



A study of Mental Health and Job Satisfaction of working Married and unmarried Women in Relation to Family and Environment

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Abstract:

This study examines the mental health and job satisfaction of working married and unmarried women in relation to family and environmental factors. In contemporary society, women increasingly participate in the workforce while simultaneously managing traditional familial responsibilities, creating a dual burden that often leads to stress, anxiety, and psychological strain. The research aims to compare mental health status across marital categories and explore how family environment and work conditions influence well-being and job satisfaction. A comparative research design is adopted, with samples drawn from both rural and urban settings to capture socio-cultural variation. Standardized tools, including mental health checklists and environment scales, are proposed for data collection. The study also investigates correlations between mental health and dimensions of family and work environments. Findings are expected to highlight that working women, particularly married ones, experience higher levels of stress due to role conflict, social expectations, and limited support systems. Additionally, environmental factors such as workplace conditions and family dynamics significantly impact psychological well-being and job satisfaction. The research emphasizes the need for structural and social interventions to improve women's mental health and promote a balanced work-life environment.

Keywords: Mental Health, Job Satisfaction, Working Women, Marital Status, Family Environment, Work Environment, Role Conflict, Psychological Well-being

In the present scenario everyone is threatened by increasing population and degraded health status Mental health has been reported as an important factor



influencing an individual behavior . Woman, who work outside the home are required to make many social familial adjustment that may contribute more stress and anxiety. The problem of stress in Woman, particularly working woman, is an important aspect due to the social and emption changes .As woman are bounded around with various cultural norms and values, working woman are expected to make lot of adjustments. So this in turn leads to stress and strain among working woman Now more number of woman prefers to be engaged in some kind of employment, so that they can contribute financially to their family. But the has remained the same as even today taking care of the family and children is considered as their primary responsibility, A working woman bearing dual responsibility with family and at job cannot discharge her duties equally efficiently: feels tense and continuous tension creates stress which in turn may affect her mental health status (Panigrahi, et.al. 2014)

During middle age many biological and psychological change occur leading to family conflict and this turn may generate depression, anxiety, frustration, irritation etc. in case women. The problems of working women are multidimensional and differ from married women to unmarried women.

Many women with mental health and substance abuse disorder and histories of trauma are parents who value their roles as mother and bring skills to the task. Historically, treatment for these women has never been considered the important due to women's roles as mother and otherwise their into children. Acknowledging their roles as parents and incorporating this reality into service design and delivery can optimize treatment, has been hoped by researchers around the globe. Women with a portion to over of half population in the world, especially developing country like India. Should take into consideration any community based mental health programs. In contrast to women's participation as the paid labor force during the recent decades that increased in country too, the major lines of women's psychology investigation has mostly focused to the effects of child care and maternal employment in children rather their psychic well-being. While universal growing literature and mental health, and indicated their multiple roles have negative health for them. Social inequality has damaging consequences for the mental and emotional well-being of women. Limited participation in public life, restricted decision-making, devalued role expectation, poverty, violence and sexual abuse undermine the potential for emotional well-being. Social change is needed to strengthen the emotional well-being of women individually and collectively in society.

Women are integral to all aspects of socity. However the multiple roles that they play in society render them at greater risk of experiencing mental problems than other in



the community. Women bear the burden of responsibility associated with being wives, mother and career minders of others. In addition to many pressures placed on women, they have to bear gender discrimination and the associated factors of poverty, hunger, malnutrition and overwork, Gaur Ajay (sep-16) problem of working women. A siend. EEA Annor, F, Ampsnsah Tawiah, K and Darkig Bach K (2018). Nurs Open, Vol.5 No 04Pp611-620 Gupta G, Nafis N(2014) Does Marital Adjustment. International Journal of Reasearch in Engineering & Social Science 4.3 Hashmi Ahmed A, Khusrshid M, Hassan 1 (2007) Marital Adjustment, Atrass and Depressin among working and Non Working Married Women. Internet Journal of Medical Update2.1 Ojha S, Rani U 2004 A coparative study of the level of life stress and various dimension of mental among working and non-working Indian women. J com Guid Res 21(3)" 29-303 Pendekra N.K & Ting (2017) The International Jounral of India psychology 4(3) 97S/P18.01.010 Pathok A and Srivastav B (2021)-A Study bof depression and life satisfaction-India Psychology 9(3) 295.301 Ramkrishna P 2014, Teachers Ref. in school Students mental health. Shazia H & Seema. M (2019) Joan denidiy worth American Review-48,809-823 WHO-1995 Report November P 60-193 WHO-2014 Report August Pshychological mental health as a state graphic physical mental and social well being. An extreme but common expression of gender inequality is in sexual and domestic violence, perpetrated against women.

Main objectives of the research are to such answer to the following questions:-

- a. To assess mental Health of married and unmarried working women in relation to urban and rural areas.
- b. To find out nature of family environment of married and unmarried working women.
- c. To find out of nature of work environment of public sectors working women in relation to urban and rural areas.
- d. To find out the correction between mental health and various factors of family environment among married and unmarried working women of sectors.

Suitable Research Design would be followed in the Study. Data would be collected to test the hypothesis formulated for the present study.

- I. There will be no significant difference of mental Health of working rural women in relative to family.
- II. There will be no significant difference of mental health of working women in relation to environment.
- III. There will be no significant difference of job satisfaction of rural working women in relation to family.



IV. There will be no significant difference of job satisfaction of rural working women in relation to environment.

V. There will be no significant difference of mental health of Non-working women in relation to family.

VI. There will be no significant difference of mental health of Non-working women in relation environment.

VII. There will be no significant difference of job satisfaction of Non-working women in relation to family.

VIII. There will be no significant difference of job satisfaction of Non-working women in relation to environment.

The married and unmarried women faces a lot of adjustment problems in their work place and even their family also. Marriage is a socio-cultural system providing satisfaction for love, affection, intimacy, relatedness, affiliation, financial and social security, parenthood, physical safety and social attitudes, cultural values level of social-economic and educational status, work status, family type, occupation etc. Influencing mental health of working women. Family and work place are extremely controlling, they emphasis regularity in systems and orders. Thus demands of family, environment and work environment affect working women's mental health of any its systems.

A Sample design specifies how a sample will be obtained from the sampling frame. The Sample will be draw from the ten villages of Madhepura District. The urban sample will be draw from the district headquarters. It will be necessary to take a large sample to cover all the three independent variable namely: two level of martial status (Married, unmarried) working status and two health and family environment scale (10 dimensions of family environment) and work environment scale (Two dimensions of work environment) are taken as dependent variables.

- a. Dr. Pramod Kumar - Mental Health check list
- b. Rudolf H. Moos and Paul M. Sound Insel- The Environment Scale.
- c. A suitable Psychometrically sound instrument of Job satisfaction

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