Chapter - 3

RESEARCH METHODOLOGY
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3.1 Introduction

Research and experimental development is formal work undertaken systematically to increase the stock of knowledge, including knowledge of humanity, culture and society. It is used to establish or confirm facts, reaffirm the results of previous work, solve new or existing problems, support theorems, or develop new theories. A research project may also be an expansion on past work in the field. To test the validity of instruments, procedures, or the purpose of research is to discover answers to questions through the application of scientific procedures. The main aim of research is to find out the truth which is hidden and which has not been discovered as yet. Though each research study has its own specific purpose, we may think of research objectives as falling into a number of following broad groupings:

1. To gain familiarity with a phenomenon or to achieve new insights into it.
2. To portray accurately the characteristics of a particular individual, situation or a group
3. To determine the frequency with which something occurs or with which it is associated with something else
4. To test a hypothesis of a causal relationship between variables.

It is important to discuss research purposes as it plays fundamental role in making research design and deciding methodology. Approaches to
research depend on epistemologies, which vary considerably both within and between humanities and sciences. There are several forms of research: scientific, humanities, artistic, economic, social, business, practitioner research, etc.

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. Essentially, the procedures by which researchers go about their work of describing, explaining and predicting phenomena are called research methodology. It is also defined as the study of methods by which knowledge is gained. In it we study the various steps that are generally adopted by a researcher in studying his research problem along with the logic behind them.

Researcher must design a methodology for the problem chosen for various reasons. Planning research methodology beforehand is needed because it facilitates smooth sailing of the various research operations, thereby making research as efficient as possible yielding maximum information and minimum expenditure of efforts, time and money. It stands for advance planning of the methods to be adopted for collecting the relevant data and the techniques to be used in their analysis. This work should be done with great care as any error in it may upset the entire project. It has a great bearing on reliability of results extracted and as such constitutes the firm foundation of the entire edifice of the research work.

A good research design is often characterized by adjectives like flexible, appropriate, efficient, economical, etc. generally the methodology which minimizes bias and maximizes the reliability of data
collected and analyzed is considered to be good. It should give smallest experimental error, yield maximum information and provide opportunity for considering many different aspects of problem. Before deciding particular methodology a researcher must take some factors in consideration like:-

1) The means of obtaining information;
2) The availability and skills of the researcher and his staff, if any;
3) Objective of the problem to be studied;
4) Nature of the problem and
5) Availability of time and money for the project.

Other important factors in research methodology include determining of research tools materials, sample, and statistical methods. Formulating of research questions along with sampling weather probable or non-probable is followed by measurement that includes surveys and scaling. This is followed by research design, which may be either experimental or quasi-experimental. The last two stages are data analysis and finally writing the research paper, which is organized carefully into graphs and tables so that only important relevant data is shown. This implies that success of any research depends, to a great extent on its methods and methodology employed. A sound research design can yield fruitful, reliable results and conclusions. Thus a researcher needs to pay extra attention on deciding his methodology. In the following description we will discuss about the methods design and procedures used to execute this study.
3.2 Problem

The Comparative study of Life Stress and Life Satisfaction among working and non-working women.

3.3 Objectives:

1. To study and compare various components of life event stress, such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress between working and non-working women.

2. To study and compare various components of life event stress, such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress between graduate and under graduate women.

3. To study and compare various components of life event stress, such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress between women of higher income group and women of lower income group.

4. To study interaction effect between type of women and education level of women with regards to various components of Life event stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

5. To study interaction effect between type of women and level of income of women with regards to various components of life event stress.
stress such as - Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

6. To study interaction effect between level of education and level of income of women with regards to various components of life event stress such as - Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

7. To study interaction effect among type of women, level of education and level of income of women with regards to various components of life event stress such as - Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

8. To study and compare life satisfaction between working and non-working women.

9. To study and compare life stress between graduate and non-graduate women.

10. To study and compare life satisfaction between women of higher income group and lower income group.

11. To study interaction effect between type of women and educational level of women with regards to life satisfaction.

12. To study interaction effect between type of women and level of income of women with regards to life satisfaction.

13. To study interaction effect between level of educational and the level of income of women with regards to life satisfaction.
14. To study interaction effect among type of women, level of education of women and level of income of women with regards to life satisfaction.

3.4 Hypotheses

1. There will be no significant difference between working and non-working women with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

2. There will be no significant difference between graduate & under graduate women with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

3. There will be no significant difference between women of higher income group and lower income group women with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

4. There will be no significant interaction effect between type of women and educational level with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.
5. There will be no significant interaction effect between type of women and level of income with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

6. There will be no significant interaction effect between level of education of women and level of income of women with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

7. There will be no significant interaction effect among type of women, level of education of women and level of income of women with regards to various components of life events stress such as – Personal event stress, interpersonal event stress, desirable events stress, undesirable event stress and ambiguous event stress and over all life event stress.

8. There will be no significant difference between working and non-working women with regards to life satisfaction

9. There will be no significant difference between graduate & under graduate women with regards to life satisfaction

10. There will be no significant difference between women of higher income group and lower income group with regards to life satisfaction.

11. There will be no significant interaction effect between type of women and educational level with regards to life satisfaction.
12. There will be no significant interaction effect between type of women and level of income with regards to life satisfaction

13. There will be no significant interaction effect between level of education of women and level of income of women with regards to life satisfaction.

14. There will be no significant interaction effect among type of women, level of education of women and level of income of women with regards to life satisfaction.

3.5 Sample

The sample consisted of six hundred working and non-working; graduate and under graduate women belonging to high family income group and low family income group. The sample was selected randomly from various areas of Ahmedabad and gandhinagar district. Total sample was categorized as under.

<table>
<thead>
<tr>
<th>Education</th>
<th>Employment</th>
<th>Grand Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Working</td>
<td>Non-Working</td>
</tr>
<tr>
<td></td>
<td>High Income</td>
<td>Low Income</td>
</tr>
<tr>
<td>Graduate</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Under-Graduate</td>
<td>75</td>
<td>75</td>
</tr>
<tr>
<td>Total</td>
<td>150</td>
<td>150</td>
</tr>
</tbody>
</table>

Table 3.1 sample distribution
3.6 Variables

The following variables are studied in this research

Table 3.2 variables

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of Variable</th>
<th>Nature of Variable</th>
<th>Number of Level</th>
<th>Name of Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Type of women</td>
<td>Independent Variable</td>
<td>2</td>
<td>Working Women</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Non-Working Women</td>
</tr>
<tr>
<td>2</td>
<td>Level of Education</td>
<td>Independent Variable</td>
<td>2</td>
<td>Graduate</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Undergraduate</td>
</tr>
<tr>
<td>3</td>
<td>Family Income</td>
<td>Independent Variable</td>
<td>2</td>
<td>High Income</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Low Income</td>
</tr>
<tr>
<td>4</td>
<td>Life Satisfaction</td>
<td>Dependent Variable</td>
<td>1</td>
<td>Scores of Life Satisfaction</td>
</tr>
<tr>
<td>5</td>
<td>Life Stress</td>
<td>Dependent Variable</td>
<td>5</td>
<td>Personal items Life Stress</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Impersonal items Life Stress</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Desirable events Life Stress</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Undesirable events Life Stress</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ambiguous Events Life Stress</td>
</tr>
</tbody>
</table>

3.7 Tools

The following tools are used for data collection in current research for data collection purpose

3.7.1 Presumptive stressful life events scale (PSLES) by Dr. Gurmeet Singh, Ms. Dalbir Kaur and Ms. Harsharan Kaur. This scale is based on the Social Readjustment Rating Questionnaire by Holmes and Rahe (1967). It is an Indian adaptation for measuring life stress among adult national population. It has 51 items that are commonly experienced by adult Indian population. Every event has been given a score from 1-100; depending upon the level of stress they create. Out of 51 items death
of spouse is rated as most stressful event where as a pleasure trip or pilgrimage is considered least stressful event. It assesses the number of life events experienced in a life time, in the past one year, frequency of occurrence of each event, desirability and undesirability and quantitative estimate of presumptive stress of each of the life events. The Test-Retest reliability for the scale was found to be 0.73. All the subjects were asked to tick the life events which they had experienced in past year. The total score was obtained for each student by adding all the applicable life events scores. Accordingly they were categorized into no stress, less/moderate stress and severe stress. Up to 40 No stress, 41-200 Less/moderate

**3.7.2 Life satisfaction scale (L-S scale)** by Dr. Promila Singh and George Joseph has been used to measure life satisfaction. The scale measures life satisfaction on 5 dimensions- 1) taking pleasure in everyday activities, 2) considering life meaningful, 3) holding a positive self-image, 4) having a happy and optimistic outlook, 5) experience of success in achieving goals. The scale is available in both Hindi and English language and easy to score. It covers 35 items based on the dimensions described above. Each item has 5 response categories specifically; “always”, “often”, “sometimes”, “rarely” and “never”. All these responses have a numerical weightage on 1-5 scale in descending order; where “Always” is rated 5 and “never” as 1 respectively. Scoring of responses can be done by summing up the individual response weights and interpreting it against norms; which indicate scores ranging from 136-175 as high, 81-135 as average and 35-80 as low life satisfaction. Its test retest reliability is 0.91 and validity compared to Life satisfaction
scale of Alam and Srivastava (1971) is 0.83; also it has content and face validity since every item was judged by experts.

The scale has been standardized on 600 employees; both executives and non-executives with the age ranging from 25 to 55 years. As the standardization sample suggests it is more appropriate for the working population but in our study we have used it on the non-working group as well. However use of this scale has been done in many analogous studies like comparison of life satisfaction among retired working and non-working women from rural and urban background (Syed Ishfaq Ahmad Shah, Gowher Ahmad Bhat(2012)) and the life satisfaction of working and non-working married women (Agarwala and Surila (2001)). Also it has been used over totally non-working samples; study on employment and marital status of women in relation to their self-esteem and life satisfaction (Hasnain, Ansari and Sethi (2011)) and Assessment of Life Satisfaction among Women, study by Muzamil Jan and Tasia Masood (2008). Thus it seems appropriate to use this test for this research.

3.8 Procedure

After establishing rapport; each participant was given both the scales in individual setting. All the instructions mentioned in scales were strictly followed. After completing data collection; responses of each participant on both the scales were scored by their respective scoring key given in the manual.

3.8.1 Statistical analysis

To analyze the obtained data three way analysis of variance was used to find out main and interaction effect of three independent
variables, 1) type of women 2) level of education and 3) Family income, on scores of life satisfaction and scores of various components of life events stress.

3.9 Summary

The chapter consists research methodology used in the current study.

Study is based on a total sample of 600 women, including working, non-working, graduate, under-graduate and belonging to higher and lower family income group. Thus 2x2x2 factorial design. The sample has been extracted from Ahmedabad & Gandhinagar district. Independent variables are type of women, level of education and family income. And the dependent variables are life events stress and life satisfaction.

Tools used for data collection are presumptive stressful life events scale (PSLES) and life satisfaction scale (L-S Scale).

ANOVA test has been used for statistical analysis of collected data.