

The Review between Occupation and Life Satisfaction in Isfahan Women

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Abstract: The subject of women occupation outside the home possible and negative effects of their own or family is including the controversial issues contemporary Iranian society. The changes due to industrialization and become smaller family caused to increase free time for the women and more opportunities to pursue education and find the occupation outside the home. The research conducted on social effects for this issue obtained different results which made difficult to extract its general extract. Therefore, the purpose of current research for the review between the occupations outside the home with its satisfaction amount is from various aspects of their lives. The research method employed was survey and data collection tools of questionnaire. Statistical population of the research includes all women and after Isfahan of which 400 people (218 people employed and 182 people housekeeper) were selected and studied as sample. The research tools have face validity and its final Cronbach's Alpha coefficient was equal to 0.88. The findings showed that average score for life satisfaction in all four its aspects (Satisfaction with living conditions, your satisfaction, family satisfaction and satisfaction with friends) and life satisfaction was generally a little higher than the average and no significant difference was found between the average scores in women employed and housekeepers.

Keywords: Life satisfaction, satisfaction with living conditions, your satisfaction, family satisfaction, satisfaction with friends, occupation outside the home.

Introduction

Iran, like many other countries, they was undergone the basic changes due to modern industrialization and urbanization (Jalali Pour, 1389:30) in recent years, with become smaller family and also as per supportive policy of new government in the field of support of the women jobs, responsible for many family functions by the government, public and private institutions likes kindergartens and schools as well as decrease of housekeeping activities due to advanced and industrial devices which is caused to free time for the women (Zaferanchi, 14:1388), on the other hand, handing expenses to families is increased due to rise inflation as well as expectations of people in life welfare facilities (Zibaeinejad, 1388:36). In this regard, the issue of globalization has also been not effective and caused to change the values and attitudes of the individuals so that the women occupation outside the home is considered as a sign of being modern and as a substantive value, this is not just employment economics benefits that increase its attractiveness so that results of some researches shows that the occupation trend in higher classes is more than lower classes (Bagheri, 182: 102).

These changes made on the women occupation outside the home. According to global statistics, labor force in developed countries is nearly half of the total population of the country of which consists nearly forty percent 15-year women and older. As per the statistics in 2011, nearly 12% of women are in economic participation (Quoted by Rabbani et al, 1392:20). On the other side, some points of view indicates that the women occupation outside the home may have negative effects on family life. The issues such as stay away from the house and children, transition from work to home and mental pressures due to the multiplicity and employed women roles conflict may be impaired the family life. Thus, the purpose of this research is the study between the relationship the women occupation outside the home and its life satisfaction.

History of Research

The review of researches conducted does not provide the same results considering impact of the women occupation outside the home on various aspects of life. Although the results of many of the researches indicates a positive

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impact of the occupation on most aspects of life, but some of the researches show the negative effects on the women occupation. Some of them are considered at bellow. Few studies have been done regarding the impact the occupation on the life satisfaction of women.

Keman Saroy et al (2011) in his article entitled comparison of quality of the life related to health of employed and housekeepers, with studying 110 employed women and 110 housekeepers in Zahedan and with using questionnaire of the life quality from world health organization concluded that the employed women are enjoyed from more average in all life quality sectors except for physical performance and were evaluated mental health and exhilaration status better than housekeepers (Keman Saroy et al, 2011:111). Safiri and Zareh (2006) considered in theirs researches the incompatibility between social and family roles in the women, using 287 young women (20 to 35-year) married who was pasted at least one year of their common life in Shiraz, the role incompatibility in eight aspects (Education, work, keeping and rising the children, financial management, domestic work, sexual and emotional bonds, family and friendship ties and spend leisure time). Their findings showed that the women felt the role incompatibly in eight aspects. The family ties makes minimum incompatibly and the financial management makes maximum incompatibly. Additionally, increasing age of marriage and working hour for women had a significant relationship with the role incompatibly in the women. (Safiri & Zareh; 2006:47).

Landi Esfahani (2013) in research entitled a comparative review of social factors affecting the life satisfaction between employed women and housekeeper in Isfahan, with using a sample of 300 cases reached the conclusion that the satisfaction rate between the employed women and housekeeper both is moderate and there was no significant difference between employed women and housekeeper in this regard. Among the components of life satisfaction like self, family, life environment, school and friends' satisfaction and only between score average of friends satisfaction was statistically significant difference between the two groups and the housekeepers were more satisfied with their friends (2013:95).

Rabbani et al (2013) selected and interviewed in phenomenological study lived analysis in women managers in Isfahan, sampling targeted and snowball method for 10 directors and married women. Their results showed that although the occupation outside the home has had the difficulty coordinating in the family and job roles but it caused to increase their life, family and social satisfaction (Rababni et al, 2013:19). Haghighatian and Moradi (2011) in theirs articles considered the review of social capital role on personnel job satisfaction of Cooperative Department, sample of 270 cases which is consisted of 35% of them women, a job in material satisfaction aspects, organizational justice, respect and cooperation, self-actualization, social relationship between colleagues and job security. The findings of the research showed that the average of job satisfaction score in women (97.8) was much higher than job satisfaction in men (82.5) and this difference was statistically significant (Haghighatian & Moradi, 2011:125). The results implied the occupation significant importance for the women as per the job satisfaction dimensions was examined.

Feddor and Redaei (2009) studied in their research entitled the difference of life quality among the women and men conducted in European countries with highly difference in terms of culture and level of development and also the overall satisfaction rate of nearly six hundred employed people. Their findings that

- 1) Women and men in less developed countries such as Bulgaria... worked more hours per week and
- 2) Although the total hours spent men and women who worked outside the home was nearly equal but working hours inside the home for the women was more than men and although many women were considered unfairly the matter but very little difference significant were found between men and women in terms of life consideration and that women reported greater life satisfaction (2009:13).

It can be concluded from the research reported that the occupation outside the home has different and contradictory effects for the family and women. Although it makes more highlighted and important their social role but it may also be deductive effects on some aspects of their life that it makes brighter this matter with more research.

Theoretical Framework of Research

A) Life Satisfaction

Although Leem and Patnam (2010:914) claim that concepts such as mental health and happiness has long history in philosophy and psychology, but there is a little time that these subject have entered scientific studies like psychology and they know its reason the progress conducted in the field of scientific and objective measurement. Some researchers considered synonymous the life satisfaction concept with the life quality concept due to

comprehensive and inclusive (Quoted by Vinhoven, 2007:), but they are differentiated between objective and subjective aspects of the life quality and believe that the life quality measures the amount of calories such as per capita, calorie consumed of the population, society literacy and these matters. However, life subjective quality becomes irrelevant to individuals satisfaction from life different aspects (Quoted by Markaydz, 2000:2302). Significant issue for this group of the researchers is that the life satisfaction is perception matter and therefore relative regardless of their objective social status which depended on expectations level and the people and various classes demands. For example, in hierarchy theory of human needs argues that was different their look and expectations to the extent that the people meet their selves lower levels needs like nutrition and safety and higher levels needs like social respect and self-actualization becomes more important for them (Quoted by Mack Leud, 2014:3) and therefore, it shall be differentiated their satisfaction from the life various aspects from lower classes people of the society.

The life satisfaction is not meant to accede to the status quo and submitting the current conditions but it meant that the individual tries to achieve better conditions but always not worried. Indeed, the satisfaction meant to achieve emotional balance and the person while having the purpose and meaning in the life and trying to improve theirs situation in order to enjoy its life. Therefore, it can help in life satisfaction the positive thinking, expectations adjustment, being targeted and the feeling that one had control over life. In this case, Antony Gidens believe that industrialization and modernization which is led to waive confidence roots and feeling of insecurity and anxiety can affect the people satisfaction level from their life various aspects (Gidens, 1384:123).

B) Occupation

Marx is perhaps among most important scholars in social sciences which emphasized on work importance in the meaning to human life and considered systematically this matter. He believes that the human is primarily productive and useful through work and activity that will develop their abilities and talents and form their identity in this respect and therefore the works is specialized, monotonous and repeated in the industrial world and their work has lost its genuine meaning (Royterz, 2010:54). However, since working the people is used in relation to others and provides somewhat the possibility the useful activity, it still plays an essential role in human life. On this basis, some fans are known as liberal feminists and believe the occupation outside the home is equally useful for men, can also be helpful for the women since no different between women and men in aspect of their being human. They believe that house work is boring and repetitive activity and is basically has no nature meaning except for that part meets the emotions level associated with love and belonging and in addition, it led to the social isolation for the women and not only satisfying and enjoyable. With nuclear families, increasing the human lifespan and many family functions being transferred to other institutions and organizations, the women has a lot of free time and opportunities, if not filled with useful and productive activity, it would be caused to wither and permutation of the women (Sydman, 2007:168). Thus, the occupation outside the home lead to better use of the women capability and capacities, but also with promoting their social relationships not caused to damage their mental health and consequently they would also be better family life.

On the other hand, theorists like Talkot Parsons believe that the family like any other social group needed to the leadership for keeping the integrity: guidance and tool leaderships and that these roles cannot be done by one person and it's required to undertake to each of them to separate individual. Since the women can make childbearing in the family and it should stay at home and it is logical to take leading guidance role, the man can be free from at home it is better that it play the instrument role and do the works outside the home. The occupation outside the home isalsoan opportunity and energy to playguidance role and also that hebrings tothejob marketas afashion competitor (Kaldol, 2014:2). There is another point of view on this subject that believe the approach and "Logical" differences between the women and the men which is proposed by Karol Giligan.

This view claims that the approach and logic of the men is based on "Justice Ethics" seeking to protect the rights of parties involved in a relationship. The approach and logic of the women is based on "Care and support ethics" and to seek for belong and attention (Quoted by Royterz, 2010:463). Its means that the men approach is primarily a legal approach focused to purposes, rational, instrument and external. While the women approach is more communicative approach and focused to the relationship, consensus-building and internal. Based on Giliga argue, can be claimed that harsh and competitive world of the work and occupation is not coordinated with the approach and logic of the women. Entering serious of the women to this district can lead to many damages to them and it actually caused to become masculine of the women. In order to these different and conflicting claims that the present study deal with the investigation of the occupation relationship outside the home with women's satisfaction from different aspects of life.

Research Method

The method employed in this project is survey. The statistical society includes all employed women and housekeepers (The control group) 10 years and older married at least once in Isfahan which is fulfilled 557494 people their statistics as per the statistic of Isfahan statistic (2012:50). The sample volume of the research was based on 384 people with computing Cochran formula $p=0.5$ which is distributed in order to compensate for the possible loss of response and it ultimately was 400 people (218 employed people and 182 housekeepers) appropriate for statistical analysis. To measure life satisfaction was used from Hubener standard questionnaire (1991). Aschli et al declared 0.86 final coefficient and Mazaheri and Mohajer Badkoobeh (2013) declared increasing and satisfactory and also Landi Isfahani (2013) achieved 0.93 its final coefficient. This questionnaire will test the satisfaction of 5 domain of the life (Family, Life environment, itself, friends and school). Since school experiences may be out of reach for some people, were removed the school aspect from current research. Each aspect of the life includes five questions of five options (One to five). The final Cronbach's Alpha coefficient of the questionnaire was equal to 0.88 in the research.

Research Results

First, the research descriptive results are presented in table 1 for some variables.

Table (1): Research Descriptive Results

Variable	Employed		Housekeeper		
	Option	Frequency	Percent	Frequency	Percent
Age	19-29	58	26.6	39	21.4
	30-39	86	39.4	65	35.7
	40-49	43	19.7	34	18.7
	50-59	31	14.2	44	24.2
Marriage	Single	74	33.9	36	19.8
	Married	118	54.1	124	68.1
	Divorced	19	8.7	17	9.3
	Spouse's Death	7	3.2	5	2.7
Family Economic Status	High	17	7.8	9	4.9
	Upper Middle	76	34.8	55	30.2
	Low Middle	85	39.0	80	43.9
	Low	40	18.3	38	20.9
Education	Less than High School Diploma	7	3.02	11	6.0
	High School Diploma & Associate Degree	22	10.1	124	68.2
	Bachelor's Degree	165	57.7	45	24.7
	Master Degree & Higher	24	11.0	2	1.1

As it's concluded from table 1, the age distribution of statistical sample is almost similar in between employed and housekeepers group. In terms of marital status as well as the rate of divorce is higher among housekeepers. This matter could be due to marriage delay among the employed until final refusal from the marriage. In terms of economic status, table 1 shows the more appropriate of the status for the employed women. This matter seems somewhat normal because education status is better in employed women and it may have more income for them. Another interesting matter is Isfahan's families' economic status.

The results of table 1 shows that nearly 19 percent of respondents have low social status and nearly 74 percent of the respondents have middle social status and small relatively percent of the respondents have high social status. The current results show that the women in Isfahan are moderate in terms of economic and social status. This subject is consist with other results conducted in the field of class structure in Isfahan like Haghighatian et al (2011B); Shahnooshi and Rezaei (2009); and or Amiri Esfarjani (2007); namely that is contrary to current view which is considered Isfahan people as rich and affluent people, Isfahan citizens are generally in middle level or below middle level. Table 2 shows the figures related to the variables of life satisfaction and its components.

Table (2): Life Satisfaction Average

Component	Employed Women Average	Housekeepers Average
Satisfaction with Living Condition	17.1	16.6
Your Satisfaction	17.8	16.3
Family Satisfaction	17.2	18.1

Satisfaction with Friends	16.8	18.3
Life Satisfaction	68.9	69.3

The results of table 2 show overall average of life satisfaction as well as satisfaction average from life different aspects among employed women and housekeepers is the moderate level and slightly upward. Namely, in each of them, the average observed was slightly larger than theoretical average. In addition, The results of table 2 show that although there is no much different in terms of the overall level of life satisfaction among employed women and housekeepers but their score average is different in various components of the life satisfaction, however these also results don't show any particular direction. The employed women averages are higher in category of family and your satisfaction but the housekeepers average are higher in category family and friends' satisfaction. Table 3 show T test quantity and significance level of each variable components for life satisfaction among employed women and housekeepers.

Table (3): Difference Test in Life Satisfaction Components

Component		Average	T Quantity	Significance Level
Satisfaction with Living Conditions	Employed	17.1	0.452	0.383
	Housekeeper	16.6		
Your Satisfaction	Employed	17.8	0.268	0.028
	Housekeeper	16.3		
Family Satisfaction	Employed	17.2	0.638	0.204
	Housekeeper	18.1		
Satisfaction with Friends	Employed	16.8	0.723	0.438
	Housekeeper	18.3		
Life Satisfaction	Employed	68.9	0.547	0.603
	Housekeeper	69.3		

As it can be concluded from table 3 except for your satisfaction, first, the differences observed among employed women and housekeepers are not so large in any different components of the life satisfaction and secondly the differences are not in favor of employed women and housekeepers in one direction and a conclusion that can be extracted from it.

Conclusion

The results of current research showed no significant differences among life satisfaction and housekeepers. The findings is inconsistent with the research results of Kerman Sari et al (2011), Rabbani et al (2013) and Fordor and Radaei (2009) but it's consistent with Landi Isfahani findings (2013). The results of research are somewhat inconsistent with the research results of Safiri and Zare (2006) which is related between women working hours and incompatibility of its role. In this case that the housekeepers life satisfaction was not significantly from the employed women. The results of this research are also not inconsistent with theoretical defaults upon positive and negative significant impact of the occupation on the women's identity.

It means that perhaps the women gain significantly the identity and life satisfaction from the sources rather than the occupation. Indeed, Landi Isfahani (2013:116) found in his research that the variables affecting the life satisfaction of the women including social alienation, social support and meaningful life except for the social alienation are not significance difference among employed women and housekeepers. It can be cited in the same case to the studies of Haji Lahijani (2011) and Rabiei (2012) which is related to the subject of life satisfaction. Haji Lahijani, in his study, found their happiness in a moderate level (The average observed 2.6% versus the theoretical average) entitled the review of women's happiness and its sociological analysis in Isfahan with studying a sample of 320 cases of the women (Thirty one percent Employed and 69% unemployed). Rabiei, in his research, studied a sample of 290 cases of female teacher for measuring the happiness entitled the review of the social vitality rate of the female teachers and factors affecting it in Mobarakeh city (From cities of Isfahan province and located at 50-km of Isfahan) and using similar questionnaire and Hiji Lahijani questionnaire.

His research results are also achieved 2.63 (Versus 2.5 theoretical averages) for the social vitality of the female teachers. In both researches is interesting the moderate level and equal the vitality amount for employed and employed women and it shown that the happiness resources and life satisfaction are diverse and multiple.

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