



A Comparative Study of Mental Well-Being among Home - Based and Workplace – Based Women Entrepreneurs

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Abstract: The purpose of this study was to compare the association between life happiness and mental health in Home – Based and Workplace-Based women Entrepreneurs. The American Psychological Association (APA) defines mental health as a condition marked by emotional stability, good behavioral adjustment, a relative lack of anxiety and incapacitating symptoms, and the ability to build positive connections and manage day-to-day stressors. According to the American Psychological Association, life satisfaction is determined by how rich, meaningful, full, or high-quality a person finds their life. There were fifty Home – Based women and fifty Workplace-Based women among the hundred women in the study's sample. Women who work for pay do it primarily outside of their homes; Home – Based women are essentially women who care for their families and children without engaging in paid labor. The study's sample was selected from among people aged 24 to 55. The MHI-18 was the instrument used to measure mental health. The Satisfaction with Life scale was utilized to gauge life satisfaction. The Pearson Correlation Coefficient and the t-test were the statistical techniques employed to analyze the data. The study's main conclusions were that there is no discernible difference between workplace - based and home-based women entrepreneurs mental health and life satisfaction and that there is a positive association between the two between women who are employed and those who are not.

Keywords:- Life satisfaction, mental health, Home - Based, and Workplace -Based women entrepreneur



I. Introduction

A woman who works for a living is called a working lady. Recent years have seen a notable growth in the number of working women entrepreneurs. This gives it a new role, their current responsibilities—those of an employee. As a member of the working class, a working woman must receive compensation. The industrial revolution has increased the number of women in society who earn a living and have far more sophisticated viewpoints. However, because of the lack of autonomy in their various sectors of employment, individuals may still experience more work-related stress. They could not be assigned jobs that complement their skills and abilities. Additionally, they could experience unjust pay prejudices. A 1999 study by Kawakami revealed that workplace demands were the primary cause of psychological damage, especially depression. Families may occasionally fail to provide adequate support, such as by sharing their workload and showing empathy. Women who work also play a crucial part in resolving inter-family conflicts; as a result, work-related stressors may exacerbate detrimental consequences on them and their families, lowering their standard of living. There may be tension, stress, and restlessness due to the consequences of stress and hurry. As women age, they often lose their physical strength, which may have an effect on their mental well-being. Nonetheless, individuals are becoming more conscious of their mental health than they were in the past.

The working group of women should strive for a good level of mental health and a

satisfactory work-life balance so that they may contribute to both the development of society and their personal well-being. Women who don't work refer to the group of women who take care of their families and kids without working for a living. Numerous studies have demonstrated the connection between an individual's employment situation and mental health. Working women had better mental health than non-working women, according to research by Vaghela, K. (2011). In their investigation, Kholasezadeh et al. (2014) also noted comparable outcomes. In actuality, many women who fulfill the role of housewives have a lot of potential and a strong desire to work and make the most of their skills and abilities. The long-standing moral and societal notion that women should prioritize their roles and families of wife as the first priority limits their ability to move out, follow their passions and interests, and become self-sufficient. The number of housewives who should think freely for themselves, follow their hobbies, and have a lucrative employment status needs to be further raised, even though many women have broken free from the traditional views and joined the working group in society. Women's well-being and life satisfaction are correlated with their diverse behaviors, pursuits, contentment, and productivity. Being able to accomplish their goals and perform effectively might increase their sense of self-worth and conviction. Women who work for pay become financially independent and may have more influence over family decision-making. Encouraging housewives to take use of the many chances in their lives may have an impact on their mental health and level of life satisfaction.



Health is a condition of complete physical, mental, and social well-being, not only the absence of disease or disability," states the World Health Organization. According to this definition, mental health is more than only the lack of mental illnesses or impairments. It affects our everyday thoughts, emotions, and behaviors. It also affects our decision-making, social interactions, and stress management. Every stage of life, from infancy to adolescence to adulthood and old age, depends on mental health. It is a condition of well-being and is essential since it can help you manage life's stresses, keep up good relationships, make significant contributions to your community, work well, and furthermore maximize your potential.

Because it affects your physical health, mental wellness is also very important. For instance, mental illnesses may raise your risk of heart disease, type 2 diabetes, stroke, and other physical health issues. People's mental health has been a serious problem. this day. In every nation and culture, depression and other mental health conditions are serious problems. Our capacity to think, feel, engage with others, make a living, and enjoy life both individually and collectively depends on our mental health. Because of this, mental health promotion, protection, and restoration could be seen as a crucial issue for people, communities, and societies everywhere. In a study conducted in 2012 by Kaur, I.M. et al. and married women had greater life satisfaction and lower levels of worry than their non-working peers.

Psychological and sociodemographic factors might have an impact on life satisfaction.

Raising children, marriage, poverty, employment, and inequality are all thought to have an impact on women's life satisfaction. When unfavorable living circumstances arise or worsen, including chronic illnesses, functional disabilities, limitations on social interactions, lower income, dwindling levels of physical activity and social engagement, and self-rated poor health, life pleasure typically decreases. Numerous studies have discovered a significant correlation between mental health and life pleasure. In a national study conducted in Canada, Patrick Lombardo et al. discovered a strong correlation between life happiness and self-reported mental health. al. (2018) found that life satisfaction was significantly worse in the group with poor self-reported mental health, even when factors like income, general health, and gender were taken into consideration.

II. Literature Review

Women must perform a variety of tasks for the family, including as cooking, cleaning, tutoring, and nursing, in addition to meeting the office work's needs. Working women may experience stress and anxiety as a result (Hashimi, Khurshid & Hassan, 2007). Mothers who work experience high levels of stress (Greenon, 2009). According to a study on the psychological stress of working women by Tripathi and Bhattacharjee (2012), working women experience higher levels of stress than working men.

In a study involving thirty working and thirty non-working mothers, Adhikari (2022) discovered that working women experience



more worry about childcare than non-working women. Panwar, Kaur, and others (2012) demonstrated that married women who work have less anxiety than those who do not. Married women who do not work have higher levels of worry and lower levels of life satisfaction. According to Donovan & Spence (2000), excessive worry is linked to poorer academic performance. According to Panda & Chettri (2015), there was no discernible difference in the anxiety levels of the working and non-working mother groups. Mukhopadhyay and Dewanji (1993) found that although there was no discernible difference between the two groups, non-working mothers experience higher levels of anxiety than working mothers.

3. Methodologies

3.1. Research Objectives:

- To determine whether women who workplace – based and those who home - based have different mental health.
- To determine whether women who workplace based and those who home -based have different levels of life satisfaction.
- To investigate the connection between life pleasure and mental health.

3.2. Hypothesis

H01: There is no significant difference in mental health between workplace-based women and home-based women.

H02: There is no significant difference in life satisfaction between workplace-based women and home-based women.

H03: There is no significant relationship between life satisfaction and mental health among women.

3.3. Sample

50 workplace - based women and 50 home-based women between the ages of 22 and 54 from various Indian states' urban and rural areas made up the study's sample.

3.4. Procedure

To acquire the data, purposeful sampling was employed. Google forms were used to gather data from samples of the target audience by defining the participation conditions. Additionally, the Google form contained a personal data sheet to get the responders' sociodemographic information. Additionally, informed consent was sought to participate in the study. Clear instructions on the scales were given, along with an assurance that the responses would remain confidential. It took the participants fifteen to twenty minutes to fill out the form.

3.5. Analyzing statistics

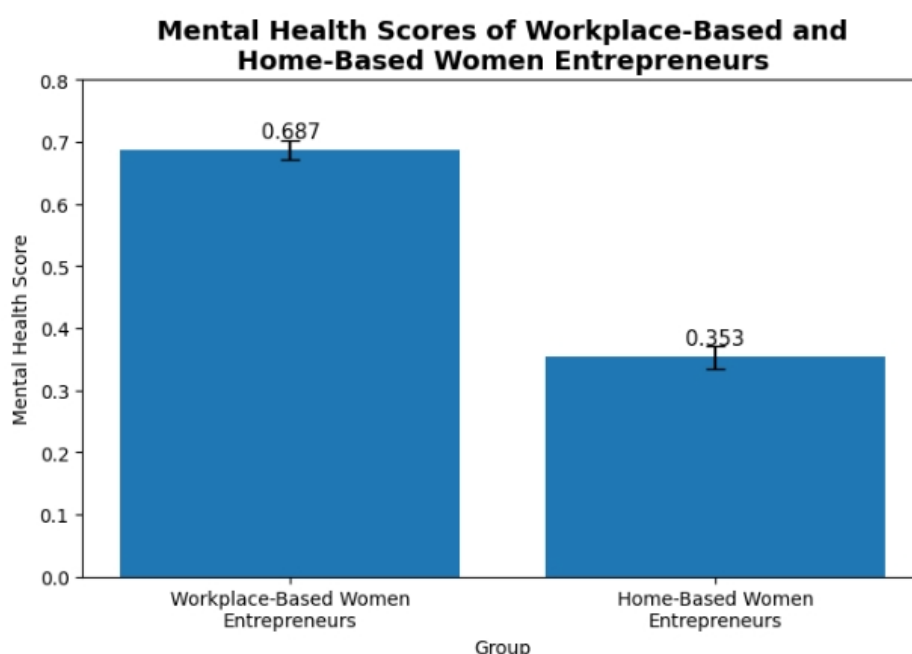
In this study, statistical methods including the t-test and Pearson's Correlation Coefficient were employed. The Statistical Package for Social Sciences (SPSS) was used to examine the data.

4. Outcomes and Conversation

The results were interpreted following a comprehensive statistical analysis of the data collected for the current investigation. The purpose of the study was to compare mental

health. and life happiness among women who work and those who don't.

Group	N	Mean	Std. Deviation	Std. Error Mean
Workplace-Based Women Entrepreneurs	50	0.687	0.108	0.015
Home-Based Women Entrepreneurs	50	0.353	0.137	0.019



Test	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal variances	13.538	98	< .001	0.334	0.025

4.1. Findings and Analysis

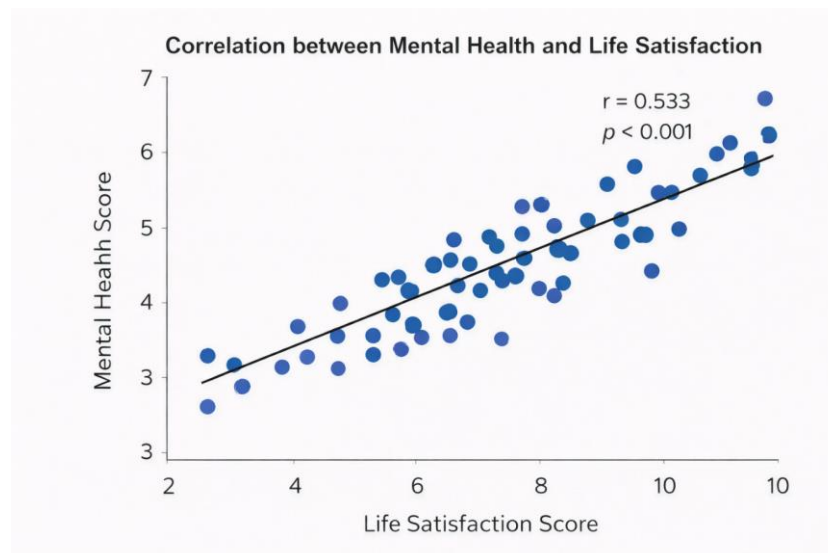
The bar graph compares the mean mental health ratings of women entrepreneurs who are employed and those who are not. The findings unequivocally demonstrate that

women entrepreneurs who are employed have a higher mean mental health score ($M = 0.687$) than women entrepreneurs who are not employed ($M = 0.353$). Variability within each group is shown by the error bars, which show the standard deviation. The bars' apparent height difference indicates

that working women entrepreneurs have better mental health outcomes than non-working women entrepreneurs. The independent samples t-test's statistical results, which showed a significant difference between the two groups, are supported by this graphical representation. As a result, the graph graphically demonstrates that women entrepreneurs' mental health is positively correlated with their involvement in business.

An independent samples t-test revealed a statistically significant difference in mental health scores between workplace-based and home-based women entrepreneurs ($t = 13.54$, $df = 98$, $p < .001$). Workplace-based women entrepreneurs reported significantly higher mental health scores than home-based women entrepreneurs.

	Mental Health	Life Satisfaction
Variables	1	
Mental Health	N = 100 N = 100	0.533 (0.000) N = 100
Life Satisfaction	0.533 (0.000) N = 100	1 N = 100





The Pearson correlation study between life happiness and mental health among female entrepreneurs is shown in Table. The findings show that, at the 0.01 level of significance, mental health and life satisfaction have a moderately favorable connection ($r = 0.533$, $p = 0.000$). This implies that women entrepreneurs who are in better mental health also likely to be happier with their lives. The statistical significance of the correlation indicates that the two variables have a significant link. A sample size of 100 respondents serves as the basis for the study.

The scatter plot shows the connection between women entrepreneurs' life satisfaction and mental health. The data points' increasing pattern suggests that the two variables are positively correlated. Mental health scores tend to rise in tandem with life satisfaction levels. In keeping with the correlation coefficient found in Table the fitted regression line provides additional evidence of a moderately favorable association. This graphic illustrates the correlation between improved mental health and increased life satisfaction among female entrepreneurs.

5. Conclusion

To determine the relationship between mental health and life satisfaction, a comparative study of workplace - based and home-based women was undertaken. contentment between workplace -based and home-based women. The study's samples were 100 women between the ages of 22 and 54 who lived in both urban and rural parts of many Indian states, 50 of whom were employed and

50 of whom were not. According to the study, working and non-working women did not significantly differ in terms of their life satisfaction or mental health. The study also found a strong correlation between life satisfaction and mental health. Both working and non-working women experience everyday stressors that may have an impact on their overall mental and physical health as well as their sense of purpose and quality of life. Working women must receive adequate assistance from their families, as well as improved working conditions and independence in their individual professions. Family members in particular need to be aware of the difficulties they encounter and need provide them with sufficient support to enable them to manage stress and maintain a healthy work-life balance, both of which may directly or indirectly improve their mental well-being and contentment with life. Women who do not work must be encouraged to reach their full potential and capacities for both their own development and the progress of society. Being able to work and be independent boosts one's confidence and sense of self-worth, which can have a good impact on their mental well-being and level of life satisfaction.

6. Possibilities for additional study

The research was restricted to two factors. As a result, new and different variables may be used in future research. Future research might use an even bigger sample size and broader spectrum of people living in various regions. Future research could examine a number of



additional irrelevant factors, such as the impact of salary range, stress management levels, family structure, and so on.

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