

# Effect of positive thinking on psychological well being of urban Indian women

■ B. Jamuna Rani

Post Graduate Studies, Professor Jayashankar Telangana State Agricultural University, Hyderabad (Telangana) India

## ARTICLE INFO :

**Received** : 18.11.2017  
**Revised** : 22.04.2018  
**Accepted** : 08.05.2018

## KEY WORDS :

Women, Positive thinking,  
Psychological well being

## HOW TO CITE THIS ARTICLE :

Rani, B. Jamuna (2018). Effect of positive thinking on psychological well being of urban Indian women. *Adv. Res. J. Soc. Sci.*, 9 (1) : 35-37, DOI: 10.15740/HAS/ARJSS/9.1/35-37.

Copyright©2018 : Hind Agri - Horticultural Society

## ABSTRACT

A hand that rocks rules the world, famous saying by Albert Einstein perfectly matches to the present day Indian women who is a multi tasked and juggles between family and career. Women's positive thinking helps her to be less stressed, happier, less depressed and indirectly influencing her way of balancing work and home perfectly. Positive thinking appears to play a protective role, assisting people in coping with extraordinarily trying incidents. Furthermore, optimism has been found to correlate positively with life satisfaction and self-esteem (Lucas *et al.*, 1996). Segerstrom and Sephton (2010) also examined whether optimism predicted positive affect. Their hypothesis that changes in optimism would predict changes in positive affect was borne out, as increases in optimism were associated with increased positive affect, and *vice versa*. The present paper discusses the impact of positive thinking on the psychological well being of urban women hypothesising that positive thinking is correlated to psychological well being. A sample 130 women were administered positive thinking skills scale and Ryff's Psychological well being scale. Data was analyzed using frequencies, percentages and correlations and conclusions were given with implications.

## INTRODUCTION

The status of women in India has been subject to many great changes over the past few millennia. From equal status with men in ancient times through the low points of the medieval period, to the promotion of equal rights by many reformers, the history of women in India has been eventful. In modern India, women have held high offices in India including that of the President, Prime Minister, Speaker of the Lok Sabha and Leader of the Opposition.

Contrary to common perception, a large percentage of women in India work. National data collection agencies accept that statistics seriously understate women's contribution as workers. However, there are

far fewer women than men in the paid workforce. In urban India, women participate in the workforce in impressive numbers. For example, in the software industry 30% of the workforce is female. In the workplace women enjoy parity with their male counterparts in terms of wages and roles. In rural India in the agriculture and allied industrial sectors, females account for as much as 89.5% of the labour force. In overall farm production, women's average contribution is estimated at 55% to 66% of the total labour. According to a 1991 World Bank report, women accounted for 94% of total employment in dairy production in India. Women constitute 51% of the total employed in forest-based small-scale enterprises

Women take on multiple roles in today's society. Some roles are by choice and other roles are chosen for

women. Women's roles often include family obligations, caretaking for children and/or elderly parent and work responsibilities as well as other roles.

As demands increase to fulfill these roles, women can feel overwhelmed with time pressures and unmet obligations. They may feel a sense of failure in not being able to meet expectations for themselves and others. Often times women spend more time meeting the needs of others rather than nurturing their own needs.

Stress is a response to daily life, and everyone has stress. Stress can be positive and motivating women to achieve notable goals. But stress can also be negative and destructive taking its toll in many life areas. When stress becomes chronic or excessive, it becomes harder to adapt and cope. Chronic stress builds up so that stress seems like a normal way of life for some women. Often times women are so busy that they do not take time to slow down long enough to think about how stress is negatively affecting them. In spite of all these women are doing their best at work and home. Let it be project presentation at office or helping in projects of their children, they are involving themselves and they are able handle these pressures very well without effecting themselves.

**Need for the present study:**

Women's positive thinking helps her to be less stressed, happier, less depressed and indirectly influencing her way of balancing work and home perfectly. Positive thinking appears to play a protective role, assisting people in coping with extraordinarily trying incidents. Furthermore, optimism has been found to correlate positively with life satisfaction and self-esteem (Lucas *et al.*, 1996). Segerstrom and Sephton (2010) also examined whether optimism predicted positive affect. Their hypothesis that changes in optimism would predict changes in positive affect was borne out, as increases in optimism were associated with increased positive affect, and *vice versa*.

**Objective:**

To study the impact positive thinking on psychological well being of urban working women.

**MATERIAL AND METHODS**

**Sample :**

One hundred and thirty women from Hyderabad

who are working in schools, offices and banks

**Tools:**

Positive Thinking Scale, Reff Psychological well being Scale.

**OBSERVATIONS AND ANALYSIS**

It was very interesting to note from the Table 1 that 29 per cent of the selected sample who were mothers showed high positive thinking. Further it can be stated that more than half of selected sample (61%) had average positive thinking, which is good and only a very less percentage of working women (9%) scored less on positive thinking. It can be concluded that majority of working women had average to high positive thinking which is helping them to cope up with every day stress and busy schedule keeping their spirits high.

**Table 1: Distribution of working women on positive thinking**

Sr. No.	Low positive thinking	Average positive thinking	High positive thinking
1.	12(9%)	80(61%)	38(29%)

The Table 2 gives the distribution of selected sample on psychological well being scale. From the study it was evident that majority of sample (61%) scored average on autonomy scale and 34 per cent of them scored high on this dimension. It was interesting to see that majority of them were self-determining and independent; able to resist social pressures to think and act in certain ways; regulates behaviour from within; evaluates self by personal standards. On dimension of environmental mastery it was evident that 65 per cent of selected working women scored average and very low percentage 9 per cent had low scores. Twenty five per cent of them had high scores on this dimension indicating that they have a sense of mastery and competence in managing the environment and controls complex array of external

**Table 2 : Distribution of working women on psychological well being scale**

Sr. No.	Dimensions	Low	Average	High
1.	Autonomy	7(5.3%)	79(61%)	44(34%)
2.	Environmental mastery	12(9%)	85(65%)	33(25%)
3.	Personal growth	9(7%)	75(58%)	46(35%)
4.	Positive relation with others	8(6%)	65(50%)	57(44%)
5.	Purpose in life	8(6%)	72(55%)	50(38%)
6.	Self acceptance	7(5%)	41(32%)	82(65%)

Sr. No.	Dimension	Autonomy	Environmental mastery	Personal growth	Positive relation with others	Purpose in life	Self acceptance
1.	Positive thinking	0.78*	0.56	0.67*	0.89**	0.84**	0.96**

\* and \*\* indicate significance of value at P=0.05 and 0.01, respectively

activities makes effective use of surrounding opportunities and are able to choose or create contexts suitable to personal needs and values. Personal growth is feeling of continued development and having sense of realizing his or her potential. It was encouraging to note from the study that 58 per cent working women had average score and thirty five per cent of them had high score on this dimension. The study further reveals that majority of them had high positive relations with others which signifies psychological well-being. It was evident from the study that 55 per cent scored average and 38 per cent scored high on the dimension of purpose in life, which indicates that the selected working women have definite goals. It was surprising to note from that that 65 per cent of the selected sample scored high on self-acceptance and thirty two scored average on this dimension.

The Table 3 clearly indicates that positive thinking has significant relation with the psychological wellbeing

in the selected sample. Positive thinking showed very strong positive relationship with Self acceptance, Purpose and positive relation with others dimensions of psychological well being scale.

### **Conclusion:**

From the study it can be concluded that urban working women had high positive thinking which contributed to their well being. Possessing positive attitude toward the self and acknowledging, accepting multiple aspects of self including good and bad qualities brings a positive feeling about life.

### **REFERENCES**

- Lucas, R. E., Diener, E. and Suh, E. (1996). Discriminant validity of well-being measures. *J. Personality & Soc. Psychol.*, **71** : 616-628.
- Segerstrom, S.C. and Sephton, S.E. (2010). Optimistic expectancies and cell-mediated immunity: The role of positive affect. *Psychological Sci.*, **21** (3) : 448-455.

9<sup>th</sup>  
Year  
★★★★★ of Excellence ★★★★★