Chapter -2

METHODOLOGY
Methodology

Research methodology occupies prominent place in every scientific enquiry because it makes research endeavor in any discipline, more objective and scientific. A social science researcher has to be more careful in planning research in search of scientific knowledge so a scientific research program has to be organized, controlled, pragmatic and critical analysis of the presumed proposition to be taken into account about the hypothetical association among the variables. Research techniques, procedure and methods form the body of research methodology. It plays a very crucial role in every field of research that involves systematic and sound procedures in order to accomplish objectivity in results. Thus, it is essential to carefully choose an appropriate research design, sampling technique and selection of standardized measures, following sound procedure for collecting data and analyzing the data by the means of appropriate statistical techniques keeping in view the research design and objectives to carry out research work effectively and systematically.

The present endeavor aims to study the level of anxiety, self concept, adjustment and mental health problems of housewives and career women. To fulfill these objectives following methodology was adopted to meet out the requirements of this small piece of research.

Research design:

There are number of approaches developed, many design have been created to execute a research. Researches are designed to proceed in an orderly manner. They are carried on to control variances and to answer pertinent questions (Lindquist, 1956). Research design stands for advance planning of the methods to be adopted for
collecting relevant data and techniques to be used in the data analysis. Research
design is invented to enable the researcher to answer research questions as validly,
objectively and accurately as possible. Results and conclusion of any research
depends on the research design used for the study. Thus, the selection of an
appropriate research design becomes essential as faulty design results in misleading
the findings. Research design facilitates the smooth sailing of various research
operations that make any research work as efficient as possible and provide maximum
information with minimum expenditure of time, effort and money. It is a very difficult
task to put a particular study in a particular group as there are different types of
research design that decides the structure of any research work. The selection of
research design is guided through goals of research, variable under investigation and
nature of data itself.

The present research is a type of correlational research and it is comparative in
nature. Correlational research is being conducted to establish or to explore the nature
and degree of relationship between two or more aspects of a situation/variables. The
major purpose of this design is to describe the degree of relationship between two or
more variables and discover either they are positively or negatively associated with
each other.

Participants:

It is not possible for any researcher to cover the entire population of interest
for the purpose of study, for this reason a representative sample from the population is
used that makes the study more reliable. The investigator distributed 650
questionnaires to the participants chosen by the technique of purposive random
sampling. The main criteria for selection of the respondents were that the respondents
should be married. The subjects chosen for the present study met the following inclusion/exclusion criteria:

**Inclusion Criteria:**

- Women aged more than 24 years and less than 56 years,
- Women who were working in insurance companies, IT and banks,
- Women who at least qualified their graduation.

**Exclusion Criteria:**

- Women aged less than 25 years and more than 55 years,
- Women who were not graduated.

Incomplete questionnaires were rejected and only those questionnaires were selected for the research purpose that fulfilled the inclusion and exclusion criteria. Finally the sample was comprised of 400 participants. The sample was divided into two groups; 200 housewives/homemakers and 200 career women. The sample was drawn mainly from Aligarh city but there were some subjects who belong to different cities especially in the case of career women.

The self-structured information sheet schedule was used both for career women and housewives to collect the information regarding age, education, type of family, children, duration of marriage and duration of job. The participants belonged to nuclear as well as joint families. There were 46.8% subjects from nuclear family and 53.2% subjects had joint family system. In case of career women 51.5% from nuclear family and 48.5% belonged to joint family whereas in the group of
housewives 42% were from nuclear family while 58% belonged to joint family. The chronological age of the respondents in completed years at the time of investigation is referred to as 'age'. The sample was restricted to women between the ages of 25 and 55 because these are the ages during which women are most actively involved in jobs as well as in household tasks. The mean age of the sample was 33.32. As far as educational profile is concerned it was found that 54.2% of the participants completed their post graduation, 43.2% did graduation and 2.5% obtained higher degrees. The subjects included in the present research belonged to middle and lower middle socio economic status groups.

**Tools:**

The description of the tools used to accomplish the purpose of measuring various variables that were included in the study is given below:

Demographic information about age, family type, qualification, duration of job, duration of marriage and children were obtained on a demographic response sheet attached along with the questionnaires.

**Anxiety scale:**

To measure the level of anxiety of both groups of women Comprehensive Anxiety Scale developed by Sharma, Bharadwaj and Bhargava (1992) was used as the scale possess the capacity to evoke the responses correctly. The scale consisted of 90 items relating to the symptoms of anxiety with 'yes' or 'no' responses, on the basis of which scores were given. The minimum score can be to base line i.e. slightly above 0 and the maximum score can be 90. Low scores indicate lower level of anxiety whereas high scores suggest higher lever of anxiety. The product moment correlation
was found to be 0.83 and the reliability coefficient of the test by split half method was 0.94. The questionnaire had high correlation of 0.68 with Anxiety Dimension of Eight State Form A by Kapoor and Bhargava and 0.82 with Sinhas’ Comprehensive Anxiety Test (Hindi) 1990.

**Self Concept Scale:**

In the present study Self Concept Scale developed by Rastogi (1979) was used for obtaining the information regarding the concept of ‘Self’ of women. This scale seems to be the most suitable tool for measuring self concept in the present study as it was meant for Indian adult population. It is a 51 item scale scoring on five point rating scale ranging from ‘strongly agree’ to ‘strongly disagree’ with possible score of 51 to 255. This scale consists of ten constructs covering three dimensions of Self-concept i.e., Perceptual, Conceptual and the Attitudinal dimensions. Thus, the ten constructs are - Health, Abilities, Self-Confidence, Self-Acceptance, Worthiness, Present, Past and Future, and Belief and Convictions, Feeling of shame and guilt, Sociability and Emotional Maturity. There were 22 positive statements and 27 negative statements and each dimension consists of both types of statements. Positive statements were scored as 5,4,3,2,1 whereas negative statements were scored as 1,2,3,4,5. The greater score indicates, better self-concept of an individual. The reliability of the scale by split half method was found to be 0.87.

**Adjustment scale:**

The Global Adjustment Scale ‘Adult Form’ was used to measure the adjustment of women. This scale was developed by Psy-com services in 1994. This scale measures the level of adjustment in six areas named family, health, emotional,
occupation, sexual and social. Lower scores on scale indicate better adjustment in all areas. The description of its dimensions are as under:

**Family:** This dimension includes statements regarding relationships with spouse, children, freedom and cohesion in the family.

**Health:** It is related to the physical function of the body.

**Emotions:** It includes the statements regarding maturity and sensitivity.

**Occupation:** This dimension mainly centered on the feeling of job satisfaction and job involvement.

**Sex:** It includes sex related behavior i.e., sex related knowledge, anxiety, myths.

**Social:** This aspect measures hostility/submissiveness in behavior, acquaintances outside home and how much trust the person has on people around him.

Every area had 20 items to be rated as yes, no or sometimes. There were also some negative statements that were scored as 0, 2, 1. The score on the scale can range from 0 to 240. The reliability through split half method for emotional, family, health, occupation, sexual and social is 0.76, 0.66, 0.69, 0.68, 0.79 and 0.73 respectively. The factorial validity coefficient for emotional adjustment is .70, family adjustment .58, health adjustment .65, occupational adjustment .61, sexual adjustment .72 and for social adjustment is .65.
Mental Health Scale:

To assess the state of mental health is comparatively a difficult task than physical health. To fulfill the purpose of measuring positive mental health of women, ‘Mental Health Inventory’ constructed by Jagdish and Srivastava (1983) was used in the present investigation. This inventory was found most suitable to be used in the present study as the investigator scrutinized various scales but most of them tended to assess mental ill health rather than mental health. This scale is consist of 56 items, which are classified into six dimensions: positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitudes and environmental mastery respectively. There were 32 negative items and 24 positive items. In the scale 4 alternative responses have been given which ranges from ‘always’ to ‘never’. The positive items were scored as 1,2,3,4 whereas negative statements were scored 4,3,2,1. The total scores obtained determine the mental health of individuals as a whole and the scores on dimensions shows their mental health on its six dimensions too. The scores of a respondent can be range from 56-224. The reliability of the scale was 0.73 and the construct validity found to be 0.54 with General Health Questionnaire (Goldberg, 1978).

Procedure:

Collecting information from participants is undoubtedly a challenging task for any investigator in social science researches. The present investigator also faced some problems while collecting data as the respondents were complaining that the questionnaires were too long to fill in a specific time and they did not have enough time particularly career women. Some of the respondents had problem with some statements as they felt that those statements were extremely personal to answer and
they even did not want to think over such situations. Thus, the investigator should have the ability to build up the confidence among the participants and give them the assurance that their responses will not be disclosed before anyone and will be used for the research purpose only so that participants give their actual response. In present study the investigator took all the precautions to minimize the suspicion of participants. The questionnaires were given to the respondents after establishing good rapport with them. The data was collected individually and through the primary sources. The career women were contacted personally at their workplace and were requested to spare some of their free time for providing information. The data for career women was collected from various institutions like banks, IT institutes and private offices situated in Aligarh and its adjoining cities whereas housewives were contacted personally at their residence and sought their help regarding the study. The participants were appraised about the objectives of the study, its significance, importance of their co-operation and sincere responses. After establishing a good rapport and assured them about the confidentiality of their responses, the participants were humbly asked to fill the required information e.g. age, family type, duration of marriage etc. on the front page of the questionnaire. The participants were asked to fill-up all the statements by following the instructions given in each of the questionnaire. They were being told that there are four questionnaires which contain various statements regarding their point of view and they had to choose the option which represents their thoughts in the best way and it will take maximum 30-45 minutes to get all questionnaire filled. The investigator was also present there to help them if they want. The investigator took back the questionnaires when the respondents completed them and appreciated them for their co-operation and help.
Statistical Analysis:

Once the data was collected from respondents then it is essentially needed to apply appropriate statistical treatment to reduce long wide-ranging scores into intelligible and interpreted form, in order to understand the results very easily and conveniently. Statistics provide very clear picture of the results in the form of numerical results. In view of the nature of research investigation and the hypotheses of the study, t-test was found best suited for the analysis of the data and find out significant difference between career women and housewives. Regression Analysis was also used to ascertain the influence of self concept and mental health on the other variables. Through this technique the researcher intended to determine the significant predictors of different variables that were being studied. Since, there are many methods of Regression Analysis as enter, forward, backward, stepwise and remove, hence, in the present study Regression Analysis by adopting Stepwise method was found most appropriate in analyzing the data. One advantage of the stepwise method is that it produces a most parsimonious model and ensures to end up with a small set of predictor variables which significantly predict the criterion variable. Analyses were done using 16.0 version SPSS (Statistical Package of Social Sciences), which yielded results in different steps. The obtained results are presented in chapter three.