Chapter- III

METHODOLOGY

The methodology of the present study has been worked out keeping in view the objectives under consideration. The concept of methodology includes four aspects, namely, sample, measures or tools, procedure, and data analysis. These four aspects of a overall research methodology can be thought of as forming a case for execution of the present study. The present study is of correlational nature.

SAMPLE: The sample for the present study consists of 300 working women, 100 represented to each occupational groups, namely, clerks, doctors, and teachers. They were selected according to the random sampling method. They were drawn from Aligarh and Jodhpur cities. Clerks were recruited from universities' office, LIC, Railways and banks. Among the 100 clerks there were 85 married women and 15 unmarried women. Doctors were drawn from government and private hospitals. There were 66 married doctors and 34 unmarried doctors. Teachers were recruited from different colleges of Aligarh and Jodhpur cities. In this category, there were 68 married and 32 unmarried teachers.
TOOLS

Quality Of Life (QOL) Scale: The QOL scale developed by Daga and Husain (1997) comprised 48 items with the 4-point scale—not at all true, a little true, quite true, and completely true. The QOL scale measured 8 factors, namely, participation, concern worries, job satisfaction, constraints in work life, societal attitudes, freedom from social interaction, search for better life, and satisfaction-dissatisfaction with the social norms. The total QOL scale scores ranged from 0 to 144. Cronbach's Coefficient alpha of the scale was found to be very high i.e. 0.998. The validity was established through content validity and factorial validity procedures.

Social Family Role Stress (SFRS) Scale: The SFRS scale developed by Vadra and Akhtar (1989) was used in the present study. The SFRS scale consisted of 25 items with a 5-point rating scale. There were nine factors in the scale and the names of the factors were labelled according to the factor loadings. Factors included in the scale were: Factor 1, role related tension; factor 2, untrustworthy colleagues; factor 3, bleak future; factor 4, lack of family support; factor 5, adverse effect on health; factor 6, family responsibilities; factor 7, underpaid; factor 8, foregoing career development opportunities; and factor 9, unsuitable job. The split half reliability of the scale was found to be 0.81. The
validation techniques used were internal coefficient and construct validity. The SFRS scale is a reliable and valid instrument for measuring the role stress emanating from family and social situations.

**Significant Others Scale (SOS):** The SOS developed by Power, Champion, and Aris (1988) is a flexible instrument for the measurement of an individual's perceived support. The aim of SOS was to measure emotional and practical support. In the scale all 10 items were prefaced with the phrase "To what extent can you ...?" Actual support of the respondent was measured in terms of the currently applicable relationship (spouse/parents) on each of the 10 support functions. A 1-7 scale was used from 1=never to 7=always. The test-retest correlations for the four summary support scores were all highly significant and ranged from 0.73 to 0.83. There were some preliminary validity data for the scale.

**Personal Data Sheet:** The author has developed this personal information questionnaire for collecting information on the following aspects—namely, age, education, religion, nature of job, duration of service, monthly income, marital status, family income excluding your income, joint or nuclear family, responsibilities other than job, address.
Procedure: The data were collected individually from the subjects either at their residences or offices. Before administering the tools, the investigator established rapport with the subjects and assured them that the data will be used for research purpose. Then the tools were administered to them. The investigator helped those subjects who faced difficulty in understanding some of the items in the scales. Scoring was done in accordance with the instructions suggested by the test developers.

Data Analysis: The individual score for all the subjects were obtained according to the procedure. These scores were analysed with the help of some suitable statistical techniques such as Pearson product moment coefficient of correlation, Z-test, partial coefficient of correlation, and multiple coefficient of correlation.

Pearson product moment correlations were computed to determine the relationship between QOL scores and social family role stress scores, QOL scores and social support scores, and social family role stress scores and social support scores among clerks, doctors, and teachers. Z-test was used to determine the significance of difference between two $Z_r$ coefficients. Partial correlations were computed for partialled out or eliminating the effects of variables, that may influence the relationships between two variables whose relationship is
to be considered. For example, in the present study, we have three variables, namely, quality of life, social family role stress, and social support: are 12.3 = represents the partial correlation between quality of life and social family role stress when the third variable (social support) has been partialled out. Multiple coefficient of correlations were computed to determine the correlation between scores actually earned and scores predicted on the quality of life from the two variables - social family role stress, and social support.

The data analysed by these statistical techniques are presented in the following chapter.