

Life Satisfaction among working women in relation to their self-empowerment and level of Education

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Abstract: This study was conducted to evaluate Life satisfaction among working women in relation to their self-empowerment and level of education. The objectives of the study was to study life satisfaction among working women, to study self-empowerment among working women, to find out significant difference in life satisfaction of graduate and post graduate working women, to find out significant difference in self-empowerment of graduate and post graduate working women and other objectives of the study were to find out difference in life satisfaction of graduate and post graduate working women having high self-empowerment, to find out difference in life satisfaction of graduate and post graduate working women having low self-empowerment. Another objective of the study was to find out relationship between life satisfaction and self-empowerment of graduate working women, to find out relationship between life satisfaction and self-empowerment of post graduate working women. Descriptive survey method was used in this study to obtain pertinent and precise information. The sample of the study included 150 working women selected by using simple random sampling from the district of Jalandhar. The sample was comprised of seventy five graduate and seventy five post graduate working women. The tools used in this study were Life satisfaction scale by Rotter's and Self-empowerment scale by Tashi Choden. For the purpose of drawing out the result the investigator used statistical techniques like t-test, mean, standard deviation, and correlation. It is concluded that there exists significant difference in life satisfaction of graduate and post graduate working women, there exists significant difference in self-empowerment of graduate and post graduate working women, there exists significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment and no working women were found under low self-empowerment within selected sample. There exists no significant relationship between life satisfaction and self-empowerment of post graduate working women, and there exists significant relationship between life satisfaction and self-empowerment of graduate working women.

Keywords: Life satisfaction, Empowerment, Self-empowerment.

I. INTRODUCTION OF THE PROBLEM

Empowerment is the process of increasing the capacity of individual or groups to make choices and to transform those choices into desired actions and outcomes. Empowerment of women means economic opportunity, property rights, political representation, social equality, personal rights and so on. As our constitution professes to offer equality of status and opportunity to all Indian citizens (men and women) by the preamble. The society is advancing very fast with all round development but the position of women is not improving in rural as well as urban areas with the pace of development. There are millions of women who silently suffer injustice, violence, abuse, exploitations just because they are born as women.

The parameters of women's empowerment have clearly been identified in national policy of education that are building a positive image of women by recognizing their contributions to the society; polity and economy; developing their critical thinking ability; fostering decision making and action through collective process; enabling women to make informed choices in areas like education, employment and health.

Self-empowerment supposes a positive change in the perception of our society. It includes self-esteem, self-realization, self-reliance, self-confidence, goal of life and its realization, development of self-conscience, etc. These are the days when women are making a mark in all areas of education and social development. Women's empowerment status is assessed by their economic, educational and health status, participation in household decision-making process, political awareness and psychological strength. Self-empowerment is the key to create one's own future. It requires self-awareness, vision, purpose, commitment and contribution which are the keys to become a confident empowered person. There are few techniques to explore our own

innate power of mind for self-improvement. These techniques are: Constant awareness of negative emotions: If one is aware of the fact that negative emotions are responsible for the negative attitude and thinking, then try to concentrate on thought of good times or successful events. Reading of encouraging literature or listening to motivational tapes: Such literature helps in boosting our tolerance capacity to face the situation and in helping to move in the direction of thinking more positively.

Education is the cornerstone of women's empowerment because it enables them to respond to opportunities to challenge traditional roles and to change their lives. Although it is essential for everyone but in case of women it is particularly significant. It not only opens up vast avenues and opportunities for growth, but affects families and future generation as well. Education plays an important role in bringing about awareness on women rights. It is one of the most effective means to counter gender discrimination and enhance status of women. Education helps girls and women to know their rights and to gain confidence. Educated women are likely to have jobs, marry later and have small and healthy families. These types of women can recognize the importance of healthcare and know how to seek it for themselves and children also. Educated mother can pay due attention to the needs of her children effectively. Mother's education affects the education of children more than father's education. An educated mother can influence greater in household negotiations. She may secure more resource for her children. Education empowers women to make decisions about themselves, their families and their communities. So it is essential to expand the women education. At the time of independence women literacy ratio in India was very low. It is said that English men ruled for a long time in India, because of low female literacy and lack of awareness. But there has been remarkable change in the rate of literacy since independence. During the last six decades there has been exponential growth of population but women literacy was not equivalent to it. In a study conducted by Parveen (1988) which revealed that the working women were generally dissatisfied with the professions and their condition of work. They were unhappy because of the lack of working facilities and unfavorable attitude of the society members. Major problems faced by working women were observed that is family, accommodation, social and health related problem. But now time has changed as the woman has already begun extending their work outside the home in the form of domestic and other jobs. N.Manimekhlai (2002) who has attempted to compare the relative

role of working women vis a vis housewives in household decision-making found that education and employment opportunities to women enhance the status of women in household through greater privilege in decision making for women. This would increase general social status of women and bring about gender equality.

Education is important for all and empowering women means educating them. As a saying goes 'Educate a man, you educate an individual, educate a woman you educate the whole family'. Shukla's(2004)study deals with the position of education among women and various items like literacy level, girls in elementary and secondary education, dropout rates in schools, female in higher and professional education. The study highlights that education is the key to progress and unless Indian women are educated, they will not be able to enjoy their rights. Education is now a root cause for all changes in the society and most importantly for women to rise in the world. Women now have realized that education is a powerful weapon to overcome social evils, outdated customs, narrow vision and wrong notions. If women are still left uneducated it would surely do irreparable damage to the nation.

A. SIGNIFICANCE OF THE PROBLEM

Empowerment involves challenging the forms of oppression which compel millions of people to play a part in their society on terms equitable or in ways which accept their rights as human being. When this insight grows in an individual it can be termed as self-empowerment. It also means bringing out the power from within. One is said to be self-empowered when one realizes and acknowledges that the authority to lead the journey of one's own life is nobody else but oneself. Nobody has the full control of where the river of life takes him or her but one can always take control of the quality of gracefulness to project in the journey. This innermost power lead oneself to understand how human being can make all the differences in the world inclusive of women. But in current era after getting so much empowerment women are still not satisfied with life as they are empowered but are not getting social support. She is managing home as well as outside affairs, after which she is left with no time for herself. It is one of the causes for miserable life of the women. After so much empowerment she is not able to enjoy good health, economy as well as social circle and moreover within freedom woman has to follow some rules which give a tough competition for life. Keeping in view all the above factors investigator has

decided to take up this study to find out whether working women is satisfied with life or not.

B. STATEMENT OF THE PROBLEM

The researcher intends to study the life satisfaction among working women in relation to their self-empowerment and level of education. This study investigates that women who are very empowered and educated are satisfied with life or not. Thus, the present study is entitled as LIFE SATISFACTION AMONG WORKING WOMEN IN RELATION TO THEIR SELF EMPOWERMENT AND LEVEL OF EDUCATION.

C. OPERATIONAL DEFINITIONS

Self-empowerment

Self-empowerment means utilizing the full potential with which we can make visible difference in any work we do and achieve the set goals without much hindrance. The potentialities include enhanced self-esteem, self-concept, and self-confidence, ability to analyze critically, taking decision in all situations, able to defend the rights and participation in all community activities.

Life satisfaction

Life satisfaction is a word that means to make or do enough. Satisfaction with one's life implies contentment with or acceptance of circumstances of one's life or the fulfillment of one's wants and needs for one's life as a whole. Life satisfaction is defined as having favorable attitude towards one's life.

Educational level

For this study graduate and post graduate level has been considered.

D. OBJECTIVES

1. To study life satisfaction among working women.
2. To study self-empowerment among working women.
3. To find out significant difference in life satisfaction of graduate and post graduate working women.
4. To find out significant difference in self-empowerment of graduate and post graduate working women.
5. To find out significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment.
6. To find out significant difference in life satisfaction of graduate and post graduate working women having low self-empowerment.
7. To find out significant relationship between life satisfaction and self-empowerment of post graduate working women.
8. To find out relationship between life satisfaction and self-empowerment of graduate working women.

E. HYPOTHESES

1. There exists no significant difference in life satisfaction of graduate and post graduate working women.
2. There exists no significant difference in self-empowerment of graduate and post graduate working women.
3. There exists no significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment.
4. There exists no significant difference in life satisfaction of graduate and postgraduate working women having low self-empowerment.
5. There exist no significant relationship between life satisfaction and self-empowerment of post graduate working women.
6. There exist no significant relationship between life satisfaction and self-empowerment of graduate working women.

II. METHODOLOGY

The objective of the present study is to find out life satisfaction among working women in relation to their self-empowerment and level of education, which is descriptive type of research.

A. SAMPLING

Investigator had taken the sample of 150 working women from Jalandhar city. 150 working women were comprised of 75 postgraduate working women and 75 graduate working women. In this study simple random sampling method was employed to draw the sample.

B. TOOLS

In this study investigator had used two tools. Those were as following:

1. To assess the Life Satisfaction among Working Women, Rotter's life satisfaction scale (1971) was used.
2. To assess the Self-Empowerment among Working Women, scale by Tashi Choden (2012) was used.

C. STATISTICAL TECHNIQUES

Statistical techniques bring objectivity in interpretation and leads to the reliability in results. In research studies, statistics is used not only to understand and compare data but also to test hypothesis. t-test and correlation was applied by the

investigator for the analysis of data.

III. ANALYSIS OF DATA

1 HYPOTHESIS

There exists no significant difference in life satisfaction of graduate and post graduate working women.

The first objective of the study was to find out significant difference in life satisfaction of graduate and post graduate working women. Data was collected and t' test was applied. Results pertaining to difference among graduate and post graduate working women have been shown in table 1.

Table 1

Showing results of t-test on significant difference in life satisfaction of graduate and post graduate working women.

Life Satisfaction	N	Mean	SD	t' ratio
Graduate	75	40	3.75	2.68
Post Graduate	75	38.36	3.91	

Table 1 shows that mean value of life satisfaction of graduate working women is 40 and post graduate working women is 38.36. t' value calculated is 2.68 which is higher than table value 2.61 at 0.01 level. It means there exists a significant difference in life satisfaction of graduate and post graduate working women. Thus the hypothesis that there exists no significant difference in life satisfaction of graduate and post graduate working women is not accepted.

2 HYPOTHESIS

There exists no significant difference in self-empowerment of graduate and post graduate working women.

To find out significant difference in self-empowerment of graduate and post graduate working women was the second objective of the study. After applying scales t' value was calculated and results have been shown in table 2.

Table 2

Showing results of t-test on significant difference in self-empowerment of graduate and post graduate working women.

Self-Empowerment	N	Mean	SD	t' ratio
Graduate	75	197.05	13.73	2.75
Post graduate	75	204.18	17.76	

Table 2 shows that the mean value of self-empowerment of graduate working women is 197.05 and post graduate working women is 204.18. t' value calculated is 2.75 which is higher than table value 2.61 at 0.01 level. It means that there exists a significant difference in self-empowerment of graduate and post graduate working women. Thus the null hypothesis that there exists no significant difference in self-empowerment of working women is not accepted.

3 HYPOTHESIS

There exists no significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment.

The third objective was to find out significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment. Data was collected and t-test was applied and results have been shown in table 3.

Table 3

Showing results of t-test on significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment.

High Self-Empowerment	N	Mean	SD	t' ratio
Graduate	39	41.38	3.34	3.83
Post graduate	56	38.62	3.75	

Table 3 shows that mean value of life satisfaction of graduate working women having high self-empowerment is 41.38 and post graduate working women is 38.62. t' value calculated is 3.83 which is more than table value 2.63 at 0.01 level. It means there exists a significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment. Thus the hypothesis that there exists no significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment is not accepted.

4 HYPOTHESIS

There exists no significant difference in life satisfaction of graduate and postgraduate working women having low self-empowerment.

The fourth objective of the study was to find out significant difference in life satisfaction of graduate and post graduate working women having low self-empowerment. From the collected data investigator found no women having low self-empowerment. Investigator assumes that in these days due to education level of women, they are aware of their rights and duties. In early days patriarchal system was being followed but in these days equal powers

Variable	N	Mean	Coefficient of correlation
Self-Empowerment	75	197.05	0.35
Life Satisfaction	75	40	

are enjoyed by women.

5 HYPOTHESIS

There exists no significant relationship between life satisfaction and self-empowerment of post graduate working women.

The fifth objective of present study was to find out relationship between life satisfaction and self-empowerment. After collection of data correlation value was calculated and it has been presented in table no. 4.

Table 4

Showing relationship between life satisfaction and self-empowerment of post graduate working women

Variable	N	Mean	Coefficient of correlation
Self-empowerment	75	204.1	0.188
Life Satisfaction	75	38.63	

Table 4 shows that mean score of self-empowerment is 204.18 and the mean score of life satisfaction is 38.63 and correlation value is found to be 0.188 whereas table value is 0.217 at 0.05 level. It means our calculated value is less than the table value at 0.05 level which signifies that there exists no significant relationship between life satisfaction and self-empowerment of post graduate working women. Thus, the null hypothesis is accepted.

6 HYPOTHESIS

There exists no significant relationship between life satisfaction and self-empowerment of graduate working women.

The sixth objective of the study was to find out relationship between life satisfaction and self-empowerment of graduate working women. For this correlation was applied and results have been presented in table 5.

Table 5

Showing relationship between life satisfaction and self-empowerment of graduate working women.

Table 5 shows that mean score of self-empowerment is 197.05 and the mean score of life satisfaction is 40 and correlation value is found to be 0.35 whereas table value is 0.283 at 0.01. It means our calculated value is higher than table value which signifies that there exists a significant relationship between life satisfaction and self-empowerment. Thus, the hypothesis that there exists no significant relationship between life satisfaction and self-empowerment of graduate working women is not accepted.

IV. CONCLUSIONS

On the basis of analysis and interpretation of data, following conclusions were drawn:

1. There exists significant difference in life satisfaction of graduate and post graduate working women.
2. There exists significant difference in self-empowerment of graduate and post graduate working women.
3. There exists significant difference in life satisfaction of graduate and post graduate working women having high self-empowerment.
4. No working women were found under low self-empowerment within the selected sample.
5. There exists no significant relationship between life satisfaction and self-empowerment of post graduate working women.
6. There exists significant relationship between life satisfaction and self-empowerment of graduate working women.

V. SUGGESTIONS FOR FURTHER RESEARCH

1. Sample size can be increased to reach more concrete results.
2. With the use of this scale, necessary measures can be taken by the relevant agencies to empower women.
3. Self-empowerment and life satisfaction of non-working women can also be assessed.
4. Other variables like job satisfaction, achievement motivation can also be included.

VI. RECOMMENDATIONS

Education and more exposure to the outer world makes women more aware, developed and more confident. Good education, greater exposure to the world of work leads to the development of greater confidence and greater financial independence and thus a better life for women. Education should be provided to every women of the nation because by educating the women, the productivity of the women can be improved. Government should open various programs and policies for the upliftment of the women. The government should not only pass the special provisions and laws for the betterment and development of women but these have to be implemented properly. Empowerment programs should be launched in all areas as these help girls and women in improving their own lives, the lives of their families and the conditions in their communities. Opportunities should be given to women to develop skills that allow them to make decisions and influence change in community key areas and empowerment of women also facilitates social mobility in the areas of social status, profession and progress in all spheres of life. Thus education of girls should be more focused and from time to time lectures should be organized in schools related with the empowerment.

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