

## **Comparative study of Adjustment Problem among working women and non working women.**

Panaji M. Chaudhary  
Asst. Professor, Dept. of psychology  
Government Arts College, Shehera (Panchmahal) Gujarat.

### **Abstract**

The purpose of this research is to examine the main difference between working and non working women in adjustment problem. Subjects included 120 women, 60 working women and 60 non working women from panchmahal district, Gujarat state. The instrument used in this study is Bell's adjustment inventory had reliabilities of .80 to .93 on the dimension within the total scale. Data were analyzed using t-Test to check the significance of difference in adjustment problem. The study revealed the working women and non working women were adjustment well especially from 'social, emotional and Health adjustment. Findings indicated that working women are more adjustment in terms of Health, Social and Emotional adjustment than non working women.

**Key words:** Adjustment, Health, Social, Emotional

Adjustment, in psychology, the behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces. Adjustment is defined as a process wherein one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment.

Adjustment has been analyzed as an achievement as well as a process in psychology. Interpreting adjustment as an achievement would necessitate effective performance in doing what one was expected to and engaged in. This would mean judging the quality on certain parameters. However, psychologists have been interested to examine adjustment as a process. This entails examining the interaction of the individual with the external world. If the relationship between the individual and his/ her environment is in accordance with the norms then the adjustment is achieved. The behaviour of the person concerned would be considered normal. Gross deviation from the norms demand clinical investigations and interventions. Such deviations are defined as maladjustment. Severe deviations can be classified as abnormal behaviour.

The spread of education made the women get more knowledge, more thinking power. Only educated women are able to think rationally. Education has made them capable to do different job and provided them with decision making power. Most of the working women feel maladjusted due to non cooperative attitude of the husband and family members. Adjustment is a process that helps a person to lead a happy and contented life while maintaining a balance between his needs and his capacity to fulfill them. It enables him to change his way of life according to the demands of the situation and gives him the strength and ability to bring about the necessary changes in the conditions of his environment.

### **Objectives:**

1. To study the significant difference between the Health, adjustment of working and non working women.
2. To study the significant difference between the social adjustment of working and non working women.
3. To study the significant difference between the Emotional adjustment of working and non working women.

**Hypothesis:**

1. There is no significant difference between the Health adjustment of working and non working women.
2. There is no significant difference between the social adjustment of working and non working women.
3. There is no significant difference between the emotional adjustment of working and non working women.

**Method**

**Participants:**

A sample of 120 respondents was included in this survey. In 120 Samples there are 60 working women and 60 non working women. The respondents were randomly selected from Panchmahal district. (Gujarat state). The primary data were collected by means of questionnaires.

**Materials:**

For this purpose the following test tools were considered with their reliability, validity and objectivity mention in their respective manuals.

**1. Bell’s adjustment inventory**

**Statistical Techniques:**

‘t’ test technique was used to find the significance difference of Adjustment Problem among working women and non working women.

**Results**

**Table No.1** Showing ‘t’-Ratio of working and non working women in terms of Health adjustment.

Variable	Category of women	n (N)	mean	SD	‘t’ Value	Sign.level
Health	Working	60	20.00	4.00	7.06**	0.01
	Non working	60	26.50	5.85		

\*\*p>.01

Table No.1 an attempt is made to find out the difference between working and non working women On Health adjustment with the ‘t’ test. The t-ratio of the Health adjustment of working and non working women is 7.06, which is significant. It means working women groups is differ significantly as compared to nonworking women groups on Health Adjustment score. There is no noticeable difference on mean score also. Working women M=20.00 and nonworking women M=26.50. Thus it is clear that there is significant difference between working and non working women on Health Adjustment. It clearly indicates that working and non working women have not similar level On Health adjustment. Result indicated the working women have better Adjustment towards Health Adjustment to compared non working women. It means first hypothesis was rejected.

**Table No.2** Showing ‘t’-Ratio of working and non working women in terms of Social adjustment.

Variable	Category of women	n (N)	mean	SD	‘t’ Value	Sign.level
Social	Working	60	18.80	4.62	5.71**	0.01
	Non working	60	24.62	6.45		

\*\*p>.01

Table No.2 an attempt is made to find out the difference between working and non working women On Social adjustment with the ‘t’ test. The t-ratio of the Social adjustment of working and non working women is 5.71, which is significant. It means working women groups is differ significantly as compared to nonworking women groups on Social Adjustment score. There is no noticeable difference on mean score also. Working women M=18.80 and nonworking women M=24.62. Thus it is clear that there is significant difference between working and non working women on Social Adjustment. It clearly indicates that working and non working women have

not similar level On Social adjustment. Result indicated the working women have better Adjustment towards Social Adjustment to compared non working women. It means second hypothesis was rejected.

**Table No.3** Showing ‘t’-Ratio of working and non working women in terms of Emotional adjustment.

Variable	Category of women	n (N)	mean	SD	‘t’ Value	Sign.level
Emotional	Working	60	17.36	5.30	2.98**	0.01
	Non working	60	21.12	8.25		

\*\*p>.01

Table No.3 an attempt is made to find out the difference between working and non working women On Emotional adjustment with the ‘t’ test. The t-ratio of the Emotional adjustment of working and non working women is 2.98, which is significant. It means working women groups is differ significantly as compared to nonworking women groups on Emotional Adjustment score. There is no noticeable difference on mean score also. Working women M=17.36 and nonworking women M=21.12.Thus it is clear that there is significant difference between working and non working women on Emotional Adjustment. It clearly indicates that working and non working women have not similar level On Emotional adjustment. Result indicated the working women have better Adjustment towards Emotional Adjustment to compared non working women. It means third hypothesis was rejected.

**Conclusion:**

1. There is significant difference between the Health adjustment of working and non working women.
2. There is significant difference between the social adjustment of working and non working women.
3. There is significant difference between the emotional adjustment of working and non working women.

**References**

Agnihotri, H.K. (1976). Problems of the old age. *Journal of Psychological Researchers*, 22,1,17-29.

Bram, A.W. (2006). Cosmic transcendence and framework for meaning in life. *Journal of Gernontology*, 61, 12, 128.

Burke, R.J. and Weir, T.(1976) Relationship of wife 's employment Status to husband, wife and Pair Satisfaction and Performance. *Journal of the marriage and family*. 38 279-87.

Coser, R.L. and (1971) *Women in the occupational World: Social disruption and conflict social Problems 1B*, 535-554.

Srivastava, V.(1978) *Employment of Educated Married women in India*. New Delhi: National Publishing House.