Chapter 4

CONCLUSION, IMPLICATION AND SUGGESTIONS
Conclusion:

• The findings showed that career women were found to show lesser degree of anxiety as compared to housewives. The career women were found higher on self concept than the housewives. While comparing the dimension of self concept it was found that career women were higher on health and sex appropriateness, abilities, self-confidence, worthiness, present, past and future whereas no difference was found on self acceptance, belief and convictions, feeling of shame and guilt, sociability and emotional maturity.

• It was found that the career women showed relatively better adjustment to family, health, emotion and social and overall adjustment than the housewives. It was also found that career women maintain better positive mental health as compared to the housewives and they also scored higher on the dimensions of mental health such as perception of reality, integration of personality, autonomy, group oriented attitude and environmental mastery.

• Women in high anxious group showed poorer adjustment as well as mental health as compared with the moderate and low anxious groups. On the contrary, women in low anxious group showed better adjustment and mental health as compared with other two groups. It means level of anxiety affect mental health and adjustment process of women.

• Some dimensions of self concept significantly predict anxiety, mental health and adjustment of women. Self concept and anxiety were negatively correlated which means as the self concept gets better than the level of anxiety decrease.
• Worthiness, abilities, emotional maturity, health and sex appropriateness and present, past and future (dimensions of self concept) were emerged as the common significant predictors of adjustment and mental health for overall sample as well as for both housewives and career women.

• Positive self evaluation, integration of personality, group oriented attitude, perception of reality (dimensions of mental health) came out as significant predictors of adjustment in women.

• Age, education level and family type did not influence self concept, adjustment and mental health of women though it was found that degree of anxiety increase as women enters in the older age.

**Implications:**

The researches without utility are considered to be worthless therefore it is required to emphasize the implications of the present investigation. The present investigation was aimed to examine the level of anxiety, self concept, adjustment and mental health problems of housewives and career women. Hence, it appears necessary for the researcher to pay attention on the career women and housewives. The findings revealed that both groups showed anxiety though housewives need more attention as they are the centre who ties up the family members from each other with the thread of love, care and affection. They were found to be more anxious as compared to the career women due to the financial insecurity, they are busy in the households affairs all the time somewhat without any appreciation this seems to be potential reason to create anxiety in them. The present era is considered to be ‘the age of anxiety’ and low and high anxiety are even empirically witnessed detrimental for all sorts of
behavior as it was found that anxiety adversely influence mental health and adjustment of women. Therefore, it is necessary to identify the potential sources which may increase the level of anxiety as well as it is also essentially needed to maintain positive self concept in women so that they may benefit from better mental health as well as adjustment in diverse spheres. Though, the findings yield some important information concerning the career women as they were found to have better self concept, adjustment and mental health as compared with the housewives. A working woman in a society abiding by the morality of ignorance receives more respect and recognition in society than the housewife. Because according to the criteria set by orthodox societies, they are thought to have higher ideals, and more important responsibilities than housewives. Indeed, the main reason why a woman decides to have a career is to avoid being a housewife, and the negative perception some people attach to it, and, in her own way, to rise to a more respected position in society. Hence, there is need to make housewives feel that they are equally important member of the house either they are earning or not, listen their suggestions in making the decisions. This will make them feel that they are also worthy like the career women and boost their self concept so that they will be less anxious and have better mental health and will be more adjusted.

Suggestions:

There are some suggestions that may be taken into consideration while carrying further researches on women population across societies.

- The present research was carried out on the urban women from Aligarh and adjoining cities therefore it minimizes the generality of the findings due to the
difference in culture and variation of norms from metropolitan to small cities. Thus, it is suggested that this type of study should be conducted on a large sample size from different cities of India and rural women should also be included.

- The personal experience reveals that the choice of tools is an essential phenomenon that should also be taken into consideration while carrying any research. It is suggested that the tools should not be too lengthy to get filled. The length of the questionnaires might irritate the participants which may also lead to the artificial responses. The language of the tools should also be not confusing like it should not included negative statements because it may lead to misinterpretation of the statement.

- The interview and observation methods should also be used to gather the information from the respondents to get in depth information. The respondents should be included from different socio-economic status to make the generalization of results. The other variables like social support and personal values may also be studied to draw more fruitful results and enrich the existing knowledge.

Concluding the obtained findings, it is stressed that the exercise of research is a continuous process because of varying pattern of everything, especially the psychosocial make up of mankind with the passage of time, place and situations. In view to this fact, the present researcher firmly believes that the present investigation in spite of all precaution would be having pitfalls beyond the present researcher’s cognizance and control.