

**A STUDY OF HOME MANAGEMENT OF WORKING AND NON-WORKING
WOMEN IN RELATION TO FRUSTRATION TOLERANCE**

***Dr. Anuradha Agnihotri**

ABSTRACT

The present study was undertaken to investigate the home management of working and non-working women in relation to frustration tolerance. The sample comprised of 200 randomly selected working and non-working women (100 each), from the city of Chandigarh. The tools employed for the study were Frustration Tolerance (FRTO) Scale (1989) by S. N. Rai and Home Management Scale (2001) by Dr. Haseen Taj. The statistical techniques employed to analyse the data were Mean, S.D. and t-ratios. The analysis of the data revealed that there is a significant difference in the home of working and non-working women in relation to frustration tolerance.

Key Words: Home management, value orientation, frustration tolerance, working women, non-working women

INTRODUCTION

The happiness of a family to a great extent depends upon women. The increase in work force has created a difficulty in managing home and values which makes them frustrated. Thus, the double work pressure leads to frustration, and this frustration is tolerated by women. Home Management means to provide a well-organized home, a safe and clean environment, financial stability and growth, and a learning environment for a healthy and happy family. Effective Home Management depends to a great extent on the managerial ability, interest and leadership quality of homemaker.

Gross and Crandall (1980) gave their opinion that home management is the utilization of human and physical resources to maintain individual and familial development within the home. It involves managing food, household jobs so that everyone receives adequate and nutritional food, managing household, carrying out the household chores, taking care of illness and many other activities.

In the website Ask.com (2013), home management is defined as utilization of human and physical resources for the purpose of maximizing individual and familial development within

*Associate Professor, Dev Samaj College of Education, Sector 36-B, Chandigarh

the home. It is the process of efficiently and effectively running a household. This would entail taking care of children, cleaning the house and making sure the house bills are paid. Some of the home management synonyms are housekeeping, administration and budgeting.

Gayola (2013) stated that, utilization of human and physical resources to maximize individual and familial development within the home is referred to as home management.

In Your dictionary (2013), home management is taking care of children, providing meals, making sure that the house is clean and bills are paid and otherwise attending to the needs of the house.

Frustration forms a part of our daily life and hence it is inescapable. Sometimes frustration might result in constructive endeavour. Increase in workload of an individual has led to increase in the level of frustration.

Heth & Somer (2001) stated that, frustration tolerance is the duration of a person's ability to undergo waves of frustrating or stressful stimuli before acting out in inadequate response.

Stedman (2006) stated that, frustration tolerance is the level of person's ability to withstand frustration, developing inadequate modes of response such as "going to pieces" emotionally.

In the Psychology Dictionary (2013) the term frustration tolerance has been defined as the ability of a person to endure the tension and to preserve patience when they met with obstacles. It is a feature of normal cognitive and affective development.

REVIEW OF RELATED LITERATURE

Rout et al (1997) through his research on 101 mothers, out of which 78 percent were working mothers and 22 percent were non-working mothers, found that working women faced stress when they didn't get enough time to manage home, whereas lack of social life was a cause of stress in non-working women. This study found that women tolerate frustration due to Home Management.

Saxena (2009), conducted a study on a sample of 60 women, out of which 30 were working women and 30 were non-working women. It was found that working women have high level of frustration as compared to non-working women, as they have to perform both inside and outside the home. But this study examines very small scale sample. It also ignores the reason of frustration which is caused by Home Management and values.

Kaur et al (2012) conducted a research on a sample of 90 married women i.e., 45 working and 45 non-working women. Working women were selected from nationalized banks from Patiala. The age of the sample ranged from 25 to 36 years. It was found that working and non-

working married women are affected by frustration in their life. This frustration is caused due to home and office.

The purpose of this study by Shi et al (2021) was two-fold: to validate the College Teachers' Academic Frustration Tolerance (CTAFT) Questionnaire and the College Teachers' Academic Performance (CTAP) Questionnaire and to explore the relationship between frustration tolerance and academic performance among college teachers. The finding was that significant positive correlation was found between academic frustration tolerance and academic performance.

A study by Shewangizaw (2023) et al aimed to assess knowledge and attitude on home-based management of diarrheal disease among mothers/caregivers of under-five children at a tertiary hospital in Ethiopia. The study revealed 36.6% of respondents had good knowledge and 55.5% of respondents had a favourable attitude towards home-based management of Diarrhoea.

The above studies clearly indicate frustration tolerance and home management have been found to be better in working women as compared to non-working women as they don't get enough time to manage home.

SIGNIFICANCE OF THE STUDY

Women have come a long way from her role of traditional housewife to modern working women. They work both inside and outside the home efficiently and effectively. This gives them a new place in the society, but still, they have some responsibilities towards their family, society, and office. They are the nucleus of their families. They keep a balance between work and family by performing a dual role, which may cause frustration in them. Thus, it would be pertinent to study the variable of Frustration Tolerance in working and non- working women. There are very few studies that have explored the relationship of the variables Value Orientation and Home Management in working and non-working women. Thus, this area needs to be studied in great depth.

OBJECTIVES

1. To study and compare home management of working and non-working women.
2. To study and compare frustration tolerance of working and non-working women.
3. To study home management of working and non-working women in relation to frustration tolerance.

HYPOTHESES

1. There will be no significant difference in home management between working and non-working women.
2. There will be no significant difference in frustration tolerance between working and non-working women.
3. There will be no significant difference in Home Management of working and non-working women in relation to frustration tolerance.

METHOD AND PROCEDURE

Research Design

The present study was a descriptive survey to describe the characteristics or variables in populations by directly examining samples.

Sample

The sample of the study comprised of 200 women; out of which 100 were working women (govt. school teachers) and 100 were non-working women (mothers of students' who were homemakers) from the city of Chandigarh.

Tools

1. Home Management Scale by Dr. Haseen Taj (2001).
2. Frustration Tolerance (FRTO) Inventory by S.N.Rai (1989).

RESULTS AND DISCUSSION

Hypothesis-1 states, "There will be no significant difference in Home Management between working and non-working women."

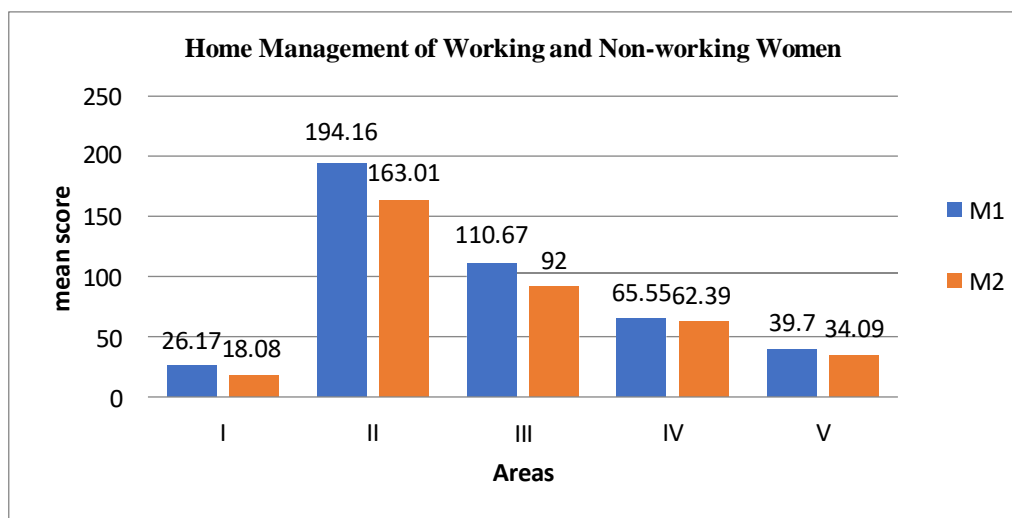
Table 1: Mean, S.D. and t-ratio of Home Management in working and Non-working Women

Areas	M₁	M₂	S.D₁	S.D₂	t-ratio (df =198)
I-Transaction with Family Members	26.17	18.08	3.30	4.81	13.86**
II-Food Management	194.16	163.01	24.09	31.89	7.79**
III- Cloth Management	110.67	92	10.23	17.24	9.30**
IV- Furniture and Equipment	65.55	62.39	7.00	7.17	3.15**
V- Time and Energy Management	39.7	34.09	7.56	5.64	5.94**

Note: **significant at 0.01 levels, t- tabulated at 0.01 level is 2.60.

Table 1 show that the t-ratios between the working women and non-working women in all five areas of Home Management were significant at 0.01 levels. This may be due to the reason that working women are more organised and systematic. They have schedule to follow as compared to non-working women. Thus, the first null hypothesis was rejected. These results are further clear from fig.1.

Fig.1: Mean scores of Home Management in different areas of Working and Non-working women



Note: I- Transaction with Family Members, II- Food Management, III- Cloth Management, IV- Furniture and Equipment, and V- Time and Energy Management

Hypothesis-2 states, “There will be no significant difference in Frustration Tolerance between Working and Non-working women.”

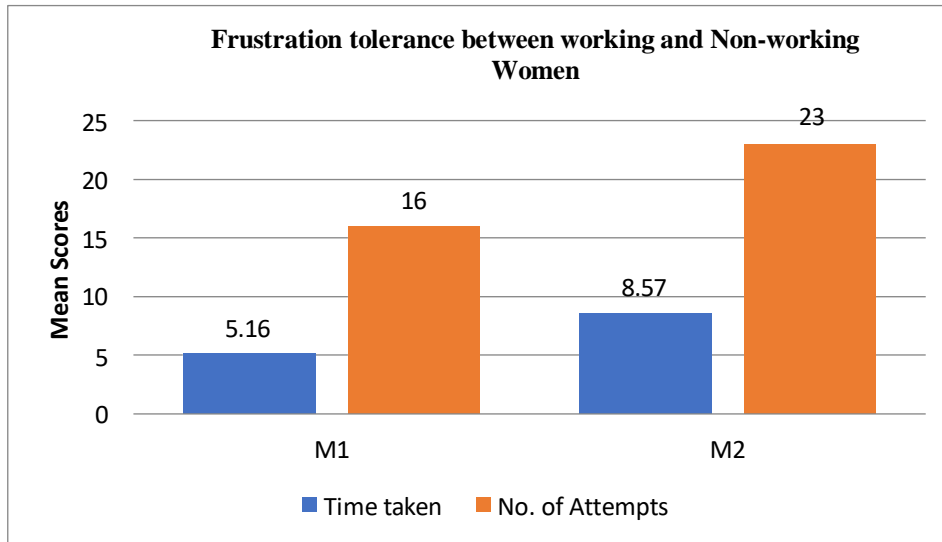
Table 2: Mean, S.D. and t-ratio of Frustration Tolerance of working and non-working women

Dimensions	M ₁	M ₂	S.D ₁	S.D ₂	t-ratio (df=198)
Time taken	5.16	8.57	1.73	1.12	16.47**
No. of Attempts	16	23	8.57	5.08	7.79**

Note: **significant at 0.01 levels, t- tabulated at 0.01 level is 2.60.

Table 2 shows that the t-ratio between working and non-working women is significant at 0.01 level on the dimensions of time taken and no. of attempts of the variable frustration tolerance. So, the working and non-working women differed significantly in their Frustration Tolerance. Thus, the second null hypothesis was rejected. This is clearly depicted in the Fig. 2.

Fig. 2: Mean scores of Frustration Tolerance of working and non-working women.



Hypothesis-3 states, “There will be no significant difference in Home Management of Working and Non-working women in relation to Frustration Tolerance.”

In order to test the hypothesis 3, the aspects, time taken and no. of attempts were considered and accordingly table 3.1 and table 3.2 were prepared.

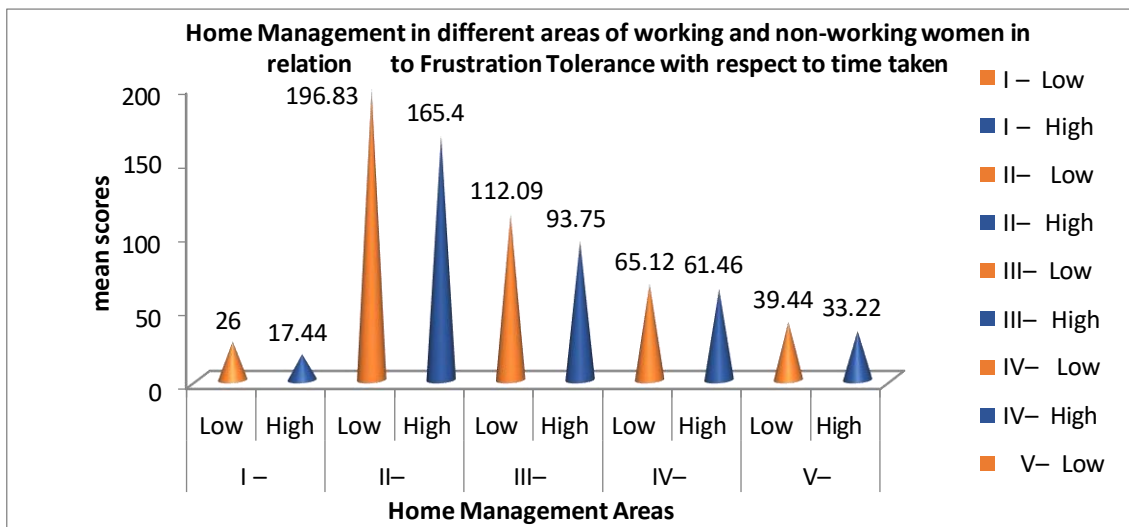
Table 3.1: Mean, S.D. and t-ratio of Home Management between working and non-working women in relation to Frustration Tolerance with respect to time taken

Home Management Areas	Frustration Tolerance	Mean	S.D.	t-ratio df= 106
I – Transaction with family members	Low	26.00	3.51	11.26**
	High	17.44	4.33	
II– Food Management	Low	196.83	24.93	5.81**
	High	165.40	30.89	
III– Cloth Management	Low	112.09	10.13	7.42**
	High	93.75	15.04	
IV– Furniture and Equipment	Low	65.12	7.49	2.54*
	High	61.46	7.45	
V– Time and Energy	Low	39.44	7.33	5.08**
	High	33.22	5.19	

Note:*significant at 0.05 level, **significant at 0.01 level, t-tabulated at 0.05 level is 1.98, t-tabulated at 0.01 level is 2.63.

Table 3.1 depicts that the t-ratio between Working and Non-working women is significant at 0.01 levels in the areas of Transaction with Family Members, Food Management, Cloth Management, and Time and Energy Management of Home Management. Whereas, in the areas of Furniture and Equipment is significant at 0.05 level. Thus, working and non-working women differ in their Frustration Tolerance with regard to time taken. This is also evident from the fig. 3.1.

Fig: 3.1 Mean scores of Home Management between different areas of working and non-working women in relation to Frustration Tolerance with respect to time taken



Note: I- Transaction with Family Members, II- Food Management, III- Cloth Management, IV- Furniture and Equipment, and V- Time and Energy Management

Table 3.2: Mean, S.D. and t-ratio of Home Management between working and non-working women in relation to Frustration Tolerance with respect to No. of attempts

Areas of Home Management	Frustration tolerance No. of Attempts	Mean	S.D.	t-ratio df= 106
I-Transaction with Family Members	Low	25	3.86	4.06**
	High	21	6.07	
II-Food Management	Low	196	26.47	5.25**
	High	167	30.94	
III- Cloth Management	Low	111	11.25	4.23**
	High	99	17.49	
IV- Furniture and Equipment	Low	65	6.99	0.632

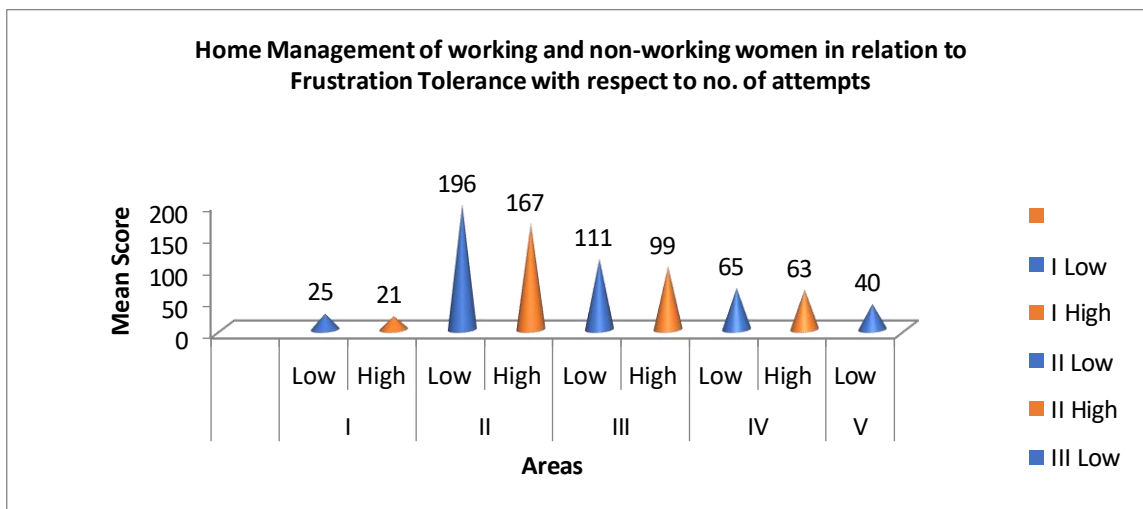
	High	63	7.00	
V- Time and Energy Management	Low	40	6.74	3.59**
	High	34	7.24	

Note: **significant at 0.01 levels, t-tabulated at 0.01 level is 2.63.

Table 3.2 presents the scores of Home Management in different areas of working and non-working women in relation to Frustration Tolerance with respect to no. of attempts. It is clear from the table that the t-ratios between working and non-working women is significant at 0.01 level in there as Transaction with Family Members, Food Management, Cloth Management, and Time and Energy Management of Home Management and only in the area of Furniture and Equipment t-ratio is non-significant. This may be due to the reason that working women have more work load and less time to fulfil their home and official duties. And thus, their Frustration Tolerance is low as they have to balance home and office.

It is clearly depicted in the fig. 3.2 that working and non-working women differ in their Frustration Tolerance.

Fig: 3.2 Mean scores of Home Management between different areas of working and non-working women in relation to frustration tolerance with respect to no. of attempts



Thus the third null hypothesis, “There will be no significant difference in Home Management of working and non-working women in relation to Frustration Tolerance with respect to time taken” is rejected to a greater extent.

FINDINGS

1. Working and Non-working Women differ significantly with respect to Home Management.

2. Working and non-working women differ significantly on various dimensions of Frustration Tolerance.
3. Significant difference was found in home management in relation to Frustration Tolerance among working and non-working women with regard to time taken and number of attempts.

EDUCATIONAL IMPLICATIONS

Positive environment should be provided to the working women, so that they can work well and manage home well and that would enhance their ability to tolerate frustration.

REFERENCES:

- Ask. com (2013). Definition of Home, Management, Home Management. As retrieved from <http://www.ask.com/question/meaningof homemanagementad=dirN&o=102140> on 16/10/2015.
- Gallagher, T. (2001). Value Orientation Method (VOM). *Journal of Extension. Vol. I*, p. 81-96.
- Gayola, C.M.A. (2013). Home Management. As retrieved from <http://dictionary of psychology/home-management/21tbjkl> on 2/10/15.
- Gross, H. and Crandall, D.P. (1980). Home Management. As retrieved from http://archive.org/stream/teachinghomemana00jank/teachinghomemana00jank_djvu.txt on 28/12/15.
- Haas, B. (2009). Orientations to Work and Care. Conceptual Issues and Attitude-Behaviour Relation, p. 13-45.
- Heth, E., and Somer, J., (2001), Four Traits, Two Correlations: Religiosity, Conformity, Impulsiveness and Tolerance for Frustration, Shane Yoder, Pennsylvania State University: Schuylkill, p. 5.
- Kaur, N., Irfan, M., Panwar, N., Thind, H.S. (2012). A Comparative Study of Working and Non-working Married women: Effect of Anxiety Level on Life Satisfaction. *Indian Journal of Psychology & Mental Health*, 6(2), 169-178.
- Psychology dictionary (2013). Frustration Tolerance. As retrieved from <http://psychologydictionary.co.in/frustrationtolerance> on 21/02/14.
- Rai, S.N., (1989). *Manual of Frustration Tolerance Inventory (FRTO)*, Lucknow: Ankur Psychological Agency.
- Rout, U.R., Cooper, C.L., Kerslake, H. (1997). Working and Non-working mothers: A Comparative Study. *Women in Management Review*, Vol. 12 Iss: 7, UP: MCB UP Ltd., 7, p.264-275.
- Saxena, P. (2009). A Comparative Study of Frustration Among Working and Non-working Women. *Shodh, Samiksha aur Mulyankan (International Research Journal)*. ISSN-0974-2832, Vol. II, Issue-5, p. 446-448.
- Shewangizaw B, Mekonen M, Fako T, Hoyiso D, Borie YA, Yeheyis T, Kassahun G.(2023). Knowledge and attitude on home-based management of diarrheal disease among mothers/caregivers of under-five children at a tertiary hospital in Ethiopia. *Pan Afr*

*Med J.*44:38. doi: 10.11604/pamj.2023.44.38.34431. PMID: 37034491; PMCID: PMC10080298.

Shi, S., Zhang, Z. Wang, Y., Yue, H., Wang, Z. and Qian, S. (2021). The Relationship Between College Teachers' Frustration Tolerance and Academic Performance. *Front. Psychol.* 12:564484. doi: 10.3389/fpsyg.2021.564484

Stedman, T.L. (2006). *Stedman's Medical Dictionary*. U.S: Lippincott Williams & Wilkins, p. 432.

Taj, H. (2001). *Manual for Home Management Scale (HMS)*, Agra: National Psychological Corporation.

Your Dictionary (2013). Home Management. As retrieved from <http://yourdictionary.co.in/home-management/#bjkhh> on 2/10/2015.