

Health behavior and psychological wellbeing in employed and unemployed women

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Abstract

The prime aim of this study was to find out the pattern of health behavior and psychological wellbeing prevailing in employed and unemployed women. The total 80 sample of the study was comprised of 40 employed and 40 unemployed women. The data was collected with the help of (I) Personal Data Sheet (II) Health Behavior Scale (HBS) and (III) Psychological Well-being Scale developed by Dr. Devendrasingh Sisodiya and Puja Chaudhari. To test the hypothesis 't' test were computed for various groups. Results indicates that there is no significant difference between the mean score of employed and unemployed woman with regards to their health behavior, psychological well-being, efficiencies types psychological well-being, mental health type psychological well-being, personal relation type psychological well-being. There is significant difference between the mean score of employed and unemployed woman with regards to their satisfaction types psychological well-being and sociability type psychological well-being. There is no correlation between health behavior and psychological wellbeing prevailing in employed and unemployed women.