

## Correlation of Psychological Wellbeing of Educated Women with Employment and Marital Status in India

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### Abstract:

**Introduction:** Psychological wellbeing can be measured by life satisfaction, social freedom and stress. Life satisfaction is a measure of quality of life. Social freedom is freedom to conduct oneself freely in society without disrupting or sustaining social order. For a woman it also means desire to be free of social constraints, rituals and roles. Educational status, employment and marital status have significant impact on these measures of psychological wellbeing in rural as well as urban India. This study looks at the psychological wellbeing of educated women amongst urban woman in India.

**Method:** This study was done to find out the level of desire for social freedom, level of life satisfaction, and stress amongst postgraduate and undergraduate students based on their employment and marital status. Survey of 320 female students was conducted in an urban setting in Jamshedpur, India, with a population of over 1.6 million. The Women Social Freedom Scale by Bhushan was used to assess social freedom on a scale of 0-24. Life satisfaction scale by Promila Singh and George Joseph was used. The score ranged from 35 to 175. Stress scale developed by Singh. This test is a self-report questionnaire of 40 items and the score ranged from 28-59.

**Results:** A total of 320 female students were surveyed (160 postgraduate and 160 undergraduate). The mean social freedom score for the entire group was 12.375. Overall, 4.06% of students rated their social freedom as high and 21.25% rated it as low. The highest level of social freedom was noted in postgraduate students who were married and unemployed (46.15%). Most students (97.18%) rated their life satisfaction as average or high with a mean score of 125.22. There was no significant difference between undergraduate and postgraduate students regardless of employment and marital status. Amongst the students reporting the lowest level of life satisfaction 77.79% were undergraduate students who were unmarried and unemployed. The mean stress score was 56.33 for the entire group. The majority (75%) rated their stress level as high to severe which was even higher in the post graduate unemployed group (82.5%).