

©*Indian Journal of Psychology and Education*

Vol.3, No.2, July 2013 PP 10-14

Impact of Employment on Subjective Well - Being and Stress of Women

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Abstract

Employment imposes demands on personal and social resources, but contributing to the challenge of balancing work and life for women. So the present study aimed at exploring the relationship between subjective well-being and stress of working and non- working women. Sample of the study consisted of 100 working and non-working women (working women- 50, non-working women- 50). Their age ranged between 25 to 40 years. Their education was at least graduation and above. Subjective Well- Being Inventory by Nagpal & Sell (1985) and Stress Scale by Singh (2002) were administered. Results indicated statistically significant difference between working and non- working women on subjective well- being but there was no significant difference between working and non- working women on stress.

Key Words: Women, Non- Working Women, Subjective Well- Being and Stress

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