

A Comparative Study of Working and Non-working Women in Terms of Ego-Strength, Anxiety and Adjustment

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Abstract

An empirical Study was conducted in 80 working and 80 non-working women to ascertain if they differ significantly in respect of ego strength, anxiety and adjustment. Working women were those who were in governmental and non-governmental offices. Similarly, the study was conducted on 380 women who were simply housewives. Ego-strength, anxiety and adjustment of the 160 women were measured using Mohsin and Shamshad adaptation and Bell's Adjustment Inventory respectively. Besides these, a PDS was used to get other necessary information about the respondents. The obtained data were treated using test. The obtained result confirmed the hypothesis, it was concluded that the working women excelled their non-working women counterparts in terms of ego-strength, anxiety and adjustment.

Introduction

In this rapid changing world, women go to work for totally different reasons which indicate a new state of mind. According to Sullerot, "they are prompted by the tediousness and the monitory of house work, the isolation of the housewife, their need for personal fulfilment, sometimes their vocations or the need to use their talents or training." (Sullerot, E 1971,82). Some women want to be recognized as independent personalities and not just as extensions of their husband's identity. They feel that they can have it by talking Job.

There are several motivational syndromes prominent among married working women. These can broadly be classified under these categories relating to

- (a) Monetary or economic
- (b) Social role and
- (c) Personality.

Economic necessity is a slippery term. While it is undoubtedly true that the need to work is related to income, previous research measuring the needs by husband's income alone ignores qualitative differences in the perception of needs at different class level. The middle-class women need to supplement her husband's income. The lower-class women need to meet her family basic requirements for food, clothing and shelters.

Highly educated women who work due to high cost of living they are not able to save something which is safety margin. From this point of view, it is necessary to figure out the condition of their work and need attempts to Know from the workers themselves about how they feel about each of them. So far very few attempts have been made in this area out of these specific to mention are studies conducted by Indian Council of Social Science. But the question is, why do some women like to become working, while some ether women do not? Are working women having different personality traits from their non- working counterparts?

The present study intends to solve these problems by comparing working women with their non-working counterparts in terms of certain personality characteristics such as ego-strength, anxiety and adjustment.

The present study embodies three components namely ego-strength, anxiety and adjustment. According to Walberg (1977), it connotes the positive personality assets that will enable the individual to ever come his anxieties, to yield secondary of his illness, and to acquire new, more adequate defences. "Ego-strength is also the personal capacity to hold on to his own identity despite psychic pain, distress and conflict between opposing internal forces as well as the demands of reality (Brown, et, at, 1979). Anxiety is one of the major psychological problem which is considered as an important part of personality development Anxiety also called angst or worry is a psychological and physiological state characterized by somatic emotional, cognitive and behavioural components. Psychologists found abnormal anxiety interferes in the organized sequence. it is the displacing fear and concern (Davison, Gerald, 2008). Adjustments is one of the most important psychological activities of human being. Life, is a process of adjustments. If anyone wants satisfaction in life then one has to adjust with their environment. Objective of the study: The objective of the present study was to ascertain if ego-strength, anxiety and adjustment are conducive to work involvement especially on the part of women. Hypothesis: There will be significant difference between working and non-working women in terms of ego-strength anxiety and adjustments.

Methodology:

- (A) Sample: The study was conducted on 80 working and 80 non- working women of Sitamarhi town. Those working on fixed salary in governmental and non- government and non-government slices were treated as working women. Those who were simply housewives were treated as non- working women. In wither respect they were matched as far as practicable.
- (B) Tools:
 - (1) A Personal Data sheet: Was used to get necessary information about the respondents.
 - (2) Hassan's ego-strength scale was used to get measure the ego- strength of the respondents.
 - (3) Sinha Manifest Anxiety scale: Was used to measure anxiety of the respondents.
 - (4) Mohsin-Shamshad's: Bell's Adjustment Inventory was used to measure the adjustment of the respondents.
- (C) Procedure: Scales along with PDS were employed on respondents and data were abstained from among so working and so non-working women. The score is analyzed using t-ratio.
- (D) Result and Discussion:

t-ratio significance of difference among the working and non-working women in terms of ego- strength, anxiety and adjustment.

Table-1

Dimensions	Group	N	Mean	SD	t-ratio	df	P
Ego-strength	Working Women	80	20.20	6.28	5.80	198	<.01
	Non-working Women	80	18.80	6.80			
Anxiety	Working Women	80	40.28	8.60	5.92	198	<.01
	Non-working Women	80	30.20	8.20			
Adjustment	Working Women	80	60.22	9.20	5.26	198	<.01
	Non-working Women	80	68.60	9.20			

The results displayed in Table-1 clearly indicates that significance of difference between working and non-working women in terms of ego-strength ($t=5.80$; $df=198$; $P<.01$); anxiety ($t=15.92$; $df=198$; $P<.01$); and adjustment pasterns $t=5.26$; $df=198$; $P<.01$). The finding is interpreted on the ground that due to strong ego-strength less anxious women are found fit for working condition and thereby possess better adjustment pattern as compared to the women of weak ego and high anxious.

Conclusion: Working women differ significantly from non-working women and excelled in wens of ego-strength, anxiety and adjustment.

Works Cited:

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