparative Study design.

Research Setting: The research is conducted in Anandanagar, Agartala, Tripura, focusing on the unique socio-cultural context of this locality.

Target Population:

The target population comprises married women residing in Anandanagar.

Sampling Technique:

Non-Probability Convenience Sampling Technique is utilized for participant selection, considering the practicality and accessibility of the sample.

Sample:

The sample consists of both employed and unemployed married women in Anandanagar. The total sample size is 60, with 30 participants in each group (employed and unemployed).

Inclusion Criteria

- Those who are available at the time of data collection.
- Employed married women those who have minimum 6 month of working experience.

Exclusion Criteria

- Those who are mentally unfit.
- Divorced, separated, or widowed women

Variables:

1. Socio-demographic Variables:

This section gathers information on socio-demographic variables such as age, gender, and other relevant factors.

2. Life Satisfaction Questionnaire -11:

The Life Satisfaction Questionnaire - 11 is employed to assess the participants' subjective well-being and overall life satisfaction. This

standardized tool allows for a quantitative measurement of life satisfaction.

3. Self-Structured Marital Adjustment Assessment Scale:

The self-structured Marital Adjustment Assessment Scale is utilized to gauge the participants' perceptions of their marital adjustment.

Ethical Permission:

- I. Approval was obtained from the Principal and Ethical Committee members of the institution.
- II. Permission for data collection was taken from Block Chairman, Dukli RD Block, Anandanagar, Agartala, Tripura(W).
- III. Informed consent was obtained from each sample before administer the tool.
- IV. Confidentiality of the information and anonymity of subject s was maintained.

RESULTS:

The demographic findings present a comprehensive overview of socio-demographic characteristics among employed and unemployed married women in Anandanagar, Agartala, Tripura. Notably, 100% of participants identified as Hindu. Educational attainment varied, with 46.7% of employed women holding a degree, while 53.3% of unemployed women had primary education. In terms of occupation, 70% of employed women were government employees, contrasting with 100% of unemployed women being homemakers. Family structures indicated that 73.3% of employed women belonged to nuclear families, while 80% of unemployed women shared this characteristic. The spouses' occupations varied, with 36.7% of employed women's spouses being government employees, compared to 36.7% of unemployed women's spouses engaged in business. Regarding support systems, the majority received financial (93.3%) and emotional (96.7%) support from husbands among employed women, while 96.7% of unemployed women also received financial support and emotional support from their husbands. In sharing responsibilities, 46.7% of employed women received no help, while 83.4% of unemployed women did not receive assistance, highlighting the diverse socio-demographic landscape of the study participants. In terms of monthly income, a substantial 63.3% earn more than 20,000, while 20% earn less than 5,000. Regarding daily work duration, the majority (73.3%) dedicate 6-9 hours per day. Concerning the length of service, 66.7% have been employed for more than 6 years,

Table: 1 Analysis of Life satisfaction and Marital adjustment among employed and unemployed married women.

Group	Range	Mean	SD
Life satisfaction			
Employed married women	32	51	7.11
Unemployed married women	22	41.87	4.40
Marital adjustment			
Employed married women	28	64.93	6.21
Unemployed married women	50	61.33	11.99

Table: 2 Comparison of Life satisfaction and Marital adjustment among employed and unemployed married women. (Two Sample T Test)

Group	Mean difference	Two sample 't' test		P value <0.05
		Calculated value	Table Value (df)	
Life satisfaction				
Employed married women	9.13	5.98	2.001 (58)	<0.01 (S)
Unemployed married women				
Marital adjustment				
Employed married women	3.60	1.46	2.05 (58)	0.19 (NS)
Unemployed married women				

The (Table -2) For life satisfaction, the mean difference is 9.13, with a calculated 't' value of 5.98 (df = 58), significantly exceeding the table value (2.001) at $p < 0.01$ (S), indicating a substantial difference. Conversely, for marital adjustment, the mean difference is 3.60, with a calculated 't' value of 1.46 (df = 58), falling below the table value (2.05) at $p = 0.19$ (NS), suggesting a non-significant difference. These results suggest that employed married women experience significantly higher

life satisfaction than their unemployed counterparts, while the difference in marital adjustment is not statistically significant between the two groups.

Regarding the Analysis of association between life satisfaction with selected demographic variables among employed and unemployed married women. **significant association** was found between Life satisfaction among employed married women with **age, occupation, monthly income, spouse's occupation**. No significant association was found between Life satisfaction among employed married women with educational status, duration of work per day, length of service, type of family, no of children, support system.

Significant association was found between **Marital adjustment** among **employed married women with number of children** ($\chi^2=11.47$, $P=0.003$) at 0.05 level of significant. No significant association was found between Marital adjustment among employed married women with age, educational status, occupation, monthly income.

DISCUSSION

The present study adopted a comparative descriptive research design and data were collected from 60 married women (30 employed and 30 unemployed) from Anandanagar, Agartala, Tripura (w). The tool used in this study were socio- demographic profile, Life Satisfaction Questionnaire – 11 (LISAT- 11) and Self- structured Marital Adjustment Assessment Scale. The SPSS version 17 was used for analysis of the data. Analysis was done using descriptive and inferential statics. Data were organized and presented in the forms of tables and graphs. Frequencies, percentage, Range, mean were used to analyse selected socio-demographic variables. Range, mean and standard deviation, Two sample “t” test were used to assess and compare Life satisfaction and Marital adjustment among employed and unemployed married women. Chi-square test was used to find out the association between Life satisfaction and Marital adjustment among employed and unemployed married women with selected socio-demographic variables.

CONCLUSION:

The study findings concluded that there was significant difference between Life Satisfaction among employed and unemployed married women. Life satisfaction was higher in Employed married women than Unemployed married women. But employed and unemployed married women does not differ in Marital adjustment.

The study reveals significant associations between demographic variables and life satisfaction/marital adjustment among employed and unemployed married women, offering valuable insights for targeted interventions and support programs.

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