



Psychological well being of married and unmarried woman With reference to their age group

DR. RENUKA BABUBHAI SOLANKI
M.A., DCCP, Ph.D.

Abstract:

Many researchers and theorists have argued that a person's psychological health and well-being require that needs are met. If needs are not met, the result is distress and attempts to compensate, both of which may lead to psychological problems. Thus, psychologists and others whose goal is to help people with psychological problems require a theory of important psychological needs. The main purpose of this research was to examine the Psychological Well being among woman with reference to their marital status, sample consisted of 120 women i.e. 60 Married woman and 60 Unmarried woman, and these two group (Married and Unmarried) were further divided into age group i.e. 25-35 and 35-45. For measuring above mentioned variables some tools were administered to the subject, The name of the tools is G.P.I. General Well-being Measure The obtained data were analyzed by appropriate statistically method 't' test. The result shows that there is significant difference found between Married and unmarried woman.

Keywords: *Psychological well being, Married woman, Unmarried woman, Age group*

1. Introduction

The word 'Well-being' is mostly used for specific variety of goodness, for example, living in good environment, being of worth for world, being able to cope with life, enjoying life, etc. Psychological well-being is a malleable concept which is concerned with an Individual's feelings about his daily life experiences. These feelings extend from negative state such as stress, worry unhappiness to more positive states which are not simply states of absence of worry or unhappiness but are states which are related to sound mental health and include favorable self-esteem and success Warr (1978). Johoda (1958) have also stated that such feelings may range from negative mental states or psychological strains such as anxiety, depression, frustration, emotional exhaustion, unhappiness, dissatisfaction, to a state which has been identified as positive mental health. The concept of psychological well-being and mental health focuses on ideal state emphasizing "positive well-being" of the world health organization charter rather than on disease, statistical or conformity criteria.

Although Wilson's (1967) description of the happy individual was accurate in a number of respects, a few of Wilson's conclusion have been overturned by subsequent research. In his review, Wilson concluded that youth is one of the most important demographic factors influencing well-being-younger people report more happiness than older people. Since the time of Wilson's review, others addressed the question of age and well-being using sophisticated methodologies and large, representative, international samples. Interviews with representative samples of people of all ages reveal that no time of life is notable happier or unhappy than others (Latten, 1989). This conclusion is reinforced by a 1980s survey of 169,776 people representatively sampled in 16 nations.

The correlate between marriage and well-being significantly even when variables such as age and income are controlled (Gove & Shin, 1989; Gove, Style & Hughes, 1990. Mastekaasa (1995), White (1992) and have reported positive relation between marriage and subjective well-being. The effects of marriage may differ for men and women (Mroczek & Kolarz, 1998; Lee, Seccombe, & Shehan, 1991).

A kind of controversy over the question whether marital satisfaction is more important to overall well-being of men and women has been reported by Gove & Shin (1989), Wood, Rhodes & Whelan (1989). Diener, Sapyta & Suh (1998) found that marriage held greater benefits for men and women who did not differ in life satisfaction. Jayashree (2000), Coombs (1991), Gove, Style & Hughes, (1990) and Kessler & Essex (1982) have reported that marriage acts as a buffer against the hardships of life and the emotional and economics support and hence, induces positive states of well-being. Headey, Veenhoven, & Wearing (1991) found significant causal influence of marital satisfaction on global life satisfaction. The influence of culture on the relation between subjective well-being and marital status has also been reported (Gohm, Oishi, Darlington, & Diener, 1998). Factors such as social change, cultural characteristics and age-specific expectations might affect the marriage and well-being link.

2. Problem of the study

The purpose of present investigation was to find out the married and unmarried woman as regards the psychological well being level.

3. Objective of the study

The main objectives of the study were as under:

1. To find out the significant differences of psychological well being between Married woman and Unmarried woman.
2. To find out the significant difference of psychological well being among woman with refer their age group.
3. To find out the significant differences of psychological well being among Married woman of 25 to 35 and 35 to 45 age group
4. To find out the significant differences of psychological well being among unmarried woman of 25 to 35 and 35 to 45 age group

4. Hypothesis

1. There is no significant difference of psychological well being between Married woman and Unmarried woman.
2. There is no significant difference of psychological well being among woman with refer their age group.
3. There is no significant difference of psychological well being among Married woman of 25- 35 and 35-45 age group.
4. There is no significant difference of psychological well being among Unmarried woman of 25- 35 and 35-45 age group.

5. Method

5.1 Sample

Researcher has purposefully selected 120 as sample from Bilimora city of Gujarat. Out of 120. 60 are selected from Married woman and 60 selected from Unmarried woman. Again, out of 60, 50% are age group of 25-35 and 50% are age group of 35-45 have been selected for both categories.

5.2 Tool

For this purpose, the following test tools were considered.

P.G.I. General Well-being Measure:

P.G.I. General Well-being measure was developed by Dr. Santosh K. Verma and Ms. Amita Verma in (1989). It consists with 20 items to be enclosed in yes or no format. This can be self administered or can be verbally answered also. Items are such that they do not cause any embarrassment to the subject in the presence of others. This scale is available in Hindi language too. The authors of Hindi medium are (Moudgil, Verma, Kaur and Kaur, 1986). A score of 1 is given for 'yes' and 0 for 'no' response. Thus, the range of scores may vary from 0 to 20. High score indicates better well-being. Test-retest reliability was measured by K.R. -20 formula and was found to be .98 (Verma and Verma, 1989) while

test re-test reliability was .91 for English Version and .86 for Hindi version (Moudgil et al. 1986). The test was correlated with a number of tests in different studies. The scale has showed relative independence of other variable as expected but showed significant relations with another well-being scale, with quality-of-life scale, (Verma et al, 1983, 1989) Mudgil (1986) GPI General Well-being scale is appended in Appendix-(I)C.

5.3 Procedure

The collection of data was spread over a period of 30 days. The researcher personally visited the selected Married woman and Unmarried woman of Bilimora, Gujarat, and the researcher took the permission of persons for administering the scales and fixed dates. On the schedule date the researcher met them and made clear to them the purpose of administration. The researcher sought their cooperation.

The instructions were explained by the researcher and the doubts were clarified. They were assured that their response will be used for research purpose only and will be kept confidential. They were suggested to give free frank and honest responses without any hesitation. The scales were administered to the. The scales were collected only after they were responded by the subject. After the completion of the administration the investigator conveyed her gratitude and thanks to the persons

6. Result and Discussion

Table No: 1 Showing the Mean, SD and ‘t’ value of Psychological well being between Married woman and Unmarried woman

Marital status	No.	Mean	SD	‘t’	Sig.
Married woman	60	17.63	3.03	2.29	0.05
Unmarried woman	60	16.17	4.97		

Table t value level 0.05 = 1.671 level 0.01 = 2.390 Significant levels 0.05

The above result table No. 1 we can see that t’ test was used to know the psychological well being between Married woman and Unmarried woman, here mean of the psychological well being of 60 Married woman is 17.63 & SD is 3.03, similarly mean of the Psychological well being of 60 Unmarried woman is 16.17 & SD is 4.97 different between their ‘t’ values is 2.29 it is significant with 0.05 level. Here null hypothesis is not accepted and result shows that the marital status does play a defining role in the psychological well being of Married woman and Unmarried woman.

Table No: 2 Showing the Mean, SD and ‘t’ value of psychological well being among woman with refer their age group.

Age Group of women	No.	Mean	SD	‘t’	Sig.
25-35	60	18.75	2.75	2.12	0.05
35-45	60	15.44	6.28		

Table t value level 0.05 = 1.671 level 0.01 = 2.390 Significant levels 0.05

The above result table No. 2 we can see that t’ test was used to know the psychological well being of woman among age of 25-35 and 35-45, here mean of the Psychological well being of 60 woman of age group 25-35 is 18.75 & SD is 2.75, similarly mean of the Psychological well being of 60 age group 35-45 is 15.44 & SD is 6.28, different between their ‘t’ values is 2.12 it is significant with 0.05 level. Here null hypothesis is not accepted and result shows that the age group does play a defining role in the psychological well being of woman

Table No: 3 Showing the Mean, SD and ‘t’ value of psychological well being among Married woman of 25- 35 and 35-45 age group

Married woman with refer their age group	No.	Mean	SD	't'	Sig.
25-35	30	15.54	4.82	0.99	N. S.
35-45	30	16.30	3.86		

Table t value level 0.05 = 1.697 level 0.01 = 2.247
 Significant levels 0.05

The above result table No. 3 we can see that t' test was used to know the Psychological well being among age of 25-35 of married woman, here mean of the Psychological well being of 30 married woman of age group 25-35 is 15.54 & SD is 4.82, similarly mean of the psychological well being of 30 married woman age group 35-45 is 16.30 & SD is 3.86 different between their 't' values is 0.99 it is not significant level. Here null hypothesis was accepted and result shows that the marital status of age group does not play a defining role in the psychological well being of Married woman age group of 25-35 and 35-45.

Table No: 4 Showing the Mean, SD and 't' value of psychological well being among Unmarried woman of 25- 35 and 35-45 age group

Unmarried woman with refer their age group	No.	Mean	SD	't'	Sig.
25-35	30	16.95	4.75	0.34	N. S.
35-45	30	17.25	3.39		

Table t value level 0.05 = 1.697 level 0.01 = 2.247 significant levels 0.05

The above result table No. 4 we can see that 't' test was used to know the psychological well being among Unmarried woman of age groups of 25-35 and 35-45. Here mean of the psychological well being of 30 women of 25-35 ages is 16.95 & SD is 4.75 similarly mean of the psychological well being level of 30 woman of 35-45 ages is 17.25 & SD is 3.39 and difference between their 't' values is .034. It is not significant with 0.05 levels. Here null hypothesis is accepted and result shows that the age group in unmarried woman does not play a defining role in the psychological well being of Unmarried woman age group of 25-35 and 35-45. Thus, the null hypothesis 4 which states "There is no significant difference of Psychological well being among Unmarried woman" is accepted.

7. Conclusion

Major findings of the present study are:

1. There is significant difference of psychological well being between Married woman and Unmarried woman.
2. There is significant difference of psychological well being among woman with refer their age group.
3. There is no significant difference of psychological well being among Married woman of 25- 35 and 35-45 age group.
4. There is no significant difference of psychological well being among Unmarried woman of 25- 35 and 35-45 age group.

References

1. Andrews, F.M. & Withey, S.B. (1976). Social indicators of well-being: America's Perception of life quality, New York, Plenum
2. Antoinette Le Roux 2008 University of South Africa an analysis of Psychological Well being from educational psychological Perspective
3. Boston, M.A., Reidel, Shmotkm, D. & Lomranz, J. (1998). Subjective well-being among Holocaust survivors: An examination of overlooked differences. Journal of Personality and

4. Haring, M.J., Stock, W.A., & Okun, M.A. (1984). A research synthesis of gender and social class correlates of subjective Well-being. *Human Relations*, 37, 645-657.
5. Laurel B. White 2004 University of Wisconsin-Stout the Psychological Well being and academic achievement of children raised by single parents.
6. Ryff, C.D. & Keyes, C.L.M. (1995). The structure of Psychology Well-being revisited. *Journal of Personality and Social psychology*, 69, 719-727.
7. *Social Psychology*. 75(1), 141-155.
8. Warr, R.B. (1978). A study of psychological well-being. *British Journal of Psychology*, Vol. 69, 111-121.