Chapter - 6

Implications, Limitations and Suggestions for Future Research
CHAPTER VI

6.1 CONCLUSION:

This chapter summarizes main findings and predictors of global psychological well-being and quality of life, implications for the present study, limitations and future suggestions.

A summary table compiling all the significant predictors of all the three groups on various dimensions of psychological well-being and quality of life are included in Table below.

Table 6.1: Table showing summary of significant predictors for psychological wellbeing and its various dimensions and quality of life-

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Rural</th>
<th>Married</th>
<th>Unmarried</th>
<th>Up to high school</th>
<th>Up to graduation</th>
</tr>
</thead>
<tbody>
<tr>
<td>PWB</td>
<td>EDU, SR, MS</td>
<td>QLF</td>
<td>QLF, EDU, SF</td>
<td>QLF</td>
<td>POR</td>
<td>MS, POR, SR</td>
</tr>
<tr>
<td>SAT</td>
<td>EDU</td>
<td>MS, QLF</td>
<td>POR</td>
<td>POR</td>
<td>POR</td>
<td>POR</td>
</tr>
<tr>
<td>EFF</td>
<td>SR</td>
<td>POR, SF</td>
<td>POR, SF</td>
<td>POR, SF, MS</td>
<td>POR, SF</td>
<td></td>
</tr>
<tr>
<td>SOC</td>
<td>QLF, SR, EDU</td>
<td>SR, POW, EDU</td>
<td>POR, EDU</td>
<td>QLF, SR</td>
<td>MS, POR</td>
<td>MS, POR, POW, SF</td>
</tr>
<tr>
<td>MH</td>
<td>MR</td>
<td>SR, EDU</td>
<td>POR</td>
<td>POR, SF</td>
<td>POR</td>
<td>POR</td>
</tr>
<tr>
<td>IPR</td>
<td>POW</td>
<td>POR, SR, POW, SF</td>
<td>POR</td>
<td>POR, POW</td>
<td>MS, POR</td>
<td></td>
</tr>
<tr>
<td>QOL</td>
<td>POW</td>
<td>POR</td>
<td>POR</td>
<td>POR, SR, POW</td>
<td>MS, POR</td>
<td></td>
</tr>
</tbody>
</table>


From the table 6.1, significant predictors of psychological well-being, its dimensions and quality of life can be seen. Main findings have been listed below:

1. Among urban women, education and socio-religious- dimensions of modernization emerged as the significant predictors of global psychological well-being. Satisfaction among urban women was significantly predicted by education. Efficiency was significantly predicted by socio-religious attitude
among urban women and none of the predictors significantly predicted efficiency among rural women. Sociability was significantly predicted by socio-religious attitude and education among urban women. In the case of rural women, socio-religious, position of women and education significantly predicted sociability-dimension of psychological well-being. Mental health was significantly predicted by socio-religious attitude and education among rural women. The inter-personal relation was significantly predicted by the position of women among urban women; however, none of the predictors emerged as a significant predictor for rural women. ‘Quality of life’ was significantly predicted by ‘position of women’ in rural women.

Among urban women marital status emerged as the significant demographic predictor of global psychological well-being. However, among rural women, only qualification emerged as the significant predictor. Among rural women, satisfaction was significantly predicted by marital status and qualification. Sociability was significantly predicted by qualification among urban women. Mental health was significantly predicted by marital status among urban women; and among rural women, none of the demographic variables emerged as the significant predictors.

2. Among married women education and social freedom emerged as the significant predictor of global psychological well-being. However, among unmarried women none of the variables emerged as the significant predictor. Efficiency was significantly predicted by social freedom among married and unmarried women. Sociability was significantly predicted by education among married women, and in case of unmarried women, socio-religious attitude emerged as the significant predictor of sociability. Mental health was significantly predicted by ‘social freedom’ among unmarried women. Interpersonal relations was significantly predicted by socio-religious attitude, position of women and social freedom among married women, however, among unmarried women none of the variables emerged as the significant predictors.

Among married and unmarried women qualification emerged as the significant demographic predictor of global psychological well-being. Satisfaction among married and unmarried women was significantly predicted by place of residence. Efficiency was significantly predicted by place of
residence among married and unmarried women. Sociability was significantly predicted by place of residence among married women. Among unmarried women, qualification significantly predicted sociability – dimension of psychological well-being. Mental health was significantly predicted by ‘place of residence’ among married and unmarried women. An interpersonal relation was significantly predicted by ‘place of residence’ among married and unmarried women. Quality of life was significantly predicted by ‘place of residence’ among both the groups of women.

3. Among women with education up to graduation socio-religious emerged as the significant predictor of psychological well-being. Efficiency was significantly predicted by social freedom among women with education up to high school and among women with education up to graduation, social freedom emerged as the significant predictors. ‘Position of women’ and ‘social freedom’ emerged as the significant predictors of ‘sociability’ among women with education up to graduation. Interpersonal relation was significantly predicted by position of women among women with education up to high school. The quality of life was significantly predicted by socio-religious and position of women among women with education up to high school and among women with education graduation none of the dimensions of modernization emerged as the significant predictors.

Among the third group of women, i.e. women with education up to high school, ‘place of residence’ emerged as the significant predictor of global psychological well-being. ‘Marital status’ significantly predicted ‘psychological well-being’ of women with education up to graduation. Place of residence emerged as the significant predictor of satisfaction among both the groups. Efficiency was significantly predicted by place of residence, social freedom and marital status among women with education up to high school and among women with education up to graduation, place of residence and social freedom emerged as the significant predictors. Sociability among women with education up to high school and education up to graduation was significantly predicted by marital status and place of residence. Mental health and interpersonal relations was significantly predicted by place of residence among both the groups. Interpersonal relation was significantly predicted by place of residence among women with education up to high school and among women
with education up to graduation it was significantly predicted by marital status and place of residence. The quality of life was significantly predicted by place of residence among women with education up to high school and among women with education graduation it was significantly predicted by marital status and place of residence.

6.3 IMPLICATIONS:

The present research was an attempt to assess the impact of modernization and social freedom on women’s social freedom and psychological wellbeing. Our research provided an insight into what is the present attitude of women towards modernization and social freedom. With the help of our findings, we formed following implications of:

1. As there is a lack of literature related to women in the field of modernization in the Indian context. This study provided an insight into how women’s attitude differ from each other in relation to their attitude towards marriage, mate selection, the position of women, socio-religious aspects and education, etc. and how these attitudes impact their psychological wellbeing and quality of life.

2. Most of the researches of psychological wellbeing have been in the past done in relation to clinical factors, or organizational behaviour. Many few have been done in relation to modernization and social freedom. This study provides an understanding of how due to modernization process and attitude towards social freedom, the psychological well-being and quality of life are altered.

3. The result of this study showed significant impact of level of education on psychological well-being and quality of life among women, our finding is in congruence with that of Lalrinkiri. (1989), who in his study found that the education was effective in moulding the attitudes of the subject towards modernity.

4. The findings of this study are helpful and significant as it can be helpful for increasing psychological well-being and quality of life of women. This can be done by finding out which attitude is responsible for the lower level of wellbeing and quality of life and later workshops and behaviour modification sessions can be provided to the women to help her change that attitude.
5. Present research can be helpful for policy formation in the field of women’s modernization and quality of life. The government has established a separate ministry for the empowerment of women. Thus using results from this research, the status of women and their psychological wellbeing and quality of life can be improved by knowing the areas in which they are lacking.

6. The Strong point of our research is that data has been collected from women living in different regions, with different economic and social conditions. This has helped us to present overall conditions and situations of women due to which their psychological wellbeing and quality of life is impacted.

6.4 LIMITATIONS:

Any research in spite of unfeigned efforts on the part of the researcher has certain limitations. There were following limitations and shortcomings of the study:

1) Since the present study used women from two regions of eastern Uttar Pradesh, hence its result cannot be generalized to other population. Even sample from different other states would have taken so that the results could have been generalized.

2) We have only seen the impact of modernization and social freedom across three groups of women i.e. ‘urban and rural’, ‘married and unmarried women’ and women with different ‘qualification level’, on psychological wellbeing and quality of life. Effects of factors such as age, economic status, occupational status, and family type could have been studied.

3) There are few limitations in sample and survey method. We have collected data using questionnaires on 480 women. Data size could have been increased. Instead of using only questionnaires for the survey, interviews could have been taken.

4) The study relied exclusively on self-reported measures, which might compromise the reliability of our results which further might be confounded by response biases such as social desirability.

5) These results need to be replicated to generalize the findings, preferably in a study with a longitudinal design.
6.5 SUGGESTIONS FOR FUTURE RESEARCH:

The results of the study show the need for future research examining the other factors related to modernization and various other attitudes of social freedom in relation to psychological well-being and quality of life. The present research has the following suggestions for future research in this area:

1) Future researches should be conducted to reproduce the findings in larger and different age groups. A more different sample is needed to conduct more thorough analysis of the association between all the variables. This diverse sample should include women from different religions, professions, below the poverty line and from slum areas to produce more quality results.

2) Future work is needed to empirically investigate gender differences and attitude towards modernization and social freedom and its impact on psychological wellbeing and quality of life.

3) Along with taking data for married women, the data for measuring their husband’s attitude on the same variables should also be calculated. In this way, comparisons between the various attitudes towards modernization and social freedom can be made to see how attitudes and beliefs of one person change or impact attitude of the other.

4) Furthermore, in future research qualitative and quantitative methods can be used together to end up with more meaningful results.

5) A scale on modernization can be developed for measuring other dimensions of modernization, which can be used to generalize on Indian women.