

## Employment as a predictor of life satisfaction among women

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■ **ABSTRACT** : Economic growth generally brings about changes in the interpersonal relationships as well as in the satisfaction one derives from the life. The education and employment of women, which is an important aspect of economic development, also serve this purpose to a great extent. Education and employment help in improving the quality of life of women leading to greater life satisfaction. Keeping this theoretical explanation in mind, the present study was planned with 200 married women (100 employed and 100 unemployed) living in Ludhiana city. Life satisfaction scale by Alam and Srivastava was used to assess life satisfaction of the respondents. Findings revealed that majority of the employed women were found to be more satisfied in their life as compared to unemployed women. A significant positive relationship existed between employment status and life satisfaction. Education was found to be significantly associated with life satisfaction in case of unemployed respondents. Employment improves personal and social life of women thus improving their life satisfaction. Hence, employment seems to be most important tool in the empowerment of women in contemporary Indian society.

■ **KEY WORDS** : Life satisfaction, Employment, Women

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Life satisfaction is a sum total of the perception of an individual towards his various aspects of life. It is his life in family, society and the environment he lives in. It is a composite measure comprising of physical, mental and social well-being as perceived by each individual or by group of individuals. It includes happiness, satisfaction and gratification as health, marriage, family work, financial situations, educational opportunities, self-esteem, creativity, belongingness and trust in others.

Life satisfaction is attained when a person's needs are fulfilled by his interaction with his environment (Zibbell, 1971). Life satisfaction is the subject's general feelings of well being and contentment (Bonhan and Johnson, 1982). Maddox (1987) used the concept of life satisfaction as one's subjective evaluation of the overall quality of inner experiences along a positive and negative continuum. Life satisfaction is a composite measure comprising of physical, mental and social well-being as perceived by each individual or by group of individuals, that is to say happiness, satisfaction and gratification as health, marriage, family work, financial

situations, educational opportunities, self-esteem, creativity belongingness and trust in others.

It is generally held that economic growth brings about changes in the interpersonal relationships as well as in the satisfaction one derived from the life. The education and employment of women, which is an important aspect of economic development, is also believed to serve this purpose to a great extent. Economic growth, education and employment also help women to get the injustice, perpetuated through sex discrimination and other social practices vindicated. They have an equal access to health, education and occupations. Within the family they have an equal say in the decision making and control over their lives. In short education and employment help in improving the quality of life of women leading to greater life satisfaction. In traditional Indian society, employment of women beyond her domestic engagement was considered a taboo. In modern society, especially in India education and employment has been considered as one of the major tools for empowerment of women (Bala and Monga, 2008).