MENTAL HEALTH AND PSYCHOLOGICAL WELL BEING AMONG WORKING MARRIED AND UNMARRIED WOMEN

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ABSTRACT

When we look at the previous year’s researches, we found that so much work is done on the mental health and well being of the women but as we know that every research is a drop that can be added to the ocean of knowledge. So I found it challenging and interesting to work on the mental health and well being of working married and unmarried women. The current study aims to determine the differences in mental health and well being of working married and unmarried women. The sample of the study was chosen 100 in which fifty were working married and fifty unmarried women. The mental health check list developed by Kumar (1991) and psychological well being scale developed by Nishizawa (1996) was chosen for the study. For statistical analysis we selected t’ test as it was found suitable to make a comparison. Significant differences were found in the mental health and well being of both the groups. Mental health and well being of working married women was found to be better as compared to the working unmarried women.

Keywords: Mental Health, Well being, working, married, unmarried