

SELF ESTEEM, A DETERMINANT OF QUALITY OF LIFE... A CASE STUDY ON HOUSEWIVES IN MUMBAI METRO

Dr. Jayachitra T.A., Assistant Professor, Department of Economics Avinashilingam University for Women and Higher Education, Coimbatore, Tamilnadu, India

Nandini Jagannarayan, Assistant Professor, Department of B.com (Banking & Insurance) RJ College of Arts, Science and Commerce, Mumbai, Maharashtra, India

Abstract

Quality of life and self-esteem significantly impact people's individual and social functions. The term "self-esteem" is used to describe a person's overall subjective sense of personal worth or value—in other words, the extent you like yourself and you value yourself. ... Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. An individual's perception of their health, cultural demands, value system, aspirations, expectations, and issues depicts QoL. Physical, Mental and Social well-being (quality of life), self-esteem, and perceived health status were strongly correlated with each other. This concept deals more with an individual's satisfaction in life in terms of physical health, family, education, employment, wealth, safety, security and freedom, religious beliefs and the environment he/ she is living in. In India, many housewives/ home makers are dependent on husbands, living with in laws and sometimes even with their extended families. They also get accustomed to this kind of a setup, where they sometimes, quit their jobs, take care of children, in laws and don't express a lot of their emotions. These suppressed emotions could cost their mental and physical health.

Current study focusses in the level of self-esteem of women who are home makers in Mumbai city and how quality of life of an individual significantly impacts this. For this purpose, 125 women, who are home makers and financially dependent on their spouses or head of the families were surveyed and information was elicited from them. The study cohabit the demographic factors like age, family type, education, children with reference to their perspective of self-esteem among women. Type of family has shown significant association with housewife or dependent women's self-esteem. Family set up of married women significantly affected the quality of life and hence their satisfaction, self-esteem, and perceived health status. Women who live in joint family set up, had the highest life satisfaction and self-esteem and perceived themselves to be healthier in comparison to their counterparts

Key words: home makers, quality of life, financially dependent, self esteem, housewives, emotions, mental health

Introduction

Married women in India are multi taskers – Wife, mother, Daughter, Daughter in law. This is very true, when it comes to a home maker, who acts more like a super human. Indian Patriarchal society expects these women to take care of their families once they are married and most of them quit their jobs. This leaves them with a lot of their aspirations unmet, making them financially dependent and disempowered. There is a lot of possibility that this will affect them mentally, which in turn could cost their physical health thus, leading to retardation in the quality of their life.

"Quality of life relates both to adequacy of material circumstances and to personal feelings about these circumstances". It includes "overall subjective feelings of well-being that are closely related to morale, happiness and satisfaction (Bennett, Garrad and McDowell, 1987). The QoL is related to the health concept proposed by the World Health Organization (WHO)—physical, mental and social well-being. It means the individual's perception of his/her own health generally speaking, according to his/her cultural demands, value systems, goals, expectations and concerns. This explains why individuals with similar objective indicators of QoL can have quite different indices in



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**Ramniranjan Jhunjhunwala College,
Ghatkopar (W), Mumbai-400086.**