



Study on Level of Psychological Well-Being Among Homemakers In Zomba District

¹McChester Antonio Rhyce

PG Student, Social Work, DMI-St. Eugene University, Lusaka- Zambia

²Dr. S. Parameswari

Professor, Department of Social Work, DMI-St. Eugene University, Lusaka- Zambia

Date of Submission: 24-01-2024

Date of Acceptance: 06-02-2024

ABSTRACT

This research project investigates the psychological well-being of homemakers in Zomba District, Malawi. The study aims to identify the level of psychological well-being among homemakers and understand the factors that influence it.

Psychological well-being is a multifaceted concept encompassing aspects such as self-acceptance, purpose in life, environmental mastery, personal growth, positive relations with others, and autonomy. The study is grounded in theories including Maslow's Hierarchy of Needs, Psychological Well-being Theory, Life Satisfaction Theory, Stress and Coping Theory, Social Support Theory, and Role Theory. The literature review indicates a gap in the understanding of the psychological well-being of homemakers, particularly in the context of the Zomba district.

The significance of the study lies in its potential to inform policies and interventions aimed at improving the lives of homemakers. By understanding the specific challenges and stressors that affect this group, stakeholders can develop targeted strategies to support their psychological well-being. The research delves into the intricate dynamics influencing the psychological well-being of homemakers, focusing on the Zomba district, in Malawi. Through a combination of quantitative and qualitative analyses, we explore the interplay between demographics and well-being. The study encompasses 50 homemakers, utilizing surveys and interviews to gather data.

Findings reveal a nuanced relationship between demographic variables and psychological well-being. While certain quantitative factors showed no significant associations, qualitative insights underscored the significance of social support, a sense of purpose, and cultural contexts in shaping well-being. Limitations, such as a relatively small

sample size and potential biases, are acknowledged. Homemakers in Zomba district employ various coping strategies, including informal support networks and income-generating activities. Limited access to formal support systems calls for attention, emphasizing the resilience and resourcefulness of homemakers. The study advocates for further research into the motivations, challenges, and gendered dimensions of coping strategies to inform targeted interventions.

In conclusion, this research lays the groundwork for understanding the multifaceted aspects influencing the well-being of homemakers. It emphasizes the need for comprehensive, context-specific interventions and policies to address the diverse challenges faced by homemakers, ultimately contributing to the overall welfare of individuals, families, and communities in Zomba district and beyond.

Keywords: Psychological well-being, Homemakers, Life Satisfaction, Stress, Social Support, Coping strategies, Resilience, Resourcefulness.

I. INTRODUCTION

Psychological well-being, a dynamic state characterized by the harmony between individual abilities and environmental demands, plays a pivotal role in shaping subjective satisfaction and pleasure. This multidimensional concept includes elements such as self-acceptance, purpose in life, environmental mastery, personal growth, positive relations with others, and autonomy. For women, achieving psychological well-being is intricately linked to broader societal conditions, as evidenced by global initiatives like the United Nations' focus on women's empowerment through Millennium Development Goal 3 (MDG 3) and Sustainable Development Goal 5 (SDG 5). These initiatives



underscore the importance of addressing women's psychological well-being to empower them socially, economically, educationally, and politically.

The study focuses on the Zomba district in the eastern region of Malawi, aiming to identify the level of Psychological Well-being among homemakers. Recognizing the specific needs influencing women's psychological well-being is crucial for effective empowerment. By understanding these unique challenges and opportunities, the research seeks to contribute insights that will not only enhance individual satisfaction but also promote the overall empowerment of women in their roles as homemakers. The ultimate goal is to devise strategies that address these needs, fostering more rewarding lives within families and communities.

1.1 STATEMENT OF THE PROBLEM

Malawi, a country in southeastern Africa, faces several socio-economic challenges, including poverty, limited access to education, and gender inequality (Chirwa, 2019). These factors may significantly impact the psychological well-being of homemakers. Furthermore, traditional gender roles and cultural expectations place additional pressures on homemakers, potentially affecting their mental health (Bowers, R., 2016). Every human desire a physically and mentally happy, prosperous, and healthy life. According to Argyle (2001), psychological well-being is the most defining aspect influencing a person's life quality.

The role of homemakers, predominantly women, in Malawian society is pivotal, encompassing various responsibilities such as managing households, farming, caregiving, and nurturing family members. Despite the importance of their contributions, the psychological well-being of homemakers in Malawi remains relatively unexplored. Therefore, there is a need for a comprehensive study to examine and understand the level of psychological well-being among this crucial demographic

To address this knowledge gap, it is crucial to investigate the level of psychological well-being among homemakers in Malawi. Understanding their mental health status and identifying potential risk factors can contribute to the development of targeted interventions, support systems, and policies that promote the overall well-being of home makers in the country.

1.2 OBJECTIVES OF THE STUDY

- To assess the overall level of psychological well-being among home makers in Zomba district.
- To explore the relationship between socio-demographic variables (e.g., Age, education, marital status) and psychological well-being among home makers in Zomba district.
- To identify factors influencing psychological well-being among home makers in Zomba district.
- To identify coping strategies employed by home makers to enhance their psychological well-being in Zomba district.

1.3 SIGNIFICANCE OF THE STUDY

Generally, home makers have plenty of problems in their life physically, psychologically and socially. They face lot of negative emotions like depression, stress, anxiety and they also had more fear about their future. In spite of that homemakers has a positive attitude towards their life. It helps them to apply some coping strategies in order to overcome the problems they face. Marital adjustment is essential to help them to have a high level of psychological well-being and it helps the home makers to live their life with satisfaction to some extent. Hence the researcher aims to showcase through this study that psychological well-being is essential for the home makers for better support and also to make the home maker independent.

II. LITERATURE REVIEW

This literature review engages in a comprehensive exploration of the multifaceted lives of home makers, examining various dimensions, including theoretical perspectives, attitudes, psychological well-being, life satisfaction, and marital adjustment. Theoretical underpinnings form the foundation, providing a framework to understand the intricacies of home makers' roles and experiences. Attitudes of home makers, whether towards their household responsibilities, professional pursuits, or the management of household waste, are scrutinized to uncover the factors influencing their preferences and choices. Delving into psychological well-being, the review synthesizes studies elucidating the mental health aspects of home makers, considering factors such as work-family conflict, social support, and the impact of external stressors like the COVID-19 pandemic.



Life satisfaction, another critical aspect, is explored across diverse contexts, investigating the influence of employment status, socio-cultural milieu, and economic factors on the subjective well-being of home makers. Additionally, marital adjustment is examined, shedding light on the intricate interplay between marital relationships and the overall quality of life for home makers. Through this comprehensive lens, the literature review endeavours to offer a nuanced understanding of the challenges, strengths, and dynamics within the lives of home makers, contributing valuable insights for future research and policy considerations.

2.1 Psychological Well-being of Home Makers

Sinha's (2017) study investigated the work-family conflict's impact on the psychological well-being of working women, comparing them with home makers. The research, involving 82 working women and an equal number of home makers, revealed that working women exhibited higher psychological well-being than their non-working counterparts. The study emphasized the role of social support in influencing the psychological well-being of working women in dual-earner families (Sinha, 2017).

Choudhary and Ahmad (2017) explored psychological well-being differences between housewives and working women in the Mithila region of North Bihar. In this study of 120 women, the researchers found that the socio-cultural context significantly influenced well-being. Housewives scored higher on psychological well-being, attributing their satisfaction to cooperative husbands and shared responsibilities. Conversely, working women reported lower well-being, possibly due to the stress of managing dual roles (Choudhary & Ahmad, 2017).

Kar and Bhadra's (2019) research compared psychological well-being between housewives and working women, focusing on factors like satisfaction, efficiency, sociability, mental health, and interpersonal relations. The study, including 30 participants from each group, revealed no significant differences in these dimensions between housewives and working women (Kar & Bhadra, 2019).

Teli's (2023) study investigated the psychological well-being of home makers in urban and rural areas, highlighting the underappreciation of their roles. The research, involving 114 home makers, pointed out that home makers face significant challenges, and after daily wage workers, they accounted for the second-highest

percentage of suicides in India. The study used a psychological well-being scale, indicating no significant difference in life satisfaction between rural and urban respondents but higher mental health scores in urban areas (Teli, 2023).

Wagla Wala's (2021) study explored the psychological aspects of home makers during the COVID-19 pandemic. The research involving 100 women from Asian countries revealed a two-way impact of the pandemic on psychological well-being, with resilient individuals exhibiting neutral psychology. The study emphasized the heightened psychological vulnerability of women during the pandemic, particularly housewives, who faced economic losses, relationship strains, and increased responsibilities (Wagla Wala, 2021).

Yadav, Yadav, and Sharma's (2023) investigation focused on the relationship between psychological well-being and perceived stress among housewives and working women. In this study involving 150 women, it was found that working women experienced higher perceived stress than home makers, while there was no significant difference in psychological well-being between the two groups. The study highlighted the challenges working women face, including role conflict, which contributes to stress (Yadav et al., 2023).

2.2 Life Satisfaction of Home Makers

Arshad, Gull, et al. (2015) conducted a study to investigate life satisfaction among working and non-working women in Islamabad and Faisalabad, cities with differing lifestyles and economic conditions. The research, involving 100 women, revealed that working women in Faisalabad exhibited higher life satisfaction than non-working women. This was attributed to increased autonomy, decision-making power, and positive coping with life's challenges among working women. However, the study found the opposite trend in Islamabad, where non-working women reported higher life satisfaction, potentially due to greater economic stability (Arshad, Gull, et al., 2015).

Gere and Schimmack (2017) used data from the World Value Survey to investigate the association between income and happiness among married individuals. The study focused on primary income-earner husbands and wives, specifically home makers or full-time working women. Surprisingly, the findings supported the notion that income increases happiness equally for primary and secondary earners, including home makers, challenging psychological theories that suggest



income does not enhance well-being (Gere & Schimmack, 2017).

Smith's (2015) study in Chennai explored the life satisfaction of home makers in relation to television dependency. The research indicated that urban home makers, often leading monotonous lives, rely on television for relaxation. The autonomy they have in choosing and controlling television programs contributes to their overall satisfaction. The study found a significant correlation between life satisfaction and television dependency among home makers (Smith, 2015).

Jayachitra and Jagannarayan (2021) investigated the perceived impact of demographic factors on the quality of life of financially dependent home makers in Mumbai. The study, involving 125 married housewives, highlighted the challenges faced by Indian home makers who quit their jobs after marriage. Financial dependence and societal expectations of multitasking can affect their mental and physical health, influencing the overall quality of life. The study emphasized the importance of financial empowerment for improving women's quality of life (Jayachitra & Jagannarayan, 2021).

2.3 Attitudes of Home Makers

Ocheni Joshua and Oguche G. H. E. (2019) conducted a study to determine the characteristics of most and least liked household tasks among academic and non-academic staff in tertiary institutions in Kogi state. The research, involving 1000 respondents, revealed that various independent variables such as age, education, marital status, and income were positively related to specific household tasks. The study emphasized that the level of education played a crucial role in influencing home makers' preferences for different tasks (Ocheni Joshua & Oguche, 2019).

Deekshita Duta and Daisy Hazarika (2019) investigated the attitudes of rural women towards professional home making in Assam. The study, involving 100 respondents from Jorhat and Lakhimpur districts, highlighted the challenges faced by women in balancing work and household responsibilities. It emphasized the importance of providing proper training and guidance to home makers, particularly those in the unorganized sector, to enhance their skills and reduce vulnerability (Deekshita Duta & Daisy Hazarika, 2019).

Kalpana Srivastava and Nidhi Gupta (2019) aimed to develop a standardized scale to measure the attitude of home makers towards the management of household waste. The study,

involving 45 home makers in Vallabh Vidyanagar, emphasized the crucial role of women as home makers in waste management. It highlighted the importance of positive attitudes among home makers for efficient waste handling, and the researchers developed a standardized scale for assessing attitudes related to segregation and disposal of household waste (Kalpana Srivastava & Nidhi Gupta, 2019).

2.4 Marital Adjustment of Home Makers

Several studies have investigated the intricate relationship between marital adjustment and various factors affecting the well-being of home maker women. Dhar's (2022) study explored the link between marital adjustment, stress, and depression among working and non-working women in Silchar town. The research, involving 100 married women aged 25 to 40, found that working married women faced more marital adjustment challenges than their non-working counterparts. Working women, who juggled job responsibilities along with family duties, experienced difficulties in balancing multiple roles, leading to heightened adjustment problems compared to non-working women (Dhar, 2022).

Basharpour and Sheykholslami (2015) delved into the relationships between marital adjustment, family functions, and quality of life among women in western Azerbaijan province, Iran. The study of 730 women aged 35 to 76 revealed that disruptions in marital relationships and family functions could adversely impact the quality of life, especially for women. Family functions, particularly effective problem-solving, communication, and adherence to family values, emerged as significant predictors of women's quality of life. The study highlighted the integral role of family life in influencing happiness and well-being, emphasizing the impact of marital relationships and family functions on the quality of life of women (Basharpour & Sheykholslami, 2015).

Mittal and Sethi's (2020) research explored emotional maturity and self-esteem as predictors of marital adjustment among home makers and working women in Delhi, India. The study, encompassing 200 participants, revealed that home makers exhibited better marital adjustment than working women. Working women, burdened with dual responsibilities of home and work, struggled to allocate sufficient time and attention to family matters. The findings indicated that age, marriage duration, and self-esteem were positively correlated with marital satisfaction. Interestingly, while there



was a minimal difference in emotional maturity and self-esteem levels between home makers and working women, these variables predicted higher levels of marital adjustment for working women compared to home makers (Mittal & Sethi, 2020).

In a study by Arekkara and Malagi (2023) focusing on married working women and home makers in Kasaragod district, Kerala, 60 participants aged 25 to 35 were examined. The study identified three major factors predicting marital adjustment: social and personal resources, satisfaction with lifestyle or modernization level, and rewards from spousal interaction. Effective communication and understanding, coupled with rewards from spousal interaction, were found to contribute to better marital adjustment. Interestingly, the study suggested that occupational status did not significantly affect marital adjustment among married working women, emphasizing the enduring value of marital adjustment even in the face of societal changes (Arekkara & Malagi, 2023).

2.5 Coping Strategies of Home Makers

Several studies have delved into the coping strategies employed by home maker women in different contexts. Solanki, Kaur, et al. (2019) conducted a study in the Kumaon region of Uttarakhand, India, involving 320 ever-married home makers. The research aimed to identify coping mechanisms for day-to-day stresses and explored differences in coping strategies for those experiencing depression, anxiety, or both. The study found that prevalent coping methods included watching television, engaging in work, and praying. Emotion-based strategies like scolding children, talking to friends, and self-help activities such as walking and self-appraisal were reported. The study emphasized the importance of understanding these coping strategies to enhance therapeutic approaches tailored to the needs of home maker women (Solanki, Kaur, et al., 2019).

In a study by Mudakavi (2017) focusing on stress and coping strategies among home makers in Belgaum city, India, 100 participants were randomly selected. The research revealed that 35 home makers experienced mild stress, 61 had moderate stress, and 4 faced severe stress. Coping strategies were predominantly moderate, with 90 participants exhibiting moderate coping and 10 with poor coping strategies. The study concluded that home makers, facing stress levels between mild and moderate, tend to adopt moderate coping strategies to adjust to stressful events (Mudakavi, 2017).

Rao, Bhardwaj, and Mishra (2017) explored the relationship between daily stressors and coping strategies among employed and home maker women in Delhi, India. The study involved 120 women, comprising 60 home makers and 60 employed individuals from rural and urban areas. Daily stressors, categorized as routine challenges, were found to have immediate negative impacts on physical and psychological well-being. Coping strategies included problem-focused, behavioural approach, cognitive approach, and avoidance coping strategies. The study revealed significant correlations between the frequency of daily stressors and coping strategies, with variations observed between employed and home maker women. Cognitive behavioural approach coping negatively correlated with the frequency of daily stressors for employed women, while cognitive approach coping negatively correlated with various dimensions of daily stressors for home makers (Rao, Bhardwaj, and Mishra, 2017).

2.6 THEORETICAL REVIEW

Maslow's Hierarchy of Needs Theory

Maslow's hierarchy of needs is a motivational theory that categorizes human needs into a five-tier pyramid. According to this theory, lower-level needs, such as physiological and safety needs, must be fulfilled before individuals can focus on higher-level needs like love and belongingness, esteem, and self-actualization. The hierarchy encompasses psychological needs, safety needs, love and belongingness needs, esteem needs, and self-actualization needs. Notably, deficiency needs arise due to deprivation and motivate individuals when unmet, while growth needs arise from a desire for personal development. Maslow's theory underscores the importance of addressing lower-level needs to facilitate progress toward self-actualization.

Psychological Well-being Theory

Psychological well-being refers to positive states such as happiness and satisfaction. This theory identifies two key components: hedonic psychological well-being, focusing on subjective feelings of happiness, and eudaimonic psychological well-being, emphasizing purposeful aspects. The latter includes self-acceptance, environmental mastery, positive relations with others, personal growth, purpose in life, and autonomy. Psychological well-being is influenced by both stable factors like early experiences and personality, and day-to-day experiences. Stressful events can impact well-being negatively,



emphasizing the need for positive experiences to maintain psychological well-being.

Life Satisfaction Theory

Life satisfaction is the positive evaluation of one's overall life quality. This theory explores bottom-up and top-down perspectives, with bottom-up theories asserting that satisfaction in main life domains combines to create overall life satisfaction. Top-down theories posit that overall life satisfaction influences domain-specific satisfaction. Factors influencing life satisfaction include work, relationships, personal development, and health. The work of researchers like Ed Diener emphasizes the impact of genetics on happiness and identifies key ingredients for a happy life. Life satisfaction is strongly correlated with health-related factors, indicating the reciprocal relationship between well-being and health.

Stress and Coping Theory

Developed by Lazarus and Folkman, the stress and coping theory focuses on how individuals interpret and react to stressors. The transactional model includes primary appraisal (assessing the impact on well-being) and secondary appraisal (evaluating coping resources). Coping strategies, categorized into problem-based and emotion-based, influence how well an individual handles stressors. Stressful events can affect psychological well-being, emphasizing the importance of resilience. Long-term exposure to stressors negatively impacts well-being and may lead to various health issues.

Social Support Theory

Social support theory involves the perception and actuality of being cared for and having assistance available within a social network. Four types of support are identified: emotional, tangible, informational, and companionship. Social support has been linked to numerous benefits for physical and mental health. It can be perceived or received and measured in terms of structural or functional support. Emotional support provides warmth and nurturance, tangible support involves concrete assistance, informational support offers advice, and companionship support fosters a sense of social belonging.

Role Theory

Role theory considers everyday activities as the enactment of socially defined categories, such as mother, employee, or spouse. Each role entails a set of rights, duties, expectations, norms,

and behaviours. The theory emphasizes consensus, role conflict, role taking, and conformity. There are two major types: structural functionalism role theory, where everyone has a place in a structured social system, and dramaturgical role theory, which views life as an ongoing play where individuals play roles. Role conflict occurs when individuals are expected to simultaneously fulfil contradictory role expectations.

III. METHODOLOGY

The study is situated in four villages—Chopi, Fikila, Chiluwe, and Msosa—under Group Village Headman Chiluwe, Traditional Authority Malemia in Zomba district, Eastern region of Malawi. Employing a Descriptive Research Design, the study aims to identify levels of psychological well-being with a focus on personal growth, coping strategies, marital adjustment, and life satisfaction. The population comprises home makers, encompassing married, single, separated, and divorced women aged 18 years and above. Convenient sampling was employed, considering ease of accessibility and time efficiency. Exclusion criteria involved women from other districts and working women, while inclusion criteria focused on the targeted villages. The sample size of 50 respondents, representing the entire group village headman Chiluwe, was derived from the total population of 1,532 home makers.

Data collection involved the administration of a self-prepared questionnaire, incorporating structured and semi-structured modules covering demographic, socio-demographic, health, time use, labor, psychological well-being, subjective assessment of well-being, social support, gender-based violence, traditional practices, and shocks and coping strategies. The Psychological Well-being Scale by Ryff (1981) with 18 items was utilized, offering insights into autonomy, environmental mastery, purpose in life, positive relations with others, personal growth, and self-acceptance. The scale's reliability and scoring criteria were elucidated. Additionally, a pre-test was conducted among four home makers from each village to ensure the suitability and stability of the data collection tools. Data analysis involved the use of Statistical Package for the Social Sciences (SPSS) for qualitative data and case study method for quantitative data, with outcomes presented through pie charts to offer a comprehensive understanding of the research results.



IV. RESULTS AND DISCUSSION

4.0 Demographic characteristics

The demographic characteristics of the respondents reveal a diverse sample of 50 individuals, offering insights into their age distribution, marital status, relationship to the household head, level of education, and occupation. In terms of age, the majority (42%) falls within the "25 years below" category, suggesting a predominant younger demographic. The age groups of "26 to 35 years" and "36 to 45 years" represent 28% and 20% of the sample, respectively, while those aged "45 years and above" constitute the smallest cohort at 10%. This distribution provides a nuanced understanding of the psychological well-being of homemakers across different age brackets, showcasing a comprehensive perspective.

Marital status within the sample demonstrates a prevalence of married respondents, comprising 68% of the total. Divorced individuals constitute 22%, separated individuals make up 2%, and widows account for 8%. Notably, no respondents in the sample identify as single. This diverse representation underscores the importance of considering varied marital experiences among homemakers, with the majority falling into the married category, reflecting a substantial portion of the sample population.

The analysis of respondents' relationship to the household head indicates a clear distinction between two primary roles: "Head" and "Spouse." Thirty-two percent of respondents are identified as the "Head" of the household, while the majority (68%) fall under the category of "Spouse." This distribution highlights the significant focus on the marital dynamic within the sample, emphasizing the role of spouses in the context of household relationships.

In terms of education, the majority of respondents (88%) have a "Primary" level of education, while 12% have attained a "Secondary" education. This distribution underscores the predominant prevalence of individuals with a basic level of education, revealing potential disparities in educational attainment within the sample.

Finally, the occupational distribution of respondents illustrates that 80% are engaged in "Farming/Housework," indicating a significant concentration of homemakers within the sample. The remaining 20% are involved in "Business" occupations, suggesting potential occupational homogeneity within the studied population.

4.1 Assessing the overall level of psychological well-being among home makers

The analysis of psychological well-being among the respondents indicates a predominantly positive mental state within the sample. A minimal proportion, representing 2% of the total, falls into the "Low" psychological well-being category. In contrast, a larger portion, accounting for 44%, exhibits "Moderate" psychological well-being, while the majority, comprising 54%, demonstrates "High" psychological well-being. These findings suggest that the majority of respondents experience a high level of psychological well-being, while a limited number exhibit lower levels. Overall, the distribution underscores a generally positive psychological well-being among the surveyed individuals.

This study on the psychological well-being of homemakers in Zomba district yields significant insights into the mental state of this demographic. Contrary to findings in India by Choudhary and Ahmad (2017), where housewives demonstrated higher psychological well-being than working women due to cultural values and a focus on household responsibilities, the Zomba study reveals a high level of psychological well-being among homemakers. The appreciation of their role in household chores, active participation in income-generating activities, and a sense of equal responsibility with their spouses contribute to this positive mental state. This contradicts the study by Kar and Bhadra (2019), who found no significant difference in psychological well-being between homemakers and working women. In the Zomba context, homemakers' increased freedom, involvement in economic activities, and rights in decision-making processes contribute to their elevated psychological well-being.

On a global scale, Sudhita Sinha's (2017) study suggested higher psychological well-being in working women due to the support system in dual-earning families. However, the Zomba study challenges this notion, proposing that homemakers experience reduced pressure by focusing solely on household responsibilities, leading to a stable mental state and higher psychological well-being. This highlights the importance of considering cultural contexts and varying roles in understanding psychological well-being among different demographics. Overall, the findings underscore the complexity of factors influencing the psychological well-being of homemakers, with the Zomba study providing a unique perspective on the positive mental state experienced by this group.



4.2 exploring the relationship between socio-demographic variables (e.g., Age, education, marital status) and psychological well-being among home makers

The study explores the relationship between socio-demographic variables and psychological well-being among homemakers in Zomba district, focusing on age, marital status, level of education, and occupation. Overall, the majority of respondents exhibit positive psychological well-being, with 54% scoring in the "High" range and 44% in the "Moderate" range. Only 2% fall into the "Low" well-being category. The investigation into the relationship between psychological well-being and age reveals a slightly higher average age in the "Low" well-being category, suggesting that older homemakers may experience challenges related to aging, such as illness and difficulty in household chores. However, this contrasts with Jayachitra and Jagannarayan's (2021) study in India, which associates high psychological well-being with older age, emphasizing maturity and acceptance of homemaking roles.

Examining the relationship between psychological well-being and marital status, the study indicates a potential link between being married and higher well-being. While Choudhary and Ahmad (2017) highlight the supportive role of spousal relationships in homemaker well-being, the presence of divorced and widowed individuals in the "Moderate" and "High" categories suggests that marital status alone does not solely determine well-being. This aligns with Basharpour and Sheykholeslami's (2015) research in Iran, emphasizing disruptions in marital relationships and family functions as potential factors influencing well-being. The study emphasizes the need to explore specific challenges and coping mechanisms within different marital groups for a more nuanced understanding.

The examination of the relationship between psychological well-being and level of education reveals that those with primary education exhibit higher levels of well-being compared to those with secondary education. This unexpected finding prompts further investigation, considering potential factors such as job satisfaction and fulfillment derived from homemaking roles. Contrary to this, Joshua and Oguiche's (2019) research suggests that high intellectual levels, often associated with tertiary education, are linked to high psychological well-being. The study acknowledges the counterintuitive nature of this finding and suggests exploring cultural factors and

the specific context of "primary" education in Zomba district. Finally, the association between occupation and psychological well-being indicates that individuals engaged in farming or housework demonstrate a higher prevalence of moderate and high well-being compared to those in business. This aligns with Daar's (2022) study, which notes that working married women experience lower psychological well-being due to the stress of double roles, while nonworking women focused on homemaking roles exhibit higher psychological well-being.

4.3 Identifying factors influencing psychological well-being among home makers

The psychological well-being of homemakers, crucial for personal health and family well-being, was examined in this study through both quantitative and qualitative factors. In the quantitative analysis, the correlation between demographic variables (age, marital status, education level, and occupation) and well-being scores was explored. While no significant associations were found for age, marital status, or occupation, having a primary level of education emerged as a positive predictor for higher well-being. This unexpected finding prompts further investigation into potential cultural influences or the unique nature of primary education in the specific context of the study. Additionally, correlations between time spent on daily tasks and well-being were weak and non-significant, suggesting that the demanding nature of daily tasks may not directly impact well-being, although conflicting opinions from Kushi Teli (2023) argue that these tasks can indeed contribute to decreased psychological well-being.

In the qualitative analysis, the study explored social support and the importance of family connections in various forms (food, money, and in-kind aid). While the quantitative model did not show significant associations, qualitative data suggested that widows and those facing sickness may benefit more from enhanced social support. This aligns with Dr. Jayachitra T. A. and Nandini Jagannarayan's (2021) study, which emphasized the critical role of family connections in the well-being of women, particularly those who are unemployed. Moreover, qualitative data revealed that finding purpose and meaning in their roles, especially in caring for family members, contributed to the well-being of many homemakers. This resonates with the study by Choudhary and Ahmad (2017), highlighting the importance of acknowledging and valuing homemaker roles beyond traditional



economic measures, suggesting that a sense of purpose and meaning within the family context can positively impact psychological well-being.

4.4 To identify coping strategies employed by home makers to enhance their psychological well-being in Zomba district.

The psychological well-being of homemakers in Zomba district, Malawi, is crucial for both their mental health and the overall well-being of their families. This study explores coping strategies employed by homemakers to navigate challenges and enhance their psychological well-being. The focus is on social support and income-generating activities as key factors influencing their coping mechanisms.

Social support, encompassing care and assistance received from others, plays a crucial role in homemakers' well-being. While formal social support systems such as cash transfers, food aid, and agricultural subsidies were limited, with 100% of respondents reporting no financial assistance, informal support networks emerged as significant. Piecework and entrepreneurial ventures served as vital coping mechanisms, highlighting the resilience and ingenuity of homemakers. Despite the absence of government-provided support, these informal avenues contribute not only to income generation but also foster a sense of purpose, control, and empowerment.

The prevalence of piecework and business ventures as coping mechanisms aligns with research by Sudhinta Sinha (2017), which found that employed women exhibited higher psychological well-being than their non-working counterparts. The study emphasized that women in households with dual earners perceived lower levels of social support than those in single-earner families. Furthermore, it concluded that working women experienced greater life satisfaction, underscoring the importance of both home and work environments in determining the impact of employment on the psychological well-being of women in dual-earner families. Overall, the study sheds light on the multifaceted nature of coping strategies employed by homemakers in Zomba district, highlighting the significance of informal support networks and income-generating activities for their psychological well-being.

V. CONCLUSION

To sum up, our study looked at how different factors, like age or education, affect the well-being of homemakers. Even though our study has some limits, it gives us a starting point to

understand the challenges homemakers face. We now know there's a need for more detailed research to create plans and policies that can help homemakers better. In Zomba district, we found that homemakers use different ways to handle challenges and improve their well-being. We also saw that it's not easy for them to get help from formal support systems. This shows that we should pay more attention to making these support systems better. Additionally, homemakers depend a lot on help from friends or income-generating activities, showing how resourceful and strong they are.

Looking ahead, future studies should focus on why homemakers choose specific ways to cope, considering challenges and differences between men and women. This will help us create plans that truly empower homemakers, not just for their own well-being but for the well-being of their families and communities. Our study, while showing that some factors don't have a big impact, highlights that things like having friends or a sense of purpose matter for homemakers' well-being. Yet, these relationships are complex, and we need more research with larger groups to really understand them. This will help us make better plans to support homemakers, ensuring they have good mental health and overall well-being. In the end, these efforts will make families and communities stronger and have a positive effect on society as a whole.

5.1 RECOMMENDATIONS

The research findings lead to several recommendations aimed at addressing challenges and leveraging opportunities for enhancing the life satisfaction and well-being of homemakers. The recommendations are tailored for homemakers, the community, non-governmental organizations (NGOs), and the government.

For homemakers, active involvement in Income-Generating Activities (IGAs), such as businesses and farming, is encouraged. This not only fosters financial independence but also contributes to a sense of purpose and achievement. Programs providing training and resources should be established to support homemakers in initiating and sustaining such activities successfully.

At the community level, initiatives promoting social acceptance and development are crucial. Community leaders and members should work towards reducing stigmas associated with homemakers' roles and recognizing their valuable contributions to society. Gender equality efforts and programs advocating for women's rights and



equal participation in community development are recommended.

NGOs can play a pivotal role in empowering homemakers. They should provide financial resources through accessible loans, design skills development programs, and engage in advocacy for women's rights and leadership roles. Establishing and strengthening social support networks, including peer support groups and counseling services, can significantly contribute to homemakers' overall well-being.

The government is urged to take a proactive role in enforcing laws protecting women's rights, with a particular emphasis on homemakers. Initiatives for financial support, including accessible loans and grants, should be introduced. Widespread awareness campaigns on human rights, focusing on women's rights, should be conducted across urban and rural areas. Additionally, government policies should encourage property ownership for homemakers, ensuring financial assistance, simplified processes, and legal frameworks that protect property rights.

In conclusion, these recommendations collectively aim to create a more supportive and empowering environment for homemakers, addressing their holistic well-being and life satisfaction. Collaboration among homemakers, communities, NGOs, and the government is essential for the effective implementation of these recommendations and bringing about positive change.

REFERENCES

- [1]. Kessler, R. C. (1982). "A Disaggregation of the Relationship between Socioeconomic Status and Psychological Distress". *American Sociological Review* 47 No. 6: 752 - 764.
- [2]. Krol, B., Sanderman, R., Suurmeijer, T., Doegla, D., Rijswijk, V. M., and Leeuwen, V. M. (1994). Disease characteristics, level of self-esteem and psychological well-being in rheumatoid patients. *Scand J. Rheumatol*, 23, 8 - 12.
- [3]. Canandaigua, C. Y. (1986). Perceived stressors and coping responses of employed and non-employed career women with preschool children. *Special Issue: Women and mental health. Canadian Journal of Community Mental Health*, 5, 49 - 59.
- [4]. Sinha, J. B. P. and Verna, J. (1992). Social support as a Moderator of the Relationship between Egocentrism and Psychological Well-being, *Social and Applied Issues*. "Self-understanding and Assessment". Retrieved September 15 from Agedlibrary.com/http://an.wikipedia.org/wiki/self-concept.
- [5]. Adjei, S. B. (2015). Assessing women empowerment in Africa. A critical review of the challenges of the gender empowerment measure of the UNDP. *Psychology and Developing Societies*, 27(1), 58 - 80.
- [6]. Adolfsson, J. S. and Madsen, O. J. (2020). "Nowadays there is gender". "Doing" global gender equality in rural Malawi. *Theory and Psychology*, 30(1), 56 - 76.
- [7]. Miss Anuradha Sajjan, and Dr. S. G. Jadhav. (2016). Anxiety and Subjective Well-being of Pregnant Job Holders and Home Makers. *International Journal of Indian Psychology*, 3(2). <https://doi.org/10.25215/0302.033>
- [8]. Chirwa, G. C. (2019). Socio-economic Inequalities in Comprehensive Knowledge about HIV in Malawi. *Malawi Medical Journal*, 31(2), 104. <https://doi.org/10.4314/mmm.v31i2.1>
- [9]. Bowers, R. (2016). Psychosocial well-being. Cultural Influences, Measurement Strategies and Health implications.
- [10]. Ahman, S. N. (2009). Women's work and health in Iran: a comparison of working and non-working mothers. *Social science and medicine*, 54(5), pp. 753 - 765.
- [11]. Ferree, M. (1976). Working class jobs: house work and paid work as sources of satisfaction. *Social problems* 23, 431 - 41.
- [12]. Hall, D. T. and Francine, E. G. (1973). Career choices of married women: effects on conflict, role behavior, and satisfaction. *Journal of Applied Psychology*, vol. 58(1), pp. 42 - 48.
- [13]. Kroenke, K., Spitzer, R.L. and Williams, J. B. (2001). The PHQ - 9: validity of a brief depression severity measure. *J. Gen intern med*. 16: 606 - 13.
- [14]. Octaviani, I. and Sasmita, D. (2021). Household Financial Management Training for Housewives stairs during the COVID - 19 Pandemic period in Margasari village. *ABDIMAS TALENTA: Journal Pengabdian Kepada Masyarakat*.
- [15]. Carver, C. S., Scheier, M. F. and Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. *J. Pers Social Psychosocial*. 56: 267 - 83.
- [16]. Sharp, S. (2010). How does prayer help manage emotions? *Social Psychological Q*. 73: 417 - 37.



- [17]. Baker, J. Q. (2008). An investigation of the sociological patterns of prayer frequency and content. *Social Religion*. 69: 169 - 85.
- [18]. Morgan, C. T. (2004). *Introduction to Psychology*. IEd. New Delhi: Tata Mc Graw - hill publishing company limited; p. 321.
- [19]. Lazarus, R. S. and Folkman, S. (1984). *Stress, Appraisal, and Coping*. New York: Springer publishing company. p. 20 - 32.
- [20]. Julius Ceaser, M. (2009). *Coping with stress*. *Health Action Journal*. 4: 26 - 27.
- [21]. Alay, Z., Ahmadi Gatab, T. and Khamen, A. B. Z. (2011). Relation between communication skills and marital adaptability among university students. *Procedure: Social and Behavioural Sciences*, 30, 1959 - 1963. 10.1016/J.Sbspro2011.10.380
- [22]. Rilly, N. E. (1998). Research on gender in demography: Limitations and constraints: *Population Research and Policy Review*, 17, 521 - 538.
- [23]. Rodgers, W. L. and Bachman, J. G. (1988). *The subjective well-being of young adults: Trends and relationships*, Ann Arbor, MI: university of Michigan.
- [24]. Fernandes, S., Angolkar, M. and Bagi, G. J. (2020). Depression among working woman vs home maker: a comparative study. *International Journal of Indian Psychology*. Volume 8, Issue 1.
- [25]. Singh Jagbir and Ramanathan, A. L. (2011). "Solid waste management - present and future challenges", I. K. International Publishing House Pvt Ltd, New Delhi and Bangalore, ISBN No. 978 - 93 - 80026 - 42 - 8.
- [26]. Kaithery Nivya Noonhiyil and Karunakaran Usha (2019). "Study on attitude of household waste management in a rural area of Northern Kerala", *International Journal of Community Medicine and Public Health*, 2019 May; 6(5): 2095 - 2102, pISSN 2394 - 6032 eISSN 2394 - 6040.
- [27]. Ahmadi Siroos (2018). "Effects of the Environmental Attitude and Responsibility on Household Waste Separation: Evidence from Iranian married women". *The Open Psychology Journal*, 2018, Volume 11, pg. 25 - 34.
- [28]. Bilodeau, J. Marchand, A. and Demers, A. (2020). Psychological distress inequality between employed men and women. A gendered exposure models. *SSM - Population Health*, Volume 11, <https://doi.org/10.1016/j.ssmph.2020.100626>.
- [29]. Choudhary, L. and Ahmad, A. (2017). A study of psychological well-being among housewives and working women of Mithila region, north Bihar, India. *International Journal of Human Resource and Industrial Research*, 4(2), 08 - 15.
- [30]. Maulik, P. K. (2017). Workplace stress: A neglected aspect of mental health well-being. *The Indian Journal of Medical Research*, 146(4), 441.
- [31]. Dr. Anu Dandona (2013). A study of marital adjustment and depression of working and non-working married women. *IJEDSD*. 1(1): 46 - 51, ISSN: 2321 - 7537.
- [32]. Renk Pal (2017). Marital adjustment among working and non-working married women. *International Journal of Home Science*. 3(1), 384 - 386.
- [33]. Burgess, E. W. and Cottrell, L. S. (1998). *Predicting success or failure in marriage*. Thoemmes press, New York.
- [34]. George, A. A. (2021). *Life of Home makers in Indian households - Democratic Naari*.
- [35]. Sisodia, D. S. and Choudhary, P. (2012). *Manual of Psychological Well-being Scale (PWBS)*. National Psychological Association.
- [36]. Ryff, C. D. (1989). Happiness is everything; or is it? Explorations on the meaning of psychological well-being. *Journal of personality and social psychology*, 57(6), 1069 - 1081. <https://doi.org/10.1037/0022-3514.57.6.1069>.
- [37]. Almeida, D. M., Wethington, E., and Kessler, R. C. (2002). The daily inventory of stressful events: An interview - based approach for measuring daily stressors. *Assessment*, 9, 41 - 55.
- [38]. Lazarus, R. S., and Folkman, S. (1984). *Stress, appraisals, and coping*. New York: Springer publishing company.
- [39]. Ahmad, A. (2007). Work - family conflict, life cycle stage, social support, and coping strategies among women employees. *The Journal of Human Resource and Adult Learning*, 3(1), 70 - 79.
- [40]. Krug, E. G., Dahlberg, L. L. and Mercy, J. A. (2000). *World report on violence and health*. World Health Organization, Geneva.
- [41]. Idiz, Z. (2009). Social Psychosocial investigation of connection between marriage adaptation, marriage investment,



- domestic violence and suicide initiative. Ankara University, Turkey.
- [42]. Barnett, R. C. and Baruch, G. K. (1985). Women's involvement in multiple roles and psychological distress. *Journal of personality and social psychology*. 49(1): 135.
- [43]. Bellante, D. and Foster, A. C. (1984). Working wives and expenditure on services. *Journal of Consumer Research*. 11(2): 700 - 707.
- [44]. Diener, E. and Ryan, K. (2009). Subjective well-being: A general overview. *South African Journal of Psychology*. 39(4): 391 - 406.
- [45]. Kaila, J. L. (2008). Introduction to Psychology. 1st edition, New Delhi, India.
- [46]. Michel, J. S., Kotrba, L. M., Mitchelson, J. K., Clark, M. A. and Baltes, B. B. (2011). Antecedents of work-family conflict: A meta-analytical review. *J Organ Behav*. 32: 689 - 725.
- [47]. Engel, J. W. (1988). Japanese and American housewives' attitude toward employment of women. Special Issue: work and family: Theory, research and application. *Journal of social behaviour and personality*. 3. 363 - 371.
- [48]. Hoffman, L. W. and Nye, R. L. (1974). *Working mothers*, San Francisco: Jossey Bass.
- [49]. Adetoro, S. A. (1986). Research Techniques for Proposal Report, Thesis, Dissertation. Gaskiya Corporation. Zaria, Nigeria. pp. 40 - 45.
- [50]. Baldamus, W. (2001). "Type of work and motivation". *British Journal of Sociology*, 2, 44 - 58.
- [51]. Elsa Biadegilegn (2011). Conditions of work for adult female live-in Paid Domestic Workers in Addis Ababa, Ethiopia.
- [52]. Jagori (2004). Rights and Vulnerabilities. A Research Study of Migrant Women Workers in the Informal Sector in Delhi, New Delhi.
- [53]. Paul et al. (2011). Working and Living Conditions of Women Domestic Workers: Evidence from Mumbai.
- [54]. Ahmad Ali Eslami, Akhar Hasanzadeh, and Farid Jamshidi (2014). The relationship between emotional intelligence, health and marital satisfaction: A comparative study. *Journal of Education on Health promotion*.
- [55]. Dave, A. V. (2015). Marital adjustment in working and non-working women. *Indian journal research*. Vol. 4; issue 5.
- [56]. Goel and Narang (2012). Gender Differences in Marital Adjustment, Mental Health and Frustration Reactions during Middle Age. *IOSR Journal of Humanities and Social Science*, 1(3), 42 - 49.
- [57]. Ajayi, S. L. (2000). The affective domain of home making tasks of home makers at Ahmadu Belle University, campus Zaria and Shika village.
- [58]. Ahuvia, A. (2008). If money doesn't make us happy, why do we act as if it does? *Journal of economic psychology*.
- [59]. Diener, E. (2000). Subjective well-being. The science of happiness and a proposal for a national index. *American Psychologist*, 55, 34 - 43.
- [60]. Seifert, T. A. (2005). The Ryff scales of psychological well-being. *Assessment Notes*.
- [61]. Khoshaba, D. M. and Maddi, S. R. (1999). Early experiences in hardiness development. *Consulting Psychology Journal m*, 51, 106 - 116.
- [62]. Johnson, K. (2001). *Television and social change in rural India (second edition)*. New Delhi: sage publications, India Pvt. Ltd.
- [63]. Davies, J. (2007). The uses and dependency of entertainment television among mormons young adults, (Electronic version). *Journal of media and religion*, 6: 2, 133 - 148.
- [64]. Jayachitra, T. A. and Nandini Jagannarayan (2020). Social and Emotional Health survey among voluntary and involuntary singlehood women in selected suburbs of Mumbai city. *Studies in Indian Place Name* 40(53), 235 - 240, 2020.
- [65]. Saravi, F. K., Navidian, A., Rigi, S. N., at al. (2012). Comparing health - related quality of life of employed women and housewives: a cross section study from south east Iran. *BMC Women's Health* 12, 41. <https://doi.org/10.1186/1472-6874-12-41>.
- [66]. Usha, V. K., Lalitha, K. (2016). Quality of life of senior citizens: A rural - urban comparison. *Indian J Soc psychiatry* 2016; 32: 158 - 63.
- [67]. Villan, K. (1975). Personality/life style and television viewing behaviour, (Electronic version), *Journal of Marketing Research*, 12, 432 - 439.
- [68]. Aber, C. S. (1992). Spousal death, A threat to women's health: paid work as a resistance resource? *Journal of Nursing scholarship*, 24(2): 95 - 100.



- [69]. Andress, H. J. and Broeckel, M. (2007). Income and life satisfaction after marital disruption in Germany. *Journal of marriage and the family*, 69(2), 500 - 512.
- [70]. Bird, C. E. and Ross, C. E. (1993). House workers and paid workers: qualities of the work and effects on personal control. *Journal of marriage and family*, 5(4): 913 - 925.
- [71]. Hindin, and Michelle, J. (2007). Role theory in the Blackwell Encyclopedia of sociology, edited by G. Ritzer. Blackwell publishing, pp.3959 - 62.
- [72]. Ardel, M. (1997). Wisdom and life satisfaction in old age. *Journal of Gerontology*, 52B, 15 - 27.
- [73]. Diener, E., and Chan, M. Y. (2011). Happy people live longer: Subjective well-being contributes to health and longevity. *Applied psychology: Health and well-being*, 3(1), 1 - 43.
- [74]. Heady, B., Veenhoven, R., and Wearing, A. (1991). Top - down versus bottom - up theories of Subjective well-being. *Social Indicators Research*, 24, 81 - 100.
- [75]. Taylor, S. E. (2011). Social support: A Review. In M. S. Friedman (ed.). *The Handbook of Health Psychology*. New York, NY: Oxford university press. pp. 189 - 214.
- [76]. McLeod, S. A. (2018). Maslow's hierarchy of needs. Retrieved from <https://www.simplypsychology.org/maslow.html>
- [77]. Kothari, C. R. (2004). *Research Methodology: Methods and Techniques*. New Delhi: New Age International