CHAPTER- IV
DESIGN AND METHODOLOGY

Design:

The present investigation was designed to a Comparative Study of Positive Self of Working and nonworking women.

For the proposed objective of the study 2*2 factorial design was used which include women variable. In which women variable varying in two categories (1) working (2) non working. These two categories further divided in two part (I) young [21-40 yrs]. (II) Adults [41-60 yrs]. There were four factors namely, young working women, adult working women, young non-working women, adults non-working. There were 40 subjects in each group i.e. in all 160 subjects participated in present study.

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<th>Working</th>
<th>Non-Working</th>
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<td>Young (21-40)</td>
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<td>Adult (41-60)</td>
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Sample: - For the Purpose of the present study, a sample of 160 married women was selected from Rohtak district based on availability. Eighty (80) of them belonged to an age range of 21-40 years and other 80 belonged to 41 to 60 years. In each age group, 80 women were working and other 80 were non-working.

Tools: The following tools were used for collecting the data to measure the variables of study self-esteem, satisfaction with life, self-confidence, happiness and life-orientation.

1. Agnihotri's self-confidence inventory:--. (ASCI) Agnihotri developed by this inventory. The inventory is self-administering in nature. The examiner may read in-group administration the instructions given in the test booklet aloud in order to facilitate starting at a time. There is no fixed time limit. It has 56 items. There are two-response categories (right and wrong) .ordinarily an individual takes 20 minutes to complete the inventory. The inventory can been scored by hand. A score of one is awarded for a response indicative of lack of self-confidence. The lower the score, seven and below the higher would be the level of self-confidence and 45 and above lower would be the level self-confidence. The norms have been prepared on a sample of 2074 individuals. It is standardized, reliable (.90) and valid (.82) test. self-confidence inventory has been provided in Appendix-1
2. **Self-esteem inventory:** - (SEI) self-esteem inventory to measure this construct a Hindi version of self-esteem inventory prepared by Mohall (1991) was used in the present study to measure the global self-esteem of the study. It consists of 20 items, which were selected from a pool of items of two pre-existing measures of self-esteem. In this inventory, 10 items were positive and other 10 items were negative. The subjects were asked to answer each item on a five points scale ranging from 'strongly agree to strongly disagree' with a possible range of scores from 20 to 100. Scoring weights were 5, 4, 3, 2, 1 for odd items and 1, 2, 3, 4, 5 for even items respectively. A high score indicates high self-esteem. The product moment correlation was found to be 0.91 (n=74) and 0.83 (n=74) respectively. These correlations indicated the criterion validity of the inventory. Self-esteem inventory has been provided in Appendix-2.

3. **Satisfaction with life scale:** - (SWLS) was developed by Diener, Emmons, Larson and Griffin (1980). To assess the life satisfaction of the subject. This scale is originally in English language and contains five items requiring a general evaluation of the respondent's life as a whole on a 7-points scale ranging from strongly disagree to strongly agree. Therefore, the total score may range from 5 to 35. Diener et al (1985) reported that their scale had a test-re test correlation coefficient of .82 (over a two month period) and a coefficient alpha of .87. Among the various available tests of life satisfaction, the SWLS was found to be brief, highly reliable and valid tool to tap life satisfaction. Hence, this tool was selected for the present study. However, since SWLS was also in English it was translated in Hindi for Hindi knowing respondents. The Pearson product moment correlation between original and translated version of SWLS was .92. The test-retest reliability coefficient of correlation (over-1 month interval) of SWLS was .80. The Hindi version of SWLS possesses adequate
reliability and validity. SWLS Hindi version has been provided in Appendix-4.

4. **Life orientation test-revised** :-( LOT-R) The test was developed to evaluate the dispositional optimism of the person, Scheier and Crver (1985). To assess the degree of optimism of the subject LOTR was used using a 5 points Likert type scale the respondent is requires to indicate the extent of their agreement with each item using the following response format: strongly agree to strongly disagree. The LOTR is a short instrument consisting of 6 items, (3 items are positive and 3 items are negative) Total score may range 6 to 30. It is standardized, reliable and valid test. Life orientation test-revised has been provided in Appendix-3.

5. **Happiness scale**: - In this test various type of faces are given. With the help of those, the feeling of a person in checked at the Time of giving answers of the question asked by him/her in these Performa. He subjects were given response on seven Point scale [1to 7].Happiness scale has been provided in Appendix-4.

**Procedure:**

The present investigation was conducted to study the positive aspect of women like self-confidence, self-esteem, life orientation and satisfaction with life. The administration to all the 160 identified subjects. The test was administered individually by approaching them at their respective working and living place. Researcher introduced herself as M.Phil student of dept. of psychology.
M.D. University Rohtak and purpose of research was explained to the every respondent before requesting him/her to provide information.

The procedure/instruction of testing was strictly according to the manual of the test and the some were explained at the times of administration. The entire tests were paper-pencil test and instructions for each test were provided separately in the Performa of the test.

When the subject(s) was (were) comfortable and ready for testing the following general instructions were given to the subject(s). I am going to give you a set of Performa. Before beginning the test enter your name, gender, age, background, education and organization in the space provided at the top of the Performa.

These tests are divided in to four parts. A number of statements that people use to describe their feeling and behavior. Please carefully read the directions for each before recording your responses. There are no rights and wrong answers. In responding to each statements give the answer that describes you best 'do you erase'. If you need to change your answers and then fill the correct one.

After giving the general instructions regarding the testing the selected tests were administered after ensuring that the subject (s) has (have) understand the method of reply. After the completion of administration, the test was taken back and it was ensured that the subject (s) had responded each item and in correct way.

Data of all subjects were collected by applying the some procedure generally one subject took about 20-30 minutes to complete these test. After the data collection
was over, the tests were scored as per the scoring pattern prescribed by their authors and or manuals. The obtained data were subjected to statistical analysis using “SPSS” software. First, select Analyze/General Linear Model/univariate. Enter as the dependent variable. Enter the fixed factors box in to right Choose the option button, select descriptive statistics, click continue. Click ok.

We may now pass on to the next chapter-V dealing with the results and discussion.