

A MULTIMETHOD APPROACH TO STUDY THE LIFE SATISFACTION OF THE EDUCATED UNEMPLOYED WOMEN

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ABSTRACT

With a view to cross-checking of information relating to the life satisfaction of the educated unemployed women 30 subjects (volunteers), incidentally chosen, unemployed for at least 5 years after completion of studies were asked to respond to the life satisfaction scale by Neugarten and his associates (1961) and simultaneously 30 subjects employed for at least 5 years were also asked to do the same (the former being experimental group and the latter control group). The scale has 20 items in the form of statements with force choice response categories of agree and disagree. It has 20 items -- 12 positive and 8 negatives. Response agrees on positive items and disagree on negative items yields one point and no response no points. Thus, the range of the scale is 0 to 20 indicating higher score higher life satisfaction and lower inversely so. The reliability and validity in the Indian condition of the scale has also been found to be satisfactory and hence recommended for use. In the second phase of the investigation 20% of the volunteers from both the groups, selected randomly, were depth interviewed subsequently so that the content analysed information could be cross-checked. A careful analysis of the data from both the sources indicated, qualitatively as well as quantitatively, that unemployment for a longer duration essentially decreases the life satisfaction of a person. The statistical treatment of the groups in the first phase ($t = 11.58 > .01$) as also the content analysed data from the second phase attested to the fact that for the sake of authenticity of data it is prudent to use the multimethod approach.

Keywords: *Unemployment & Life Satisfaction, Joblessness & Life Satisfaction, Well-being & Unemployment.*

Introduction

At present the rate of unemployment in India is 6.1%, a four-decade high. It is alleged that this alarming rate has been caused largely due to demonetization in 2016 the purpose of which was to curb informal untaxed economy. Interestingly, this rate (of unemployment) rose to 7.7% in December 2019.

Psychologists in India have found that unemployment for a longer duration invariably causes, directly or indirectly, decrease in one's well-being especially with respect to satisfaction towards One's life (Aho, 1981; Chakrapani, 1995; Dutt, 1990; Kumari, 2001; Narayan, 1995; Rani, 1993; Singh, 1990, 2001; 2004; Singh, 1990). However, most of these studies have used the paper-pencil test the authenticity of which is often doubted by many modern psychologists. Hence, it was deemed necessary to use the multimethod approach to assess whether the information gleaned so far is acceptable to what extent. Hence, it was hypothesized that longer duration of unemployment assessed using the multimethod approach will also indicate decrease in one's satisfaction towards life.

Methodology

- **Sample:** As the present study involved more than one approach sampling for these was done separately. In the first phase, involving a paper-pencil popular Test, 30 unemployed educated women were conveniently chosen as volunteers. Likewise, for the second phase 20% of selected volunteers from the first phase were again randomly selected for depth interview. In the control group the same process of sampling was used for educated employed women. In both

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the groups of respondents the criteria of unemployment and employment for over 5 year after completion of studies was followed. Certain precaution was taken to ensure comparability of the volunteers from both the groups of employed and unemployed educated women. Thus, their age varied from 25 to 35 years, they belonged to Nuclear family, the range of income of their parents was from Rs, 25,000/- to Rs, 35,000/- per month, size of family was between 3 to 5 members and all of them were residents of Bhagalpur town.

- **Tool:** The life satisfaction scale by Neugarten and his associates (1961) was utilized which has 20 items in the form of statements with two response categories agree and disagree. 12 items are positive and 8 negatives. Response of agree to positive items and disagree to negative items yields a score of 1 point and no point is awarded if there is no response to a statement. Thus, the range of the scale was from 0 to 20 in which higher score indicated higher satisfaction in life. The scale has been found to be reliable (Ramamurthy, 1978; Sinha 1989) and hence is recommended for use in the Indian condition.

For the second phase of the study involving 20% of cases randomly selected from the first phase carefully constructed interviews schedule was used using structuring of the statements to ensure qualitative appraisal.

Strategy of Study

The details of the prospective volunteers from (the first group of) unemployed educated women (unemployed for more than 5 year) were obtained from the Registers of the District Employment Exchange. Their phone number and address were noted down. There after they were individually contacted on phone and appointment was fixed for a specific date, time and place. Later, they were individually contacted and requested to furnish their responses on the life satisfaction scale seriously and sincerely. This process of data collection was both time-consuming and cumbersome on account of the reluctance of the respondents to spare the required time for the same. But, as the size of the sample for both the groups was rather small as many as 56 respondents were contacted and 40 of them agreed to cooperate out of which 30 were selected for the final study keeping in mind the comparability of some extraneous variables such as age, income of parents, type and size of family and area of residence etc. between the Experimental and the control groups. A few of the respondents even preferred the use of social media such as WhatsApp and Facebook and they were allowed to do so. Regarding gathering information from the control group (i.e. the educated employed women for over 5 years after completion of their studies) private and government institution were contacted and possible and willing subjects were selected for the study. They were contacted individually and requested to fill the scale. The same type of problem arose in this case also which was dealt with establishing adequate rapport with them and convincing the candidates about the Bonafide purpose of the study. Thus, the data collection from both the groups took 8 months' time.

Results and Discussion

The obtained data from both the groups was statistically treated using the popular t test. The findings are summarized in the following table.

Table 1: Summary of Findings Obtained from the Educated Unemployed and Employed Women with Respect to their Life Satisfaction

Groups	Mean	SD	t	Level of Significance
Unemployed Educated women	6.4	1.90	11.58	P<.01
Employed Educated women	10.96	1.09		

Source: Based on primary data

A glance at the above Table 1 indicates that the Mean and SD values of the educated unemployed women were 6.4 and 1.90 whereas the same for the educated employed women were 10.96 and 1.09 respectively. The t value was found to be 11.58 which were significant at .01 level of significance. Hence, the hypothesis framed for the study was accepted.

The findings of the study can be justified on the basis of some popular psychological models and theories. For instance, the Cumulative Stress Model by Jackson and Warr (1984). According to this model unemployment a sort of economic deprivation induces a shock and introduces a range of stressors which cumulatively reduces the overall well-being of an Individual and subsequently the satisfaction towards one life is also lowered. On the other hand, the same is not true for the educated employed women who on account of their continued employed status in life do not suffer for any stress.

The mean score of the latter was much higher than the former suggesting thereby that they are much satisfied with their lives in the event of prolonged employment. Also, the frustration aggression hypothesis propounded by Dollard et (1939) can be used to justify the findings of the present study. Simply, this theory suggests that usually frustration of any kind triggers aggression. Remaining unemployed for a long time is certainly frustrating. As such it is quite natural for such people to internally and externally feel aggressive and thereby feel less satisfied with life. Thus, mainly on the basis of the aforementioned theories the findings of the present study can be justified.

Conclusion

In view of the discussion provided above it can be safely and easily concluded that unemployment by the educated women for a longer passage of time invariably produces a thought process which ultimately lower satisfaction towards life.

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