



RESEARCH ARTICLE

PHYSICAL AND MATERIAL WELL-BEING AMONG NON-WORKING WOMEN IN KASHMIR (RURAL AND URBAN)

¹Sadiqa Shafiq, ²Seerat, ^{3,*}Sumeeza Majied and ⁴Dr. Muzamil Jan

¹M.Sc, NET, JRF, Research Associate University of Kashmir Hazratbal, Srinagar, J&K

²Research Scholar at Indira Gandhi Open National University, Srinagar, J&K

³Research Scholar, MSc. DFSM IGNOU New Delhi India

⁴Senior Assistant Professor, Institute of Home Science, University of Kashmir Hazratbal, Srinagar, J&K

ARTICLE INFO

Article History:

Received 10th August, 2016

Received in revised form

03rd September, 2016

Accepted 04th October, 2016

Published online 30th November, 2016

Key words:

Participation,
Exercise,
Balanced Diet,
Rainbow Diet,
Food Allergies.

ABSTRACT

The study was undertaken to assess the quality of life, physical and material well-being of non-working females residing in Kashmir both rural and urban. This study shows the participation of non-working women in different sects and their learning power. Besides it also shows their willingness towards exercise, cleanliness status and purchasing of food commodities. Also it reveals the concept of balanced and rainbow diet and the type of allergies regarding food items. The results of the study shows that mostly subjects did not participate in public affairs organizations. Women did not prefer to go for learning outside home and they don't have time for exercise. According to our study the subjects did not have concept of rainbow diet and they buy food items without checking food label.

Aim: The study was conducted to find out the physical and material well-being among non-working women in Kashmir (Rural and Urban).

Copyright©2016, Sadiqa Shafiq et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

Citation: Sadiqa Shafiq, Seerat, Sumeeza Majied and Dr. Muzamil Jan, 2016. "Physical and material well-being among non-working women in kashmir (rural and urban)", *International Journal of Current Research*, 8, (11), 42519-42522.

INTRODUCTION

WOMEN-The word sounds so powerful. Since eternity, women have played a role more important than men and that is no exaggeration. The status of women in any civilization shows the stage of evolution at which the civilization has arrived. In early time women occupied important position in the society. Mythology witnesses that the status of women was honorable and respectable. Both economical and psychological research provides convincing evidence that non-working life adversely affects a person's wellbeing. While the impact of unemployment on wellbeing has been well documented, these simultaneous effects of low and high anxiety levels on life satisfaction have been less well explored. Non-working are more likely to suffer: anxiety; depression; hostility; loss of confidence; reduction in self-esteem; poorer cognitive performance; loss of motivation; learned helplessness lower happiness, and behavioral problems. The major indicators to label the 'status' of women are Gender gap variables,

Maternal mortality rates, Overall literacy rate, Infant mortality rate and the Quality of life variables. Like gender equity, quality of life is a relatively new concept in economic thinking. Quality of Life is seen as the product of the interaction of a number of different factors: social, health, economic, and environmental conditions. These factors often in unknown ways interact to affect both human and social development at the level of individuals and societies. The term Quality of Life relates to the description and evaluation of the nature or conditions of life of people in a certain country or region. One of the most popular aggregate measures of the quality of life is the individual estimation of one's happiness. Happiness here is defined as the degree to which an individual judges the overall quality of her/his life as-a-whole favorably. Study involved gathering of opinion of working women in dual career families on work life balance variables and support required from employers. It concluded that working women perceive that organizational policies that promote flexible work arrangements have positive direct association with work life balance. Thus, time flexibility is the most important factor considered by women employees to balance their work and family life. Particularly the following factors affected this perception: ability to interrupt office work to attend family

*Corresponding author: Sumeeza Majied,

Research Scholar, MSc. DFSM IGNOU New Delhi India.

matters and return to work, ability to arrange a convenient work schedule, provision to work partially from home, provision of leave when required, provision of child care as well as elderly care facilities, etc. an overwhelming 93% of the respondents agreed that they would work hard to manage both work and family while 88.6% said they would not mind spending more time on fulfilling family's responsibilities, thus indicating importance of family in women's lives. Seshadri *et al.* (2012). The Significant difference was observed between married (mean score of 9.14) and unmarried females (mean score of 6.59) on Inter Role Distance i.e. conflict between organizational and non-organizational roles, especially relevant for dual career couples. As long as one member of family stays at home to take care of family, Inter-Role Conflict is expected to be less. Married women have also shown more Role Expectation Conflict than unmarried women as married women generally respond to a bigger set of significant others i.e. conflicting expectations and demands by different role senders. Married females also reported higher stress due to Role Overload i.e. too much is expected from the role than they can cope with. Also, the study indicates that Resource Inadequacy has emerged as the most potent stressor which means non availability of resources required for effective performance of the role. The mean score for Resource inadequacy was 9.66 followed by Role Overload (mean score of 9.57) and Personal Inadequacy (mean score of 8.71 Kavitha *et al.* (2012).

The Work Life Balance of faculty members in Management Colleges in Pune and found out that a majority of women faculty members find it difficult to balance work and life. The stress from job spills over in their personal life and it is hard to takeout time for self-development and activities of self-interest. Also, it has severe impact on their physical and mental health. Working beyond the official working hours and spending too much time on household chores also disturbs the thin line of balance between work and life, as females are generally more responsible for child care, elderly care and household responsibilities. Also, the time taken to travel to the workplace has been reported by 89% of respondents to be a major inhibitor to work life balance. Designation wise difference was also studied in the various parameters of work life balance, it was concluded that higher designation respondents had much more need to extend duty hours. Lower designation faculty members spent maximum time in preparing lecture (45% of respondents agree to this) while higher designation members spent maximum time in teaching (50% respondents agree to this), while lowest time was spent on students' project related work among all designations Leena *et al.* (2012). It was found out that meaningful and fulfilling careers helped women in managing multiple roles and creating a positive balance between work and life. 96 strategies emerged out of the study and they were grouped into 18 themes. The most important strategy was to find meaningful work, followed by the second theme which was to 'Obtain a Mentor' as these mentors help, support and motivate in striking the right balance. Other important themes were to 'Work Hard' i.e. being competitive and productive; 'Prioritize' i.e. to schedule important family events in advance making sure they do not clash with work commitments; 'Increase Confidence' i.e. to believe in oneself; 'Faith' i.e. being religious helped them cope with stress; 'Support system' i.e. being supported by spouse, extended family, partner, outsourcing for childcare and elderly care, etc. Kerri Health, (2012).

MATERIALS AND METHODS

The study was conducted in Jammu & Kashmir division. The sample comprised of hundred females who were selected following convenient sampling technique. The researcher visited the nearest houses and first 100 women encountered were recruited for the study. The research tools used was an interview schedule and the socio demographic profile sheet which was developed by the investigator keeping in view the objective of the study. The analysis of data was done using the Microsoft excel and spss, programme employing the tests like mean and correlation.

RESULTS AND DISCUSSION

Table No. 1. Participation and status (n=100)

parameters	Rural	Urban	%age	Chi-Square	P-Value
Participation in organizations and public affairs:					
Yes	4	6	10.0	3.6	0.54
No	45	45	90.0		
Status of women going for learning :					
Yes	5	21	26.0	12.46	0.00
No	44	30	74.0		

Above table manifests that the majority of subjects did not participate in public organizations of which, 8.16% (n= 4) rural women participate in public organizations and 91.84 % (n=45) women did not participate in public organizations, while as in urban 11.76 % (n=6) women participate in public organizations and 88.23% (n=45) women did not participate in public organizations. Hence the bivariate analysis of the values χ^2 (3.6) and p-value (0.54) revealed that the majority of the subjects did not take part in public organizations and it shows negative correlation with given variables. Further infers table that the majority of the subjects did not go for learning anything of which 10.20% (n=5) rural women going for learning and 89.80% (n=44) women did not going for learning, whereas in urban, 41.17% (n=21) women going for learning and 58.83% (n=30) women did not going for learning anything. Hence the statistical data χ^2 (12.46) and p-value (0.00) conveys that the majority of the subjects are not going anywhere for the purpose of learning it reveals the negative correlation. The study infers that the majority of the subjects were not participate in public affairs and organizations both rural and urban women. Also it is clear from the study that the subjects both rural and urban women did not going for learning anything both cases show negative correlation.

Table 2. Exercise status (n =100)

parameters	Rural	Urban	%age	Chi-Square	P-Value
Whether having exercise regularly or not :					
Yes	14	18	32.0	5.19	0.19
No	35	33	68.0		

The calculated mean score depicts that the majority of the subjects did not have the concept of exercise. In which 28.57% (n=14) rural women takes exercise on regular basis and 71.43% (n=35) women did not takes exercise. In urban 35.39% (n=18) women takes exercise and 64.70% (n=33) did not taking exercise. Hence the descriptive analysis of values χ^2 (5.19) and p-value (0.47) revealed that the most of the women did not taking exercise from both rural and urban which shows negative correlation with given variables.

Table 3. Types of Allergies (n=100)

parameters	Rural	Urban	%age	Chi-Square	P-Value
women having any allergy:					
Seasonal	4	11	15.0	4.29	0.23
Food	8	7	15.0		
Other	4	6	10.0		
None	33	27	60.0		

Further the table reveals that the majority of the subjects did not have any kind of allergy, of which 8.17% (n=4) have seasonal allergy, 16.32% (n=8) have food allergy, 8.17% (n=4) have other allergies and 67.34% (n=33) did not have any allergy. Consequently in urban women 21.56% (n=11) have seasonal allergy, 13.72% (n=7) have food allergy, 11.76% (n=6) have other allergies and 52.96% (n=27) did not have any kind of allergy. Hence the bivariate analysis of the values χ^2 (4.29) and p-value (0.23) conveys that the majority of the subjects did not have any kind of allergy it shows positive correlation with given variables. The study intended that the most of the women from both rural and urban did not taking exercise regularly it reveals negative relation. Also the study shows that the majority of women did not have any kind of allergy both from rural and urban it shows positive correlation

Table 4. Concept of diets (n=100)

parameters	Rural	Urban	% age	Chi-Square	P-Value
concept of balanced diet:					
Yes	26	24	50.0	3.6	0.54
No	23	27	50.0		
concept of rainbow diet:					
Yes	6	12	18.0	2.15	0.14
NO	43	39	82.0		

The above table depicts that 53.07% (n=26) women from rural have concept of balanced diet and 46.93% (n=23) women did not have concept of balanced diet. Whereas in urban 47.06% (n=24) women have concept of balanced diet and 52.94% (n=27) women did not have concept of balanced diet. Hence the bivariate analysis of values χ^2 (3.6) and p-value (0.54) revealed that the half of the subjects shows positive correlation. Further above table describes that the majority of the subjects did not have concept of rainbow diet. In rural 12.24% (n=6) women have concept of rainbow diet and 87.76% (n=43) women did not have concept of rainbow diet. Moreover in urban 23.52% (n=12) women have concept of rainbow diet, and 76.48% (n=39) women did not have concept of rainbow diet. Hence the descriptive analysis of values χ^2 (2.15) and p-value (0.14) infers that the majority of the subjects shows negative correlation with given variables. The study is done in mistimed manner and it reveals that the half of the subjects have knowledge about balanced diet and half of the subjects did not have any concept of balanced diet both from rural and urban. Also study proves that the majority of the subjects did not have any knowledge about rainbow diet. The table infers that the majority of the subjects did not check the food labels before buying food items. In rural 32.65% (n=16) women checked food labels and 67.35% (n=33) women did not check food labels. Similarly in urban 52.94% (n=27) women checked food labels and 47.06% (n=24) women did not check food labels. Hence the statistical analysis of values χ^2 (4.19) and p-value (0.04) manifests that the majority of subjects did not check the food labels before buying food items therefore it shows negative correlation with given variables.

Table 5. Food commodities (n=100)

parameters	Rural	Urban	%age	Chi-Square	P-Value
checking of food labels:					
Yes	16	27	43.0	4.19	0.04
No	33	24	57.0		
where from you buy food items:					
Grocery shop	23	27	50.0	5.61	0.05
Kitchen garden	5	12	17.0		
Fair price shop	21	12	33.0		

Also table depicts that the most of the subjects buy food from grocery shop of which 46.94% (n=23) rural women bought from grocery shop, 10.86% (n=5) use food from kitchen garden and 42.86% (n=21) women bought food from fair price shop while as in urban 52.94% (n=27) women bought food from grocery shop, 23.53% (n=12) women use food items from kitchen garden and 23.53% (n=12) women bought food items from fair price shop. Hence descriptive data values χ^2 (5.61) and p-value (0.05) conveys that the majority of the subject use food from kitchen garden it shows highly positive correlation with given variables. The study illustrates that the subjects did not have any idea of food labels that is the reason they buy food without checking food labels. We need to develop the idea of food labels in women so that they check it before buying food products. Also the study proves that the mostly subjects use food from kitchen garden it is highly appreciating.

Table 6. Cleanliness status (n=100)

parameters	Rural	Urban	%age	Chi-Square	P-Value
Cleanliness status of subjects at home:					
Normal	22	17	39.0	19.9	0.38
Good	24	28	52.0		
Bad	3	6	9.0		
Subjects having any savings:					
Yes	21	25	46.0	3.8	0.53
No	28	26	54.0		

In above table the mean score reveals that the majority of the subjects maintain the cleanliness at their homes, in which 44.90% (n=22) women from rural have normal cleanliness at their homes, 48.98% (n=24) have good and only 6.12% (n=24) women have bad cleanliness at their homes. However in urban 33.33% (n=17) women have normal cleanliness status at their homes, 54.90% (n=28) women have good and 11.77% (n=6) women have bad cleanliness status at their homes. Hence the descriptive analysis of values χ^2 (19.9) and p-value (0.38) manifests that the majority of subjects shows that they have good cleanliness status at their homes as per the study they show highly positive correlation with given values. Further the table depicts that the 42.86% (n=21) women from rural have some savings and 57.14% (n=28) women did not have savings. Moreover 49.02% (n=25) women from urban have some savings and 50.98% (n=26) did not have any savings. Hence the calculated values χ^2 (3.8) and p-value describes that the most of the subjects did not have any savings both rural and urban it shows negative correlation with given variables. The study conveys that the urban women have more savings as compared to the rural women. But from both sides the correlation is negative most of the women did not have savings.

Table also proves that majority of the women maintain their homes they have good cleanliness at their homes, so the correlation is negative.

Recommendation

- Exercise is the best way to keep your body and mind healthy for all, they should do exercise regularly
- Participation in social activities to learn the social ethics
- At the time of purchase they should check the pricing, date of expiry and quality of food.
- Cleaning is the best cure for all diseases, they should keep herself clean.
- Balanced diet is also a key factor for good health and quality of life

Conclusion

The results of the study shows that mostly subjects did not participate in public affairs organizations. Women did not prefer to go for learning outside home and they don't have time for exercise.

According to our study the subjects did not have concept of rainbow diet and they buy food items without checking food label.

REFERENCES

- Kavitha, P., Dr. Kavitha, V. and Arulmurugan, P. 2012. "Role of Stress Among Women Employees Forming Majority Workforce At IT Sector in Chennai and Coimbatore, Tier I and Tier II centers", *Sona Global Management Review*, Vol 6, Issue 3, pp 1-10
- Kerri Health 2012. "Women in Leadership: Strategies for Work-Life Balance", Dissertation, UMI Number: 3525746, USA
- Leena, B. Dam and SudhirDaphtardar 2012. "Work Life Balance by Women Faculty Members: The Conundrum Within", *Parikalpana-KIIT Journal of Mgt*, Vol-8, pp55 to 67
- Uma Seshadri and DebendraKar 2012. "Work Life Conflict and Flexible Women in Dual Career Families", *Prerana*, pp 23 to 31
- Work Arrangements that Aid Work Life Balance: Perception of Working
