

Life Satisfaction, Hope and Self Esteem among Working and Non-Working Parous Married Women Living in Joint Families

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Abstract

The aim of the current study is to investigate if there are differences in hope, life satisfaction, and self-esteem between working and non-working married women living in joint families. The sample had 144 parous married women working as well as non-working women living in joint families. The age range was 24–55 years. Participants were from urban and rural areas. The hope scale, life satisfaction scale, and self-esteem scale were used. Results showed that there are considerable differences in hope, life satisfaction, and self-esteem between working and non-working married women living in joint families. Self esteem and life satisfaction have a significant positive relationship with hope. Therapies and counselling may help improve self-esteem and life satisfaction. Findings have vital implications for practice and underscore the requirement to help and encourage married women in their lifestyle. The results highlight the need for mental well-being promotion and also prevent low self-esteem in non-working women as an appropriate response to enhance their hope and life satisfaction. There is a requirement to be hopeful and positive in order to deal with low self-esteem and low life satisfaction.

Key words: -life satisfaction, self-esteem, hope, working women, joint families, non-working women.

Introduction

A study was demonstrated on life satisfaction and hope among employees, and findings suggested that hope predicted life satisfaction considerably and positively. Thus, hope was strongly linked with life satisfaction. (Zeynel, 2023) A study was conducted among Chinese education tutors, and findings revealed that positive coping enhanced the connection between life satisfaction and hope. (Ji et al., 2022) Two intellectual well-being indicators are hope and

life satisfaction (Jiang et al., 2020). The relationship between hope and life happiness is inverse. On the one hand, after analyzing the level of 24 character strengths in eight occupational categories and six age groups (Heintz and Ruch, 2019), hope appeared as the greatest associated character strength with life satisfaction. On the contrary, educators who have higher levels of hope tend to have higher levels of life satisfaction and good feelings (Chan, 2009).

A cross-sectional study found that hope has a considerable impact on life satisfaction, and there is a positive association between hope and life happiness in both adults and adolescents, particularly in problematic subgroups (Proctor et al., 2011). Longitudinal investigations have also shown that hope is a strong predictor of subsequent life happiness, despite adjusting for baseline life satisfaction (Marques et al., 2013). Hope mediates the link between life happiness and numerous situational and psychological qualities, as well as acting as a moderator between individuals' defined objectives and life satisfaction (Satici, 2016; Nie et al., 2019).

Recent studies conducted in the framework of COVID-19 show that hope improves people's lives and happiness (Karataş et al., 2021). Based on empirical research with Chinese ethnic minority college students, Chen et al. (2021) claimed that hope was not substantially connected with life happiness. Optimism theory holds that a person who has hope understands the routes to achieving goals and has the agency to make those aspirations a reality (Snyder et al., 2002). Hope was regarded as activating thinking and different ways of thinking, and it was shown to be associated with personal adaptability (Karataş et al., 2021). As a result, optimism is especially valuable in times of adversity. When people are under extreme stress, hope becomes more crucial in helping them cope (Lopez et al., 2000).

However, further study is required in the future to investigate its probable mechanism (Barnum et al., 1998). Hope has been linked to better psychological and health outcomes in adults and children dealing with a variety of adversities. Life satisfaction is one of the most important elements of subjective wellness, and it is a procedure that fosters dedication, beneficial outcomes, own devotion, satisfaction, and aids in making life meaningful. Many studies on life satisfaction have been conducted in recent years, and insufficient levels of life satisfaction have been linked to a number of psycho pathological signs such as anxiety, sadness, and loneliness, as well as dangerous behavior such as aggression, aggressiveness, and alcohol and drug misuse.

Similarly, total life pleasure mitigates the impact of life's stressful moments. (Savi Çakar, 2012) It is defined as one's overall happiness with life, is assessed using a cognitive-critical process in which individuals compare their current state to their needed level of satisfaction, and is influenced by a variety of personality traits, cognitive processes, behavioral features, as well as both beneficial and detrimental effects. (Azizli et al., 2015) To summarize, life satisfaction is crucial for people's health and quality of life; hence, researchers have made various attempts to uncover predictors and connections among numerous factors for subjective well-being and life satisfaction in various cultural backgrounds. (Diener et al., 2003)

Ozkan et al. (2014) examined the association between communication skills and self-efficacy levels, which revealed an important positive association between communication skills and self-efficacy. Similarly, (Ghorbanshiroudi, 2011) study among undergraduates demonstrates the benefit of interpersonal abilities in boosting life satisfaction.

Method

A quantitative comparative research study design was used for the current study. The main goal of the current study is to investigate if there are differences in hope, life satisfaction, and self-esteem between non-working and working married women living in joint families and to find out the relationship between them. By using a simple random sampling technique, 144 participants were selected from Rewari, Gurugram, Hansi, Panipat, Rohtak, and Dadri, of whom 72 were working and 72 were non-working and living in joint families. Respondents were from urban and rural regions. The age range was 24–55 years. The study was explained to respondents and their written informed consent was obtained for voluntary participation. Their privacy were ensured. Questionnaires were filled by the participants and collected. Then, the results were interpreted using SPSS software.

Hypothesis

There is no significant difference in hope, life satisfaction, or self esteem among married women living in joint families.

Tools used

A demographic sheet was used to collect data for demographic characteristics. The adult hope scale (Snyder, 2002; Snyder et al., 1991) has 12 items, and this scale is based on the model of hope. It takes five minutes to complete. Easy to administer. The self-esteem scale was developed by Morris Rosenberg in 1965. It has ten items and measures self-esteem. Scores range from 0 to 30. Life Satisfaction Scale (LSS) was developed by George Joseph and Promila Singh in 1971. It has 35 items, and it is easy to use.

Result

Table 1 Comparison Of Different Variables Between Groups

	Hope		Life satisfaction		Self esteem	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Working (n=72)	44.29	3.46	120.80	21.15	21.22	3.45
Non working(n=72)	35.07	3.37	114.10	11.11	13.17	3.31

Table 2 Comparison Of Hope, Life Satisfaction And Self Esteem Between Groups Including Levene's Test For Equality Of Variances And t test For Equality Of Means

Variables	Working		Non working		<i>t(df)</i>	<i>p</i>	<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Hope	44.29	3.46	35.07	3.37	16.18	.001	2.69
Life satisfaction	120.80	21.15	114.10	11.11	2.38	.019	0.39
Self esteem	21.22	3.45	13.17	3.31	14.27	.001	2.37

Table 1 and table 2 revealed significant mean difference on hope with $t(142)=16.18$, $p<0.05$. Findings showed that working married women belonged to joint families got higher score on hope ($M=44.29$, $SD=3.46$) compared to non working married women living in joint families ($M=35.07$, $SD=3.37$). The value of Cohen's d was 2.69 ($>.80$) which indicated large effect size. There was significant mean difference on life satisfaction with $t(107.42)=2.38$, $p<0.05$. Results revealed that working married women belonged to joint families obtained higher score on life satisfaction ($M=120.80$, $SD=21.15$) compared to counterpart ($M=114.10$, $SD=11.11$). The value of Cohen's d was 0.39 ($<.50$) indicated medium effect size. There was also considerable difference on self esteem with $t(142)=14.27$, $p<0.05$. Research findings showed that working married women belonged to joint families obtained higher on self esteem ($M=21.22$, $SD=3.45$) compared to counterpart ($M=13.17$, $SD=3.31$). The value of Cohen's d was 2.37 ($>.80$) indicated larger effect size. Considerably, hope has significant positive correlation with self esteem ($r=.601^{**}$, $p<0.01$) and life satisfaction ($r=.183^{*}$, $p<0.05$). So, an increase in hope would lead to an increase in self esteem and life satisfaction.

Discussion

The majority of research on life happiness, self-efficacy, and self-esteem has been conducted on individuals or specific population groups. There has been very little research on married women. A study was conducted on self-esteem and life satisfaction, and the findings revealed that higher self-esteem was significantly and directly associated with higher life satisfaction. (Fekih-Romdhane et al., 2023) A study was carried out on self-esteem, and the findings showed that women with breast cancer had lower self-esteem. (Montaes-Muro et al., 2023)

A study was conducted on saint women, and findings suggested that there was a significant positive correlation between life satisfaction and self-esteem. (Allen et al., 2023) A study was conducted on life satisfaction, self-esteem, and work transitions, and the findings revealed that participants with higher levels of self-esteem and life satisfaction were less likely to experience unemployment and more likely to experience employment, indicating selection

effects. (Reitz et al., 2022) Numerous studies have examined the direct link between satisfaction with life and self-esteem (Moksnes & Espnes, 2013); Diener et al., 1985; Liang et al., 2020; Sakellai et al., 2017; Proctor et al., 2008; Gilman & Huebner, 2006; Rosenberg et al., 1989; Brice et al., 2014), but the psychological mechanisms underlying this relationship remain unexplained.

Despite the fact that hope has been shown to be positively related to life happiness, little is known about the processes behind this relationship. (Du et al., 2015) This study supported the concept that people who are hopeful have better life satisfaction than those who are pessimistic (Nie et al., 2019). As previously stated, we are aware of no other research that has focused on this. This study explores hope, life satisfaction, and self-esteem among employed and unemployed women living in joint families, and understanding self-esteem and hope is very important to improving life satisfaction in women.

Working women scored higher on hope, self-esteem, and life satisfaction. Employment and self-dependence could be the reasons for their high self-esteem and life satisfaction. Employment could improve the lifestyle. A working woman could feel financially strong compared to others. So, working women may feel more hopeful and financially secure. Hope can enhance the satisfaction of life. (Ji et al., 2022) Previous research has found that self-esteem is a measure of a person's mental health, mature personality, and adaptation. In addition, poor self-esteem is linked to low self-worth, low life satisfaction, loneliness, sadness, and anxiety. (Chen et al., 2018)

Conclusion

The present study suggests that married working women living in joint families have more hope, more self esteem and more life satisfaction as compare to non working married women living in joint families. If hope increased, then self esteem and life satisfaction would also increased. Further, there is scope for further research and findings.

Future Scope

These results highlight the need for a comprehensive approach to low self-esteem and poor life satisfaction evaluation in future research and therapeutic practice. More study into the relationship between hope and life satisfaction is needed to better understand the psychological reasons that lead to poor self-esteem among nonworking women, according to these findings. The data can be utilized to develop health promotion activities that will affect health behavior for the rest of one's life. The outcomes of this study will also add important information to the current literature on the psychological effect of life satisfaction and self-esteem. Treatments targeted at educating individuals about hope and optimism will be available in the future. This study supports the significance of hope and life satisfaction in the treatment of low self-esteem. Interventions targeted at educating individuals about hope and optimism will be available in the future. This study supports the role of hope and life satisfaction in the treatment of low self-esteem and mental health.

Conflict of Interest: There is no Conflict of Interest.

Declarations

Ethical Approval: Ethical review and approval were waived for this study, because no such information was collected in this study which is related to any type of confidentiality and sensitive personal report.

Statement of Informed Consent: Consent to participate in study was taken from participants.

Competing interests: No competing interest involved.

Authors' contributions:

Rupa Mishra conceived the original idea and designed and directed the research and she developed the theoretical framework and collect data.

Dr. Shubhangi Gupta performed the data analysis and, was involved in planning and supervised the work, She aided in interpreting the results and worked in writing the manuscript and contributed to the final version of manuscript.

Both authors contributed to the design and implementation of the research, to the analysis of the results.

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