

A Comparative Study on Home Management Abilities of Working and Non-working women of Kolkata

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Abstract

From the very beginning, women are involved in house hold activities which is considered the only job they can do. With the passing of time, role of women has been transformed and they are free to choose their education to pursue employment opportunities. Home management is a crucial task of daily life, innovative planning, organizing, and efficiently utilizing resources for the well-being of the family. But ultimate house handling duties are in the hands of women though they are working or not, thus they need to have a good knowledge about different aspects of home management to maintain a balanced life and take appropriate decisions about it. With the advancement of science, technology and modern home facilities make an opportunity to show leadership and managerial skill of women in managing their home. This research paper is regarding different aspects of family life and house hold activities whether they are working or non-working women. Also in this research, the role of education, their financial status, and family status are to be studied on Home management abilities. For this purpose “Home Management Scale” is to be administered on working and non-working women of Kolkata district, total of 100 women. Descriptive statistics and t-test has been used to make comparison between the two groups of working and non-working women. This study will help to understand differences, challenges, and coping mechanisms and also focus on women empowerment through support system.

Keywords: *Working and non-working women, Home management abilities, Kolkata*

Introduction

One of the most beautiful creations on this earth is the “women”, whom we get “in the form of mother, sister, wife and a friend who are at the same time tough and tender”. Role of women are always important in the house hold activities from the very past whether they are well educated or not, working or not, but making decisions are not always in the hands of women. Women are the most important part of our family and society. With the realm of change, women are in every sphere of different sectors. They are free to decide their working status as they decide their education.

Home is the most important non-formal agency of Education which is responsible for shaping an overall personality of a human being consisting of values, morals, culture, attitude, and nature. Managing a home or a company, both needs leadership qualities and managerial abilities which is a systematic learning all together (Vijayeta & Behera; 2018). With rising educational opportunities and social shifts, more women are entering the workforce. Population growth, economic strain, and limited resources are pushing both men and women to seek employment. As a result, managing the home is no longer just about housekeeping- it now demands a systematic and scientific approach (Kalia, 2005 & Jenny, 2013).

Home management plays a crucial role in ensuring the smooth functioning of family life. It encompasses a wide range of responsibilities including family time, food and cloth management, furniture, equipment, time and energy management. With the rising participation of women in the workforce, the dual responsibility of managing both home and job has significantly impacted their daily routines.

Review of Literature

Lennon (1994), viewed that full time household work involves more autonomy but more interruptions, greater physical effort but less routine, fewer time pressure but more responsibility than paid job. Lennon in his study compared homemakers and working women and found that homemakers appear to benefit from having less routinized work than working women.

Engels (1998) stated that experience of homemakers are not much of happiness as they have to work full day long. It is often observed that homemakers and working women are different in terms of their responsibilities and also need different kind of support system to cope up effectively with their chosen roles. There always exists a controversy regarding the duties of mother, looking after the needs of the family, etc., who is better, working women or homemakers?

“The changing role of women” an article by G. Delina (2009), mentioned that working married women have to face more difficulties in their lives as compared to non-working married women. It is concluded as married working women don’t contribute significantly for the well-being of their family may be their attention is diverted between office and home. They cannot give proper attention too for their family and it leads to their marital maladjustment.

Chowdhury & Ahmad (2017), in their article, “A study of psychological well-being among homemakers and working women “, stated that although it is a general assumption that a good job can contribute to overall quality of life through financial freedom, which provides satisfaction also. But the scenario is just opposite in case of homemakers as working women need to make more social readjustments that can contribute to stress, anxiety and psychological discomfort.

Kaur (2018) emphasized the role of time management in dual-earner households.

Sharma & Dey (2020) found that working women developed better task delegation skills compared to non-working women.

Mitra (2019) highlighted that non-working women displayed more involvement in childcare and nutrition planning

There is limited research exploring how employment status affects home management capabilities. This study is essential to highlight the strengths and challenges faced by both working and non-working women and to inform family and social support systems accordingly. This study attempts to bridge the gap in comparative understanding between these two roles.

Objectives

1. To study the home management abilities of working women
2. To study the home management abilities of non-working women
3. To compare the home management abilities, mean of working and non-working women

Hypothesis

There is no significant difference in the home management abilities of working and non-working women

Methodology

This study is based on descriptive and comparative survey design using a quantitative approach.

Sample selection

Data has been collected from different area of Kolkata district. Kolkata is the capital of West Bengal where people came from different cultural background and a huge number of women are engaged in different kinds of jobs. Working women are selected from where data can be easily available like teaching, non-teaching staff, bank and IT offices and non-working women, who are house wives and students and aspirants. Purposive sampling technique is adapted for this study and a total of 100 samples have been taken. These comprise of 50 working and 50 non-working women under the age group of 25-50 years residing in different parts of Kolkata district only.

Tools for Data Collection

Home Management Scale developed by Haseen Taj and Hemlatha (2001), which includes 102 items has been used for the present study. This scale is subdivided into five areas, that are-

1. Transaction with family members, 2. Food management, 3. Cloth management, 4. Management of furniture and equipment and 5. Management of Time and energy.

Data collection and Analysis

Table 1: Distribution of the respondents on the basis of basic information

Category	Sub category	Working		Non-working		Total
		N	%	N	%	
Age	26-35	15	30	17	34	32
	36-45	19	38	20	40	39
	46-55	16	32	13	26	29
	Total	50	100	50	100	100
Education	10 th	14	28	20	40	34
	12 th	14	28	15	30	29
	B. A	13	26	10	20	23
	M.A	9	18	5	10	14
	Total	50	100	50	100	100
Type of Family	Joint	12	24	15	30	27
	Nuclear	38	76	35	70	73
	Total	50	100	50	100	100

Table 1 represents the distribution of data collected from working and non-working women categorically in the form of Age, Level of Education and Type of Family.

Table 2: Distribution of the respondents on the basis of home management activities

Sub-category	Non-working		Working		Total
Transaction with Family members	N	%	N	%	N
Average (19-24)	15	30	20	40	35
Good (25-30)	35	70	30	60	65
Total	50	100	50	100	100

Food management					
Average (144-184)	17	34	24	48	41
Good (185-225)	33	66	26	52	59
Total	50	100	50	100	100
Cloth management					
Average (79-104)	13	26	16	32	29
Good (105-130)	37	74	34	68	71
Total	50	100	50	100	100
Furniture and equipment management					
Average (40-57)	10	20	14	28	24
Good (58-75)	40	80	36	72	76
Total	50	100	50	100	100
Time and energy management					
Average (29-39)	7	14	9	18	16
Good (40-50)	43	86	41	82	84
Total	50	100	50	100	100

Table 2 depicts the data score working and non-working women occupy in the 5 different segments of the home management scale. This data represents that all the 100 respondents had score between averages to good, it may be because Kolkata is the capital of West Bengal and people are educated and sincere to handling their job and home together.

In the first sub theme, Transaction with Family members, 70% non-working women have found with good score where 60% working women spend time with family members. In case of average section 40% working women and 30% non-working women score lies. Thus, it can be interpreted that non-working women scored slightly higher in managing family transaction.

In the next segment of Food management, 66% non-working women and 52% working women scored good where 34% non-working women and 24% working women scored average. This implies that non-working women performed better in food management.

As of Cloth management 74% non-working women and 68% working women get good score and 32% working and 26% non-working women scored average. This indicates that both groups perform well, but non-working women again show slightly better outcomes.

In the 4th segment of this scale, 80% non-working women and 72% working women scored well in managing furniture and equipment. Non-working women (20%) and Working women (28%) occupy average score in this sub theme. Here also non-working women showed stronger result in good position.

In the last segment, 86% non-working and 82% working women scored good and only 18% working and 14% non-working women scored average in managing time and energy. This implies that very good time and energy management by both the groups, though non-working women have a slight edge.

Across all the five categories, non-working women slightly outperform than working women in home management activities. The majority in both groups fall into the “Good” category, showing strong home management skills.

Home Management Ability Score:

Table: 3 Group Statistics

Working status		N	Mean	Std. Deviation	Std. Error Mean
Score	Working Women	50	419.9200	40.96531	5.79337
	Non-working Women	50	428.2000	45.07001	6.37386

There is the table showing group statistics for working and non-working women. See table-3 and t-test value in table no. 4.

Table: 4 Independent Samples t-Test Comparing Group Scores

Variable	F	P	T	Df	p (two-tailed)	Mean Difference	SE Difference	95% CI Lower	95% CI Upper
Score (Equal variances assumed)	1.16	.285	-0.96	98	.339	-8.28	8.61	-25.37	8.81

Result

As P value is 0.96, greater than 0.05 ($P > 0.05$), thus we accept the null hypothesis which implies non-significant difference. The t-test reveals no significant difference between the groups of working and non-working women. The 95% confidence interval for the mean difference ranged from -25.37 to 8.81.

Interpretation

The present study examined the differences in home management abilities between working and non-working women of Kolkata across the 5 domains of Transaction with Family members, Food management, Cloth management, Furniture and equipment management, and Time and energy management. The findings indicate that both groups show significant abilities, but with variation in the good and average results. Though non-working women scored high in the 5 segments of home management scale by getting 'Good' score but working women scored high in getting 'Average' score. But in terms of overall home management abilities there is no significant difference between working and non-working women.

Discussion

The results show that employment brings structure and multitasking skills, enhancing certain home management capabilities. The data has been analyzed in the form of mean, standard deviation and t-value for home management abilities. This present study reveals most useful facts which are beneficial for the empowerment of women. Non-working women get time to delegate their time in home management but working women also able to balance their job and home side by side. Non-working women devote greater attention to detail in household activities than working women. Due to time constrain working women perform average home management in the 5 segments mostly to free financially. But in the segments of overall home management abilities statistically there is no significant difference between the two groups.

In the prior studies, there are 3 studies shows that non-working women shows more managerial skill in home involvement than working women, but the present study shows no significant difference between two groups of working and non-working women. Though among the 5 domains non-working women scored slightly high with good scores than the working women.

Home management involves planning, organizing, decision making, and implementing tasks related to household responsibilities. Education plays a major role, whether it is formal, informal, or self-learning to improve planning and organizing skills, better financial management, enhanced decision making, health and nutritional awareness, resource management, parenting and childcare. The knowledge and skills gained directly influenced the quality, efficiency and harmony of home life.

Thus, it implies working women also can manage their home at the same time doing their professional work. If they delegate work and responsibilities with the family members in a shared manner that can lead to balanced life. This gender stereotype should be gone and women should be empowered economically, doesn't matter how much they paid, but must be paid for their work.

Conclusion

This study compared the home management abilities of working and non-working women across various domains like Transaction with family, management of food, cloth, furniture equipment and time energy. Data showed no significant difference between the two groups in overall home management abilities though there are segments wise slight difference scoring in 'Good' and 'Average' result. Employment influences home management patterns with smart execution and support system. Women have that multitasking ability where they can balance between personal and professional life effectively obviously with the support they required and shared responsibilities. There should be some awareness programs to promote shared domestic responsibilities; time management training for women and family supports that can actually help women to continue their job side by side of their homely and familial role.

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