



**ORIGINAL RESEARCH PAPER**

**Psychology**

**A COMPARATIVE STUDY OF INFERIORITY AND INSECURITY IN MARRIED WOMEN AND WIDOW WOMEN**

**KEY WORDS:** Inferiority, insecurity, married women, widow women.

**Kushagra Sharma**

1M. Sc. Clinical Psychology, Department of Psychology, Nims University Shobha Nagar NH-11C, Jaipur-Delhi Highway, Jaipur 303121, Raj.(IND),

**Dr. Rajeev Ranjan**

Assistant Professor, Department of Psychology, Nims University Shobha Nagar NH-11C, Jaipur-Delhi Highway, Jaipur 303121, Raj.(IND),

**ABSTRACT**

Main aim of the present study is exploring the level of inferiority and insecurity in married and widow women. Sample of the study consisted of 25 married women and 25 widow women. There is no age limited. Inferiority and insecurity in widow women and married women which constructed and standardized by G.C. PATI was used for finding inferiority and insecurity level. Mean, standard deviation and t-test were applied for statistical analysis. The result obtained the basic criteria of the inferiority and insecurity significant difference between married women and widows. Widows obtained higher mean score.

**INTRODUCTION**

Death is an overpowering experience that neither individual nor society has been able to control. Thus, throughout the World, death has been identified as one of the greatest loss that can befall somebody and a society. Every society, no matter how primitive or technologically advanced, regards the death of a member as a great loss. And when a woman loses her husband its deathblow to her dignity and to her very existence. The statement of the problem are emotional problem depression, anxiety, low self-esteem etc, economic insecurity, and social isolation. Widow has no claim to personal livestock and personal properties of her late husband. There are economic and sexual exploitations of the widows under the system. Widows have no choice of their own, always under the control of other family members. In addition, widows are subjected to many forms of depression and torture

An inferiority complex is a lack of self-worth, a doubt and uncertainty, and feelings of not measuring up to standards. It is often subconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme asocial behavior. In modern literature, the preferred terminology is "lack of covert self-esteem". For many, it is developed through a combination of genetic personality characteristics and personal experiences. Classical Adlerian psychology makes a distinction between primary and secondary inferiority feelings.

A primary inferiority feeling is said to be rooted in the young child's original experience of weakness, helplessness and dependency. It can then be intensified by comparisons to siblings, romantic partners, and adults.

A secondary inferiority feeling relates to an adult's experience of being unable to reach a subconscious, fictional final goal of subjective security and success to compensate for the inferiority feelings. The perceived distance from that goal would lead to a negative/depressed feeling that could then prompt the recall of the original inferiority feeling; this composite of inferiority feelings could be experienced as overwhelming. The goal invented to relieve the original, primary feeling of inferiority which actually causes the secondary feeling of inferiority is the of this dilemma. This vicious cycle is common in neurotic lifestyles. These individuals have developed a form of learned helplessness and are unable to overcome the problems of life without assistance. The notion of emotional security of an individual is to be distinguished from that of emotional safety or security provided by a non-threatening, supportive environment. A person who is susceptible to bouts of depression being triggered by minor setbacks is said to be less "emotionally secure". A person whose general happiness is not very shaken even by major disturbances in the pattern or fabric of their life might be said to be extremely emotionally secure some psychologist described an insecure person as a person who "perceives the world as a threatening jungle and most human

beings as dangerous and selfish; feels a rejected and isolated person, anxious and hostile; is generally pessimistic and unhappy; shows signs of tension and conflict, tends to turn inward; is troubled by guilt-feelings, has one or another disturbance of self-esteem; tends to be neurotic; and is generally selfish and egocentric." He viewed in every insecure person a continual, never dying, longing for security. Alegre (2008).

According to Lee, (2002) women are more likely than men to be widowed for two reasons. First, women live longer than men a fact highlighted by worldwide data regarding differences in life expectancies of men and women. In addition, women tend to marry older men, although this gap has been narrowing. Because women live longer and marry older men, their odds of being widowed are much greater than men's

According to Fazoranti et al., (2007) loss of spouse is one of the most negative life events, next only to the loss of a child Bennett Ironically, the disorganization and trauma that follow the death of a spouse seem to be greater in women than in men whenever either loses their spouse. Widowhood presents a myriad of economic, social and psychological problems, particularly in the first year or so after the death of the spouse. A major problem for both sexes is economic hardship. When the husband was the principal breadwinner, his widow is now deprived of his income and the nucleus of the family is destroyed.

An inferiority complex is a lack of self-worth, a doubt and uncertainty, and feelings of not measuring up to standards. It is often subconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme asocial behavior. In modern literature, the preferred terminology is "lack of covert self-esteem". For many, it is developed through a combination of genetic personality characteristics and personal experiences.

Stemming from the psychoanalytic branch of psychology.

**MATERIAL AND METHOD**

**Purpose**

To assess the level of inferiority and insecurity in married and widow women.

**Objectives**

1. To find out level of inferiority among widow and married women
2. To find out level of insecurity among widow and married women

**Variable**

Two variables in this study are using

1. Inferiority and insecurity - Independent variable
2. Married women and widow women - Dependent variable

**Hypotheses**

- According to objectives of study hypothesizes will be
1. There is significant difference in level of inferiority among widow and married women
  2. There is significant difference in level of insecurity among widow and married women.

**Sample**

The study was including 50 samples, 25 widow women and 25 married women from Ajmer, Rajasthan. Prior permission was obtained from the people informing and due explanation of the purpose of the study. Report was establish and the purpose of study was explained to each subject. Information consent was obtain from each participant. Interview was conduct in place as where the women feel comfortable.

Descriptive survey method was used to collect data with the help of questionnaire.

**Tool of measurement**

For present study researcher has used "Inferiority and insecurity in widow women and married women by G.C. PATI." The scale involves 20 questions with dichotomous options Yes/No in each section. A 'yes' response is assigned a score expect for items 2, 6, 15 and 1, 3, 5, 6, 7 in which case reverse is applicable. The sum of these values gives the inferior and insecure of married and widow women. Since the responses contributing towards that scale are given a score, the higher the total score, the higher would be the inferior and insecure level in both married a widow women.

**Statistical Analysis & Result**

Mean, SD, t-test was applied to check the difference of level of inferiority and insecurity in married and widow women.

**Table no. -1**

**Data table of inferiority**

GROUP	MEAN	SD	t
WIDOW	62.44	3.76	6.47
MARRIED	53.64	5.61	

**TABLE 2**

**DATA TABLE OF INSECURITY**

GROUP	MEAN	SD	t
WIDOW	53.62	0.58	46.1
MARRIED	45.78	0.72	

**Discussion & Conclusion**

The purpose and the objective of the study were to assess the level of inferiority and insecurity among married and widow women. Samples were selected for this study in which divided equally into 25 widow women and 25 married women. The samples were select randomly from Ajmer district. Which is located in Rajasthan state. Result table 1 shows that widow and married women mean values are 62.44 and 53.64. SD is 3.76 and 5.61 respectively, t-value is 6.47 which is significant.. There were evidence that women performed not only housekeeping responsibilities like cooking and cleaning, but even other household activities like grinding, brewing, butchering, and spinning produced items like flour, ale, meat, cheese, and textile for direct consumption and for sale. An anonymous 15th century English ballad appreciated activities performed by English peasant women like housekeeping, making foodstuffs and textiles, and childcare. Even though cloth-making, brewing, and dairy production were traded associated with female workers, male cloth-makers and brewers increasingly displaced female workers.

Result table 2 shows that widow and married women mean values are 56.62 and 45.78. SD is 0.58 and 0.62 respectively, the greatest problem in widowhood is still emotional. Even if it had been a bad marriage, the survivor feels the loss. The role of spouse is lost, social life changes from couple-oriented to association with other single people; and the widowed no longer have the day-in, day-out companionship of the other spouse that had become an intrinsic part of their lives this factors are observed in study

widows have more insecurity level compare to married women. After an overlook of result table we can state that widows are more inferior and insecure in the comparison to married women. Widows are poorly adjusted in the area of psychological health compare to married women. It may due to lack of parental care or lack of guidance facilities and negligence by society. During the data collection widows are observed to be neglected and lack of love and care and affection as well compare to married women. by improving the qualities of lacking fields involvement of socially not approval behaviours like harsh behaviour was observed from society from society towards the social behaviour, which was found intolerant for society unexpectedly.

**Reference**

1. Alegre, A. (2008). Emotional security and its relationship with emotional intelligence.pdf
2. Chen et al., (1999) UN Division for the Advancement of Women, 2000). www.naij.com
3. 'Classical Adlerian Individual Psychology Alfred Adler's Original Approach
4. Classical Adlerian Individual Psychology: Alfred Adler's Original Approach'
5. Classical Adlerian Psychology according to Alfred Adler Institutes of San Francisco and North-western Washington
6. Psychological Aspects of Widowhood and Divorce NCBI > Literature > PubMed Central (PMC) by JK Trivedi - 2009
7. Virginia Polytechnic Institute and State University. Archived from the original (PDF) on 16 January 2014. Retrieved 21 November 2012 Jones, Del (January 31, 2007).Wikipedia