Chapter - 5

Conclusion
CHAPTER V

DISCUSSION

The aim of the research was to find out the effect of modernization and social freedom on psychological well-being and quality of life of women. In this chapter, an attempt is being essayed to see how far modernization and social freedom have affected women’s psychological wellbeing and quality of life on the basis of overall research objectives framed on demographic variables like place of residence i.e Rural and Urban, Marital status i.e. Married and Unmarried, and level of education i.e education up to high school and education up to graduation. To accomplish this aim, main findings have been discussed in accordance with the objectives of the study, which will further help to develop research implications for the research. With the help of these results, the findings can help in policy formation of improving psychological health and quality of life of women.

The first objective was to examine the significance of the difference between urban and rural women on all the study variables, results for the same can be seen from table 4.2. Urban women differed significantly from rural women with higher means on socio-religious, marriage, and position of women, education, social freedom, satisfaction, efficiency, mental health and quality of life. This difference is because in urban setting life and freedom for women is better than rural areas. People in rural areas are still traditional and thus women in rural areas enjoy lower satisfaction and quality of life. However, rural women scored higher mean than urban women on sociability and inter-personal relations. Social freedom in urban women was higher than that among rural women.

While examining the significance of difference between married and unmarried women on all the study variables, which also the second objective of the present research, it was found that unmarried women differed significantly with married women on attitude towards marriage and position of women, they had a more modern attitude towards these dimensions as compared to married women. Married women differed significantly with unmarried women on social freedom and sociability. Social freedom and right to take independent decisions were high among married women. Married women were more sociable than unmarried women, this is
because of difference in social freedom, as it can be seen from mean values of social freedom, married women enjoy high social freedom than unmarried women and thus sociability of married women was also high. Our finding is in support of that done by Kanjiya and Joshi (2013) who found a significant difference in social freedom among married and unmarried women. Both the groups didn’t differ significantly on other study variables.

Women with education up to graduation differed significantly as compared to women with education up to high school on dimensions such as socio-religious, marriage, education, social freedom, satisfaction, efficiency, mental health and quality of life. This finding helped in analysing the third objective of the present research which was to examine the significance of difference among women with education up to high school and women with education up to graduation, the results for the same can be seen in table 4.4. From this finding it can be concluded that with high education; the level of modernization of women also increases. Same results have been found by Witter, Okun, Stock and Haring (1984), who in their study concluded that education is significantly and positively related to well-being, they also revealed that education contributes to well-being primarily by affecting occupation and that it has a rather small effect apart from this. However, women with education up to high school had a better inter-personal relation as compared to women with education up to graduation.

The fourth objective was to examine the significant predictors of global Psychological well-being and its different dimensions among urban and rural women; this was computed using the values of hierarchal regression (table 4.9 to 4.14). The results showed the predictive relationship of modernization and social freedom with the psychological well-being of urban and rural women. Among urban women, ‘education’ significantly and positively predicted psychological well-being. This shows that women in urban areas, although are modernized but they also value their marital relationship, hence marital relationship is positively improving their psychological well-being. Our finding is supported by a previous study done by Ryff, Magee, Kling, and Wing (1999), in which they found a significant and positive relationship between marriage, education and psychological well – being. However, in the case of rural women, none of the variables significantly predicted psychological well-being.
‘Satisfaction’- dimension of psychological well-being among urban women is significantly predicted by ‘education’; however, among rural women, it is insignificant. The positive and significant relationship between qualification and psychological well-being showed that with improvement in education among the rural population of women, their psychological wellbeing is improved. This is because of the fact that in urban areas attitude and awareness towards education is much higher as compared to rural areas. With education comes the ability to know and stand for your rights. Thus satisfaction level is improved and higher among urban women. Our findings are in support of the findings obtained by Light, Hertsgaard and Martin (1985) who in a study stated that individuals who attained relatively higher levels of qualification and also experience greater life satisfaction because they appear to be more optimistic in their outlook on life and have more realistic expectations for life in general.

‘Efficiency’ among urban women was predicted significantly by ‘socio-religious’ attitude, however, among rural women, none of the variables emerged as the significant predictors. Efficiency is improved among urban women due to their socio-religious attitude, i.e. being social and on the same hand being religious makes urban women more efficient. Social freedom among rural women was negatively predicting efficiency, which was although insignificant. The negative relationship may be because of the low social freedom for rural women, because of which they are not able to effectively use their potentials.

‘Sociability’ among urban women was predicted significantly and positively by socio-religious attitude and education. This shows that there is the high attitude towards education and socio-religious aspects and due to this the sociability among urban and rural women is high. However, among rural women sociability was predicted significantly and positively by the position of women and socio-religious attitude. This shows that although attitude towards education has changed among rural women but their level of qualification needs to be upgraded with time. Due to this qualification among rural women was not significant enough to bring any change in ‘sociability’. Our findings are in support with that of Singh, Kaur and Singh (2014), who in their study found that social support positively promotes well-being.
Sociability among rural women was significantly but negatively predicted by education. It can be inferred that in rural areas education is still low due to which there is a negative relation between sociability and education. Among rural women, mental health was significantly impacted by ‘position of women’; however, among urban women, none of the variables emerged as the significant predictors. The position of women is improving mental health among rural women, i.e. with changing time even in rural areas women are becoming modernized and socially independent. Women in rural areas have started taking steps for themselves and for improving their position in the society. This shows that among rural women socio-religious attitude i.e. attitude towards changing social and religious traditions was found to be significantly and positively predicting mental health among rural women. Our findings were in accordance with those done by Krok (2014) who in a study on religiousness and social support as predictive factors for mental health outcomes concluded that both religiousness and social support are associated with mental health outcomes.

“Interpersonal relations’ was found to be significantly and positively predicted by ‘position of women’ among urban women, due to less social freedom, the inter-personal relations were somehow affected negatively among women of both areas. In urban areas, the position of women is high as compared to rural areas, thus due to the presence of high position they have good interpersonal relations.

The results for the fifth objective examining the significant predictors of global Psychological well-being and its different dimensions among married and unmarried women are depicted in tables 4.15- 4.20. It is concluded that Psychological wellbeing among married women has been significantly and positively predicted by ‘education’ and ‘social freedom’. Psychological wellbeing among married women with education up to graduation was found to be better and among unmarried women with education up to high school, psychological well-being was better. Education positively wedged psychological wellbeing of married women. This means that due to better education among married women, their psychological well-being was better and improved. It means among unmarried women with high education, the psychological wellbeing is poor or low. Our findings are in congruence with that of Khajeh et. al. (2014) who in their study found marital quality as a significant predictor
of psychological well-being. However, among unmarried women, none of the predicting variables emerged as the significant predictors.

Social freedom significantly predicted psychological well-being among married women. It can hence be said in the case of married women that, due to the high education they enjoyed better and high social freedom. Social freedom was insignificantly predicted psychological well-being among unmarried women because of the fact that in Indian society, an unmarried woman is thought of as a responsibility for their guardians and thus there comes the interference from the side of parents which in turn decreased the social freedom of unmarried women. It can also be stated that with education comes the ability to speak for one’s right and attain social freedom.

‘Social freedom’ significantly and positively predicted ‘efficiency’ among married and unmarried women. However, among married women social freedom was impacting efficiency higher than unmarried women. This positive relationship shows that among both the group of women social freedom was present due to which their efficiency was high. ‘Sociability’ among married women was significantly predicted by ‘education’, however among unmarried women ‘socio-religious’ emerged as the significant predictor. Among unmarried women, education was found to be an insignificant and negative predictor of sociability. The inverse relation is because in Indian society still there are many people who support education for women but are against their employment. They believe education is necessary for women so that they can do better upbringing of their kids; not for the overall growth of personality and a better life. Diener, Gohm, Suh and Oishi (2000) in their study concluded that married individuals consistently report greater subjective well-being than never-married individuals.

Among rural women ‘social freedom’ predicted ‘mental health’ significantly but negatively. Both married and unmarried urban women have better mental health than married and unmarried rural women. This is because of the fact that in urban areas, traditional values have been replaced by more modern values, increases freedom for women and high attitudes and opportunities for women’s education. Thus married and unmarried women living in urban areas had better mental health as compared to that of married and unmarried women living in rural
areas. Friedlander, Reid, Shupak and Cribbie (2007) in a study on social support and stress as predictors of adjustment concluded that perceived social support has a great impact on mental health, various aspects quality of life. Thus our findings are in accordance with these mentioned findings.

Social freedom negatively predicted mental health among unmarried women and their lives their mental health was impacted inversely. Unmarried women are mostly girls completing their education or some doing jobs and living with their parents in Indian cultural settings. Due to interference from parent’s side, they lack freedom and thus had low or poor mental health as compared to married women. Among married women, ‘socio-religious’ and ‘position of women’ emerged as the significant predictors for inter-personal relations. Urban married were found to have better interpersonal relations than rural married, because of the high social freedom. Rural unmarried have better interpersonal relations than rural married. Reason for higher inter-personal relations among unmarried rural women is that they have fewer responsibilities as compared to rural married women and thus have time to socialize and keep their relations strong, while married women have many responsibilities like managing home, kids, jobs etc. which makes their interpersonal relations lower due to lack of time and high responsibilities.

Socio-religious’ and ‘position of women’ emerged as the significant predictors of interpersonal relations among married women. Married women are independent and they have a position of their own, whether it is a position as a mother, or as a wife they feel and believe to have a strong position in Indian society, whereas among unmarried women they are still dependent on their parents and are striving hard to make their own positions. However, among unmarried women ‘social freedom’ emerged as the significant but negative predictors of ‘inter-personal relationship. Negative relationship of social freedom with ‘inter-personal relationship’ was a result of the married women’s dependency on their partner for everything they want and wish to do. However, in the case of unmarried women, it emerged as the positive but insignificant predictor of the inter-personal relationship among married women.

While examining the significant predictors of global Psychological and its different dimensions among women with education ‘up to high school’ and education
‘up to graduation’ (tables 4.21 to 4.26), which was also the sixth objective it was observed that among women with education up to graduation ‘socio-religious’ attitude emerged as the significant and positive predictor of psychological well-being. This means that urban women with qualification up to high school had lower psychological wellbeing than rural women with education up to high school. However, urban women with education up to graduation had better psychological well-being than rural women with qualification up to graduation. Findings of our study are in congruence to that of done by Verma (2004) who in their study found a strong association between attitude towards modernization and level of education.

Among women with education up to high school and women with education up to graduation, ‘efficiency was predicted significantly and positively by ‘social freedom’. Efficiency was significantly and positively predicted by social freedom among both the groups of women. Beta value for both the groups of women was positive which shows the significant and positive impact on social freedom on women’s efficiency. Beta value for women with education up to graduation was found to be significant and higher because with increased social freedom and high education women of this group are able to somehow work efficiently in their personal and professional fields.

‘Sociability’ – dimension of psychological well-being was negatively and significantly predicted by ‘position of women’ among women with education up to graduation. Our findings are in contradiction with that of Krista (2012) who in their study showed social support as a significant predictor of psychological well-being. Sociability of women with high education group is impacted due to the position of women; this is may be because we have found a negative impact of marital status among the same group of women in the first step. Due to the negative impact of marital status, their position is also low and thus it is impacting their ‘sociability’ negatively.

‘Social freedom’ positively and significantly predicted ‘sociability’ of women with education up to graduation. With high education women will be aware of their rights and they have high social freedom thus they will have a high level of ‘sociability’. Thus, our findings are in line with that of Katamma (1990), who conducted a study on, the status of women in relation to education and concluded that
the higher the education of women, the greater was their participation in decision-making and a progressive opinion on different issues. The inter-personal relationship was positively predicted by the position of women among women with education up to high school. Unmarried women with education up to graduation have better interpersonal relations. With high education, comes the sensibility to successfully handle inter-personal relations and social relations, thus women with education up to graduation had significant and better inter-personal relations.

The examination of the significant predictors of Quality of Life among urban and rural women depicted in table 4.27, values of predicting variables can be seen. ‘Quality of life’- second dependent dimension of the study was found to be insignificantly predicted by any of the dimensions of modernization and social freedom among urban women, however in the case of rural women ‘position of women’ significantly and positively predicted quality of life. The position of women in the rural areas significantly improved the quality of life of women, this finding shows that in rural areas women’s position has started to improve and thus their quality of life is also improving. Diwadi (1983) in a study found that place of residence like urban and rural had a significant relationship with values, education and culture. This shows that among rural women position of women is improving with time, therefore it emerged as the significant predictor of quality of life. With changing time, rural women who were bound to stay at home, follow strict rules have now attained at least much better position and freedom compared to earlier days. This shows that traditional societies are adapting to new cultural and social norms which urban population has adopted much earlier. Thus with these changing values, women’s position in rural areas is also improving, therefore the quality of life is positively and significantly predicted by ‘position of women’.

So far as examining the significant predictors of Quality of Life among married and unmarried women from table 4.28 is concerned the results of regression analysis found that none of the predicting variables emerged as the significant predictors of ‘Quality of life’ among both married and unmarried women. Married urban and unmarried urban women have a better quality of life than married and unmarried rural women. Mean for the quality of life among unmarried women was found to be higher than the mean of married women, which was although insignificant. This means that with lower living conditions quality of life of women is
negatively and significantly impacted. Our finding is in contradiction with that of Bhattathiri (2007) who found being unmarried was associated with poor quality of life. This may be because of the reason that women among both the groups enjoyed the almost equal quality of life and therefore all the predictors failed to have any effect on quality of life of this group.

The ninth objective examining the significant predictors of Quality of Life among women with education up to high school and graduation, the results showing values for predicting the quality of life among women with different levels of education have been shown in table 4.29. None of the independent variable and its dimensions was found to be significantly predicting the quality of life of women among both the groups. However, if we look at the mean for the quality of life among women with education up to high school (mean=61.21) and women with education up to graduation (mean=68.92), they were found to significantly differ from each other. Mean score for women with education up to graduation was high. Maybe there were some other underlying variables which we didn’t include in our study, due to which none of the predicting variables emerged as the significant predictors of quality of life. Barau et. al. (2007) in a study found same results in their study and showed that quality of life is not associated with education.

**Demographic Predictors of Psychological well-being and Quality of Life**

Results for the hierarchal regression for finding out the predictive relationship of marital status and level of education (demographic variables) with -global psychological wellbeing and quality of life among urban and rural women (tables 4.9 – 4.14) showed that among urban women, ‘marital status significantly and positively predicted psychological well - being. Our finding is in accordance with that of Gove et. al. (1983) in their study found marriage as the best predictor of psychological well – being. However, in the case of rural women, only ‘qualification’ significantly and positively predicted psychological well-beings. This shows that even among rural women, with changing time attitude towards education is improving and thus their psychological wellbeing is also improved. Among rural women satisfaction is significantly but negatively predicted by marital status and positively predicted by qualification, however, in the case of urban women none of the demographic variables emerged as the significant predictors.
Sociability among urban women was predicted significantly and positively by qualification. None of the variables emerged as predictors for rural women in case of sociability. Mental health among urban women was significantly predicted by ‘marital status’, none of the demographic variables emerged as the significant predictors of the mental health of rural women. Mohammdi and Mekvandi (2015) in their study also found a positive relationship between mental health and life quality among married. None of the demographic variables emerged as the significant predictors of interpersonal relationship and quality of life among urban and rural women.

‘Qualification’ was found as the significant but negative predictor of psychological well-being among married and unmarried women. While examining the predictive relationship of the place of residence and level of education (demographic variables) with global psychological wellbeing and quality of life among married and unmarried women, place of residence emerged as the negative but significant predictor of satisfaction, efficiency, mental health and quality of life, among married and unmarried women. The negative relationship shows that married urban women are more efficient than unmarried urban women. Jeong-Hwa Ho (2015) in a study on the psychological well-being of unmarried people living alone in the republic of Korea concluded that unmarried solo residents experienced greater life satisfaction than did unmarried family co - residents. Of those with a positive attitude toward marriage, unmarried solo residents had lower life satisfaction than did marry family co - residents. For those with a non-positive attitude toward marriage, however, there was no difference in the level of life satisfaction between unmarried solo residents and married family co - residents.

‘Place of residence’ emerged as the significant and positive predictor of sociability among married women, among rural women qualification emerged as the significant predictor of sociability. This means with a better place or urban residence of living, women’s ‘sociability’ among married ones will increase significantly. In the case of unmarried women, there was the insignificant and negative impact of place of residence was found to be a significant and positive predictor of ‘sociability’ among both the groups. With better living conditions sociability of women is improved. Married women with education up to graduation have high sociability than unmarried women with education up to graduation. Urban women with education up to graduation were more social than rural women with education up to graduation. Place
of residence emerged as the significant and positive predictor of the interpersonal relationship between married and unmarried women. Our finding is in support with the finding of Diwadi (1983) who in an investigation into the changing social values and their educational implications found that the place of residence that is rural-urban had a close relationship with the values, such as religion, ethics, cultural, political and educational.

While examining the predictive relationship of the place of residence and marital status variables with global psychological wellbeing and quality of life among women with education up to high school and graduation, it was found that place of residence emerged as the significant but negative predictor of psychological well-being and satisfaction among both the groups of women. Our findings are in contradiction with that of done by Amato and Zuo (1992), who in their study found a significant difference in perceived health of urban and rural residents. Urban women with education up to graduation are more satisfied than rural women with education up to graduation. Place of residence means whether a person is living in the urban or rural area and in India, we know that people living in rural areas face many problems related to the basic necessity i.e. standard of living, electricity, etc. These are the reasons why rural women after having high education have low satisfaction. The poor demographic status will certainly negatively impact women’s satisfaction.

Among women with education up to graduation, marital status emerged as the significant and positive predictor of psychological well-being. Bierman, Fazio, and Milkie (2006) in their study found same results, in which they concluded that education and attainment of multiple degrees increase psychological well-being among married women. Efficiency among both the group of women was significantly but negatively predicted by place of residence, however in the case of women with education up to high school, marital status emerged as a negative predictor of efficiency. Negative relationship indicates that married urban women with education up to graduation were found to be more efficient than married rural women with education up to graduation. It is very clear that if a women is having low education and she has got married, they will not be able to efficiently carry on their marital lives nor they have been educated enough to be independent or to take their own decisions, thus their efficiency will be negatively impacted. However, among women with education up to graduation, only ‘place of residence’ was found to have significant
and negative impact on their efficiency, which is quite reasonable because if a woman is highly educated but due to poor living conditions or if she is living in backward areas, she will not be able to use her potentials or capabilities, then it will impact her efficiency.

Place of residence emerged as a significant and positive predictor of sociability among both groups of women, marital status emerged as the negative and significant predictors of sociability among with education up to high school and among women with education up to graduation. Place of residence as a variable predicted mental health- a dimension of psychological well-being and quality of life significantly but negatively among both groups of women. Our findings are in support with that of Verma (2004), who in their study found that apart from women’s level of modernization and education, caste and their family background also plays an important role in determining their psychological well-being. This is because in rural areas women’s education and social position are restricted to the boundaries of one’s home and thus they did not have much freedom to enjoy the kind of life they wish to live. This lowers their ‘quality of life’. A negative relationship is because of the reason that urban women of both the educational groups have better mental health than rural. Place of residence predicted interpersonal relations positively and significantly, among both groups of women. Marital status among women with education up to graduation emerged as the significant and positive predictor of interpersonal relations. The quality of life among women with education up to graduation was significantly and positively predicted by marital status.