CHAPTER IV
The present exploratory study is about working women staying in hostels in Coimbatore city. The population of the study consists of 334 working women from different types of occupations. The researcher used the valid and reliable tools of data collection to measure the level of adjustment problems, the level of life satisfaction, the level of insecurity feelings and the religious attitude. For this the researcher used adjustment inventory (Ramamurthi, 1968), Life-satisfaction Index-2 (Havighurst, 1971), Security-Insecurity Inventory (Govind Tiwari and Singh, 1975) and Religious Attitude scale (Rajamanickam, 1975). Statistical measures such as chi-square, correlation coefficient, ANOVA, multiple regression and partial tables were used to find out the association or relationship between the variables. This chapter also includes a brief summary of important findings of the present study. In addition, the implications of the present study and suggestions for future research in this area are also discussed.

For the purpose of statistical testing the following null hypotheses were formulated by the researcher.
In section III of chapter third the association tables have been presented only for significant results (except one). Therefore in the testing of null hypotheses tables are not mentioned in most of the cases. Wherever significant results have been arrived, the table number are mentioned.

1. NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS-1

   More the age of the working women higher is the level of adjustment problems.

   To test this hypothesis chi-square test was applied. The results show that there is a significant association between age and emotional adjustment problem, age and social adjustment problem, age and home adjustment problem and age and overall adjustment problems. Hence in these cases the null hypothesis is rejected (Table 28, 29, 30 and 31).

2. NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 2

   More the age of the working women lower is the level of life satisfaction.

   It is clear from the statistical results that there is no significant association between the age and the level of life satisfaction. Hence the null hypothesis is accepted.
3. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 3**

   More the age of the working women higher is the level of insecurity feelings.

   The statistical results indicate that there is a significant association between the age and the level of insecurity feelings. Hence the null hypothesis is accepted.

4. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 4**

   There is no significant association between the age and religious attitude of working women.

   Test results reveal that there is no significant association between these two variables. Hence, the null hypothesis is accepted.

5. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 5**

   Higher the educational level of the working women higher is the level of adjustment problems.

   In terms of health adjustment problem, emotional adjustment problem and home adjustment problem, there is significant association between these three and the variable education. This is evident from the results of the chi-square value. Therefore the null hypothesis is rejected for these variables (Table 35, 36 and 37).
6. NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 6

Higher the educational level of the working women lower is the level of life satisfaction.

The chi-square value reveals that there is a significant association between the educational level of the working women and the level of life satisfaction. Hence the null hypothesis is rejected (Table 38).

7. NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 7

Higher the educational level of working women higher is the level of insecurity feelings.

From chi-square value it is clearly understood that there is a significant association between high education level and low level of insecurity feelings. Hence the null hypothesis is rejected (Table 39).

8. NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 8

There is no significant association between the educational level and religious attitude of the working women.

It is revealed that there is no significant association between these two variables. hence, the null hypothesis is accepted.
9. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 9**

Higher the monthly income of the family of the working women, higher is the level of adjustment problems.

As regards this hypothesis it is revealed that there is no significant association between the monthly income of the family of the working women and the level of adjustment problems. Hence the null hypothesis is accepted.

10. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 10**

Higher the monthly income of the working women lower is the level of life satisfaction.

There is no significant association between the monthly income of the family of the working women and the level of life satisfaction. Hence the null hypothesis is accepted.

11. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 11**

Higher the monthly income of the family of the working women higher is the level of insecurity feelings.

It is evident from the results of chi-square value that there is a significant association between monthly family income and low level of insecurity feelings. Hence the null hypothesis is rejected (Table 43).
12. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 12**

There is no significant association between monthly income of the family of the working women and religious attitude.

Since there is a significant association between these two variables the null hypothesis is accepted.

13. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 13**

Higher the level of adjustment problems higher is the level of life satisfaction of the working women.

To test this hypothesis correlation coefficient was applied. The results show that there is negative correlation between these two variables. Hence the null hypothesis is rejected (Table 47).

14. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 14**

Higher the level of adjustment problems, lower is the level of insecurity feelings of the working women.

It is understood that the level of adjustment problems and the level of insecurity feelings have high positive relationship. Hence, the null hypothesis is rejected (Table 47).
15. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 15**

There is no significant relationship between the level of adjustment problems and religious attitude of the working women.

The correlation between these two factors is negative but it has no statistical significance. Therefore the null hypothesis is rejected (Table 47).

16. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 16**

There is no significant inverse relationship between the level of life satisfaction and level of insecurity feelings of the working women.

The result of correlation coefficient test reveals that there is inverse relationship between life satisfaction and insecurity feelings. Hence the null hypothesis is rejected (Table 47).

17. **NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 17**

There is no significant relationship between the life satisfaction and religious attitude of the working women.

The correlation result shows that there is no significant relationship between life satisfaction and
religious attitude of the working women. Hence the null hypothesis is accepted (Table 47).

18. NULL HYPOTHESIS FOR RESEARCH HYPOTHESIS - 18

There is no significant relationship between the level of insecurity feelings and religious attitude of the working women.

The correlation results show that there is a negative relationship between these two variables but it is statistically insignificant. Hence the null hypothesis is accepted (Table 47).

SALIENT FINDINGS OF THE PRESENT EXPLORATORY STUDY

SOCIO-ECONOMIC ASPECTS

1. A majority of the working women are in the age group of 25 and below. The mean age is 23.3 years.
2. Most of the working women follow Hindu religion.
3. A little over half of the working women belong to backward community.
4. An overwhelming majority of the working women are unmarried.
5. A great proportion of working women are well educated.
6. Nearly one third of the working women hold clerical type of job.
7. A large majority of the working women have less than five years of experience in their job.
8. A little less than three fourth of the working women draw a salary of Rs.2500 and below.

9. A good majority of the working women hail from nuclear family.

10. A vast number of working women belong to families with an income range upto Rs.5000.

11. Over half of the working women do not have any dependent in their family.

TEST VARIABLES

12. Exactly half of the working women have moderate level of health adjustment problem.

13. Less than half of the working women have moderate level of emotional adjustment problem.

14. Less than half of the working women have moderate level of self adjustment problem.

15. Social adjustment problem is also found to be at moderate level with less than half of the working women.

16. About two fifth of the working women have moderate level of home adjustment problem.

17. A little over half of the working women have moderate level of overall adjustment problems.
18. A small fraction of working women alone have less life satisfaction and others have moderate and high level life satisfaction.

19. Slightly less than half of the working women have moderate level of insecurity feelings.

20. A large proportion of the working women hold neutral attitude towards their religion.

**ASSOCIATION BETWEEN PERSONAL VARIABLES AND TEST VARIABLES**

21. There is no significant association between religion and home adjustment problem.

22. There is no significant association between religion and insecurity feelings.

23. There is a significant association between religion and religious attitude.

24. There is a significant association between salary and home adjustment problem.

25. There is a significant association between type of family and health adjustment problem.

26. There is a significant association between type of family and self adjustment problem.

27. There is a significant association between number of dependents and health adjustment problem.

28. There is a significant association between number of dependents and home adjustment problem.
29. There is a significant association between number of dependents and overall adjustment problems.

ANALYSIS OF INTERRELATION BETWEEN VARIABLES

30. There is a true relationship between life satisfaction and insecurity feelings when the overall adjustment problems are controlled.

31. Change in one variable contributes towards the change in other variables either positively or negatively.

IMPLICATIONS OF THE STUDY

The significant findings of the present exploratory study reveal that most of the working women have moderate level of adjustment problems in areas like health, home, emotion, self and social.

It could be suggested that arrangement could be made to provide comprehensive medical care focussing on preventive, curative and primitive aspects of health care. Such facilities may be arranged at the workspot or at the hostels. Merely arranging such comprehensive medical care facility will not serve the purpose. To achieve the goal, working women should be given health education regarding the need and importance of periodical medical checkup. Moreover, hostel authorities may be educated to consult a dietitian or qualified nutrition expert for preparing the menu. This
however, does not mean that they have to provide costly and luxurious menu to the inmates. Balanced, nutritious, simple food with more calories at a reasonable economic cost may be provided to the inmates. For this also, the authorities have to solicit the will and cooperation of the inmates. Hence, adequate health education must be given to the hostel inmates.

The working environment and the hostel environment sometime may not provide conducive atmosphere and may create frustration and conflict. This may finally induce greater amount of stress on the working women causing occasionally either psychosomatic or functional or non-organic reactions. The symptom manifestations may include poor quality of sleep inadequate take of food, imitation and restlessness which may in turn influence the productive and creative skills of individuals. Hence, arrangements could be made to conduct sessions on relaxation and yoga at micro level either at the organizations or at the hostels depending upon the resources. Further facilities for recreation in different forms may also be provided if possible.

As discussed earlier one could find a gradual transition taking place in social and personal life of working women. This also may try to influence the values,
philosophy and attitude. When one faces such transition period in one's life, irrespective of age, sex and marital status adequate preparation of the individual to face such life satisfactions is required. To meet this requirement, courses on individual development and courses on family life education may be organised for the benefit of the working women. Such orientation courses/training programmes may enable the working women to re-orient their values and life style depending upon the life situation. Moreover, they become the source of re-socialization and behaviour modification for working women and improve their quality of life in general, with minimum stress and conflicts.

Inspite of the above mentioned arrangements, there may be occasions where the individuals may require individual counselling and family counselling sessions. For this purpose, the facilities available at family counselling centres may be extended to working women at their workspot or hostels. The services of trained social workers may also be availed to solve the problems of the working women.

SUGGESTIONS FOR FUTURE STUDY

Taking into considerations the limitations of the present exploratory study and the important findings as well, the following suggestions are offered with a view to gaining more and accurate insight about working women.
1. The present exploratory study may be repeated at state and National level to make broader generalisations. This will enable the social workers, behavioural scientists and the government (state and central) to understand the working women and their problems, if any in a factual and realistic way.

2. Indepth specific research studies on various problems of working women may be studied.

3. Experimental studies probing the reasons and causes for insecurity feelings and adjustment problems of working women may be conducted.

4. A comparative study of housewives and working women both staying at hostels may be carried out.

5. A comparative study of working women staying at home and working women staying at hostels may also be considered.

6. A comparative study of working women with different marital status (married, unmarried, separated and divorced) may be attempted.

7. A comparative study of working women in organised and unorganised sectors may be explored.

8. It would be interesting to make a comparative study of working women and working men controlling certain factors or variables.