



**A COMPARATIVE STUDY OF LIFE SATISFACTION AND
PSYCHOLOGICAL WELL-BEING AMONG ASSOCIATED
WITH MILK-PRODUCTION AND TRADITIONAL FARMING WORK
WOMEN IN TALUKA SARASVATI AND KANKREJ**

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ABSTRACT

The study aims to find out the life satisfaction and Psychological well-being in Milk-producer's women and Farming work women in taluka Sarasvati and kankrej, focusing on life satisfaction and well-being. The Indian government recommends women gain more social, economic, educational, and political power for informed decision-making. Human conduct involves constant information exchange and is influenced by physiological, environmental, psychological and external factors. In today's changing socio-technological environment, individuals become frustrated when they can't meet all biological, social, and psychological demands, leading to physical and mental health issues like stress, aggression, high blood pressure, heart disease, and behavioural disorders. Psychological well-being and life satisfaction are a balance of social, physical, spiritual, and emotional aspects of life, impacting our decisions and dealing with our surroundings. It is essential for overall well-being, and the WHO defines health as being free from sickness or infirmity, enabling effective coping and community contribution. The amount of research on different working area factors is minimal in the Indian setting, especially with in taluka Sarasvati and kankrej population. A research work titled "A Comparative study of life-satisfaction and psychological well-being among associated with milk Production work and Farming work women in taluka Sarasvati and kankrej" The upcoming discussion will focus on life satisfaction and well-being, along with the influence of one's place of residence, drawing on existing studies to emphasize the importance of this current research. For this were randomly selected 120 women randomly selected as per research work 60 women from associated milk Production work and 60 women associated with traditional farming work at habitat of Sarasvati and kankrej taluka and as per research aim for statistical analysis, the "t" test was used.

Key Words: Life Satisfaction, Psychological Well-Being, Working Women, Habitat



Literature Review

Psychological well-being

Khandivar Priyanka S Gujarat University (2020) Study of anxiety People value and Psychological well-being between employee lady. Following data analysis, the primary goals of the current study were to investigate the psychological well-being, anxiety, and people values of working women. It employed a statistical approach and measured their association. Assumptions stated for this study investigation were verified by putting the data in various tabular formats, creating graphs, and analysing the tables and graphs. This research was a study of occupational Anxiety, People value and Psychological Wellbeing between working women and variables in work level Job (government and Private), Marital Status (Married and Unmarried) and Yearly Income (below 1.5 Lac, 2.5 Lac to 4 Lac, above 5 Lac) The researcher represented conclusions, implications and limitations of research. The researcher also recommendations of the next Research

Life Satisfaction

Diener (2021) characterized Subjective well-being (SWB) as a concept related to happiness and satisfaction with life. Levels of SWB are affected by both internal factors (such as personality and mindset) and external factors (like society). Key contributors to SWB include temperament, the quality of one's relationships, the surrounding environment, and the ability to fulfill basic needs. Typically, individuals adapt to their circumstances so that these situations do not impact their happiness; otherwise, they may face chronic stress, depression, or frustration. Those with high SWB tend to be healthier, have longer lifespans, maintain better social connections, and operate more effectively. SWB is not only about feeling good for oneself but also positively influences those around.

Shivani Kant (2017) Gurukul Kangri Visvavidhyalaya a Study of Depression Anger Life Satisfaction-and-Fear-of-Success Between College Students.

The primary aim of this study was to examine the important roles that gender and success-related anxiety play in predicting depression in college students. In order to accomplish this goal, a sample of 150 male and 150 female college students between the ages of 19 and 25 were taken into retardation, and these individuals were given the appropriate psychological exams. For the sake of analysis and interpretation, the data was tallied and analysed independently for each group. 150 female and 150 male college students made up the total sample of 300 individuals that was taken. On the Depression Scale (BDI), Anger Scale, Life Satisfaction Scale, and Fear of Success Scale, means and standard deviations were computed for the gathered sample. The cover sheet was utilized to gather data about the pupils' demographic attributes. These included things like genders, ages, parent's income, family structure, and religion. Every student received assurances that their answers would be kept private and used exclusively for study. The pupils were informed that the questionnaire in question was to be completed anonymously and that their answers would be kept private. It was expected of the students to complete the questionnaire in accordance with the guidelines



printed on it. Every student's completed questionnaire forms were gathered. To put the theory put forth in this study to the test, the collected data was examined. As per the study's aims and hypothesis, the following statistics were computed: mean, standard deviation (SD), correlation, and 't' test.

Problem of the Study

A Comparative Study of life Satisfaction and Psychological well-being among associated with Milk-Production and Traditional Farming work women in taluka Sarasvati and Kankrej,

Objective:

To study and compare of life Satisfaction and Psychological well-being among associated with Milk-Production and Traditional Farming work women in taluka Sarasvati and Kankrej.

Hypothesis

1. There will be no significant difference between working women associated with milk Production and Traditional farming work with regards to life satisfaction.
2. There will be no significant difference between working women associated with milk Production and Traditional Farming work with regards to Psychological Well-Being.
3. There will be no significant difference between working women associated with milk Production and Traditional Farming work with regards to Sarasvati Taluka.
4. There will be no significant difference between working women associated with milk Production and Traditional Farming work with regards to Kankrej Taluka.

METHODOLOGY

Independent Variable: Women A1. Associated with Milk Production work A2. Associated with Traditional Farming work, Habitat: B1. Taluka Sarasvati B2. Taluka Kankrej

Dependent Variable: C1. Mean score of Life Satisfaction and C2. Mean score of Psychological Well-being

Variable Chart.

Sr. No	Name at variable	Nature of variable	Level	Name of level
1	Type of Work	Independent variable	2	1) Milk Production 2) Traditional Farming
2	Life – Satisfaction	Dependent variable	1	Score of Life-Satisfaction
3	Psychological well-being	Dependent variable	1	Score of Psychological Well-being
4	Habitat	Independent variable	2	1. Taluka Sarasvati 2. Taluka Kankrej



Participates:

A sample of 120 Women of different work area (60 from associated with Milk Produce work and 60 from Traditional Farming Area) was selected randomly method in various villages from Taluka Sarasvati and Kankrej.

RESEARCH TOOLS

PSYCHOLOGICAL-WELLBEING-SCALE

Dr Devendra Singh Sisodia. & Ms. Pooja Chaudhry

The psychological well-being of the subjects was assessed using the Psychological Well-Being Scale, which was created by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary in 2012. It has fifty items that measure the following five aspects (subscales) of wellbeing: interpersonal relationships, efficiency, sociability, mental health, and life pleasure. There are ten items in each subscale, and each one has a five-point response category that goes from strongly agree to strongly disagree. Thus, in addition to a score on overall psychological well-being, the scale offers scores on five dimensions/subscales. A high score denotes a high level of psychological health. The internal consistency reliability coefficient for the overall well-being score is reported to be. It is reported that the test-retest reliability is 90.87 for the reference group. Face and high content validity are claimed by the exam handbook. coefficient of validity

RELIABILITY:

The internal consistency approach and the test-retest method were used to assess the scale's reliability. The scale's consistency value is 0.90, while the test-retest reliability was 0.87.

VALIDITY:

In addition to having strong face validity because every item on the scale relates to the variables that are being examined, it also has high content validity. The scale's coefficient was 0.94 after it was verified using external standards.

LIFE-SATISFACTION-SCALE:

DR Ramaani Shrivastv & DR QC AALAM

People adjustment, or life contentment, is seen as a crucial factor in both younger and older adults. Numerous researchers have looked into the factors that connect with life pleasure. Life satisfaction and socio-economic level, as well as perceived income sufficiency and health status, have been found to be positively correlated on multiple occasions (e.g., Kutner et al., 1956, Cutler, 1973, Edwards and Klemmack, 1973). Six categories—health, people, economic, marital, social, and employment—are covered by the sixty items. Answers must be provided in binary form (yes/no). Answers that answer "yes" show that contentment. The questionnaire takes about 20 minutes to complete, but there is no time limit.

Areas Related items: A. Health B. People C. Economic D. Marital E. Social F. Job



RELIABILITY:

Reliability with standard of test-retest method delay after six weeks, quoting resulting 84

VALIDITY:

By comparing the scale to the Saxena and Srivastava adjustment inventories, its validity was established. The resulting quotients were, respectively, 74 and 82. Furthermore, because every item on the scale is directly relevant to the topics it covers, it has face validity. The specialists evaluated the things. The scale is therefore undeniable. It has content validity as well.

Procedure:

The sample of 120 women was selected randomly from Sarasvati and Kankrej Taluka, the sample consisted of 60 women associated with Milk production work and 60 women associated with Traditional Farming work, as per given proper information about test and taking data, after taking data and analysed as per administrated.

RESULT AND DISCUSSION:

H.o 1 There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Life satisfaction.

- 1 Table -1 show mean, SD and 't' Value of working women associated with milk Production and Traditional farming work with regards to life satisfaction.

Table: 1

Associated Group	N	Mean	S.d.	't' value	Level of Sign
Milk Production work Women	60	19.99	5.93	0.4	Non-significant
Traditional Farm work Women	60	20.44	4.88		

Table – 1 shows the mean for 60 Associated Milk Production Work women and 60 Traditional Farming Work Women are 19.99 and 20.44. The S.D value for 60 Associated with Milk Production Work women and 60 Traditional Farming Work Women are 5.93 and 4.88. The "t" value of Associated Milk Production work women and Traditional farming work women which 0.4 has been no significant. Thus, the results show that there is no significant different among Associated Milk Production Work women and Traditional Farming work woman, so, **H.o-1**

"There will be no significant different between working women associated with milk Production and Traditional farming work with regards to life satisfaction" is **accepted**. Thus, there is no significant different between working women associated with milk Production and Traditional farming work with regards to life satisfaction.



H.o-2 There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Psychological Well-Being. Table – 2 Table -2 show mean, SD and ‘t’ Value of working women associated with milk Production and Traditional Farming work with regards to Psychological Well-Being.

Table: 2

Associated Group	N	Mean	S.d.	‘t’ value	Level of Sign
Milk Production Work Women	60	22.03	7.01	0.23	Non-significant
Traditional Farming Work Women	60	20.97	6.91		

Table- 2 shows the mean for 60 Associated Milk Production Work women and 60 Traditional Farming Work Women are 22.03 and 20.97 The S.D value for 60 Associated with Milk Production Work women and 60 Traditional Farming Work Women are 6.91 and 7.01. the “t” value of Associated Milk Production work women and Traditional farming work women which 0.23 has been no significant. Thus, the results show that there is no significant different among Associated Milk Production Work women and Traditional Farming work woman, so, **Ho.2**

” There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Psychological Well-Being”. is **accepted**. Thus, there is no significant different between working women associated with milk Production and Traditional Farming work with regards to Psychological Well-Being.

H.o-3 There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Sarasvati Taluka.

Table – 3 shows mean, SD and ‘t’ Value of working women associated with milk Production and Traditional Farming work with regards to Sarasvati Taluka.

Table: 3

Associated Group	N	Mean	S.d.	‘t’ value	Level of Sign
Milk Production work Women	60	12.02	4.71	2.91	0.05
Traditional Farming Work	60	14.01	5.98		

Table -3 shows the mean for 60 Associated with Milk Production Work women from Sarasvati taluka are 12.02 and 60 associated with Traditional Farming Work Women from taluka Sarasvati are 14.01. The S.D value for 60 associated with Milk Production work women from taluka Sarasvati are 4.71 and Associated with Traditional Farming work women



from taluka Sarasvati are 5.98. the “t” value of Associated with Milk Production and traditional farming work women from taluka Sarasvati which 2.91 has been Significant at 0.05. Thus, the results show that so, **H.o-3** “There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Sarasvati Taluka” is **rejected**. Thus, there is significant different between working women associated with milk Production and Traditional Farming work with regards to Sarasvati Taluka.

H.o-4 There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Kankrej Taluka.

Table-4 shows mean, SD and ‘t’ Value of working women associated with milk Production and Traditional Farming work with regards to Kankrej Taluka.

Table: 4

Associated Group	N	Mean	S.d.	‘t’ value	Level of Sign
Milk Production work Women	60	11.97	4.78	2.88	0.05
Traditional Farming Work	60	13.94	5.92		

Table -4 shows the mean for 60 Associated with Milk Production Work women from Kankrej taluka are 11.97 and 60 associated with Traditional Farming Work Women from taluka Kankrej are 13.94. The S.D value for 60 associated with Milk Production work women from taluka Kankrej are 4.78 and Associated with Traditional Farming work women from taluka Kankrej are 5.92. the “t” value of Associated with Milk Production and traditional farming work women from taluka Kankrej which 2.88 has been Significant at 0.05. Thus, the results show that so, **H.o-4** “There will be no significant different between working women associated with milk Production and Traditional Farming work with regards to Kankrej Taluka.” is **rejected**. Thus, there is significant different between working women associated with milk Production and Traditional Farming work with regards to Kankrej Taluka.

SUMMARY OF FINDING:

Concluding for this study is the.

- 1) There is no significant different between working women associated with milk Production and Traditional farming work with regards to life satisfaction”
- 2) There is no significant difference of Psychological well-being among Associated Milk Production Work women and Traditional Farming work woman,
- 3) There is significant different between working women associated with milk Production and Traditional Farming work with regards to Sarasvati Taluka.
- 4) There is significant different between working women associated with milk Production and Traditional Farming work with regards to Kankrej Taluka.



LIMITATION OF THE STUDY:

- The study work was conducted in only at habitat with Sarasvati and Kankrej Taluka in limitations of this study is small sample size of 120 Associated Milk Production Work women and Traditional Farming Work Women only
- In this study may be bios of participates, and area, Gender, work atmosphere effect,
- This study is only part of study, it's not for generalization. `
- This study is not generalizing for any other institute.
- This study is only Associated Milk Production Work women and Traditional Farming Work Womenonly.

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