FINDINGS, SUGGESTIONS AND SUMMARY

This chapter attempts to briefly refer to the cumulative findings as the final outcome of the study and as a point of reference for drawing appropriate inferences, conclusion and projection in the future perspective of the wives of fishermen. Various statistical tests were applied to find out the difference, relationship and the association between variables. This chapter also adds up the suggestions for future exploration.

The following findings are arrived at after careful analysis of the collected data.

Findings Related to Hypothesis

Null Hypothesis for Research Hypothesis – 1

There is no significant relationship between the level of anxiety and the level of insecurity feelings of the respondents.

Karl Pearson’s co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the level of anxiety and the level of insecurity feelings of the respondents. Hence the null hypothesis is rejected. (Table : 76)

Null Hypothesis for Research Hypothesis – 2

There is no significant relationship between the level of anxiety and the level of depression of the respondents.

Karl Pearson’s co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the level of
anxiety and the level of depression of the respondents. Hence, the null hypothesis is rejected. (Table :76)

**Null Hypothesis for Research Hypothesis – 3**

There is no significant relationship between the level of anxiety and the level of adjustmental problem of the respondents.

Karl Pearson’s co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the level of anxiety and the level of adjustmental problems of the respondents. hence the null hypothesis is rejected. (Table :76)

**Null Hypothesis for Research Hypothesis – 4**

There is no significant relationship between the level of anxiety and the level of life satisfaction of the respondents.

Karl Pearson’s co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the level of anxiety and the level of life satisfaction of the respondents. Hence the null hypothesis is rejected. (Table :76)

**Null Hypothesis for Research Hypothesis – 5**

There is no significant relationship between the level of insecurity feelings and the overall depression of the respondents.

Karl Pearson’s co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the level of
insecurity feelings and the overall depression of the respondents. Hence the null hypothesis is rejected. (Table :76)

**Null Hypothesis for Research Hypothesis – 6**

There is no significant relationship between the level of insecurity feelings and the overall adjustmental problem of the respondents.

Karl Pearson's co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the level of insecurity feelings and the overall adjustmental problem of the respondents. Hence the null hypothesis is rejected. (Table :76)

**Null Hypothesis for Research Hypothesis – 7**

There is no significant relationship between the overall depression and the overall adjustmental problem of the respondents.

Karl Pearson's co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the overall depression and the overall adjustmental problem of the respondents. Hence the null hypothesis is rejected. (Table :76)

**Null Hypothesis for Research Hypothesis – 8**

There is no significant relationship between the overall depression and the level of life satisfaction.

Karl Pearson's co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the overall
depression and the level of life satisfaction. Hence the null hypothesis is rejected. (Table :76)

Null Hypothesis for Research Hypothesis – 9

There is no significant relationship between the overall adjustmental problem and the level of life satisfaction.

Karl Pearson's co-efficient of correlation test was applied to test the above hypothesis and it is inferred that there is a significant relationship between the overall adjustmental problem and the level of life satisfaction. (Table : 76)

Findings Related to Socio-Demographic Characters

1. Nearly half (49.3%) of the respondents are illiterates.

2. An absolute majority (75.7%) of the respondents belong to Hindu religion.

3. An absolute majority (79%) of the respondents belong to nuclear family.

4. Almost all (97%) of the respondents suffer due to poor economic condition.

5. Almost all (96%) of the respondents are in debts.

Findings Related to Various Areas of Key Variables

1. More than half (53.3%) of the respondents are undergoing high level of anxiety.

2. Half (50.3%) of the respondents are undergoing high level of insecurity feelings.
3. Nearly half (44%) of the respondents are having higher level of depression.

4. Half (50%) of the respondents are experiencing higher level of adjustmental problem.

5. Majority (61.3%) of the respondents are experiencing low level of life satisfaction.

**Findings Related to Significant Association / Difference / Relationship with Reference to Anxiety**

1. There is no significant association between the family system, economic status, and economic management of the respondents with regard to the level of anxiety. However there is a significant association between the type of boat and the level of anxiety of the respondents.

2. There is no significant difference between religion, respondents awareness about Government schemes with regard to the level of anxiety.

3. There is no significant difference among various educational qualification of the respondents with regard to anxiety.

4. There is a significant difference among the various bad habits of the spouses, financial administration among the fisherfolk, decision making among the fisherfolk and the respondents level of anxiety.

5. There is no significant relationship between anxiety and selected socio-economic variables of the respondents namely age, number of children and income.
Findings Related to Significant Association / Difference / Relationship with Reference to Level of Insecurity Feelings

1. There is no significant association between the type of family, economic status, economic management with regard to insecurity feelings of the respondents.

2. There is no significant difference between religion, educational qualification, various bad habits of the spouses and awareness about the Government schemes with regard to insecurity feelings of the respondents.

3. There is a significant difference among the financial administration and decision making of the fisherfolk with regard to insecurity feelings of the respondents.

4. There is no significant relation between selected socio-economic variables namely age, number of children, income with regard to insecurity feelings of the respondents.

5. There is a significant association between the type of boat with regard to insecurity feelings of the respondents.

Findings Related to Significant Association / Difference / Relationship with Reference to Level of Depression

1. There is no significant association between the type of family of the respondents and various dimensions of depression.

2. There is a significant difference between the religion of the respondents and depression in the dimension of pessimism. However there is no significant
difference between the religion of the respondents and various dimensions of depression.

3. There is a significant difference between the educational qualification and the level of depression in the dimension of guilt, suicidal ideas, social withdrawal. However, there is no significant difference between the educational qualification and the level of depression in the dimension of sadness, pessimism, sense of failure, dissatisfaction, expectation of punishment, self dislike, self accusation, crying, irritability, indecisiveness, body image, work retardation, insomnia, fatigability, anorexia, weight loss, preoccupation, loss of libido.

4. There is a significant association between the economic status of the respondents and the level of depression in the dimension of indecisiveness. However, there is no significant association between the economic status of the respondents and the level of depression in the dimension of sadness, pessimism, sense of failure, dissatisfaction, guilt, expectation of punishment, self dislike, self accusation, suicidal ideas, crying, irritability, social withdrawal, body image, work retardation, insomnia, fatigability, anorexia, weight loss, preoccupation, loss of libido on the whole there is no significant association among the economic status and the level of depression.

5. There is a significant association among the fisherfolks economic management at home and depression in the dimension of indecisiveness. However, there is no significant association among the fisherfolks economic management and depression.
6. There is a significant difference among the fisherfolks financial administration with regard to depression in the dimension of sadness, sense of failure, dissatisfaction, guilt, expectation of punishment, self dislike, self accusation, suicidal ideas, crying, irritability, social withdrawal, indecisiveness, body image, work retardation, insomnia, fatigability, anorexia, weight loss, preoccupation, loss of libido. On the whole there is a significant difference among the financial administration and the level of depression. The mean score shows that higher level of depression is experienced by the respondents when financial administration is done by both (respondents and her spouse). However there is no significant difference among the financial administration and pessimism.

7. There is a significant difference between the respondents decision making with regard to various dimensions of depression such as sadness, pessimism, sense of failure, dissatisfaction, guilt, expectation of punishment, self dislike, self accusation, suicidal ideas, crying, irritability, social withdrawal, body image, work retardation, insomnia, fatigability, anorexia, weight loss, preoccupation. On the whole there is a significant difference among decision making with regard to depression. However there is no significant difference among decision making with regard to depression in the dimension of indecisiveness and loss of libido.

8. There is a significant difference between the respondents awareness about the Government schemes with regard to various dimensions of depression. However these exists no significant difference between the respondents
awareness about the Government schemes and depression in the dimensions of expectation of punishment, suicidal ideas and loss of libido.

9. There is a significant difference between the respondents type of boat and the various dimensions of depression. However there exists no significant association between the type of boat and depression in the dimensions of pessimism, dissatisfaction, self dislike, social withdrawal, indecisiveness, loss of libido, anorexia.

10. There is no significant correlation between the age of the respondents and depression in various dimensions. On the whole there is no significant correlation between age and depression. However there is a significant correlation between age and depression in the dimension of expectation of punishment, irritability and preoccupation.

11. There is no significant correlation between the number of children and depression in various dimensions. On the whole there is no significant correlation between the number of children and depression. However there is a significant correlation between the number of children and their preoccupation.

12. There is no significant relation between income of the respondents and depression in various dimensions. On the whole there is no significant relation between income and depression. However there is a significant relation between income and depression in the dimension of preoccupation.
Findings Related to Significant Association / Difference / Relationship with Reference to Level of Adjustmental Problem

1. There is no significant association between the respondents type of family, educational qualification, economic status, economic management, age, number of children, income level with regard to the adjustmental problem in the areas of health, emotional, self, home and social. On the whole there is no significant association between the type of family and adjustmental problems.

2. There is no significant association between religion, financial administration of the respondents and the level of adjustmental problem. On the whole there is no significant difference between religion and adjustmental problem. However there exists a significant difference between religion and adjustmental problem in the dimension of health.

3. There is a significant difference between the fisherfolks decision making, awareness about Government schemes and adjustment. On the whole there is a significant difference between decision making and adjustment. However there exists no significant difference between decision making and self.

4. There is a significant difference between the bad habits of the spouses of the respondents and adjustmental problem. On the whole there is a significant difference between the bad habits and adjustmental problem. However there exists no significant difference between the bad habits of the spouses and social.

5. There is a significant difference between the type of boat and adjustment. On the whole there is a significant difference between type of boat and
adjustment. However there exists no significant difference between the type of boat with regard to self and home.

Findings Related to Significant Association / Difference / Relationship with Reference to Level of Life Satisfaction

1. There is no significant association between the type of family, religion, educational qualification, economic status, economic management, financial administration, decision making of the respondents and the level of life satisfaction.

2. There is no significant association among the type of family, religion, educational qualification, economic status, economic management, financial administration, decision making, awareness about the Government schemes, age, number of children, income of the respondents and the level of life satisfaction.

3. There is a significant association among bad habits, type of boat with regard to the level of life satisfaction.

Suggestions / Implications of the Study

A careful examination of the factual data at the present descriptive study indicates that most of the wives of fishermen manifest higher level of anxiety, insecurity feelings, depression, adjustmental problem and low level of life satisfaction.

1. More than half of the respondents experience higher level of anxiety due to their poor socio economic condition. If the fishery department comes forward
to educate the fishermen about modern fishing and also by providing them loans at lesser interest, they can procure good quality fishing equipments at lower rates. Thereby they can improve their fish catch and the economy and thereby their socio economic status. At the same time using modern crafts are safer than the traditional crafts due to sound mechanical system.

2. Since majority of the respondents lead nuclear family set up, after their spouses set out to sea, women become responsible for children, financial administration, decision making etc. More than that they know that life at sea is a risky job and accept it as part and parcel of fishing. More over they worry about their spouses safe return from sea. All these push them to a state of insecurity. So programmes like personality development, home management, budgeting, self dependency, decision making, self confidence, etc. can be conducted to buildup their confidence and positive attitude to life and their job.

3. During lean season, fishermen do not go for fishing. So enabling them to learn some other occupation, will be useful for them, to earn money during this season.

4. Non governmental organisations can think of starting self help groups in these fishing villages.

5. Income generation programmes like embroidery, various hand crafts, pickle making, cards making, gem cutting, etc can be organized by the government for the women.
6. Half of the respondents perceive higher level of adjustmental problem. Courses on “Adjustment in life, family management, family life education may be organized both for the fishermen and their wives. This will enable them to gain an insight in their mutual understanding and their family mental health at large. Such attempts to promote the family’s mental health may minimize the level of adjustmental problem of the women.

7. Majority of the respondents experience low level of life satisfaction. Counseling centers must be established inside the community itself. It can help them to share and discuss their grievances on problems. This will make them feel psychologically good.

8. There is a great need to improve the living condition of the fisherfolk. Efforts should be made to provide basic infrastructural facilities, like pucca road, proper housing, drinking water supply, sanitation facilities, transportation, schools and medical facilities etc.

9. Importance should be given to improve the educational status of the fishermen community. Implementation of primary school and adult education programme may play an important role in improving the socio economic status of the fishermen.

10. Fishing is one of the Worlds most dangerous occupation where more number of deaths happen every year due to natural calamity. It is suggested that the women who lost their spouses need to be met with the help of crisis intervention technique. This technique will help in bringing these women back
to their normal living. For this a 24 hour “CRISIS CELL” may be established in all the fishermen community.

**Social Work Intervention**

The wives of fishermen face more struggles and still do sacrifices for the welfare of their family. As their men get out to sea, these women experience anxiety, insecurity feeling, depression, adjustmental problem and low level of life satisfaction. Hence the role that must be played by the social workers could prove to be very vital.

1. Social workers could urge the Government to establish counseling centers in the fishermen community. These centers could be provided with trained counsellors to render professional help and support to the women and their families.

2. Awareness programme could be conducted by the social workers on literacy, health and hygiene, importance of savings, alcoholism and Government schemes for the welfare of the fisherfolk, modern techniques involved in catching fish etc.

3. Periodic workshops and seminars could be organized by the social workers to all other Government / non – Government personals related to fisherfolk.

4. The research study reveals that nearly half of the respondents have high level of depression. The solution to this problem would be conducting the direct methods of social work like case work and group work.
5. Social work institutions can adopt the nearby fishermen community and can make frequent visits and can render their services to the upliftment of fisherfolk.

6. Social work institutions can choose the fishing village for their student’s field work placement and block placement.

7. Non Governmental organisations can adopt the fishing villages and can take efforts to develop this fisherfolk.
Summary

The present descriptive study was taken with a view to understand the socio-demographic characteristics like anxiety, insecurity feelings, depression, adjustmental problem and life satisfaction of the respondents. Relevant tools for collecting the data were adopted to study the above mentioned dimensions. 300 respondents were taken as the sample by adopting stratified (proportionate) random sampling procedure for the present study. To analyse some of the psychological aspects of the wives of fishermen community, standardized tools were used in this study namely

i) Taylors Manifest Anxiety State (Revised) 1935.

ii) Security / Insecurity Inventory – Govind Tiwari and Singh (1975)

iii) Beck’s Depression Inventory (1988)

iv) Adjustmental Problems Inventory – Ramamoorthy (1968)

v) Life Satisfaction – Anantharaman (1980)

The data collected were systematically processed and analysed and presented in the form of tables and diagrams to draw meaningful inferences. In the present study the researcher has also applied various statistical tests such as chi-square test, student ‘z’ test, one way analysis of variance (F) test and Karl Pearson’s Co-efficient of correlation test to arrive at meaningful conclusions. The major findings of the study are:
1. More than half of the respondents experience high level of anxiety.

2. Half of the respondents experience high level of insecurity feelings.

3. Nearly half of the respondents experience high level of depression.

4. Half of the respondents experience high level of adjustment.

5. Majority of the respondents experience low level of life satisfaction.

This study was also supported by few implications in the perspective of the field of social work. The firm hope of the researcher is that, this study will help in understanding the wives of fishermen in the context of psychological aspect would prove to be of high value and would help the social workers, counsellors and research scholars.
Suggestion for Future Study

1. A comparative study of males and females may also be conducted to find the differences and similarities between sexes in terms of various psychological factors like anxiety.

2. The present study confines only to married women. In future study may be conducted on unmarried women, status of children etc.

3. The present study can be repeated with enhanced size of the population and representing samples from different districts, states and national levels for concrete generalization.

4. Women who have high level of anxiety, insecurity feelings, depression, adjustmental problem and low level of life satisfaction can be identified and an in-depth study can be conducted on these women.

5. Implementation of the Government schemes and utilization of those schemes by the fisherfolk can be studied.

6. The present study is confined only to the psychological factors of the wives of fishermen. But an in-depth study on socio economic factors can be done.

7. In-depth study can be made on their marketing potentials, whether their business is being run on profit or loss or no gain, no loss, so as to evaluate their real monitory position and problems.