Chapter - V

Summary, Conclusions, Limitations & Suggestions and practical Implementation

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.1</td>
<td>Summary</td>
</tr>
<tr>
<td>5.2</td>
<td>Conclusions</td>
</tr>
<tr>
<td>5.3</td>
<td>Limitations and Suggestions</td>
</tr>
<tr>
<td>5.4</td>
<td>Practical Implications</td>
</tr>
</tbody>
</table>
5.1 Summary

Concomitant with increasing education, a new trend emerging in the Indian Scenario is the increased participation of women in paid employment. Fulfilling her economic needs, employment has made her economic needs, independent with an identifiable social status. At the same time she appears to be juggling in the two main domains of life-work and family, so much so today the issues pertaining to women have become of social and political relevance in India. Enjoying emancipation, today's women has taken up employment but she feels still embedded in the strands of home responsibilities which are her prime concern (Misra, 1998).

The embeddedness of the feminine role in the socio-cultural context crystallizes women's connections to others in the context of a multitude of familial relationships. Unlike Western women, Indian women's identity is situated in the web of instructions of family, caste, class and community (Misra, 1999).

The Indian women, today, are increasingly playing multiple roles. In addition to her traditional roles as wife and mother, guardian of the household and keeper of cultural traditions, she is now becoming a professional, on account of which there have been significant changes in social outcomes, modes of living and life styles (Misra, 1998). The advent of industrial revolution permitted women to occupy independent jobs and allow them to become independent of other
family members (Goode, 1963). Men and women have always worked in all epochs of human history. However, historical and social factors have been responsible for variations in the nature of tasks, the location of work, the definite reasons for work, the nature of its execution and performance. This direct entry into the economic structure gives the impression of equality of women with men for economic role is believed to provide social pre-eminence automatically (Gunthey, 1999).

In contemporary Indian society, the working women’s role is perceived just as an added role taken up by women: necessitating accommodation and adjustment. The Indian social step up provides an important context for understanding the outcomes of employment for the levels of traditional women. Studies in this area have been rare and this research is an effort to understand the consequences of employment, its rewards and costs as experienced by women.

A close perusal of the situation of the dual career women in the contemporary Indian society reveals that the experience of daily hassles varies with age and type of family. The nature and type of demands made on an individual often varies with age. For instance, younger married women have adjustment problems (adjusting with growing children, busy husband) different from the older married women (psychological and physiological changes, deteriorating health). Type of family too plays an important role in shaping the experience of daily hassles (Thakar and Misra, 1995).
In reference of aforementioned statement of married women in the present study, an attempt was made to see the effect of certain variable namely work status, family pattern and socio-economic status on adjustment problems and stressful life events of married women as well as this investigation also study the relation of this adjustment problems and stressful life events. Total 400 married women with equal number of working and non-working from Marathwada were selected, these both groups of women were equally selected from control and independent family pattern and high and low socio-economic status as per study requirement. The age level, educational status and nativity of the subjects will be controlled to a certain extent i.e., age ranges between 25-45 years, educational status 10+(School education) and all women of urban population. The socio-economic status determined by their family income and will assess by using SES Scale (Urban) and family pattern was determined by using Family Environment Scale (FES). Stressful life events and adjustment problems were measured by using Presumptive Stressful Life Event Scale (PSLE) and bell adjustment inventory (Hindi adaptation). 2X2X2 factorial and co-relational design were employed to reach out the objectives of this study. Obtained data was analyzed by employed three way ANOVA and Co-relational analysis as per requirements.
5.2 Conclusions

After analysis of the result, the following conclusions were drawn:

- Working women obtained higher scores on all area of adjustment except emotional area of adjustment as compare to non working women which indicate that their adjustment in home, health and social area are less than non working women as high score on the measure indicate lower the adjustment.

- On emotional area of adjustment working women were found to be highly adjustable than those who are not working.

- Women those family climate is more control are found to be with higher adjustment problems than those who are having independent family environment on the home, health, social and emotional area of adjustment.

- Higher socio economic women were found with less adjustment problems in all area of adjustment namely home, health, and social and emotional as compare to low socio economic status women.

- Following interaction among independent variables on married women’s adjustment in area namely Family, Health, Emotional and Social were found to be significant- 
  - Work status * Family Pattern
  - Work Status * Socio economic status
  - Family pattern * Socio economic status
  - Work status * Family Pattern * Socio economic status
• Working women were found to be significantly higher on their experience of stress resultant from daily hassles of their life.

• Family environment that is independent and control were found to be significant on presumptive stressful life events scale (PSLE scale) measure of married women.

• Socio economic status of women was found to be significant and influencing factor to determine their experience of stress on stressful life event.

• Following interaction effect of various independent variables on stressful life event has been found to be significant-
  ✓ Work status * Family Pattern
  ✓ Work Status * Socio economic status
  ✓ Family pattern * Socio economic status
  ✓ Work status * Family Pattern * Socio economic status.

• Stressful life events was found significant and positive correlated with following area of adjustment-
  ✓ Home
  ✓ Health
  ✓ Social and
  ✓ Emotional area
5.3 Limitations and Suggestions

Following limitation and related suggestions of the present investigation are;

- In the present investigation, only married women were taken as a sample. Though all age groups in population whether male and female go through stress, thus their samples could also be included in further research so as to get a comprehensive view regarding their stress.

- The present research considered only work status, family pattern and socio economic status as independent variables though other than these variables also work as factors cause stress and adjustment problems among married women, and thus other variable can also be taken as an impendent variable in further research.

- In this investigation autonomic response includes only heart rate other associate autonomic response can also be considered in other research related to stress.

- This research covers only the married women’s living in urban area; hence in India lot of person work in rural area and have different set of problems related to stress and adjustment problems. Research in future can include subjects from rural area as well to support the findings, making the research more supportive.
As in the present investigation stressful life events and adjustment problems among women were studied in reference of their work status, family pattern and socio economic status though the therapeutic intervention in order to reduce adjustment problems and stress is a major requirement in this era so the future investigation can be suggest to study the therapeutic intervention in this regard.
5.4 Practical Implication

- The study of man’s reactions to conditions of intense stress has been a major concern of psychological investigation for a long time as concept of stress is one of the most significant concepts ever developed in the social and other sciences. However, its potential as a prime intellectual tool for not only understanding but also explaining individual and collective human behaviour and disorder has not yet been fully realized or explored (Selye 1950, 1974, 1976). Further In the light of the multifaceted roles that women play, the well-being of women should not only be viewed as an issue in social development but should be seen as an essential component for awareness. She should not only be visualised as a 'child-bearer' and a 'home-maker' but as an enterprising personality. Therefore, dire need was felt to undertake a study for investigating and exploring psycho-social problems that adversely affect women so that there is an increased awareness about these problems and also for seeking promising solutions to wipe them off to make the 'struggling lady'. Take a cool sigh and march ahead in her dual life. These findings have considerable implications since the rapid economic changes in all societies have been associated with rising income disparity and economic inequality and its relation to stress. Development countries who focus on women as a priority group have failed to recognize their unique vulnerability to common mental disorders and need to reorient their priorities accordingly. In this regard result of the present
research has made their effort to compare various groups in relation to their stress and adjustment problems which lead them towards mental problems and in this way give its contribution in this field.

- Factors of stress are different for different occupations and vary according to the individual’s psychological maturity. The remedial measures cannot be undertaken against stress unless the causes are known. With proper understanding of the different stressors that cause stress, the situation can be well managed. In India research work on family stress management had been low priority because of lack of awareness of importance of stress in our family life. So the present study was undertaken to advance the knowledge in area of stressor among married women in relation to social factor namely work status, family pattern and socio economic. The present result can be implemented for stress awareness and stress management for working and nonworking women.