



<https://doi.org/10.64672/IJIFR/26.08.13.12.016>
 PUBLISHED ON: 21st August, 2026

PAGE NO. : 1923-1927

PAPER ID: IJIFR/202608157/1312016

PSYCHOLOGICAL WELL-BEING AMONG WORKING WOMEN AND HOUSEWIVES

DR. TARLIKA ZALAWADIA¹, JALPA GONADILYA²

¹Professor, Department of Psychology, Saurashtra University Rajkot.

²Phd Scholar, Department of Psychology, Saurashtra University Rajkot

ABSTRACT

The present study intends to examine psychological well-being among working women and housewives. The study was carried out on a convenience sample of 100 participants, comprising 50 working women and 50 housewives. Data were collected using the standardized Psychological Well-Being Scale developed by Sudha Bhagale (1995). The collected data were analyzed using descriptive statistics, including mean and standard deviation, and an independent samples t-test. The findings revealed that working women have a slightly higher mean score on psychological well-being ($M = 24.70$, $SD = 2.93$) than housewives ($M = 23.54$, $SD = 3.86$). Though, the difference was not found to be statistically significant ($t = 1.69$, $p = .093$).

KEYWORDS: *Self-Acceptance; Married Women; Rajkot; Working Women; Housewives; Satisfaction; Efficiency; Sociability; Mental Health; Interpersonal Relationships*

How to Cite this Article:

Zalawadia, T. , Gonadilya, J.: "Psychological Well-Being Among Working Women And Housewives" *International Journal of Informative & Futuristic Research (IJIFR)*, Volume 13(12), August 2026, pp 1923–1927.

Open Access and Copyright: This is an Open Access article distributed under the terms of the Creative Commons Attribution License CC BY-NC-SA 4.0 (<https://creativecommons.org/licenses/by-nc-sa/4.0/>). By publishing under the license, any subsequent use, reproduction, citation, adaptation or redistribution of the work must appropriately acknowledge the Author(s) and the original publication .Copyright © 2026 by the Author(s). The Author(s) retain full copyright and ownership of their original scholarly work.

1. INTRODUCTION

The aim of this study is to understand the different effects of the roles of working women and housewives on women's psychological well-being and to find out how women's roles in society affect their mental health. In particular, to examine which group of women has better psychological well-being among the two groups of women (Ali et al., 2025; Nayar & Kapur, 2023). While employed women enjoy the benefits of independence and decision-making, which can improve their mental health, some studies also show negative aspects such as higher stress and work-family conflict among working women (Akram et al., 2023; Lu et al., 2023). On the other hand, housewives may be spared workplace stress, but they often face unique challenges such as loneliness and lack of recognition for their work, which can impact their psychological well-being (Wang & Lu, 2022). These different problems suggest that it is important to compare the two groups to better understand their psychological well-being (Kaplan, 2022). Recent studies have attempted to understand women's mental health in physical, psychological, social, and cultural contexts (Chen et al., 2025). Psychological well-being in women also depends on their education level and economic status. There is also a difference in psychological well-being between housewives in rural areas and urban areas. Research has found that housewives in rural areas have limited social support and limited education and job opportunities, and housewives in rural areas have to take all the responsibility themselves. Such as raising children, doing household chores, taking care of

the elderly, they do all the work themselves, which affects their psychological well-being and creates psychological problems like anxiety, depression, low confidence and low self-esteem in them (Berber, 2026)

Working women face dual responsibility. They have to do both housework and outside work. Some data suggests that working women suffer more stress than housewives. Such dual responsibility sometimes creates psychological problems. Psychological well-being is a concept which is multidimensional and indicates positive functioning and healthy psychological development. According to Ryff (1989) it can be described in terms of six separate dimensions: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. These dimensions stand for different aspects of positive psychological functioning.

- Self-acceptance: Having a positive attitude towards oneself.
- Positive relations with others: Ensuring that one maintains warm, trustworthy, and satisfying relationships with them.
- Autonomy: Being able to act independently and making decisions in accordance with one's own values and beliefs.
- Environmental Mastery: The capacity to properly manage one's surroundings and deal with the demands of everyday life.
- Purpose of life: Having meaningful goal in life.
- Personal growth: Having a sense of continued development and being open to new experiences.

Psychological well-being of working women and housewives has been studied in previous researches, findings have been contradictory. While some researchers have shown that working women had better psychological well-being than housewives, other researches did not find any significant difference between working women and housewives with respect to psychological well-being. The differences in findings reveal the fact that the level of psychological well-being of women can be dependent on social and contextual factors. Also, the past studies have been different with respect to sample composition, setting, and measures of psychological well-being. Relatively less literature is available on the psychological well-being of working women and housewives in the setting of Rajkot, Gujarat. The specific objective of the study was as follows:

1. To compare examine the psychological well-being of working women and housewives.

2. RESEARCH METHODOLOGY

Sample: The total sample of the present study consisted of 100 married women (N = 100) from Rajkot, Gujarat, comprising 50 working women (n = 50) and 50 housewives (n = 50). The participants were selected using a convenience sampling technique. The age of the participants ranged from 25 to 50 years. Participants were personally contacted for data collection, including visits to workplaces for the recruitment of working women. Informed consent was obtained from all participants before data collection.

Tools: Psychological well-being: For measuring housewife and working women psychological well-being, a scale developed by Sudha Bhagale (1995) was used.). The present scale is a two-point scale, consisting of a total of 28 items, with two response options, namely 'Yes' and 'No', for each item. The scale includes both positive and negative items. The reliability coefficient of the Psychological Well-Being Scale is 0.85, indicating satisfactory reliability of the scale. The present scale also demonstrates high validity, making it useful for appropriately measuring an individual's psychological well-being. Items numbered 1, 2, 3, 7, 8, 9, 11, 13, 17, 18, 19, 20, 22, 23, 25, 26, 27, and 28 are positive items, whereas items numbered 4, 5, 6, 10, 12, 14, 15, 16, 21, and 24 are negative items. For positive items, a score of 1 is assigned to a 'Yes' response and 0 to a 'No' response. Conversely, for negative items, a score of 0 is assigned to a 'Yes' response and 1 to a 'No' response. Thus, the minimum possible score on the scale is 0, while the maximum possible score is 28. A higher score indicates a higher level of

psychological well-being, whereas a lower score indicates a relatively lower level of psychological well-being.

3. RESULTS

Table 1: Means, SDs, and t-values of Psychological Well-being With references to interaction between Working Women and Housewives (N=100)

Women	N	Mean	SD	t	p	Cohen's <i>d</i>
Working Women	50	24.70	2.93	1.69	0.093	0.34
Housewives	50	23.54	3.86			

Note. $p > .05$, not significant.

To examine the difference in psychological well-being between working women and housewives, an independent sample t-test was conducted.

The table presents the mean, standard deviation, independent-samples *t*-test results, and Cohen's *d* for psychological well-being scores among working women and housewives. The mean psychological well-being score of working women ($M = 24.70$, $SD = 2.93$) was higher than that of housewives ($M = 23.54$, $SD = 3.86$). However, the difference was not statistically significant, $t(98) = 1.69$, $p = .093$, which is greater than the .05 level of significance. The effect size was small-to-moderate (Cohen's $d = 0.34$). Therefore, no statistically significant difference was found in psychological well-being between working women and housewives.

4. DISCUSSION:

The present study aimed to compare the psychological well-being of working women and housewives. The findings show that working women obtained a slightly higher mean score ($M = 24.70$, $SD = 2.93$) than housewives ($M = 23.54$, $SD = 3.86$). However, the difference was not statistically significant ($t = 1.69$, $p = .093$). Working women may experience benefits such as economic independence, professional achievement, social interaction, and greater autonomy, while simultaneously experiencing occupational stress, conflict between family and work, and dual role responsibilities. Similarly, housewives may find satisfaction in caring for the family, managing the home, and having emotional relationships with family members, while simultaneously experiencing loneliness and conflict of dependence. Such benefits and challenges may balance each other out.

The findings of this study match those of Bhadra and Kar (2019). They reported no significant differences in overall psychological wellbeing between working women and housewives. This includes dimensions such as satisfaction, efficiency, sociability, mental health, and interpersonal relationships. The authors concluded that both groups maintained similar levels of psychological wellbeing, despite their different occupational roles. These results are also backed by the recent study from Singaravel et al. (2024). They found no significant difference in overall psychological wellbeing between homemakers and employed women. However, they did report differences in specific areas, with employed women scoring higher in autonomy and homemakers scoring higher in self-acceptance. This suggests that while occupational status may affect certain aspects of psychological wellbeing, it does not greatly alter overall wellbeing. The study by Gupta and Nafis (2014) supports these findings. It discovered that working and non-working women had similar total psychological well-being scores. The researchers suggested that factors beyond employment status could be more important in determining psychological well-being. This study shows that working women and housewives experience psychological well-being at similar levels. This suggests that psychological well-being is influenced by a mix of personal, social, family, and environmental factors, rather than just job status.

The current findings, however, differ somewhat from those reported by Sinha (2017). Sinha found that working women had significantly higher psychological wellbeing compared to homemakers. The author suggested that having a job improves women's psychological wellbeing by increasing financial independence, social recognition, self-esteem, and opportunities for achievement. At the same time, the study noted that working women face significant work-family conflict and multiple role demands. These factors may affect their wellbeing based on the level of social support available.

The results have practical consequences for mental health professionals, counsellors, and policymakers. When aiming to improve women's psychological well-being, attention should not be limited to their employment status. Rather, interventions should be designed to enhance social support, emotional well-being, self-esteem, stress management, and opportunities for personal development among both working women and housewives.

5. LIMITATIONS:

- There are some limitations to the present study. First, the study used a sample of participants from a restricted geographical location and adopted a cross-sectional approach that limited the applicability of the results.
- Second, the current study focused on psychological well-being but did not consider other factors like stress perception, social support, marriage satisfaction, work-life balance, economic well-being, or personality characteristics that can affect women's well-being.

6. CONCLUSION

The level of psychological wellbeing among working women was marginally higher than that of housewives, although the difference was not statistically significant. It can be concluded from the results obtained that the level of psychological wellbeing depends on a number of factors including personal, family, work-related and social but does not depend on whether an individual works or not.

7. REFERENCES

- [1] Akram, T., Luthfa, S.T., Chaahat, A. H., Kanchon, M.R., & Sharif, A. B. (2025). D determinants of early mental health help-seeking among women in Bangladesh: A nationally representative bootstrapped regression analysis PLOS Mental Health., 2(9).
- [2] Ali, I. M., Jaris, N. H., Samsudin, E. Z., Razali, S., Hashim, N. A., Mohamed, S., Ali, N. F., Idris, S., & Omar, S.A. (2025). Depression, anxiety, and coping strategies before and after a mental health programme for housewives in Malaysia: a per- and post-intervention Middle East current psychiatry, 32(1).
- [3] Berber, Z. B., & Taşci, Ç. (2026). Prediction of Psychological Well-Being Levels of Housewives Living in Rural Areas According to Some Variables. Current Perspectives in Social Sciences, (Advanced Online Publication), 1-26.
- [4] Bhadra, M., & Kar, R. (2021). A comparative study of psychological well-being between house wives and working women. International Journal of Physiology, 4(1), 2021-2023.
- [5] Chen, C., Chen, R., Wang, Q., Zhang, M., Song, j., Zuo, W., & Wu, R. (2025). Deciphering the mechanism of woman's mental health: a perspective of urban-rural differences. Frontiers in Public Health, 13.
- [6] Choudhary, D. L. A Study Of Psychological Well-Being Among Housewives And Working Women Of Mithila Region, North Bihar, India Dr. Lakhshmi Choudhary.
- [7] Gupta, G., & Nafis, N. (2014). Does marital adjustment and psychological well-being differences in working and non-working female. Int J Indian Psychol, 1(3), 61-72.
- [8] Kaplan, V. (2022). Mental Health States of Housewives: an Evaluation in Terms of Self - perception and Codependency. International Journal of Mental Health and Addiction, 21(1), 666.
- [9] Maqbool, M., Shrivastava, N., & Pandey, M. (2014). A comparative study of mental health of working women and housewives. Indian Journal of Health and wellbeing, 5(11), 1398-1400.

- [10] Lu, Z., Yan, S., Jones, J., He, Y., & She, Q. (2023). From Housewives to Employees, the Mental Benefits of Employment across Women with Different Gender Role Attitudes and Parenthood Status. *International Journal of Environmental Research and Public Health*, 20(5), 4364-4364.
- [11] Nayar, D., & Kapur, S. (2023). An Exploratory Factor analysis Examining Psychological correlates among Females. *Bangladesh Journal of Medical Science*, 106-115.
- [12] Priya, M., & Ahmad, A. (2021). A study of subjective well-being among housewives and working women of Khagaria District, North Bihar, India. *East African Scholars Journal of Psychology and Behavioral Sciences*, 3(5), 80-85.
- [13] Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57, 1069 – 1081.
- [14] Sadiq, R., & Ali, A. Z. (2014). Dual responsibility: A contributing factor to psychological ill-being in married working women. *Academic Research International*, 5(2), 300.
- [15] Sinha, S. (2017). Multiple roles of working women and psychological well-being. *Industrial psychiatry journal*, 26(2), 171-177.
- [16] Singaravel, V. P., Muniyapillai, T., Kulothungan, K., Aswin, A., & Kulothungan Sr, K. (2024). Comparison of Overall and Domain-Specific Psychological Well-Being Between Homemakers and Employed Women: A Cross-Sectional Study From Perambalur District, Tamil Nadu. *Cureus*, 16(12).
- [17] Wang, S., & Lu, Z. (2022). Is Paid Inflexible Work Better than Unpaid Housework for Women's Mental Health? The Moderating Role of Parenthood. *Applied Research in Quality of Life*, 18(1),