

Association Between Work Pattern and Well-being and Happiness: Evidence from Married Women Working in Delhi, India

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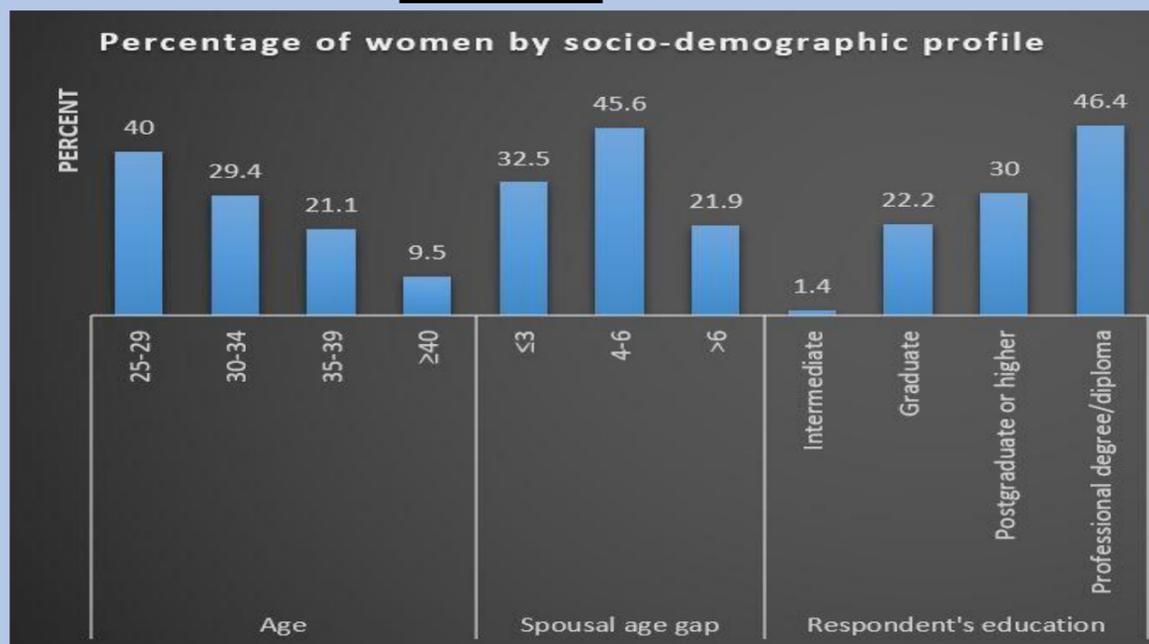
BACKGROUND

- The gender difference in total working time: developed countries - 33 min & developing - 1 hr 13 min.
- Work-family interface and vice-versa can affect quality of sleep, leisure, spousal relation and family cohesion.
- Stress and diminishing quality of such factors may affect wellbeing.
- In near future more and more women will be entering workforce. Therefore, it is important to have a better understanding of the how women’s work pattern affect their well-being.

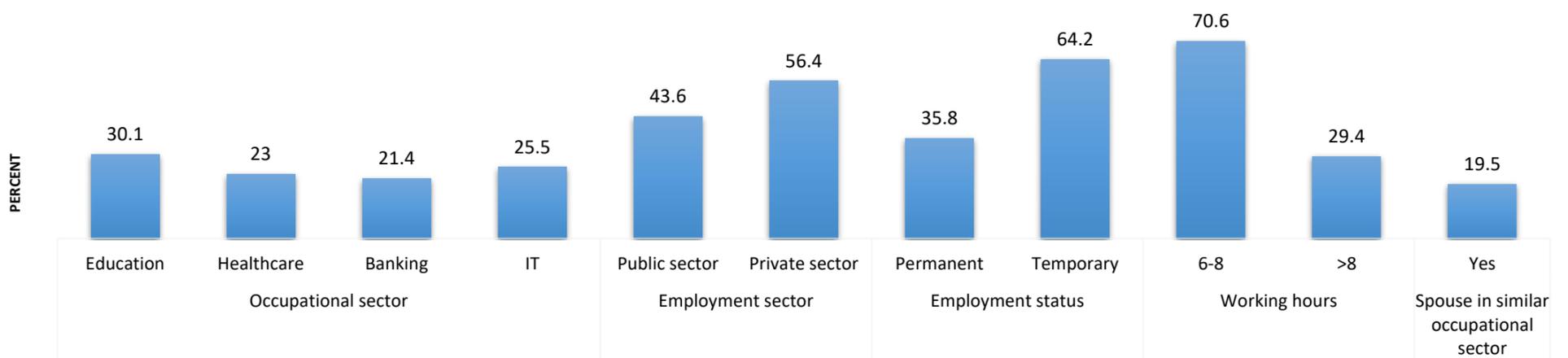
METHODS AND MATERIALS

- **Study design:** Cross-sectional (May-Sep 2017)
- **Study area:** Delhi, India
- **Study population:** Married women of age 25-49 years
- **Sample size:** 360 women working in education, banking, healthcare, and IT sector
- **Statistical analysis:** descriptive techniques and logistic regression were used.
- Analysis was done using SPSS (v 20.0).

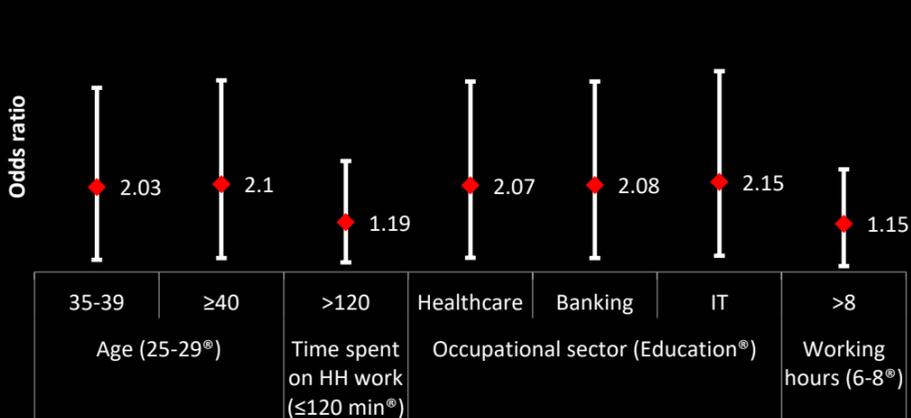
FINDINGS



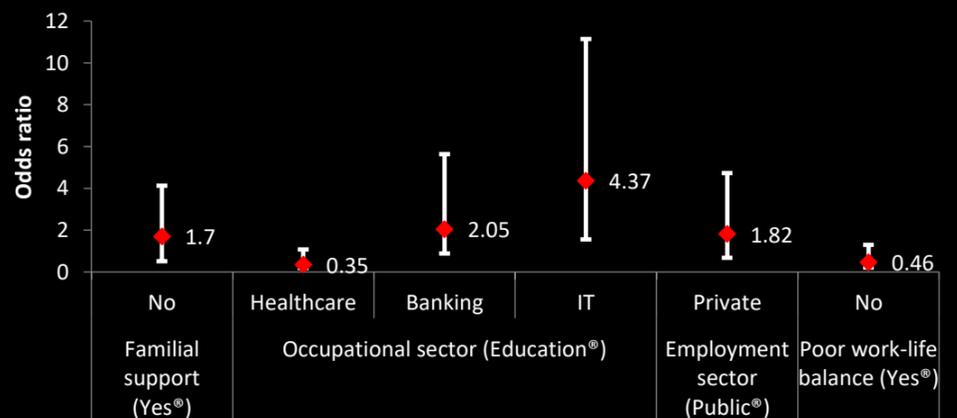
Percentage of women by their work-related characteristics



Associates of physical health issues among married working women



Associates of psychological health issues among married working women



CONCLUSION

- Simultaneously balancing work and life and being left with a little time for self may take a toll on women’s health and wellbeing.
- Private job, more than 8 working hours and employment in banking and IT sectors were some significant determinants of physical health issues.
- Associates of psychological health were age (25-34 years), work in education or IT sector, private job and temporary employment.