Life Satisfaction among the Married Working Women in Salem District of Tamil Nadu: A Sociological Analysis

Dr. C. Gobalakrishnan*

*Assistant Professor, Department of Sociology, Periyar University, Salem – 636 011.

Abstract:
The industrialization, urbanization and modernization processes enable the women to go for employment and through their employment the women earn money which supports the family in a large extent. But in the case of married women, they have to balance the family and work life in successful manner and that enable them to lead a happy and satisfactory married life. Similarly, the support of family members is also another parameter for the married working women to lead such a happy and satisfactory married life. When any discrepancy encountered by the married working women while balancing the family and work life on the one hand and getting support from the family members on the other hand then the married working women would face lot of problems in their married life. The present study is aimed to understand the level of life satisfaction of the married working women in Sangeethapatty Village Panchayat of Omalur Taluk in Salem District of Tamil Nadu. The results indicate that 25 per cent to 40 per cent of the married working women responded negatively to the various statements of life satisfaction.

Key Words: Married Working Women, Dual Role and Life Satisfaction

Introduction
Family is the prime and basic social institutions and all other social institutions are relay only on family. Once the family is good automatically other social institutions are also good. The family is full of love and affection and these love and affection are essential for the formation any social organization. Another uniqueness of the family is full of mutual aid and cooperation. Similarly each and every family members work for the betterment and benefit of all the members of the family. For instance, father earns money through his work and that money he spends for the welfare of the all the members of the family and mother prepares food for the entire family and similarly the children gets name and fame through their activities and that name and fame equally shares all the members of family.

In the traditional society, the father was the only breadwinner of the family and most of the family lives in the umbrella of joint family system. The pursuit of agriculture activities influenced them to live in the joint family and in such system along with male members the female members were also now and then worked in the field and all their income spent for the welfare of the entire family. When the society transformed from agrarian form of society to industrial form of society, the individuals are also started to migrate from rural and agrarian society to industrial society and that reflected in the institution of the family and due to that the nuclear form of family emerged in the society. Later on the industrial society transformed into urban society and in order to available the entire salient features of the urban society, the nuclear family requires minimum size of family members with one or two children.

In such nuclear form of family, husband, wife and their children are living together in a common roof. During the initial days of nuclear family, the father was the only earning member and the mother look after the children and household chores. Due to urbanization and modernization processes forces the family members to live with modern gadgets in order to ensure satisfactory life. Similarly the parents of the nuclear family nowadays started to provide a good schooling to their children and all these factors lead to women of the modern nuclear family to go for work and that is responsible for the emergence of new concept that is called ‘dual role’.

The concept ‘dual role’ means a person used to manage two roles simultaneously. When we apply this term for the women then they used to manage both the household chores as well as the job demands simultaneously. Once the women get marry then they face lot of challenges to concentrate effectively both the household chores as well as the job demand on simultaneously. These types of challenges also reflect in their satisfaction of marital life. It means that the women who would able to get support from other family members then they would able to success in their dual role carrier and at the same time when the women fails to get support from other family members then they would face lot of troubles to carry out the dual role carrier. These type troubles also affect their happy married life and marital adjustments. Both happy married life as well marital adjustments are essential for every woman and the family otherwise all the family members would able to live in stressful situation and that stressful life would able to spoil the entire environment of the family. Such environment also leads to marriage breakup and at last landed in divorce. But a considerable number of Indian families would continue their dissatisfactory married life without divorce and this type of family mostly existed in the rural India. In this paper the researchers analyse the marital adjustment of the working married women in Salem district of Tamil Nadu.
Review of Literature
Snyder and Lopez (2005) mentioned that if the married couples are very happy then they practice less stress and anxiety. Peleg (2008) concluded that longevity of married life is one of the indicators of the marital satisfaction. Agarwal (2001) made a study among the working and non-working women about their life satisfaction and the results revealed that non-working women have more life satisfaction than working women. Patil (2016) conducted a study among the 45 working and 45 not working women about their stress level and the results indicated that the working women have more stress than not working women. Husain et al. (2011) carried out a study among the working women and non-working women about the influence of employment status in influence to life satisfaction and self-esteem and results shows that the working women have more life satisfaction and low self-esteem than non-working women. Singh (2014) carried out a study on life satisfaction and stress level with 200 women which comprises of 100 working and another 100 non-working women and the results shown that there exists the significance difference between working and non-working women about life satisfaction and stress and it means that the working women have better life satisfaction and less stress that non-working women. Akbari (2012) conducted a study among the working and not working women about their role stress and life satisfaction and results revealed that the working women have higher life satisfaction than not working women and on the other hand the not working women have less role stress than working women. In this context the present study is an attempt to study the life satisfaction among working women in Salem district of Tamil Nadu with following methodological framework.

Methodology
The present study has two objectives and they are: a. To study the socio-economic status of the married working women in the study area of Salem District. b. To know the level of life satisfaction among the working women in the study area. For studying these two objectives, there are 50 married working women have been selected in the Sangeethapatti Village Panchayat at Omalure Taluk in Salem District of Tamil Nadu through purposive sampling method. In order to obtain the responses from the respondents, the researcher has used interview schedule and the interview schedule consists of socio-economic details of the respondents as well as the life satisfaction of the married working women. There are nine statements used to measure the respondents’ life satisfaction with five point scale, ‘strongly agree’, ‘agree’, ‘neutral’, ‘disagree’, ‘strongly disagree’ and the scores are assigned as mentioned above. In the present study, all the nine statements are positive and the scores are assigned as mentioned above. The responses of the respondents have been analysed through percentile score with the help of simple frequency table.

Results
Among the total respondents, 42 percent of the respondents are in the age category of 24-27 years, 32 percent of the respondents are in the age group of 27-32 years and 24 percent of the respondents are in the group of 21-24 years. While considering education of the respondents, 40 percent of the respondents are completed their schooling up to 6th -10th standard, 36 percent of the respondents are completed higher secondary standard and 24 percent of the respondents are completed the under graduation. With regard to occupation of the respondents, 36 percent of the respondents are coolie workers, 44 percent of the respondents are the farmers and 20 percent of the respondents were going for the private jobs. As far as the monthly income of the respondents, 32 percent of the respondents are earning between Rs.5000/- and Rs.9000/-, 44 percent are earning between Rs.10000/- and Rs.14000/- and remaining 24 percent of the respondents are earning between Rs.15000/- and Rs.20000/- per month. With regard to husband’s occupation, 40 percent of the respondents mentioned that their husband’s occupation is private job, 36 percent of the respondents indicated that their husband’s occupation is business and 24 percent of the respondents revealed that their husband’s occupation is coolie. While considering the respondents’ monthly income is concerned, 42 percent of the respondents’ husband’s income is between Rs.25000/- and Rs.35000/-, 34 percent of the respondents’ husband’s income is Rs.35000/- and above and remaining 24 percent of the respondents’ husbands’ incomes is between Rs.15000/- and Rs.25000/-. As far as the respondents’ family type is concerned, 56 percent of the respondents are in the type of nuclear family, 38 percent of the respondents are in the type of joint family and 6 percent of the respondents are in the type of extended family. With regard to family size, 28 percent of the respondents’ family size is up to 3 members, 50 percent of the respondents’ family size is 4-5 members and 22 percent of the respondents’ family size is up to 7 members. As far as the span of marital life, 34 percent of the respondents mentioned that their span of married life is 10 years and above, 28 percent of the respondents indicated that their span of married life is between 5 and 10 years and remaining 38 percent of the respondents revealed that their span of marital life is less than 5 years.

<table>
<thead>
<tr>
<th>Statements</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly disagree</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. In most ways my life is close to my ideal.</td>
<td>18 (36)</td>
<td>12 (24)</td>
<td>7 (14)</td>
<td>0</td>
<td>13 (26)</td>
<td>50</td>
</tr>
</tbody>
</table>
The above table shows that the perception of the respondents towards life satisfaction and it is measured with nine different statements with five point scale of ‘strongly agree’, ‘agree’, ‘neutral’, ‘disagree’ and ‘strongly agree’. For the specific statement ‘In most ways the respondents’ life is close to their ideal’, three fifth of the respondents (60 %) positively agreed and more than one-fourth of the respondents (26 %) strongly disagreed and remaining 14 per cent took neutral stand. With regard to the statement ‘the conditions of the respondents’ life are excellent’, three fifth of the respondents (60 %) positively agreed and 36 per cent of the respondents disagreed with the statement.

As far as the statement ‘Iam satisfied with my life’, nearly three fifth of the respondents (56 per cent) either strongly agreed or agreed, nearly one third of the respondents (30 %) either disagreed or strongly disagreed and remaining 12 per cent of the respondents expressed neutral opinion. With regard to the statement ‘Sofar Ihave got the important things which I want in my life’, 54 per cent of the respondents positively responded, 36 per cent of the respondents negatively responded and 10 per cent of the respondents took neutral stand.

As far as the statement ‘Those around me seem to be living better lives than my own’, 76 per cent of the respondents responded positively, 20 per cent of the respondents expressed neutral opinion and 4 per cent of the respondents responded negatively. With regard to the statement ‘My social relationships are supportive and rewarding’, 84 per cent of the respondents responded negatively, 8 per cent of the respondents positively responded, nearly one-third of the respondents responded negatively and remaining 14 per cent of the respondents expressed neutral opinion. While considering the statement ‘I am optimistic about my future’, more than two-third of the respondents (68 %) responded positively, 26 per cent of the respondents expressed negatively and remaining 6 per cent of the respondents took neutral stand. For the last statement ‘I am good person and live a good life’, 62 per cent of the respondents responded positively, 28 per cent of the respondents responded negatively and remaining 14 per cent of the respondents responded neutrally.

Conclusion

The present study aimed to understand the life satisfaction of the dual career married women in Sangeethapatty village panchayat of Omalur taluk in Salem district of Tamil Nadu. For this purpose 50 respondents selected in the study area through purposive sampling method and the respondents’ responses collected with the help of structured interview schedule. The results indicated that nearly 25 per cent to 40 per cent of the respondents responded negatively to almost all the statements. It shows that these respondents are not satisfied with their life. The life satisfaction is an important indicator for each and every one for their social, physical, mental and emotional well-being. These respondents are not only working for themselves but
they are working for the betterment of the entire family. Because whatever earning they earn from their work that amount they spent for the welfare of the family and this should be understand by the family members and they must come forward to support the working women.

**Limitations**

The present study is conducted only among the 50 respondents and that too they represent only one village panchayat. In order to generalize the results of the present study then it requires more respondents that should cover many areas.

**References**