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Title of the thesis:
“SELF EFFICACY AND PSYCHOLOGICAL WELL BEING AMONG SINGLE AND DUAL CAREER, PRE AND POST MENOPAUSAL WOMEN”

ABSTRACT

Menopause is a universal biological phenomenon experienced by all human females who live into old age. The onset of this physiological development not only marks the end of women's reproductive function but also introduces them to a new phase of life.

As women age, their health becomes a multi-dimensional issue influenced by factors such as career, changes in home life, diet and physical activity, the economy, society and environment. These changes, together with the natural process of ageing and the hormonal changes in the reproductive system, affect the self efficacy and psychological well being of women. In the main, the present research aims to study the effect of various phases of menopause on the self efficacy and well being of single and dual career women, a total of 200 participants from Okhla & Jamia Nagar selected purposively, among them there were 100 single career and 100 dual career women further divided in two categories. In each group 50 pre menopausal & 50 post menopausal women have been chosen. Three scales viz, Personal Efficacy Scale (Singh & Kumari, 1990) , General Wellbeing (Verma & Verma, 1989) and Menopausal symptom check list (Sharma, 1983) were used.

Results: It has been seen through the application of the Menopausal Check List that menopausal symptoms are present in both pre & post, single and dual career women, although in different measures. Similarly, the incidence and intensity of the symptoms

including hot flushes, troubled sleeping, night sweats etc also varies between pre & post, single and dual career women.

Different types of menopausal stages (i.e. pre menopausal and post menopausal) differed significantly on the measure of psychological well being. However, the main effect of single career women and dual career women did not significantly differ on psychological well-being and the interactional effect of women (i.e. single and dual career) and menopausal (i.e. pre and post) were also not significant based on psychological well-being. Post menopausal women had better psychological wellbeing than pre menopausal women. It is also seen that Single Career Pre Menopausal Women and Single Career Post Menopausal Women differed significantly on psychological wellbeing. Single career post menopausal women have better psychological well-being as compared to single career pre menopausal women. It may be due to before age it might be called pre conditions that single career pre menopausal women faced lower psychological well-being and it may be also connected with the social stereotype and self perception about their personality.

There is no significant correlation between psychological well being and personal efficacy among single career pre-menopausal women. No significant correlation between psychological well being and personal efficacy among single career post menopausal women. It shows that the relationship between psychological well being and personal efficacy were not significantly correlated on single career post menopausal women. The relationship between psychological well being and personal efficacy were found to be positively and significantly correlated. There were no significant correlation between psychological well being and personal efficacy.