SUMMARY

Positive is the best way to lead a fulfilled life and to overcome the obstacles. Maintaining a positive outlook on life and its promises help to rejuvenate the general health and well-being of the body. Sure, every one has problems that life throws one's way every now and then, but facing these problems, solving them in a positive way, creative way and moving forward is the right set of actions.

Positive self can help you achieve success if you listen to the things you say to your self inside your head. You might agree that you would be offended of those same remarks come from a friend or stranger. Many people that find it hard to achieve success find they do not have a good self. In fact they often find that most of the words they say to themselves are not only negative they are completely degrading and detrimental to success. Positive self is a personal reaffirmation indicating you are doing a good job, you are competent, you socialize well or you are good looking. It can be about any fact of your life. Of course, in most cases those spewing negative self truly believe the garbage they tell themselves, which is even sadder. If there is any one on the face of the global important to be friend, it is you. You spend the most time with yourself and you are constantly whispering in your own ear so you have the most influence. After all, if you do not like you are self or treat yourself with respect, which will?

Have you ever heard the saying “only you can make your self happy”? Well as trait as it seems, it may be true. A surprising survey of adults by the American Psychological Association has shown that the most important factor of happiness and well-being is self-esteem. Also important were feeling of independent and
Competency often brought about by high self-esteem surprisingly common traits like popularly, power money or luxury were rated the lowest. Having a positive self-image can be difficult, especially if one is affected by life’s hardships such as a disability poor be healthy or financial or other major problem. However, there are things you can do to improve your self-image and self-esteem. These things can in turn improve other aspects of your life like academic or financial success, relationship and even health.

This study may help in the understanding of positive self in a scientific and pragmatic manner. The problem of the study is entitled as; “A Comparative Study of Positive Self of Working and nonworking women” In view of such problem, the present study is centered on the following objective.

(1) To study and compare self-esteem of working and non-working women across two age groups.

(2) To study and compare satisfaction with life of working and non-working women across two age groups.

(3) To study and compare self-confidence of working and non-working women across two age groups.

(4) To study and compare happiness of working and non-working Women across two age groups.

(5) To study and compare life-orientation of working and non-working Women across two age groups.

Keeping the pertinent literature and lack of clear findings in view the investigator proposed following null hypotheses:
(1) There would be no significant difference on Self-esteem between working and non-working women across two age group.

(2) There would be no significant difference on Satisfaction with life between working and non-working women across two age group.

(3) There would be no significant difference on Self-confidence between working and non-working women across two age group.

(4) There would be no significant difference on Happiness between working and non-working women across two age group.

(5) There would be no significant difference on life-orientation between working and non-working women across two age group.

**Design:**

The present investigation was designed to A Comparative Study of Positive Self of Working and nonworking women.

For the proposed objectives of the study 2*2 factorial design was used which include women participants varying in two categories. (I) working (II) non-working. These two categories further divided in two part (I) young [21-40 yrs ] (II) Adults [41-60yrs]. There were four factors namely, young working women, adult working women, young non-working women, adults non-working women. For the purpose of the present study, a sample of 160 subjects, 80 working and 80
non-working women of Rohtak district of Haryana were selected using non-random sampling technique. Self-esteem, self-confidence, satisfaction with life, happiness, and life-orientation tests were used to collect the data.

**Sample:** - For the Purpose of the present study, a sample of 160 married women was selected from Rohtak district based on availability. Eighty (80) of them belonged to an age range of 21-40 years and other 80 belonged to 41 to 60 years. In each age group, 80 women were working and other 80 were non-working.

**Tools:** The following tools were used for collecting the data to measure the variables of study self-esteem, satisfaction with life, self-confidence, happiness and life-orientation.

**Procedure:** The present investigation was conducted to study the positive aspect of women like self-confidence, self-esteem, life orientation and satisfaction with life. The administration to all the 160 identified subjects. The test was administered individually by approaching them at their respective working and living place. Researcher introduced herself as M.Phil student of dept. of psychology M.D.University Rohtak and purpose of research was explained to the every respondent before requesting him/her to provide information.

The procedure/instruction of testing was strictly according to the manual of the test and the some were explained at the times of administration. The entire tests were paper-pencil test and instructions for each test were provided separately in the Performa of the test.
When the subject(s) was (were) comfortable and ready for testing the following general instructions were given to the subject(s). I am going to give you a set of Performa. Before beginning the test enter your name, gender, age, background, education and organization in the space provided at the top of the Performa. Please carefully read the directions for each before recording your responses. There are no rights and wrong answers.

After giving the general instructions regarding the testing the selected tests were administered after ensuring that the subject (s) has (have) understand the method of reply. After the completion of administration, the test was taken back and it was ensured that the subject (s) had responded each item and in correct way. Data of all subjects were collected by applying the some procedure generally one subject took about 20-30 minutes to complete these test. After the data collection was over, the tests were scored as per the scoring pattern prescribed by their authors and or manuals. The obtained data were subjected to statistical analysis using “SPSS” software.

Collected data have been analyzed by using (i) Mean and Standard Deviation, (ii) two way ANOVA. Results indicate that there is significant mean difference across working and non-working on self-esteem, self-confidence, and happiness. Thus, Results indicate that there is significant mean difference across working and non-working on self-esteem, self-confidence, happiness. However, there is no significant mean difference on satisfaction with life, life-orientation across working and non-working. There is no significant mean difference across two age group on self-esteem, self-confidence, happiness, and life-orientation. There is significant mean difference across two age group on satisfaction with life. However, hypothesis is partially proved or partially disproved for self-esteem,
satisfaction with life, self-confidence and happiness. For, life-orientation hypothesis is completely disproved. In this way, research objectives of present investigation are achieved and the proposed hypotheses have been tested with partly proved and partly disproved.

One of the unique contributions of the current study is the exploration of positive self it may be that these finding are idiosyncratic to the current study. Future research is also needed to further explore this under uninvestigated area.