

Happiness and Psychological Wellbeing in Non-working women of urban and rural area

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Abstract

The prime aim of this study was to find out the pattern of 'Happiness and Psychological Wellbeing in Non-working women residing urban and rural area. The total 80 sample of the study was comprised of 40 non-working woman of urban area and 40 non-working women of rural area. The data was collected with the help of (I) Personal Data Sheet (II) Happiness Scale (HS) 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. The results indicate that: There is no significant mean difference on happiness scores of non-working women of urban area and rural area. There is significant mean difference between overall psychological wellbeing scores of non-working women of urban area and rural area. The non-working women of rural area show more psychological well-being than non-working women of urban area group. The non-working women of rural area show efficiency, mental health, sociability and interpersonal relations than non-working women of urban area group.