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A study on Quality of Life among working and non-working women: An Indian Scenario

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Abstract

Quality of life (QOL) is the general well-being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, safety, security to freedom, religious beliefs, and the environment. QOL has a wide range of contexts, including the fields of international development, healthcare, politics and employment. Role of woman in modern India can be called as phenomenon. The transition of woman from the past to present is worth mentioning. Woman who once considered being the masters in the art of home making are now considered to be forces that shape a country. Aim- The present study aimed to assess and compare quality of life among working and non-working women in Indian scenario. Method- 60 respondents (30 working and 30 non-working female) from Lucknow city. The respondents were selected based on Purposive Sampling technique. They were evaluated on WHO Quality of Life (BREF) (Saxena et al, 1998) Inventory. Result- Present study reveals that working female respondents have significantly higher level of quality of life than non-working female respondents. It indicates that working females were having high quality of life than non-working females. The results also revealed that working females' express higher quality of life and life satisfaction than non-working females. This finding is attributed to the differing life situation among females.

Keywords: Quality of Life, Wealth, Family, Employment

Introduction:

Quality of Life (QOL) is seen as the product of the interaction of a number of social, health, economic and environmental factors.

The quality of life is a degree to which a person enjoys the important possibilities of his/her life. Quality of life (QOL) is the general well-being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, safety, security to freedom, religious beliefs, and the environment. QOL has a wide range of contexts, including the fields of international development, healthcare, politics and employment. It is important not to mix up the concept of QOL with a more recent growing area of health related QOL. An assessment of HRQOL is effectively an evaluation of QOL and its relationship with health.

Quality of life should not be confused with the concept of standard of living, which is based primarily on income. Standard indicators of the quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging. According to the World Health Organization (WHO), quality of life is defined as "the individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals." In comparison to WHO's definitions, the Wang-Baker Faces scale defines quality of life as "life quality (in this case, physical pain) at a precise moment in time."

According to ecological economist Robert Costanza: