

## AGGRESSION, SELF-CONTROL AND QUALITY OF LIFE AMONG WORKING AND NON-WORKING WOMEN

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### ABSTRACT

**T**his study is conducted to compare the aggression, self-control and quality of life, among working and non-working women. A quantitative approach has been taken. The study consists of sixty working and sixty non-working married women. The samples was chosen by the purposive and convenient sampling technique. The World Health Organization Quality of Life (WHO QOL) – BREF, the Aggression Questionnaire (AQ) and the Brief Self Control Scale were used in this study. The results support the hypothesis partially that aggression level is lower in working as compared to non-working women. The level of Quality of life higher among the non-working women than working women whereas level of Self-control was found to be higher among the working women than non-working women .

**Key Words:** Working, Aggression, Self-Control, Quality of life, Non-Working, Married Women

## **1.Introduction:**

The myth that family and work occupy separate space is fading with the tremendous demographic and economic changes (Voydanoff, 1984). Small family size, increased number of working women, untraditional family patterns, and altering of values are increasing the awareness of interdependence of work and family life (Kerka, 1991). With the increase in population throughout the globe the access to basic needs of life has been limited and it is now the need of modern time that women work side by side with men in order to run their house. There are three basic changes in the economy that have contributed to an increase in the working hours by married women (1) improvement in technology; (2) alteration in societal orientation towards married women who are working outside their house (Khan, 2004). Now a day's trend of dual earner families is increasing than ever before. Statistical evidence suggest that same trend has been observed in developing countries where now women's role and participation has increased in occupations related to nursing, education and service occupation (Wolin et al, 2007) . Researchers believe that a woman's preference for working out of the house or to be a housewife depends on her socioeconomic status and her wish to earn money (Javaheri et al 2010). It is believed that occupation is one of the most effective factors on a women's quality of life (Farlinger, 1996).

In fact it is altercated that a woman's qualification level and her occupational status is expected to be positively related to women's authority and thus affecting her quality of life (Presser & Gita, 2000). Working women might be more prone to aggression as they have to bear double burden of housework and job as both environments are totally different and have to follow different protocols as compared to non-working women. Pakistan being an Islamic country with traditional values, here women are expected to stay home and perform housework. Their job comes in conflict with the values and may affect their quality of life.

In the past few years many research have been done in relation to comparison of working and non-working women by using various psychological variables. Based on the previous studies, aggression, self-control and quality of life were selected as variables for the present study. The reason for is that, these variable have not been studied so far collectively in relation to working and non-working married women. Additionally, as most of the previous studies have been conducted outside of Pakistan, therefore, it is difficult to generalize the data on Pakistani population. In light of the above mentioned factor we are proposing to find the interrelationship between quality of life, aggression and self-control amongst working and non-working married women in Faisalabad.

### **Hypothesis:**

- Aggression level would be higher non-working women as compared to working women.
- Self-control would be higher in non-working women as compared to working women.
- Quality of life would be higher in non-working women as compared to working women.

### **Objective:**

To assess the Aggression 'Quality of life' and Self-control between working women and non-working women residing in selected Faisalabad.

## **2. Method and Material:**

Cross sectional research design had the present study. The study was conducted in Faisalabad The total numbers of working women and non-working women were 120. The sample comprise of 60 working

women and 60 nonworking women who were selected following the purposive sampling technique and convenient sampling technique. The research visited the government sector in DHQ Hospital, University of Agricultural and Government College University and sixty married working women encounter were recruited for study and the researcher visited the nearest houses and sixty married non-working women encountered were recruiting for the study. Following is the inclusion criteria for the sample of non-working married women included in the study: (i) those who have not taken any sort of job before and after marriage. (ii) Those who have no intention of doing any sort of job in near future. (iii) Those who are not engaged in any sort of work

## **2.1 Research Instrument:**

The survey instrument used for the current study focuses on the chief objective which is to assess To assess the Aggression 'quality of life' and self-control working women among non-working women residing in selected Faisalabad The research tools used was an interview schedule & the demographic profile sheet which was developed by the investigator keeping in view the objective of the study. The permission to use standardized translated Urdu version of "Self-control "and "Aggression Questionnaire" was given by Punjab University whereas the permission to use WHOQOL-BREF was taken directly from WHO.

The adapted version Brief Self-Control Scale by June Tangney was employed in the current study to measure self-control level. The Brief Self Control Scale is used to assess the self-discipline among the individuals. It has 13 items. The scoring was done on 1 to 5 Likert scale where 1 stands for not at all and 5 stand for very much. Some items are scored reversed 2,3,4,5,7,9,10,12 and 13. The score ranges from 13 to 65, higher scores on self-control indicate better adjustment, and more optimal emotional responses whereas low self-control indicate problems in adjustment and personal emotional responses (Tangney et al, 2004)). The Urdu version was employed for the present study. The Urdu translation was conducted in Punjab University, Lahore given by Nida Zafar under the supervision of Prof. Dr. Rukhsana Kausar (Zafar & Kausar 2014).

The adapted version of Aggression Questionnaire by Buss and Warren was employed in the current study to measure aggression level. The Aggression Questionnaire measure an individual aggression response and his/her ability to channel those responses in a constructive manner. It has five scales: Physical Aggression, Verbal Aggression, Anger, and Hostility and Indirect Aggression. It consists of 34 items. The scoring was done on 1 to 5 Likert Scale ranging from 1 (not at all like me) to 5 (completely like me). The score ranges from 34 to 170, high score indicates high level of aggression and low score indicates low level of aggression (Buss & Perry, 1992). The Urdu version was employed for the present study. The Urdu translation of the measure was conducted at Punjab University, Lahore given by Nida Zafar under the supervision of Prof. Dr. Rukhsana Kausar (Zafar & Kausar 2014).

The WHOQOL-BREF is an abbreviated 26-item version of the WHOQOL-100. It contains items that are extracted from the WHOQOL-100. The WHOQOL-BREF contains one item from each of the 24 facets of QOL included in the WHOQOL-100, plus two items from the general facet on overall QOL and general health (Skevington et al, 2004). It provides a short form of quality of life assessment that looks at the domain level profiles. Each item is rated on a five point Likert scale. The questionnaire assesses the quality of life in 4 domains, namely, physical health, psychological health, social relationship, and environment. These domains further consist of more domains which are as follows: 1) Physical health, consists of 7 domains namely (activities of daily life, dependence on medicinal substances and medical aid, energy and

fatigue, mobility, pain and discomfort, sleep and rest, and work capacity), 2) Psychological health, which consists of 6 domains (bodily image and appearance, negative feelings, positive feelings, self-esteem, spirituality/ religion/ personal beliefs, and thinking/ learning/ memory /concentration), 3) Social Relationship, which consists of 3 domains (personal relationships, social support, and sexual activity), 4) Environment, which consists of 8 domains (financial resources, freedom, physical safety and security, health and social care: accessibility and quality, home environment, opportunities to acquire new information and skills, participation in and opportunities for recreation / leisure activities, physical environment (pollution/ noise/ traffic/ climate, and transport). Domain scores were scaled in positive direction (i.e., higher scores denoted higher quality of life). The scoring was reversed in case of negatively phrased items. Mean score of items within each domain was used to calculate the domain score. Mean score was then multiplied by 4 in order to make domain scores comparable with the scores used in WHO QOL- 100 and subsequently transformed to a 0-100 scale, translated Urdu version of WHOQOL-BREF was given by WHO Group.

The data was collected after obtaining the consent from the participant. The verbal approval was obtained from each subject. The verbal assertion was given to each subject in terms of maintaining the confidentiality of obtained information. The data was unruffled using the interviews in which the researcher help there participant whenever there was a difficulty. The total time exhausted on each subject varied from 20-30 minutes. Each subject was individually thanked and opportunity was provided to each subject to clarify his or her doubts if any. The analysis of data was done using the SPSS & Microsoft excels programmed employing the tests like mean and standard deviation.

## **2.2. Reliability Analysis:**

As the items used in the questionnaire comprising every dimension were to be adopted and used in the after that analysis , it was very important to check the reliability or internal consistency of the aggression , Self-control and Quality of life variable scale .That's why , a very accepted of internal consistency or reliability , Cronbach's coefficient Alpha, was calculated for the dimension used in the survey .For the current study , each and every dimension is displaying the value of Cronbach's alpha that is in aggression (0.706) , Self-control (0.678) and Quality of life (0.753).So , which shows that the Scales are reliable. The reliability analysis made in SPSS shows that the dimension used in the survey instrument are firm internally and reliable to measure the answered of respondents of the study, (Table 1).

## **3. Results and Discussion**

Table 2 indicates the demographic and personal information of the respondent like gender, age, marital experiences and Income level of the respondent

**Table 1:** Profile of the respondent.

Variable	Category	Frequency	Percentage
Gender	Working Women	60	50
	Non working women	60	50
Age	51 and above	20	11.2
	41-50	58	30.5
	31-40	60	44.2
	23-30	22	10.7
Marital	Above 20 years	20	12.7
Experience	11-20 years	56	34.1
	3-10 years	28	20.5
	2years	16	9.9
Income Level	1,00000 above	8	6.75
	60,000-1,00000	39	21.87
	31,000 – 60,000	58	50.9
	10,000 – 30,000	15	11.9

H1:Quality of life between the working women and non-working women.

As for each the result of the study, the ANOVA and descriptive analysis of working women and non-working women with respect to 26 items assessment scale. Each item is rated on a five point Likert scale. The questionnaire assesses the quality of life in 4 domains, namely, physical health, psychological health, social relationship, and environment shown (table 3). In first domain, the maximum score of working women (17.14) and non-working women (20) which shows that the physical health in no- working women is higher than the working women .In 2<sup>nd</sup> domain psychological health the maximum score working women (37.33) and non-working women (19.0 ) which shows that the psychological health working women is higher than non-working women .In 3<sup>rd</sup> domain, social relationship , the maximum score of working women (20) and non-working women score (20) which shows that the social relationship working women is equal to non-working women .In 4<sup>th</sup> domain , environment the maximum score working women (17)and non-working women (20), which shows that environment in the non-working women is higher than working women .Shows (table 3).

**Table 3:** Descriptive analysis mean and std.deviation score with minimum and maximum scoring of Quality of Life among working women and non-working women

	N	Mean	Std.deviation	Minimum	Maximum
Working women	60	12.36	2.20	7.43	17.14
Domain 1					
Non-working women	60	12.26	3.22	5.71	20.00
Overall Mean	120	12.31	2.74	5.71	20.00
Working women	60	13.17	4.03	7.33	37.33
Domain 2					
Non working women	60	12.52	2.89	6.00	19.33
Overall Total	120	12.84	3.51	6.00	37.33
Working women	60	12.29	3.19	8.00	20.00
Domain 3					
Non working women	60	11.16	4.22	4.00	20.00
Overall Total	120	11.72	3.77	4.00	20.00
Working women	60	12.96	2.34	6.50	17.00
Domain 4					
Non working women	60	12.30	3.04	6.50	20.00
Overall Total	120	12.63	2.72	6.50	20.00

#### **4. Factor Analysis: Aggression, Self-Control and Quality of Life respondents.**

H1: Aggression level between the working women and non-working women.

As per the result of the study, the descriptive analysis of working women and non-working women with respect to various ratings made by them on the 1 to 5 Likert scale , ranging from 1 (not at all like me) to 5 (completely like me).It has 34 items . The items of aggression scale for which the minimum number of

working women (2) and the Mean Score (.30) and Std.Deviationscore (.328). Hence, working women Maximum score (3).On other hand aggression scale for which the minimum score of another variable Non-working women (1), and the Mean score (2.28) and Std.Deviation (0.642) .Therefore,Non-working women Maximum Score (4). Therefore aggression level is higher non-working women than working women.(Table 4)

### **H2: Self-control level between the working women and non-working women.**

As for each the result of the study,the descriptive analysis of working women and non-working women with respect to 1 to 5 Likert scale where 1 stands for not at all and 5 stands for very much. . It has 13 items. The items of Self-control scale for which the minimum number of working women (3) and the Mean score ( 3.77) and Std.Deviation score (.506 ) , so that working women maximum score ( 4 ) .On other hand , the items of self-control scale for which the minimum number of non-working women ( 2 ) and the Mean score (2.80 ) , and Std.Deviation ( .653 ) , So that non-working women maximum score ( 3 ) , for this reason the level of Self-control higher among the working women than non-working women.(table 4).

### **H3: Quality of life between the working women and non-working women.**

So as to the items of Quality of life scale for which the minimum number of working women (2) and the Mean score ( 3.22) and Std. Deviation score (.546 ) , so that working women maximum score ( 4 ) .On other hand , the items of quality of life scale for which the minimum score of non-working women ( 1 ) and the Mean score (2.85 ) , and Std. Deviation ( .794 ) , So that non-working women maximum score ( 5 ) , for this reason the level of Quality of life higher among the non-working women than working women.(table 4). The level quality of life higher among the working women than non-working women.(Table 4).

**Table 4 : Descriptive Analysis**

	N	Mean	Std.Deviation	Std.error	Minimum	Miximum
Working women	60	2.30	.328	.0442	2	3
Aggression						
Non working women	60	2.28	.642	0.83	1	4
Overall total	120	2.29	.507	0.46	1	4
Working women	60	3.77	.506	.065	3	4
Self Control						
Non-working women	60	2.08	.653	.084	2	3
Overall total	120	3.28	.760	.069	2	4
Working women	60	3.22	.546	.070	2	4
Quality of life						
Non working women	60	2.85	.794	.102	1	5
Overall total	120	3.03	.704	.064	1	5

### 5. Limitation and Suggestion

The study was conducted in Faisalabad city and the data was taken from government sector only. So it will be worthwhile to see how far these results will be supported when other professions such as lawyers, engineers and women working in different walks of life are included in the study.

### 6. Conclusion:

As our society is male dominating, women have to face all problems. If they are working they are expected to perform all duties of their duties, at work as well as at home. The purpose of this study in Pakistani context is to compare the phenomenon of quality of life and its related variables i.e. aggression and self-control among married working and non-working women. The results support our hypothesis partially that aggression level is higher in non-working women than working women.(Table 4), and the level of Quality of life higher among the non-working women than working women.(Table 4), and but the level of Self-control was found to be higher among the working women than non-working women. Cronbach's coefficient Alpha, was calculated for the dimension used in the survey .For the current study, each and every dimension is displaying the value of Cronbach's alpha that is in aggression (0.706), Self-control (0.678) and Quality of life (0.753). So, which shows that the Scales are reliable.

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