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A COMPARATIVE STUDY OF EMPLOYED AND UNEMPLOYED MARRIED WOMEN IN THE CONTEXT OF MARITAL SATISFACTION, SELF-ESTEEM AND PSYCHOLOGICAL WELL-BEING

ÇALIŞAN VE ÇALIŞMAYAN EVLİ KADINLARIN EVLİLİK DOYUMU, ÖZGÜVEN, PSİKOLOJİK İYİLİK HALİ BAKIMINDAN KARŞILAŞTIRILMASI

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Abstract

The evidence base data regarding long-term treatment of bipolar disorder (BD) is less than satisfactory. With the first-line rank The aim of the present investigation is to compare self-esteem, marital satisfaction, marital life and psychological well-being among employed and unemployed married women. The sample of the present study consisted of 51 employed and 41 unemployed married women. Rosenberg self-esteem scale, psychological well-being scale, marital life scale, marriage satisfaction scale were administered to all participants. The data was analyzed using pearson correlation, spearman analyze, t-test, mann-whitney u test, ki-square test, one way and multi-way variance analysis in SPSS-23 program. The results are discussed and conclusion of the study is below. The main findings showed that there was a significant difference between employed and unemployed married women marriage satisfaction and marriage life quality and also self-esteem rates vary depending on the income of the family.

Keywords: unemployment, employment, marital satisfaction, self-esteem, psychological well-being, marital qualities

Özet

Araştırmanın amacı evli çalışan ve çalışmayan kadınların benlik saygıları, evlilik doyumları, evlilik yaşamları ve psikolojik iyi oluş düzeyleri arasındaki farkın belirlenmesidir. Yapılan araştırmanın örneklemini 51 çalışan ve 41 çalışmayan evli kadın oluşturmaktadır. Araştırma kapsamında katılımcılara Rosenberg benlik saygısı ölçeği, psikolojik iyi-oluş ölçeği, evlilik yaşam ölçeği ve evlilik doyum ölçeği uygulanmıştır. Veriler pearson korelasyon, spearman korelasyon analizi, t-test, mann whitney u testi, ki-kare testi, tek ve çift yönlü varyans analizi kullanılarak SPSS -23 programı kullanılarak çalışılmıştır. Sonuçlar aşağıda açıklanmıştır. Araştırmanın ana bulgusu göstermiştir ki; çalışan ve çalışmayan kadınların evlilik doyumları ve evlilik yaşamları arasında belirgin fark vardır. Çalışmaya katılan kadınların Benlik saygısı düzeyleri aile gelir düzeyine göre farklılık göstermiştir.

Anahtar Sözcük: çalışan, çalışmayan, evli kadın, evlilik doyumu, benlik saygısı, psikolojik iyi-oluş, evlilik yaşantısı

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1. Introduction

The family is the most important and the smallest unit of the society. As an institution, marriage has many functions for couples such as achieving goals, growing together, surviving against life events, getting satisfaction, feeling peace and harmony and becoming life partners (Çağ and Yıldırım, 2013). In recent years, needs of the families are changing rapidly. As a result of the proliferation of needs, role distributions start to change in families, and this led to more involvement of women in business life. However, on the other hand, women are expected to act under normative gender roles of the society. For instance, in many societies, housework and child care responsibilities are perceived as feminine. Many studies showed that mothers take more responsibility of child care and home-related works than fathers. Women, who try to make a contribution to the family economy by working in a paid job, frequently do not get support from her husband about housework and child care (Tezer, 1996). The working woman tries to maintain marital harmony and tries not to carry the stress of the workplace to home. Depending on this approach, married women who are working expected to have low psychological wellness but in the studies conducted in different countries, findings are contrary. In the light of literature and researches carried out in the world and in Turkey, despite the double burden on the shoulders of the married and working woman, they get more satisfaction from both their marriage life and business life. Concepts such as marriage satisfaction, marriage quality, and psychological well-being come to the forefront in defining good marriage (Ryff, 1989). The quality of marriage is related to the life satisfaction of the woman. One of the most effective ways of achieving life satisfaction for married women is reported as proving themselves in business life (Azar, 2006). The fact that unemployed women cannot have status in the society and they don't have economic freedom and the chance of socializing outside the home. As a result, these negatively affect the psychological well-being of the women (Çağ, 2013).

The aim of this study was to assess the impact of employment and unemployment of the women with children in the context of the marital satisfaction, self-esteem, marital life, and psychological well-being.

2. Materials and Methods

The sample of the research consisted of randomly selected 51 working and 41 housewives with at least high school graduate, married and who do not have significant mental or physical health disorders. Socio-demographic information form, Rosenberg Self-esteem Scale, Marital Satisfaction Scale, Marital Life Scale and Psychological Well-Being Scale are applied to the participants via the internet with Survey Monkey data collector. Data is assessed by Pearson correlation, Spearman analyses, t-test, Mann-Whitney-U test, Ki-square test and one-way and multi-way variance analyses in SPSS 23 software

3. Marital Life Scale

Marital life scale measures the marital satisfaction level of people (Tezer, 1986). This scale tries to sort out how partners feel and detect about their marital life. In the last version, there are ten items which are scored a Likert form from 1 to 5. 1 means "I absolutely disagree" and 5 means "I absolutely agree". The reliability and validity of this scale were high. Test-retest reliability of MLS was found .85. Its internal consistency was .91 for the pilot study group and .89 for the study group.

4. Rosenberg Self-Esteem Scale

To measure the self-esteem of participants, Rosenberg Self-esteem Scale which is developed by Rosenberg in 1965 is used. Validity and reliability of the scale are conducted by Tuğrul and Çuhadaroğlu in 1994. The scale consists of 10 questions which are scored a Likert form and have 5 positives and 5 negative items. The scale is one-dimensional and assessed from the total score.

5. Marital Satisfaction Scale

To measure the marriage satisfaction level of the participants Marriage Satisfaction Scale (EDÖ) is used (Çelik, 2009). EDÖ consists of 101 items for the individuals owning a child and 92 for individuals not owning a child. Items consist of two choices; true-false. Getting high scores on the scale means that marriage satisfaction is low, on the contrary, getting low score means high satisfaction from the marriage. The Cronbach alpha reliability coefficient is .94-.96.

6. Psychological Well-Being Scale

To assess the psychological well-being of the participants, Psychological Well-Being Scale is applied. The scale was developed by Ryff in 1989 and it is adapted to Turkish by Cenkseven in 2004. The scale consists of 84 items and 6 sub-dimensions; autonomy, environmental domination, personal development, positive relationships with others, the aim of life and self-acceptance. Getting high scores on the scales suggest high level of psychological well-being (Cenkseven, 2004).

7. Socio-demographic Form

This form is intended for the collection of personal information of participants such as; age, duration of the marriage, the number of children, educational information, total monthly income, working status.

For the purpose of collecting data on the scales and personal information forms of the women who are employed or unemployed, living in İstanbul in 2017 February-May via online open source survey software.

Employed and unemployed women's data are entered into SPSS program, and the correlation between education level, working status, monthly income and marital life, marriage satisfaction, self-esteem, psychological well-being are detected. The degree of significance in the research is .05.

8. Results

Monthly income of the employed women ($X^2(3, N=51) = 2,89, p=0.041$) and education ($X^2(5, N=51) = 4,68, p=0.046$) levels don't vary. Working status significantly affects marriage satisfaction. Employed women have significantly high marriage satisfaction compared to unemployed women. ($z=-2.58, p=0.01$) Unemployed women' self-acceptance scores (sub-dimension of psychological are higher ($z=-2.15, p=0.03$) compared to employed women.

The sub-dimension of psychological well-being "autonomy" vary according to the duration of the marriage. ($X^2=9.47, p=0.05$) 11 years and over married women get higher scores from the sub-dimension of psychological well-being "autonomy" compared to women with 6-10 years of marriage ($z=-2.75, p=0.006$)

Monthly income and education levels of the employed and unemployed women don't reveal any significant difference. ($X^2(3, N=51) = 2,89, p=0.041$) and education ($X^2(5, N=51) = 4,68, p=0.046$) .

Employed women reveal significantly high marriage satisfaction ($z=-2.58, p=0.01$)

Unemployed women got high scores from the psychological well-being scale's sub-dimension of "accepting yourself" ($z=-2.15, p=0.03$)

Psychological well-being scale's sub-dimension of "autonomy" is varying by the duration of the marriage. ($X^2=9.47, p=0.05$) According to the bilateral group comparison; women who are married for 11 years and over have higher autonomy score than women who are married 6-10 years.

Wellbeing scale scores ($z=-2.75, p=0.006$), autonomy scores are higher in the groups of "type of marriage way" ($X^2=13,37, p=0.02$). Groups who met at school and work high "autonomy" scores than women who met by a friend. ($z=-2.07, p=0.04$)

Self-esteem scores and 1st-2nd-3rd marriages of the couples reveal significant relation ($X^2=6,04, p=0.04$). Women in the 2nd marriage have lower self-esteem than the women in 1st marriage. ($z=-2.37, p=0.02$)

The relationship between self-esteem scores and monthly income groups reveal a significant difference. ($X^2=8,42, p=0.04$) Women with a monthly income of 550-1500 TL reveal low self-esteem score compared with women who have a monthly income of 1501-3000 ($z=-2.18, p=0.03$) and 5001 TL ($z=-2.71, p=0.007$). Marital life score and monthly income relation reveal significant difference. ($X^2=11.60, p=0.009$). Women with 5001 TL and above income got high scores from marital life scale compared to women with 3001-5000 monthly income. ($z=-3,43, p=0.001$)

The relation between the marriage satisfaction of the women and the self-esteem reveal negative correlation. The connection between the sub-dimension of psychological well-being scale "personal development" and self-esteem have weak positive correlation. Relation between marital life and "self-acceptance" have negative correlation (Table 1.)

Table 1: The Relationship between Marital Satisfaction and Psychological Well-being

	1	2	3	4	4.1	4.2	4.3	4.4	4.5	4.6
1. Marriage Satisfaction	1		-.225*				.227*			
2. Marital life		1								-.244*
3. Self-Esteem	-.225*		1							
4. Psychological well-being				1						
4.1. Autonomy					1					
4.2. Environmental domination						1				
4.3. Personal Development	.227*						1			
4.4. Positive Relations								1		
4.5. Life Goals									1	
4.6. Self-Acceptance		-.244*								1

*p < .05

Relation between marital life scores and psychological well-being of unemployed women have negative correlation and between sub-dimensions; "self-acceptance" and "life goals" have negative correlation (Table 2.) Relation between marriage satisfaction and "self-acceptance" have negative correlation (Table 2.)

Table 2: Relationship between Marriage Satisfaction and Psychological well-being

	1	2	3	3.1	3.2	3.3	3.4	3.5	3.6	4.6
1. Marital Life	1		-.598**					-.481**	-.450*	
2. Marriage Satisfaction		1							-.356*	-.244*
3. Psychological well-being	-.598**		1							
3.1. Autonomy				1						
3.2. Environmental domination					1					
3.3. Personal Development						1				
3.4. Positive Relations							1			
3.5. Life Goals	-.481**							1		
3.6. Self-Acceptance	-.450*	-.356*							1	

*p < .05,

**p < .01

under the load. Working women often complain about falling behind of so many things. On the other hand, housewives often complain about their ordinary lives. They have very limited social lives; they cannot take time for themselves. It is essential for every single human to be appreciated by others and respected. For the housewives, the husbands are the ones who are evaluating them. If their needs of being appreciated, cared and loved are not met, their self-esteem will be diminished. According to the research done by Çilli et al. psychological well-being was found to be low in women who did not work and this was thought to be related to the fact that the total financial income level of unemployed women was lower than that of working women (Çilli et al. 2004).

On the contrary, working women can act more independently, earning their own money, respected in work life and social life with the strength of their status, this is nurturing their self-esteem, and they get satisfaction from their every aspect of their lives. The results of our research confirm the same consequences. The result of a similar study by Dursun and İstar is that conflicts of work and marriage life of women negatively affect the satisfaction and happiness of women's affairs and marital qualities. In both cases, although the reasons for the cases are different, leads to the same results.

The fact that unemployed women cannot find a status in the society and they do not have economic freedom and chance of socializing outside the house so as a result of these negatively affect the psychological well-being of the women. In the study of Nahawat and et al. 200 employees and 200 housewives are compared, and as a result housewives' scores of psychological wellbeing, marital satisfactions are worse than working women. Results of this study show that unemployed women have low self-esteem and more symptoms of depression and anxiety.

It is evident that in Turkish society, employed and unemployed women both are struggling in so many different aspects of life. As the results of this research revealed, there are no differences in the scores of psychological well-being and self-esteem levels in both groups of housewives and employed women. It is being considered that the results depend on the degree of education and income level of the sample chosen. The educational level of the selected sample is higher than the average of Turkey. The hypothesis is not verified because of the level of income of those who participated in the sampling was much greater than the minimum living income in Turkey.

The psychological well-being and self-esteem levels of our sample do not show any significant difference depending on being employed or not. It is thought that the reason why the results of psychological well-being and self-esteem scores do not vary in the research is related to the socio-demographic characteristics of the selected sample. The high level of education and moderate income is a reliable tool for an individual to save her psychological wellbeing and self-esteem. A married woman with a child with an economic welfare and intellectual capacity will spare her time for various activities and social support during the day.

While working women can be thought of contributing to the domestic economy and fulfill herself towards this mission but on the other hand, the unemployed woman lives for feeling her life deeply and share this positivity and satisfaction with the other members of the family.

10. Conclusion

The results of this study suggested that employed women have higher marriage satisfaction compared to unemployed women. Marriage life and self-esteem differentiate according to the total income of the family. The small size of the research sample made it disadvantageous in generalizing the results of the study. For the future studies, it would be beneficial to choose education and income levels at a lower level and repeat with wider sampling.

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