

# A Comparative Study on the Quality of Life of Working and Non-Working Females

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## ABSTRACT

Quality of life is the general well being of individuals and societies, outlining negative and positive features of life. The aim was to undergo a comparative study on the quality of life of working and non-working females. The present study was carried out in January 2017 purposive sampling was done to enrolled total 100 females from different location of Delhi-NCR. Questionnaire was formulated to collect qualitative data. Anthropometric measurements were done. Quality of life was determined by using WHO – 'QUALITY OF LIFE - BREF' standardized Questionnaire. The results revealed that physical domain, Psychological domain and Environmental domain depicted that more of non-working females had good quality of life (60%, 58%, 56% respectively) as compared to working females but the differences were not statistically significant. Social domain depicted that more of non-working females had good quality of life (68%) as compared to working females(40%) and the differences were statistically significant ( $p>0.05$ ). The study concluded that non-working females had a better quality of life as compared to working females.

**Key Words:** Quality of life, Public Health and Nutrition

## INTRODUCTION

Quality of life (QOL) is the general well being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, religious beliefs, finance and the environment. <sup>(1)</sup> World Health Organization defines quality of life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept incorporating in a complex way the person's physical health, psychological state, level of independence, social relationships, personal beliefs and their relationship to salient features of the

environment. <sup>(2)</sup>

Gender roles are the 'social definition' of women and men. Performance of these roles is guided by social norms, cultural values, class system, ages and historical perspectives of a society. Traditional gender roles which viewed male as breadwinner and female as homemaker, have changed over the time and there has been an increase in families headed by two working spouses and support to this notion keeps increasing. In few of the societies due to men and women both being working, men have started contributing to household chores, still in many societies, due to their culturally determined gender Ideologies, the responsibility of child care and other family members, remains with women and they are faced with juggling the role of mother,

partner and daughter as well as employee. Carrying out these roles may impact on women's quality of life which as defined by World Health Organization (1997) is: "Individuals perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, level of independence, social relationships, personal beliefs and their relationship to salient features of their environment. Quality of life is a state of happiness and satisfaction that a woman gets from the role that she plays. Its presence in a woman's life is unquestionably important. Thus this research was conceptualized considering the changes in role of women in India have undergone in the recent past. This study aimed to explore understanding of women about the different roles that they play in a society and their experiences related to the roles they identified."<sup>(3)</sup>

With increased opportunities for employment for women and the need to supplement household income; more and more women are entering the job market. With the breaking up of joint family system and the increased phenomenon of nuclear families, working women need support; in terms of quality and care; for their young children while they are at work. Women play multiple roles in the family that affect the health and well-being of all family members. The role of women as care-givers and as providers of family income may conflict with one another; which may have potentially important implications for the welfare of children."<sup>(4)</sup>

## METHODOLOGY

The present study was done to compare quality of life among working and non-working females. The study was conducted in Delhi and Faridabad because it

was feasible and easily accessible to collect data and data collection was started in January 2017. Purposive sampling was done to collect a sample size of 100 subjects among the age of 35-55 years females.

The Inclusion criteria of the study was subject aged between 35-55 years were included, only females were included for sample selection and subjects willing to participate in the study. The exclusion criteria was males were excluded and candidates not willing to participate. Questionnaire was formulated to collect qualitative data on demographic profile, health profile, and dietary profile. Anthropometric measurements were done like height, weight, BMI, waist circumference. Quality of life was determined by using WHO - 'QUALITY OF LIFE - BREF' standardized Questionnaire.<sup>(5)</sup> Statistically analysis was done by using software SPSS 24 version.

## RESULT AND DISCUSSION

For achieving the aim, present study enrolled total 100 females from different location of Delhi-NCR. Out of 100 females, 50% were working females (n=50) and 50% were non-working females (n=50) with the age of group of 35- 55 years.

TABLE 1 Distribution of subjects on the basis of Classification of BMI

BMI	Females		P-Value (Chi Square)
	Working N (%)	Non-working N (%)	
UNDERWEIGHT	0(0)	0(0)	0.486
NORMAL	8(16)	9(18)	
OVERWEIGHT	33(66)	29(58)	
OBESE	9(18)	12(24)	

Table 1 stated BMI of the working and non working women. More of working women were in over weight category (66%) as compared to non working women (58%) but the differences were not statistically significant (p=0.486).The classification of BMI has been done using the Asian BMI classification table."<sup>(6)</sup>

**TABLE 2 WHO quality of life domain of the subjects**

DOMAIN	WORKING FEMALES	NON-WORKING FEMALES
PHYSICAL DOMAIN	63.5800 ± 12.87156	66.4000 ± 12.01360
PSYCHOLOGICAL DOMAIN	64.1400 ± 11.28121	66.6600 ± 12.90564
SOCIAL DOMAIN	77.4000 ± 14.53778	74.4400 ± 14.05697
ENVIRONMENTAL DOMAIN	73.2000 ± 12.31724	73.1200 ± 13.38693

Table 2 stated the mean and standard deviation of various domain. The mean and standard deviation of physical domain of working females were 63.5800 ± 12.8715. The mean and standard deviation psychological domain of working females were 64.1400 ± 11.28121, the mean and standard deviation social domain of working females were 77.4000 ± 14.53778, and the mean and standard deviation of environmental domain of working females were 73.2000 ± 12.31724. The mean and standard deviation physical domain of non-working females were 66.4000 ± 12.01360, the mean and standard deviation of psychological domain of non-working females were 66.6600 ± 12.90564, the mean

and standard deviation of social domain of non-working females were 74.4400 ± 14.05697, the mean and standard deviation of environmental domain of non-working females were 73.1200 ± 13.38693

As per WHO, the four domain scores denote an individual's perception of quality of life in each particular domain. The mean score of items within each domain is used to calculate the domain score, the result is concluded by taking one number lesser than the mean, Domain scores are scaled in a positive direction (i.e. higher scores denote higher quality of life, lower scores denote poor quality of life)

**PHYSICAL DOMAIN**

**TABLE 3 Distribution of subjects on the basis of WHO quality of life Physical domain**

PHYSICAL DOMAIN	WORKING FEMALES		NON-WORKING FEMALES		CHI-SQUARE TEST
	N	%	N	%	
POOR QOL	23	46	20	40	0.67
GOOD QOL	27	54	30	60	

Table 3 Physical domain depicted that more of non-working females had a good quality of life (60%) as compared to working

females (54%). But the differences were not statistically significant (P=0.67)

**PSYCHOLOGICAL DOMAIN**

**TABLE 4 Distribution of subjects on the basis of WHO quality of life Psychological domain**

PSYCHOLOGICAL DOMAIN	WORKING FEMALES		NON-WORKING FEMALES		CHI-SQUARE TEST
	N	%	N	%	
POOR QOL	24	48	21	42	0.688
GOOD QOL	26	52	29	58	

Table 4 Psychological domain depicted that more of non-working females had good quality of life (58%) as compared to working females (52%). But the differences were not statistically significant (P=0.688).

**SOCIAL DOMAIN**

Table 5 Social domain depicted that more of non-working females had good quality of life (68%) as compared to working females (40%). But the differences were statistically significant. (p>0.05) (P=0.009)

**TABLE 5 Distribution of subjects on the basis of WHO quality of life Social domain**

SOCIAL DOMAIN	WORKING FEMALES		NON-WORKING FEMALES		CHI-SQUARE TEST
	N	%	N	%	
POOR QOL	30	60	16	32	0.009
GOOD QOL	20	40	34	68	

## ENVIRONMENTAL DOMAIN

TABLE 6 Distribution of subjects on the basis of WHO quality of life Environmental domain

ENVIRONMENTAL DOMAIN	WORKING FEMALES		NON-WORKING FEMALES		CHI-SQUARE TEST
	N	%	N	%	
POOR QOL	25	50	22	44	0.689
GOOD QOL	25	50	28	56	

Table 6 Environmental domain depicted that more of non-working females had good quality of life (56%) as compared to working females (50%). But the differences were not statistically significant ( $p=0.68$ )

The study concluded that non-working females had a better quality of life as compared to working females.

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