

## **CHAPTER 6**

### **SUMMARY AND CONCLUSIONS**

The objectives of the study was to assess the level of quality of life and marital satisfaction among women working in different professions (teaching profession, bank profession, working in multinational company and health profession) at Bangalore urban area; To study the difference in quality of life and marital satisfaction among women working in Bangalore urban area across different professions; To study different domains of quality of life and marital satisfaction across different demographic variables among women working in different professions at Bangalore urban area; To study the correlation between different dimensions of quality of life and marital satisfaction among women working in Bangalore urban area; To study the demographic predictors of quality of life and marital satisfaction among women working in Bangalore urban area; and To study different domains of quality of life as predictors of marital satisfaction among women working in Bangalore urban area.

The purposive sampling of females from Bangalore Urban included 60 working women from each of the professions - Teaching profession, bank professionals, working in multinational company and Health profession, aged between 30 to 50 years and working from at least past 05 years. Between groups design with purposive sampling will be adopted for the study. Sixty women each from different professions of urban Bangalore meeting the inclusion criteria were administered socio demographic sheets, Quality of Life Questionnaire and Marital Satisfaction Scale. Some participants willing to share their life experiences were interviewed on Semi structured interview schedule consisting of items about quality and satisfaction in life with feminist background culminating in case studies. Analysis of the data was done by using descriptive statistics of mean, standard deviation, frequency, percentage, correlation and inferential statistics of one way ANOVA, scheffe's test and regression analysis.

#### **Major findings and conclusions of the study**

- The women working in teaching profession showed the best physical health QOL and the women in health profession showed the least physical health QOL; The women

working in teaching profession showed the best Psychological QOL and the women in Health profession showed the least Psychological QOL; The women working in bank profession showed the best social relationships QOL and the women in health profession showed the least social relationships QOL; The women working in multinational company showed the best environment QOL, and the women in health profession showed the least environment QOL; The women working in teaching profession showed above average marital satisfaction but women working in multinational companies showed below average marital satisfaction.

- The significantly best physical quality of life is shown by women working in teaching profession and significantly least physical health quality of life was seen in multinational company; Women working in teaching profession had significantly better psychological quality of life and significantly least psychological quality of life was seen in multinational company; Women working in bank profession and teaching profession had significantly better social relationships quality of life and significantly least social relationships quality of life was seen in health profession; Women working in multinational company had significantly better environment quality of life and significantly least environment quality of life was seen in health profession; The significantly best marital satisfaction was shown by women working in teaching profession and finally the significantly least marital satisfaction was seen in multinational company.
- Four variables influencing to significant difference in physical health quality of life was qualifications, income, and categories; seven variables influencing to significant difference in psychological quality of life was service length, job security, income, category, years of marriage, highest qualification of husband, and income of husband; seven variables influencing to significant difference in social relationships quality of life was qualifications, type of family, income, number of years of marriage; nine variables influencing to significant difference in environment quality of life was service length, job security, qualifications, total family members, income, category, number of years of marriage, highest qualification of husband, income of husband and number of children have significantly differed in environment quality of life; five variables influencing to significant difference in marital satisfaction was

qualifications, type of family, category, highest qualification of husband, and income of husband.

- Correlation between many aspects of quality of life and marital satisfaction are correlated significantly and positively indicating that mutual influencing nature of these aspects. Physical health quality of life is significantly and negatively correlated to environment quality of life indicating that as environmental quality improves the physical health quality of life decreases and vice versa. In the same manner environment quality of life was correlated significantly and negatively with marital satisfaction indicating that as environmental quality increases the marital satisfaction could decrease.
- For working women in different professions of Bangalore urban area it is seen that combination of belonging to lower category, getting low income, living in nuclear family, good salary of husband, higher qualification and more number of years in married life predicts better physical quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of being in secured job, belonging to lower category, higher the income of husband, longer the length of service and lower the income better was the psychological quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of being in nuclear family, lower the income, more the longer the years of marriage, more secure the job, and longer the length of service better was the social relationships quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of more the job security, towards the higher levels in category, more the length of service, lesser the qualification, and better the income of husband better was the environment quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of higher qualification, lower category, higher income of husband, nuclear type of family, lower income, longer the years of marriage, longer the length of service, and higher the qualification of husband, better was the marital satisfaction.

- For working women in different professions of Bangalore urban area it is seen that combination of having better physical health QOL, better psychological QOL and lower environment QOL, better was the marital satisfaction.
- The qualitative analysis throws light on reasons for better quality of life and decline of quality of life in different domains and also marital satisfaction. More number of responses was given by women related to aspects like the reason for taking up employment and some positive words about being working women which indicate that there are many positive aspects related to working parse. The statement related to sharing some words about work and family life balance has induced many responses but more towards negative aspects. There is a need for the husband to improve the sensitivity towards women and wife. It was indicated that women are not over expecting from life and want basic things but both at family and work place. Related to meaningful married life women's has some basic expectations. The role of husband is major and being supportive is very important. The sample have given very less number of responses indicates that they don't have plans for financial security, not concentrating on working on physical health, not too much involved in social relationships, and need for more discussion related to family and balancing family and work with the husband. But has adequate safe family and work environment and not many complaints about safely issues at work and family; and also no major interference from in-laws.
- Women have different issues in different percentages but many issues have got overlapped related to aspects of different nature. The statements seems repetitive for different categories of percentage of class interval but they are the same answers for different questions, which indicated that women irrespective of how many percentage of them have reported but has got overlapped now and again indicating that these issues are major enough to be understood, discussed and handled at the earliest.

**Major findings and conclusions of the study in terms of the areas or variables of the study:**

**Physical health QOL**

- The women working in teaching profession showed the best physical health QOL and the women in health profession showed the least physical health QOL;
- The significantly best physical quality of life is shown by women working in teaching profession and significantly least physical health quality of life was seen in multinational company;
- Four variables influencing to significant difference in physical health quality of life was qualifications, income, and categories;
- For working women in different professions of Bangalore urban area it is seen that combination of belonging to lower category, getting low income, living in nuclear family, good salary of husband, higher qualification and more number of years in married life predicts better physical quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of having better physical health QOL, better psychological QOL and lower environment QOL, better was the marital satisfaction.
- Physical health quality of life is significantly and negatively correlated to environment quality of life indicating that as environmental quality improves the physical health quality of life decreases and vice versa.

**Psychological QOL**

- The women working in teaching profession showed the best Psychological QOL and the women in Health profession showed the least Psychological QOL;
- Women working in teaching profession had significantly better psychological quality of life and significantly least psychological quality of life was seen in multinational company;
- seven variables influencing to significant difference in psychological quality of life was service length, job security, income, category, years of marriage, highest qualification of husband, and income of husband;

- For working women in different professions of Bangalore urban area it is seen that combination of being in secured job, belonging to lower category, higher the income of husband, longer the length of service and lower the income better was the psychological quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of having better physical health QOL, better psychological QOL and lower environment QOL, better was the marital satisfaction.

### **Social relationships QOL**

- The women working in bank profession showed the best social relationships QOL and the women in health profession showed the least social relationships QOL;
- Women working in bank profession and teaching profession had significantly better social relationships quality of life and significantly least social relationships quality of life was seen in health profession;
- seven variables influencing to significant difference in social relationships quality of life was qualifications, type of family, income, number of years of marriage;
- For working women in different professions of Bangalore urban area it is seen that combination of being in nuclear family, lower the income, more the longer the years of marriage, more secure the job, and longer the length of service better was the social relationships quality of life.

### **Environment QOL**

- The women working in multinational company showed the best environment QOL, and the women in health profession showed the least environment QOL;
- Women working in multinational company had significantly better environment quality of life and significantly least environment quality of life was seen in health profession;
- nine variables influencing to significant difference in environment quality of life was service length, job security, qualifications, total family members, income, category, number of years of marriage, highest qualification of husband, income of husband and number of children have significantly differed in environment quality of life;

- For working women in different professions of Bangalore urban area it is seen that combination of more the job security, towards the higher levels in category, more the length of service, lesser the qualification, and better the income of husband better was the environment quality of life.
- For working women in different professions of Bangalore urban area it is seen that combination of having better physical health QOL, better psychological QOL and lower environment QOL, better was the marital satisfaction.
- Physical health quality of life is significantly and negatively correlated to environment quality of life indicating that as environmental quality improves the physical health quality of life decreases and vice versa.
- In the same manner environment quality of life was correlated significantly and negatively with marital satisfaction indicating that as environmental quality increases the marital satisfaction could decrease.

### **Marital satisfaction**

- The women working in teaching profession showed above average marital satisfaction but women working in multinational companies showed below average marital satisfaction.
- The significantly best marital satisfaction was shown by women working in teaching profession and finally the significantly least marital satisfaction was seen in multinational company.
- Five variables influencing to significant difference in marital satisfaction was qualifications, type of family, category, highest qualification of husband, and income of husband.
- For working women in different professions of Bangalore urban area it is seen that combination of higher qualification, lower category, higher income of husband, nuclear type of family, lower income, longer the years of marriage, longer the length of service, and higher the qualification of husband, better was the marital satisfaction.
- For working women in different professions of Bangalore urban area it is seen that combination of having better physical health QOL, better psychological QOL and lower environment QOL, better was the marital satisfaction.

- Correlation between many aspects of quality of life and marital satisfaction are correlated significantly and positively indicating that mutual influencing nature of these aspects.
- In the same manner environment quality of life was correlated significantly and negatively with marital satisfaction indicating that as environmental quality increases the marital satisfaction could decrease.

## **CRITICAL EVALUATION**

### **Strengths:**

- In the present day Indian scenario issues related working women in different profession is one of the important areas of study to understand the aspects of concerns, importance and need for change at the societal level in relation to Quality of life and marital satisfaction and hence this study is of relevance.
- The study focused on working women professionals from Bangalore urban area, again of relevance as it is one the most rapidly growing metropolitan city as there is a need to understand the issues faced by numerous working women in such area.
- The study has included four important professions like teaching, bank, multinational company and health profession and hence is of relevance.
- Fourteen demographic variables of concern were added as variables of the study like age, years of experience, qualification, type of family, income, years of marriage and number of children. Inclusion of many variables could give a good picture about the variables effecting working women's Quality of life and marital satisfaction.
- A pilot study was done on ten women each from different professions. The comprehension for the scales were analysed and the scales were continued for assessment of quality of life and marital satisfaction. Depending upon the time consumption the sample size of 60 each in each profession was considered for the study. a pilot study is important before carryout the study and this research had pilot study which is sounds adequate for the research.
- Depending on the feedback from the pilot study changes were made in the semi structured interview to suit the comprehension and qualitative analysis of interview.

- Apart from quantitative analysis information through semi structured interview schedule about quality and satisfaction in life was collected from some participants which culminating in qualitative analysis which gave a better understanding of the related issues.

**Limitations:**

- Working women only from four professions were included for the study and many other professions could have been included.
- Only urban Bangalore was considered as a study area which could minimise generalisability to other similar areas.
- The sample of 60 is relatively small sample to analyse the entire population.
- Randomisation in sampling was not attempted which could limit the external validity or generalisability.
- Though many inclusion and exclusion criteria in sample section were used the criteria's could be extended to gain homogeneity for inferring the conclusions.
- Tools of Quality Of Life Questionnaire and Marital satisfaction which were considered for the study had adequate standardisation properties.
- Though information through semi structured interview schedule about quality and satisfaction in life was collected from some participants it was not subjected to any statistical analysis which could be a possibility too.
- Though both qualitative and quantitative methods were used to understand the aspects of the study there still remains a wide arena related to the topic of quality of life and marital satisfaction with is effected by many other aspects other than the variables of the present study.

### **SUGGESTIONS FOR FURTHER RESEARCH**

- A longitudinal study could be useful to understand the changing generation in respect to quality of life and marital satisfaction of working women. This will give an idea in terms of influence of personality, culture and changing world on quality of life and marital satisfaction of working women.
- Cross sectional study across different age ranges could be useful to understand perspective in a different view based on developmental life span.
- Other variables effecting quality of life and marital satisfaction of working women could be added for the study apart from the demographic variable.
- An intervention study can focus on dealing with issues of quality of life and marital satisfaction of urban working women which is of a great need in the present scenario.
- A matched group design across different demographic variable could also be useful for analysing and generalising the findings.
- Gender comparison on quality of life and marital satisfaction of working professions could give a different perspective of gender as an important variable. And also to understand the main differences between male and female on the respective variables.

## **IMPLICATIONS**

- The present study shows that teachers have better physical and psychological quality of life where as in other professions it is not so. It could be that there is a need to look into aspects of physical and psychological environment of other professions which appears to be not satisfactory for working women.
- Social relations are better for bank professionals when compared to others. One needs to know through further research whether individuals with adequate social skills join the bank profession or is it the interaction they get to have with customers that improve their social skills.
- Environmentally the multinational company professionals are more satisfied when compared to others. It is important to incorporate safety and secured environment for women working for other professions too.
- Health professionals have the least Quality of life in all the domains and marital satisfaction. A keen look in the lacunas of this profession has to be made to improve the working conditions such that the quality of life and marital satisfaction could improve.
- Many demographic variables have contributed for the significant difference on Quality of life and marital satisfaction. Such studies give us an idea of risk factors on demographic front. Such cases can be of special concern for intervention, awareness and sensitisation activities which could help them deal with such factors.
- Many domains of quality of life are correlated to other domains of quality of life and marital satisfaction. Thus improvement in one area can improve another domain too. Hence working on some major concerns or possible solvable issues of some area could impact on other areas as well.

- Many predictors of quality of life and marital satisfaction have been identified in the present study which can be used as a bench mark to understand the concerns of working women as risk factors for quality of life and marital satisfaction.
- The semi structured interview has given detailed explanations for possible causes of lower quality of life and marital satisfaction among working women. It is important to use the information for awareness and sensitisation activities with other groups of the society in general and men in specific.