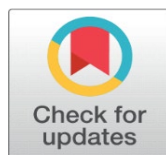
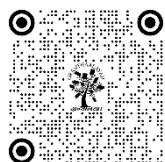


# SOCIAL-SATISFACTION LEVEL OF WORKING AND NON-WORKING WOMEN

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## ABSTRACT

Women have always played a crucial role from the beginning of human civilisation to the present. The foundation of women's empowerment is the capacity to take advantage of opportunities to question accepted conventions and enhance one's life, and education offers precisely that merely because it provides women with the resources they require to transform their lives for the better. It influences not just our immediate and extended families, but also the next generation by opening up new avenues for growth and development. The level of social happiness felt by working women and unemployed women will be the focus of this study. This study has chosen to employ the normative survey approach as its methodology. The sample consists of 150 employed women and 150 jobless women from the Imphal East District of Manipur. George Joseph and Dr. (Mrs.) Promila Singh created the L-S Scale, a structured questionnaire for gauging life satisfaction. You can thank this questionnaire for helping with the data collection process. We used the percentage approach to look at how happy working women and non-working women were with society using the L-S Scale. Consequently, we looked at how happy women were in their social lives, both those who worked and those who did not. Achieving higher positions in the work market and having influence over decision-making bodies are both possible for women who have completed their schooling. Achieving scholastic success and financial stability allows women to adapt to their social environments, which in turn brings them a sense of fulfilment.

**Keywords:** Social-Satisfaction, Women, Working, Non-Working

## 1. INTRODUCTION

Education for women is very important for her to develop knowledge, skill, awareness, scientific outlook, positive self-image, individuality, self-respect and dignity which are necessary ingredients for a women to empower herself. There are many challenges to be met in order to have a quality universal education that gives priority to gender parity. The real challenge is to recognize and prioritize women education as the most critical factor in bridging the gender gaps in various indices of human development. Manipur is a patriarchal society. Women lead a life under the care and control of the men folk. This is the norm of the society which prevailed from the ancient days. In the life of a women, she begins her life as a daughter to her parents, a wife to her husbands and a mother to her children and serves the family. Her life seems to be dedicated and dependent to one or another. Apparently, whether or not a lady felt happy with her life depended largely on her social standing. The level of contentment, interest, and absence of tension that a person experiences is directly linked to the level of life satisfaction that they experience. According to Chadha et al. (1993), the

word "quality of life" (which is frequently defined as contentment) provides an indication of overall health. According to Kuskova V. Valentina (2011), life satisfaction can be defined as a "global assessment" of how an individual is feeling and what they are thinking about their life at the present moment, based on these "chosen criteria." It is important to note that one of the components of the more comprehensive concept of subjective well-being is life satisfaction. The difference between life satisfaction and emotional appraisal is that the former is based more on logical reasoning than on wholly subjective feelings. You have the option of measuring life happiness on a scale that is either global or domain-specific. It is impossible to place a monetary value on happiness. The following is an evaluation of the quality of something. In order to empower women in the social, economic, and political realms, it is essential for them to succeed in obtaining education and happiness. This is due to the fact that half of the population is female. If the level of intellectual growth of individuals is a gauge of society advancement, then education is essential for women because it allows them to acquire the knowledge, skills, awareness, scientific perspective, positive self-image, individuality, respect, and dignity that are required. Women need education so that they can empower themselves. Education should not only enable women to enhance their knowledge but also to get job, make a financial contribution to their families, and rise in social status. It is of the utmost importance that women have greater access to education. There is a consensus among all parties that education is the single most essential factor in achieving economic and social mobility. Fundamental education gives girls and women the ability to take control of their own lives and bodies by providing them with the knowledge necessary to make informed decisions regarding fundamental health, nutrition, and family planning.

## 2. LITERATURE REVIEW

**Kumar & Sharma (2016)** Psychological status of working or non-working women is what Kumar and Sharma have tried to do in the study under discussion. They found out that working women have higher self esteems and are socially satisfied because of their capability to earn and the kind of interpersonal relationships they come across in the working environment. But it does mention that the stress levels have risen among woman with paid employment due to combined working and family- care responsibilities as compared to non-employed woman who are socially restricted but otherwise less stressed.

**Reddy et al. (2017)** Jerome Reddy and his team examined the emotional well being disparities between workplace women and women who are homemakers. Their results reveal that employment makes women better in matters concerning their emotional health, autonomy, and vocation than the non-working women. And, at the same time, the present research also highlights the psychological pressure on non-working women that stem from the general lack of personal development and the sociological factors.

**Malhotra (2018)** Malhotra basically compared the life satisfaction level among working women in urban setup with that of non-working women. An analysis of the work represents reveals that employment greatly enhances a woman's social identity and her ability to exercise control over her decisions in the household. Non-working women claimed to be happy with their agreed societal expectations of women and marked low social and economic freedom as opposed to the working women.

**Desai & Mehta (2020)** This paper aims at exploring the effect that financial stability; gained through employment, has on women's social satisfaction. Desai and Mehta find out that not only these employed women enjoy more happiness and confidence than the others, but they are also given control of the purse strings and the right to make decisions independently. But work-family conflict remains a factor, which means that women need support from the society, and social related institutions to take care of them so that they can effectively balance their family responsibilities while working.

**Nair & George (2021)** Nair and George's comparative cross-sectional study is based on female working or non-working and how the society view them and how happy they are. Using Tanzania as a case study, their study discovers that women employees have improved peer relations and self-fulfillment from paid work. On the other hand, full-time employed women stated lack of availability for family roles but no social invisibility related to it, as compared to non working women.

### 3. STATEMENT OF THE PROBLEM

Under the heading "Social-Satisfaction Level of Working and Non-Working Women," the current empirical study aims to compare and specifically examine the social satisfaction of working and non-working women. Women entering the workforce or changing their career trajectories also contribute to shifting social roles and relevant expectations; studying the interaction between work status and social satisfaction has become relevant. It is also important to measure the level of life experience, stress and general well being of these two groups hence the need to carry out this research with the view of creating a social satisfaction.

### 4. OBJECTIVES OF THE STUDY

The objectives of the study are as follow:

- 1) "To study the social-satisfaction level of working women of Imphal East District, Manipur".
- 2) "To study the social-satisfaction level of non-working women of Imphal East District, Manipur".
- 3) "To compare the social-satisfaction level of working and non-working women of Imphal East District, Manipur".

### 5. HYPOTHESES OF THE STUDY

The following are the hypotheses of the study:

- 1) "There exists varied social-satisfaction level of working women of Imphal East District, Manipur".
- 2) "There exists varied social-satisfaction level of non-working women of Imphal East District, Manipur".
- 3) "There exists higher social-satisfaction level of working women than the non-working women of Imphal East District, Manipur".

### 6. PLAN AND PROCEDURE

We used a normative survey approach to compare the social satisfaction levels of working women to those of non-working women. The study's population consisted of educated women from the Imphal East district of Manipur who had registered with the relevant employment exchange. In this study, "working women" refer only to women who have jobs in the private or public sector, whereas "non-working women" mean women who are not in either of these occupations. We used a stratified random selection procedure to pick 300 women at random. There are three subgroups based on the age of the women in the sample: those between 20 and 29 years old, those between 30 and 39 years old, and those between 40 and 49 years old.

**Table 1.1 : Table showing the Life-Satisfaction Level of Working Women of Imphal East District, Manipur**

| Sl.No.       | Life-Satisfaction Level | Range of Score | Age Group (20-29) years | Age Group (30-39) years | Age Group (40-49) years | Total        |
|--------------|-------------------------|----------------|-------------------------|-------------------------|-------------------------|--------------|
| 1            | High                    | 136-175        | 24 (48.00 %)            | 21 (42.00 %)            | 18 (36.00 %)            | 63           |
| 2            | Average                 | 81-135         | 26 (52.00 %)            | 29 (58.00 %)            | 32 (64.00 %)            | 87           |
| 3            | Low                     | 35-80          | NIL                     | NIL                     | NIL                     | NIL          |
| <b>Total</b> |                         |                | <b>N<sub>1</sub>=50</b> | <b>N<sub>2</sub>=50</b> | <b>N<sub>3</sub>=50</b> | <b>N=150</b> |

N<sub>1</sub> = Number of working women of age group 20-29 years;

N<sub>2</sub> = Number of working women of age group 30-39 years;

N<sub>3</sub> = Number of working women of age group 40-49 years;

N = Total Number of working women of all the three categories of age group.

## 7. ANALYSIS AND INTERPRETATION

The following table displays the relationship between life satisfaction and the social happiness of working women in the Imphal East District of Manipur. We were able to classify women into three separate age groups based on the information in the table above: those between 20- 29, those between 30 and 39 years old, and those between 40 and 49 years old. By choosing fifty working women, we aimed to provide a good representation of each of these groups. When asked about their level of life satisfaction, 48% of working-age women said they were extremely happy, while 52% said they were just averagely happy. According to the findings, about 58% of middle-aged women are somewhat satisfied with their lives, while 42% are very content. Among women aged 40-49 years, 64% reported a level of life satisfaction and 36% a level of very high satisfaction. Based on the findings of this study, it is realistic to expect that life satisfaction levels will vary among women of different ages. According to the findings of a variety of studies, women in younger age groups report higher levels of contentment with their lives compared to women in middle age groups and women in older age groups. This suggests that, compared to men of the same age, women take on more responsibilities and have greater difficulties as they age. The selected ladies come from a wide range of age groups, which means that their levels of social satisfaction are also different from one another. Working women in the Imphal East District of Manipur have had their degree of social satisfaction examined using the Life-Satisfaction Scale.

**Table 1.2: Table showing the Life-Satisfaction Level of Non-Working Women of Imphal East District, Manipur**

| Sl.No.       | Life-Satisfaction Level | Range of Score | Age Group (20-29) years | Age Group (30-39) years | Age Group (40-49) years | Total        |
|--------------|-------------------------|----------------|-------------------------|-------------------------|-------------------------|--------------|
| 1            | High                    | 136-175        | 22 (44.00 %)            | 19 (38.00 %)            | 14 (28.00 %)            | 55           |
| 2            | Average                 | 81-135         | 28 (56.00 %)            | 31 (62.00 %)            | 36 (72.00 %)            | 95           |
| 3            | Low                     | 35-80          | NIL                     | NIL                     | NIL                     | NIL          |
| <b>Total</b> |                         |                | <b>N<sub>1</sub>=50</b> | <b>N<sub>2</sub>=50</b> | <b>N<sub>3</sub>=50</b> | <b>N=150</b> |

N<sub>1</sub> = Number of working women of age group 20-29 years;

N<sub>2</sub> = Number of working women of age group 30-39 years;

N<sub>3</sub> = Number of working women of age group 40-49 years;

N = Total Number of working women of all the three categories of age group.

## 8. ANALYSIS AND INTERPRETATION

In the table up there, we've emphasized the social satisfaction level of unemployed women in Manipur's Imphal East District. How happy they are depends on how fulfilled they are with life in general. There are three distinct age groups for women, as shown in the table above: the youngest, which includes those between the ages of 20-29, and the middle, which includes those between the ages of 30-39 and the oldest, which includes those between the ages of 40-49. 50 working women will serve as representatives for each of these categories. In the working-age female demographic, 44% report very high levels of life satisfaction, compared to 56% who report ordinary levels of happiness. It turned out that this was true. When asked about their level of life satisfaction, 38% of middle-aged women said it was very high and 62% said it was medium. According to the results, these women had an average level of happiness with their lives. On the one hand, 72 percent of women in the older age bracket report an average level of life satisfaction, while 28 percent report a high level of happiness. It is reasonable to assume that women of different ages will have different levels of life satisfaction based on the results of this study. Researchers have demonstrated that younger women report a higher level of life satisfaction compared to middle-aged & elderly women. Women in senior age groups are an exception to this rule. As a result, it appears that women face more challenges and take on more responsibilities as they get older, in comparison to males of the same age. The selected ladies span such a wide age range that the degree to which they derive joy from social settings likewise differs. Working women in Manipur's Imphal East District had their social happiness levels measured with the Life-happiness Scale. A general level of satisfaction was the target of this survey.

**Table 1.3 : Table showing the comparison on the Life-Satisfaction Level of Working Women and Non-working Women of Imphal East District, Manipur**

| Sl.No | Life-Satisfaction Level | Range of Score | Age Group (20-29) years |                     | Age Group (30-39) years |                     | Age Group (40-49) years |                     | Total  |
|-------|-------------------------|----------------|-------------------------|---------------------|-------------------------|---------------------|-------------------------|---------------------|--------|
|       |                         |                | Working women           | Non-working women   | Working women           | Non-working women   | Working women           | Non-working women   |        |
| 1     | High                    | 136-175        | 24 (48 %)               | 22 (44 %)           | 21(42 %)                | 19 (38 %)           | 18 (36 %)               | 14 (28 %)           | 118    |
| 2     | Average                 | 81-135         | 26 (52 %)               | 28 (56 %)           | 29 (58 %)               | 31 (62 %)           | 32 (64 %)               | 36 (72 %)           | 182    |
| 3     | Low                     | 35-80          | NIL                     | NIL                 | NIL                     | NIL                 | NIL                     | NIL                 | NIL    |
| Total |                         |                | N <sub>1</sub> = 50     | N <sub>2</sub> = 50 | N <sub>3</sub> = 50     | N <sub>4</sub> = 50 | N <sub>5</sub> = 50     | N <sub>6</sub> = 50 | N= 300 |

N<sub>1</sub> = Number of working women of age group 20-29 years;

N<sub>2</sub> = Number of non-working women of age group 20-29 years;

N<sub>3</sub> = Number of working women of age group 30-39 years;

N<sub>4</sub> = Number of non-working women of age group 20-29 years;

N<sub>5</sub> = Number of working women of age group 40-49 years;

N<sub>6</sub> = Number of non-working women of age group 20-29 years;

N = Total Number of working women of all the three categories of age group.

## 9. ANALYSIS AND INTERPRETATION

Table 1 shows the social happiness levels of working and non-working women in the Imphal East District of Manipur based on their life satisfaction levels. This table breaks down the female population into three age brackets: 20-29, 30-39 and 40-49 years old. 50 professional women will make up each of these categories. Out of all the working women in the lower age group, 48% reported a high degree of life satisfaction and 52% reported an ordinary level. More than half (56%) of working-age women reported an average degree of life satisfaction, while nearly half (44%) reported a high level. Among middle-aged working women, 42% reported a very high level of life satisfaction, while 58% reported an ordinary level. Among middle-aged women who are not in the workforce, 38% reported a very high degree of life satisfaction and 62% reported an ordinary level. Results showed that 36% of working women in the higher age group reported very high levels of life satisfaction, while 64% reported moderate levels. Of the working-age women who did not have jobs, 28% reported very high levels of life satisfaction, while 72% reported average levels.

This investigation shows that different age groups of women report different degrees of life satisfaction. Compared to women in the middle and upper age groups, those in the lower age group report a greater degree of life satisfaction. This means that the complexity and number of duties placed on women grows as they age. With the selected women's varied age groups, their social satisfaction level also varies. In every age group of women surveyed, working women reported greater life satisfaction than non-working women. The social satisfaction level among working women in Imphal East District, Manipur, has been investigated using the Life-Satisfaction Scale, as women of working age are less likely to report high levels of satisfaction with life than women of non-working age across all demographic profiles.

## 10. TOOLS FOR DATA COLLECTION

Choosing right instrument is important for a study since it helps to get the most accurate results of the research. Then we reach for the tool depending on several factors, such as: The goals and aims of the given study The amount of time that the researcher has for the study The availability of the adequate tools The methods of scoring and interpreting the instruments. In the present study, the researcher administered Life-Satisfaction (L-S Scale) questionnaire; A standardized tool, which was developed by Dr. (Mrs.) Promila Singh and George Joseph, to have data and know the life



satisfaction level of the participants. This tool was selected because it is important and accurate in achieving the objectives of this study.

## 11. PROCEDURE FOR COLLECTION OF DATA

“Life-Satisfaction Scale (L-S Scale)” has been administered on the selected sample as per plan of the study in the valley districts of Manipur. The sample on which the L-S Scale administered, consisted of the working women and non-working women of the Imphal District of Manipur. While administering the questionnaires to the women, the investigator directed to read the instructions carefully and then answer each and every statement properly. Each respondent took 20-25 minutes to fill up the questionnaires. Also, many respondents have been told by the investigator to handle the questionnaires and retrieved after a week.

## 12. STATISTICAL TECHNIQUE USED

By utilising the percentage technique, this study compares the social satisfaction levels of working women versus non-working women by means of the L-S Scale.

## 13. DELIMITATIONS OF THE STUDY

The scope of the study has been specifically delimited to the following areas:

- 1) **Geographical Limitation:** This study has been limited solely to only the working and non-working women in Imphal East District of Manipur.
- 2) **Sample Size:** The population sample to be included in research has been limited to 300 women therefore study is conducted specifically with these two characteristics of population.
- 3) **Definition of Working Women:** In this study, working women are defined solely to those women that are in government or private sector employment.
- 4) **Definition of Non-Working Women:** In the study, non-working women are those who do not participate any business, private employment, or government sector.

## 14. FINDINGS OF THE STUDY

The study revealed the following key insights:

- 1) **Age and Life Satisfaction:** The first hypothesis therefore is that younger women, that is those in the age group 20–29 will report higher levels of life satisfaction than middle aged women, that is, those in the age group 30–39 as well as older women, in the age group 40–49.
- 2) **Life Satisfaction Across Age Brackets:** According to the age of the working women the young age group (20–29 years) had significantly higher life satisfaction than the middle age group (30–39 years) and oldest age group (40–49 years).
- 3) **Working vs. Non-Working Women:** In every age bracket, working women recorded a better life satisfaction than did non-working women.
- 4) **Impact of Age on Responsibilities:** This study discovered that various responsibilities coupled with difficulties advanced in the women, which could affect the satisfaction levels.
- 5) **Correlation Between Life and Social Satisfaction:** The results emphasised that high life satisfaction level corresponds to the corresponding growth of social satisfaction for women.

## 15. SUGGESTIONS FOR FURTHER STUDIES

The following suggestions can be undertaken in relation to women social-satisfaction status:

- 1) Women’s education should be encouraged from all sections of the society for the improvement in the status of women.

- 2) The same study can be conducted in different districts of Manipur by increasing the sample size.
- 3) Government should formulate and implement certain policies and programmes relating to women's education and women's social status.
- 4) In order for women to fully exercise their rights and freedoms in all areas, including politics, economics, society, civic engagement, culture, etc., the government should do away with any kind of discrimination based on gender.
- 5) Free workshops and training classes relating to women should be conducted so as to make women acquainted with the knowledge of various skills which will help for themselves.

## 16. SIGNIFICANCE OF THE STUDY

Education is important in women from all status in life since it makes women become independent so that they will not be totally reliant to other people and also education makes women to be contented. This paper investigated life satisfaction from the perspective of social satisfaction with equal attention given to working and non-working women. In the research, life fulfillment was measured by self-reported indicators of participants. It is possible to point out a number of spheres which factors determine the level of happiness in one's life. Things like interest in life, general contentment, and lack of tension are a few examples. A person's disposition, level of happiness with their relationships as well as goals, self-concept, and perception of their ability to handle the difficulties of daily life are some of the factors that can be considered when assessing their well-being. Compared to women who do not work, employed women across all age groups as well as demographics report greater levels of life satisfaction. All kinds of women may attest to this. In every age the group of women surveyed, the percentage of working women reported lower levels of life satisfaction contrasting to the percentages of not working women. This is valid for a variety of women's categories. Women have fewer responsibilities and complexities in their youthful ages and with the increased in ages, they have more responsibilities and more complexities and thus their life-satisfaction decreased. Thus, the social-satisfaction level of the working women of Imphal East District, Manipur has been examined with the help of Life-Satisfaction Scale. Certain policies and programmes giving emphasis on women's education and employment should be formulated and implemented since the social-satisfaction level of a woman greatly depends on education and employment status. The present study reveals the importance of educational attainment and employment to attain the social-satisfaction level in women's life. More and more linkages are being developed between education and work. Education enables more women to attain higher position in the employment market and can influence the decision making body. Women will have social satisfaction only when they have satisfaction in their life.

## 17. CONCLUSION

According to all development agencies operating in the modern era, educating women is essential for fostering and preserving family, education, health, nutrition, and overall well-being. A significant factor that adds to the amount of life satisfaction that women experience as participating members of society is the status that they have in every aspect of their lives. It was possible for women of any age to acquire the appropriate level of social fulfilment if they had the appropriate education and the appropriate employment. When women successfully acquire both financial and social security through education, they are able to have a sense of fulfilment in their lives. When it comes to women's education, the ultimate goal should always be their overall development. Women get more agency in the realm of family planning as a result of the increased understanding of their own health that it provides. When women are able to obtain higher education, they experience a greater sense of empowerment.

## CONFLICT OF INTERESTS

None.

## ACKNOWLEDGMENTS

None.

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