Chapter - V

CONCLUSIONS

Social support has been conceptualized as a static variable, and its role has been restricted to two functions: support can have direct or main effects on quality of life and social support can function as a moderator that may buffer the harmful effects of stressors on quality of life. Although the present study may be limited to particular types of stressors—social and family—and social support—emotional and practical—, it appears that stressors and social support can directly affect quality of life. It also appears that inverse relationships exist between social family role stress and quality of life among working women might indicate one pathway through which stressors might influence quality of life. That is, social support can function as a mediator of the effect of stressors on quality of life. The study has highlighted the fact that the social family role stress has negative influence on quality of life and social support has the positive influence on quality of life in different groups.

In order to identify what kind of stressors and social support might alter the quality of life, it is worthwhile to consider the characteristics of stressors and the level of social support (i.e. actual or ideal) that might disrupt qualify of life.
Future research could examine the role of demographic factors (e.g., joint and nuclear family, etc.) dispositional factors (e.g., self-esteem, social competence etc.), type of stressors associated with job (e.g., job stress or occupational stress, burnout, etc.), types of social support (e.g. esteem support, emotional support, network support, etc.) and ways of coping; on the quality of life or well-being in various other professional groups.

The discrepancy score between the actual social support available and social support perceived to be available needs to be carefully examined among working women of diverse samples. This may be particularly important for maintaining the healthy or good quality of life.

Since the working women are engaged in dual roles i.e. as a worker and homemaker, the emphasis should be given on the management of social and family stressors, and job stress so that they can maintain the quality of life and adjust to the family members and to the workmates.

Results can also suggest that further studies on social family role stress may have to be linked to job stress, and social support to work place social support to examine its effects on quality of life among working women.
The results of the present study implicate that greater attention is needed to design work settings and organizations for providing effective support system to reduce the stresses emanating from the society and family.