CHAPTER - 3

METHODOLOGY

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This chapter deals with the sampling details, the design, tests employed for the gathering data, procedure for conducting the study and the statistical methods to be used for analysis.

3.1 STATEMENT OF THE PROBLEM:

A study of Emotional states and Life satisfaction among working and non working women

3.2 SIGNIFICANCE OF THE STUDY

Liberalization, privatization and globalization have seen significant growth in employment opportunities for both men and women. This new found social status has effect on the psychological state of women as well as their adjustment towards various aspects of life.

This study will attempt to assess the stress level, depression, anxiety and other psychological states of Indian women. An insight into the economic, social and personal needs of women will go a long way in improving the mental health and coping abilities in them. In Indian society, in urban areas more and more women are sharing financial responsibility. In matters of decision making women are neglected and they are not consulted on important matters. Similarly there are no compromises as far as housework is concerned. They are expected to fulfill this responsibility also without any support from men. In organizations where women work they are not given critical support which is needed by women at the time of childbirth, or sickness.

Non working women are also required to take care of all household responsibilities. They suffer from fatigue, boredom, monotony and depression. There is a need to change the attitude of the society towards women so that they also live a normal purposeful life. Their important role should be appreciated and acknowledged and they should be given all type of support so that they can withstand the pressures on their lives and do not suffer from psychological problems.
The purpose of this study was to describe the emotional states and life satisfaction of working and Non-Working women.

3.3 THE OBJECTIVES OF THE STUDY ARE AS FOLLOWS:

- To study the level of emotional states of working and Non-working women.
- To study the level of Life Satisfaction of working and Non-working women.

3.4 HYPOTHESIS

The researcher has to make hypothesis about the problem of his research. The objectives & broad hypothesis is verified in the research. In the research, the hypothesis showing the difference between two variables is framed.

3.4.1 WHAT IS HYPOTHESIS?

Before starting rear studies, the researcher makes reference that some kind of results will be available allow the completion of research e.g. one research wants to study the effect of study on superstition. He can make a hypothesis that superstitions are more in less educates people than more educated people.

1. Hypothesis is such a proposition that the verification of it is emphases for its validity to be more clear, hypothesis is a problem, the answer to which remains to be found out.
2. Hypothesis is a tentative generalization the verification it remains to be done.

   Landberg G.A. (1952)

3. Hypothesis is an inferential statement about the relations between two variables.

   Karlingon (2001)
4. “Hypothesis is a statement to be examined the relations between two or more variables.

Macguin (1989)

3.4.2 THE FOLLOWING HYPOTHESIS WAS VERIFIED IN THIS STUDY

1) There is significant difference between working and Non-working women on the following dimensions of Emotional states:
   Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal
2) There is significant difference in life satisfaction of working and Non-Working women along the following dimension:
   a) Marital b) personal c) Social d) Job e) Health f) Economic
3) There is significant difference between High and low socio-economic status on Emotional states and its dimensions.
4) There is significant difference between High and Low Socio-Economic states on life satisfaction and its dimensions.
5) The socio-Economic status and work states would interact on emotional states and life satisfaction of women.

3.5 VARIABLES UNDER STUDY:

Independent Variable:

Women Status -
Working Women & Non-Working Women

Socio-Economic Status
High & Low

Dependent variables

Dependent variable of the result of the manipulation of independent variables. In this study there are two dependent variables
Dependent Variable
Emotional States & Life Satisfaction

Constant Variable
Urban women

3.6 OPERATIONAL DEFINITIONS

Woman
Woman play an important role in the entire structure of the society as almost half of the society is constituted by this segment of population and is also considered as one among the vulnerable groups. Women play multiple roles even in the adverse circumstances without caring for themselves.

Working woman
Working woman means – they work in bunt, teaching field and other professions. Many women work is our society because of economic necessity and for those who do a work of their liking. There is a price for what they achieve. Women have to deal with conflicting situations purchasing a career and taking care of their family.

Non-working woman
Non-working woman means they do not work in professions, they do work in their family.

Emotional States
It is the felling aspect of consciousness, characterized by a certain behavioral changes and cognitive changes.

Life Satisfaction
Life satisfaction in an over all assessment of felling and attitude about one's life at a particular point in time ranging from negative to positive.
3.7 Sample

For this research work an incidental purposive sampling technique was used. The sample consists of total 400 subjects from Aurangabad city including two groups i.e. 200 working women and 200 homemaker’s women. Both groups were made with equal number of low (n= 100) and high (n= 100) socio-economic status subjects. The age level, educational status and nativity of the subjects will be controlled to a certain extent i.e., age ranges between 25-45 years, educational status 10 + (School education) and all women of urban population. The socio-economic status determined by their family income and will assess by using SES Scale (Urban). The sample depicted as follows;

<table>
<thead>
<tr>
<th>Sample Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working</td>
</tr>
<tr>
<td>High SES</td>
</tr>
<tr>
<td>Low SES</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>

3.8 Designs:

The main purpose of the present study is to emotional states and life satisfaction of working non working woman and non-working woman. For that purpose the technique of factorial design was used. This is an ex-post-facto field study in which emotional states and life satisfaction of working and non working women in relation to their work status and socio-economic status was studied. To reach out the objectives of present investigation 2X2 factorial design was used as depicted below;
2 X 2 Factorial Designs

<table>
<thead>
<tr>
<th>B (SES)</th>
<th>Work status (A)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>A1 (working)</td>
<td>A2 (Non working)</td>
</tr>
<tr>
<td>B1 (High SES)</td>
<td>A1B1</td>
<td>A2B1</td>
</tr>
</tbody>
</table>

Where

A1 : Working Women  
A2 : Non-Working Women  
B1 : High Socio-Economic Status  
B2 : Low Socio-Economic Status  
A1B1 : Working women belongs to High SES.  
A1B2 : Working women belongs to low SES.  
A2B1 : Non-working women belongs to High SES.  
A2B2 : Non-working women belongs to Low SES.

### 3.8.1 WHAT IS FACTORIAL DESIGN?

Almost all experimental designs are complex. When the researcher wants to study simultaneously two or more independent variables, he selects factorial design, technique. He wants to study the interventional effects of these variables. When the study is conductor simultaneously of two independent variables. It is called two factor factorial design but what
the study is conducted about three independent variables, three factor factorial design is used.

Factorial design depend upon two dimensions (1) The number of independent variables (2) The number of each independent variable. If there are three independent variables out two levels, 2x2x2 factorial design is used. When there are three independent variables and three levels, the factorial design is called 3x3x3.

3.9 PSYCHOLOGICAL DEVICES:

1) Life Satisfaction Scale

To assess the life satisfaction of women, the LSS will be used, constructed by Dr. Q.G. Alam and Dr. Ramji Srivastava. National Psychological Corporation Agra. Life satisfaction scale develops by Q.G. Alam and RamjiSrivastava has been used to find out the adjustment problems faced by respondents in rapidly changing societies. 60 items related to six areas namely health, personal, economic, marital, social and job were put in the scale to test life satisfaction of respondents. The responses are to be given in yes/no. Yes responses indicate the satisfaction. It takes 20 minutes to complete the questionnaire. Test Retest reliability was computed after a lapse of 6 weeks. The obtained quotient was 0.84. The validity of the scale was 0.74 and 0.82. The scale has face as well as content validity also. Its reliability is determined by Test – Retest Method found to be 0.84 and validity is 0.74 it consists 60 items related to 6 areas of life.

2) The Trait-State Questionnaire

Form A and B The 8 SQ was designed specifically for measuring 8 emotional states and moods. Constructed by R.B. Cattell. Form A and form B form of 8 SQ contain 96 items, 12 of which measure each state.
Reliability co-efficients for 8SQ scale

<table>
<thead>
<tr>
<th>Scale</th>
<th>Co-efficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>94</td>
</tr>
<tr>
<td>Stress</td>
<td>96</td>
</tr>
<tr>
<td>Depression</td>
<td>97</td>
</tr>
<tr>
<td>Regression</td>
<td>96</td>
</tr>
<tr>
<td>Fatigue</td>
<td>95</td>
</tr>
<tr>
<td>Guilt</td>
<td>96</td>
</tr>
<tr>
<td>Extraversion</td>
<td>97</td>
</tr>
<tr>
<td>Arousal</td>
<td>94</td>
</tr>
</tbody>
</table>

Validity: concept validates of the 8 SQ scales.

<table>
<thead>
<tr>
<th>Scale</th>
<th>Form A</th>
<th>Form B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>62</td>
<td>58</td>
</tr>
<tr>
<td>Stress</td>
<td>86</td>
<td>47</td>
</tr>
<tr>
<td>Depression</td>
<td>58</td>
<td>90</td>
</tr>
<tr>
<td>Regression</td>
<td>55</td>
<td>96</td>
</tr>
<tr>
<td>Fatigue</td>
<td>90</td>
<td>84</td>
</tr>
<tr>
<td>Guilt</td>
<td>48</td>
<td>40</td>
</tr>
<tr>
<td>Extraversion</td>
<td>92</td>
<td>67</td>
</tr>
<tr>
<td>Arousal</td>
<td>84</td>
<td>72</td>
</tr>
</tbody>
</table>

3.10 STATISTICAL TECHNIQUES:

Following statistics will be used

- Descriptive statistics - Mean and SD.
- F test for 2 x 2 Analysis of variance technique
- Product moment correlation coefficient.

Procedure

3.1 PILOT STUDY

The Pilot study was conducted on 50 high school teachers as per sample distribution criteria from various organization which were intended
to decide the appropriateness of sample, tests used, coding method and the statistical procedures that will be used for final study.

### 3.12 MAIN STUDY

First of all the list of various companies and institutions situated in the city was prepared. For the selection of the sample various companies and institutions were visited one by one. The written permission was sought out from the respective individual after discussing the purpose of the present study. In order to finalize initial sample working and non working women were requested to fill the personal information schedule. On the basis of their information on personal schedule these women were randomly assigned into four groups as per sample distribution criteria. To obtain the data, selected sample was administrated on the Emotional states the State-Trait scale by R B Cattell and Life Satisfaction Scale constructed by Dr. Q. G. Alam and Dr. RamjiSrivastava. One test at a time was administrated in order to reduce fatigue and boredom effect. To fill the tests subjects were given general instructions about each test. Data were obtained by using particular scoring pattern standardized for each test.

### 3.13 STATISTICAL ANALYSIS

Data was analyses by (2x2) technique by finding out Anova (analysis of Variance). Such analysis gives us the main effect of independent variable and internal effects of the levels of independent variables.

The data was analyzed by suitable descriptive and inferential statistical techniques as follows-

#### 3.13.1 DESCRIPTIVE STATISTICAL

The mean (with graphical representation) and standard deviation for working and non working women from socio-Economic-Status (High & Low) on Emotional satisfaction and life satisfaction were analyzed.
Inferential statistical

To study the effect work state and socio-economic–status two way ANOVA (Analysis of Variance) were used. In order to study the correlation between Emotional state and life satisfaction in relation to work state and socio-economic-status, Correlation analysis was used in the present investigation.

3.13.2 WHAT IS ANOVA?

Anova is known as Analysis of variance. Anova Verifies the significances of difference of mean of two or more groups. Professor R.A.Fisher has examined the techniques of Anova. His pupil G.W.Snedecar has given the name of this technique as F-Ratio or F-Test in the honors of contribution of Fisher.

When F-test required? When we worth to verify the significance of difference of mean of three or four groups, ‘t’ test can be used but in such situation, much time is required to find out ‘t’. It we want to find out the significance of difference of fire groups, we have to find out 10‘t’. To eliminate this difficulty. Fisher has found out the technique of Anova.

In the present research, two way analysis of variance has been used. On the basis of above scores, the scores of emotional states is compared with the scores of life satisfaction of working and non working women belonging to High and low SES.

3.14 SUMMARY

For the present study, the selected sample of working and non working women was given emotional state scale and life satisfaction scale. On the basis of manual of these scales, the scores were worked out and with the help of statistical techniques, the result was verified.