CHAPTER 4

METHODOLOGY
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The present research deals with two different aspects of assessment i.e., perceived family environment and stress management. The intent of the author is to reveal the causal relationship of three independent variables i.e., family structure, perceived family environment and working status of women, with their stress management ability of women.

However, before starting the assessment of variables, the first step is to decide about the sample. Thus, in the present chapter elaboration will be made on the part of Sample, Tools, Research Design, and Procedure.

SAMPLE

A researcher has always a special concern regarding the sample of the study, which is a vital aspect of any research. The essence of sampling is appropriate representation of population to which researcher desires to make generalization. For the present research stratified random sampling technique was used.

Initially, a stratified incident sample of 600 married women ageing 31 to 45 years was selected from larger population of Raipur city. Out of these 600 women, 300 were working women and 300 were nonworking women. In both the groups one-half (n = 150) women were selected from nuclear family structure and another one-half (n=150) were selected from joint family structure.

On the basis of scores on the family environment scale, these women were classified into perceived good and perceived poor family environment groups.

A final stratified random sample of 240 women was selected for the present research. Thus, equal number (n = 30) of women were selected randomly in each of the 8 sub-groups i.e.,
1. Working women with perceived good family environment in nuclear family structure,
2. Working women with perceived poor family environment in nuclear family structure,
3. Working women with perceived good family environment in joint family structure,
4. Working women with perceived poor family environment in joint family structure,
5. Nonworking women with perceived good family environment in nuclear family structure,
6. Nonworking women with perceived poor family environment in nuclear family structure,
7. Nonworking women with perceived good family environment in joint family structure, and
8. Nonworking women with perceived poor family environment in joint family structure.

Care had been taken to select only those married women who were not living singly either due to divorce or husband’s death, or due to any other reason. The details of the final sample are provided in Table 1.

Table # 1: Details of the Final Sample

<table>
<thead>
<tr>
<th>Working Status</th>
<th>Nuclear Family Structure</th>
<th>Joint Family Structure</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Perceived Good Family Environment</td>
<td>Perceived Poor Family Environment</td>
<td>Perceived Good Family Environment</td>
</tr>
<tr>
<td>Working Women *</td>
<td>n = 30</td>
<td>n = 30</td>
<td>n = 30</td>
</tr>
<tr>
<td>Nonworking Women*</td>
<td>n = 30</td>
<td>n = 30</td>
<td>n = 30</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>60</td>
<td>60</td>
</tr>
</tbody>
</table>

* Working women meant who worked outside of/or inside their homes to earn, and nonworking women meant who were not economically or gainfully employed and were totally involved in household job as a homemaker.
TOOLS

It has already been stated that the present study dealt with two different aspects of assessment i.e., perceived family environment and stress management. The tools used for the purpose are described here below.

1. Assessment of Perceived Family Environment

In the present study, the Family Environment Scale (Bhatia & Chadha, 1993) was used to measure perceived family environment of the respondents. This Family Environment Scale is based on the Family Environment Scale by Moos (1974) and consists of three dimensions which comprise total eight sub-scales and total 69 items out of which 41 are positive and 28 are negative items. All the items have five response options – Strongly Agree, Agree, Neutral, Disagree, and Strongly Disagree.

Split-half reliability was determined for the scale. The reliability coefficient of the whole test was estimated using the ‘Spearman-Brown Prophecy Formula’. Overall test-reliability coefficient is 0.95. Both face and content validity were tested by giving the scale to eighteen experts to evaluate the test items. Only those items with at least 75 percent agreement among the judges were retained. For content validity, the dimensions of family environment were selected and clearly defined for the purpose of measuring the specific aspect of the family environment. These definitions were also subjected to the judgment of the eight experts in the first step, and five experts in the second step. The specific norms and qualitative norms for sample of age range of 17 to 50 years are provided.

2. Assessment of Stress Management

Stress Resistance Scale constructed and standardized by Ajawani & Varwandkar (2010) was used to assess stress management ability of women.

The test is comprised of two parts. In the first part, there are total 15 items. All the items are framed in the form of positive or negative statement. The positive
items on the scale are of nos. 1, 2, 6, 7, 8, 9, 10, 11, 12, 13, 14, and 15 and the negative items on the scale are of nos. 3, 4, and 5. The respondent has to put a tick mark (✓) out of given five response options i.e., ‘Always’, ‘Usually’, ‘Sometimes’, ‘Rarely’, and ‘Never’ on each item. For negative items a score of ‘1’ is allotted to the response ‘always’, a score of 2 to the response ‘usually’, a score of 3 to the response ‘sometimes’, a score of 4 to the response ‘rarely’ and a score of 5 is allotted to the response ‘never’. Reverse pattern of scoring is used for the positive items. Thus, the highest score in the first part of the scale is 75 and the lowest score is 15.

In the second part, certain situations have been presented through every item and as a response to them, three different behaviour options are mentioned namely ‘A’, ‘B’, and ‘C’. The respondent has to select one behaviour option to each situation. Option ‘A’ has been allotted score of ‘1’, option ‘B’ has been allotted score of ‘2’, while option ‘C’ has been allotted score of ‘3’. There are total 15 items in the second part also. The highest score on the second part is 45 and the lowest score is 15.

Combining the scores obtained from both the parts, the highest score on this test is 120 and likewise the lowest score on this test is 30. Higher score on the scale is indicative of high stress resistance level. The test is highly reliable and valid and the coefficients ranging from .68 to .87 are significant. The raw scores can be converted into percentile norm.

**RESEARCH DESIGN AND PROCEDURE**

A 2x2x2 factorial design was used in the present research to observe independent and joint effect of family structure, perceived family environment and working status of women on their stress management. A total of 30 subjects were drawn from each of the eight sub-groups, already described in the sample section, formed on joint basis of three independent variables i.e., family structure (nuclear and joint family), perceived family environment (good and poor), and working status (working and nonworking). An outline of the design of the present research is given in Table 2.
Table # 2: An Outline Of The Research Design

<table>
<thead>
<tr>
<th>Working Status</th>
<th>Nuclear Family Structure</th>
<th>Joint Family Structure</th>
<th>Dependent Variable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Perceived Good Family Environment</td>
<td>Perceived Poor Family Environment</td>
<td>Perceived Good Family Environment</td>
</tr>
<tr>
<td>Working Women</td>
<td>n = 30*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nonworking Women</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* There would be equal number of randomly selected respondents in each cell

Data were collected in three steps. In the first step, a larger incidental population of women was contacted through various sources i.e., school, college, bank, social club, and social party or through direct contact. A stratified incidental sample of 600 married women ageing 31 to 45 years was selected. Out of these 600 women, 300 were working and 300 were nonworking women. In both the groups 150 women were selected from nuclear family structure and 150 women were selected from joint family structure. In the second step, these women were administered a family environment scale and on the basis of $Q_3$ and $Q_1$, statistics on scores of the scale, these women were classified into two groups i.e., perceived good family environment (score above $Q_3 = 279$), and perceived poor family environment (score below $Q_1 = 239$). In this way, total 8 sub-groups were formed on the basis of two family structures (nuclear and joint), two perceived family environment (good and poor), and two working status levels (working and nonworking women).

Thirty women were randomly selected in each of eight sub-groups. Thus, a total of 240 women served as the final sample in the present investigation, who were administered stress resistance scale to seek scores for stress management ability of women, which served the base for further computations.