



## THE KNOWLEDGE REGARDING EMOTIONAL HYGIENE AMONG WORKING WOMEN FROM SELECTED ORGANIZATIONS

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**Abstract:** Emotional hygiene is about noticing your feelings and tending to your psychological health, just as you would practice good physical hygiene with brushing your teeth or showering each day, you can also benefit from small daily practices that keep your mind balanced. **Purpose:** The purpose of the study was to assess the knowledge regarding emotional hygiene among working women from selected organizations of Pune city in view to develop information booklet. **Method and Material:** This was a quantitative descriptive survey study on working women from the selected organizations of Pune city. The sample size was 250 working women aged between 25-60 years, having full time & part time job with 6hrs to 11hrs of working hours. The sample selection technique was used non-probability purposive sampling technique. The tool used for data collection was a self-structured questionnaire that contained demographic variables in section I, and questionnaires to assess the knowledge regarding emotional hygiene in section II. The written informed consent was taken from the participants prior to the data collection, in order to establish reliability of the tool, the inter-rater method was used.

**Result:** The result shows that, 59.2% of working women had a good knowledge regarding emotional hygiene, 39.6% of working women had an average knowledge regarding emotional hygiene and 1.2% of working women with a poor knowledge regarding emotional hygiene. It also shows that there was no significant association with any demographic variable at 0.05 level of significance.

**Conclusion:** At the end of our research, we had developed an information booklet on emotional hygiene. This booklet will help the working women to maintain a work-life balance and emotional balance.

**Keywords:** Emotional hygiene, Knowledge, Working women, Information Booklet, Non-experimental study design.

## 1. Introduction:

Emotional hygiene is an important aspect to preserve a healthy mind and attitudes. It is very crucial and it has a similar effect to that of physical hygiene, both physical and emotional hygiene is crucial. The most common physical hygiene practices including tooth brushing, grooming, etc. are taught to people, but emotional hygiene is frequently disregarded. As a result, we must acquire these abilities as adults and create new habits. As per the Indian scenario women are more prone to emotional problems. It is seen that women are facing problems in both professional and personal life. It is said that “The chief index of emotional maturity is the ability to bear tension.”<sup>1</sup>

Some times , family responsibilities with job and traditions has an impact on women and brings in emotional imbalance, thereby causing problems like anxiety, stress, somatization , lack of time management skill, lack of decision making skill etc. The life time risk of anxiety level is 2-3 times higher in females as compared to male. Women are increasingly finding compensated job in the free India.<sup>2</sup>

The number of occupations and professions open to women in all three strata is growing. The number that in old Indian society, it was common for women to work in a variety of roles out of necessity and in difficult situations, but today, this no longer the case and can be seen in any of India’s major cities in a busy region. Women’s attitudes regarding married women have significantly shifted, and those from lower social classes who have traditionally worked for pay are now pursuing careers.

Women take up various responsibilities, as a part of life they execute a role of mother, sister, wife, daughter, professionals etc. without causing any default in the fulfillment of the roles, these circumstances around them make them stronger and adaptable.

Many social, psychological and biological factors influence the women who are housekeepers, child bearers, and readers. These three roles are associated with many problems affecting working women. These stereotypical roles represent a person’s current mental health; this is always a challenge for working women. As an example, the community’s attitudes towards mental health are evolving as a result of ongoing socioeconomic pressures and hazards.

## Need of the Study:

Women play a very crucial role in their personal and professional life, imagining a family without the presence of the women is absolutely impossible. Women are capable in every aspect, right from doing household activities and leading a family, to becoming an entrepreneur and leading an organization, to becoming a political leader and leading its people. Women have shown an extra ordinary performance in all this fields.

Emotional support is one of the major factors contributing to emotional hygiene as it helps to maintain a healthy and trustworthy relationship with others. When women are considered they

are the ones who need emotional support than men. Emotional support from the family members and co-workers help women to relieve their stress, disappointments, anxiety, somatization, pain and make them to live a peaceful and smooth life. Studies have shown a significant relationship between emotional support and emotional intelligence.<sup>3</sup>

Working women are facing a lot of problems both physically and mentally which includes gender discrimination, torturing, harassment, abuse, unequal salaries etc. which causes an emotional imbalance like stress and anxiety. Studies have shown that impact of occupation causes stress and anxiety to women<sup>4</sup>.

The prevalence rate shows that 26% of women were most prone to stress and 66% of them were somewhat prone to stress, 35% of women showed high anxiety level. Women are experiencing various performance biases in the work place when compared to other co-workers, and also married women are unaware about the importance of emotional hygiene as they lack decision making skills and problem solving method and sometimes are not able to cope up with situation. In this study, it was clear that the anxiety and somatization are high in adult women who are married. The main reason for these disorders is family history, perception of illness and hypertension. An important contributing factor for the somatization disorder is menstrual problems, cardiac illness and history of surgeries. As dividing these factors, the components of anxiety were the status of being single, adverse life circumstances (such as drug use), sleep problems and history of surgeries. So women deserve immediate attention because they suffer a lot from emotional imbalance. A study conducted in the year 2019 makes it clear that 77% of married women are experiencing emotional imbalance.<sup>5</sup>

#### **Aim of the study:**

The aim of the study was to assess the knowledge regarding emotional hygiene among working women from selected organization of Pune city in view to develop information booklet.

#### **Material & methods:**

This was a quantitative descriptive survey study on working women from the selected organizations of Pune city. The sample size was 250 working women aged between 25-60 years, having full time & part time job with 6hrs to 11hrs of working hours. The sample selection technique was used non-probability purposive sampling technique. The tool used for data collection was a self-structured questionnaire that contained demographic variables in section I, and questionnaires to assess the knowledge regarding emotional hygiene in section II. The written informed consent was taken from the participants prior to the data collection, in order to establish reliability of the tool, the inter-rater method was used.

#### **3. Result:**

### Section I: Demographic variables-

The age wise distribution of working women i.e. majority 52.4% belong to the age group of 25-35 years. Marital status distributed as majority 61.6% working women were married. Educational status distributed as majority 41.6% working women were graduate. Occupations of majority of working women in private sector were 65.6%. Whereas 90% were in middle class. Type of job distributed as majority 51.6% were doing full time job, 55.2% were working for 7-8 hours per day & 48% were having below 20,000 income per month.

### Section-II

#### Over all Item Analysis on Knowledge Regarding Emotional Hygiene among Working Women.

Table No: 1

N=250

Sr. No.	Items	Sometimes		Always	
		Frequency	%	Frequency	%
1.	Feeling more positive and joyful during work.	98	39.2%	138	55.2%
2.	Feeling stressed due to my workloads.	167	66.8%	44	17.6%
3.	Controlling emotions by changing the way of thinking.	105	42%	125	50%
4.	Feeling that cannot concentrate on the work.	109	43.6%	53	21.2%
5.	Feeling that don't get time for family.	138	55.2%	39	15.6%
6.	Satisfaction with my job.	64	25.6%	159	63.6%
7.	Keeping my emotions to myself	95	38%	103	41.2%
8.	Satisfaction with the amount of leisure time.	82	32.8%	111	48.4%
9.	Confident on being independent.	61	24.4%	171	68.4%
10.	Involuntarily participation in all the activities.	97	38.8%	137	54.8%
11.	Experience language barriers.	123	49.2%	48	19.2%
12.	Calm and a pleasant environment in my work	88	35.2%	138	55.2%
13.	Getting enough support from my family members	50	20%	190	76%
14.	Able to enjoy my life	83	33.2%	155	62%
15.	I feel , I live my life the way I want	92	36.8%	139	55.6%

The majority of the samples i.e. 55.2% said that they always feel more positive and joyful during work & 66.8% said that they sometimes feel stressed due to workloads. Many of the working women i.e. 50% answered that always they control their emotions & 43.6% said that sometimes they cannot concentrate on the work. Majority of the working women i.e. 55.2% said that

sometimes they don't get time for their family & 63.6% highlighted that they are always satisfied with their job. Maximum of working women i.e. 41.2% said that they keep emotions to themselves & 48.4% said that always they are satisfied with the amount of leisure time that they get. 68.4% of working women said that always they were confident on being independent & 54.8% said that always they voluntarily participate in all the activities. Majority of the working women 49.2% said that sometimes they experience language barriers & 55.2% said that always they feel calm and pleasant environment in their work place. Majority of the samples i.e. 76% said that always they get enough support from their family members, 62% said that always they are able to enjoy their life & 55.6% said that always they live their life the way they want.

### Section-III

#### Majority findings by Item Analysis on Knowledge Regarding Emotional Hygiene among Working Women

N=250

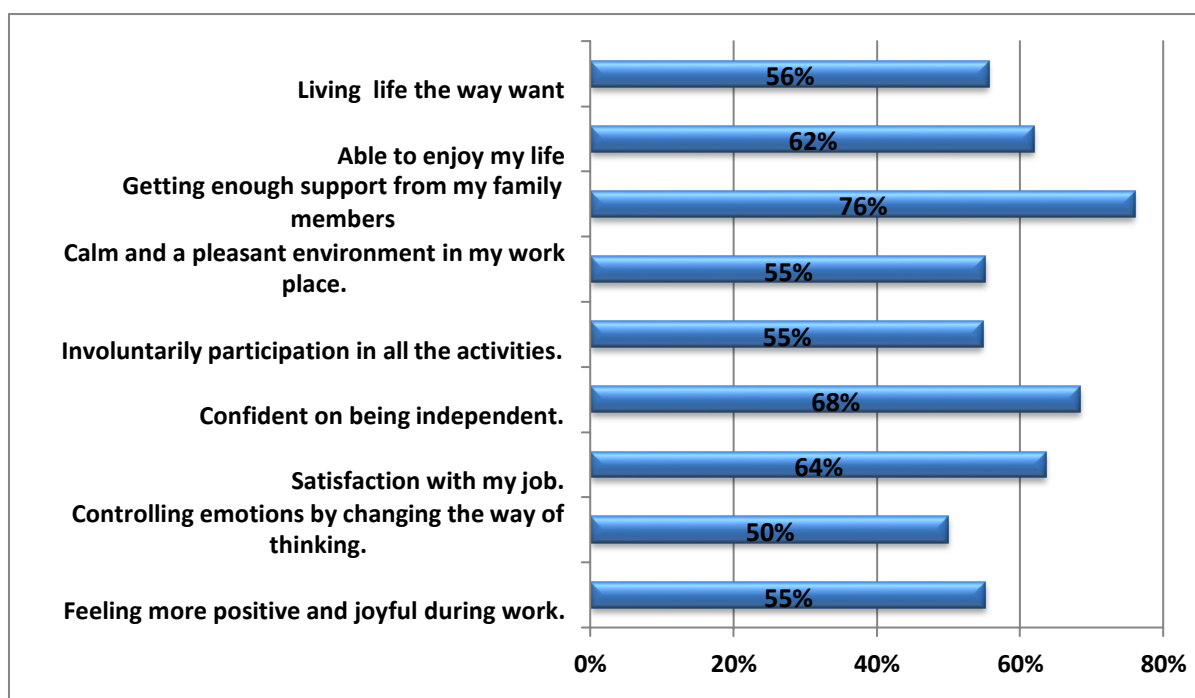


Figure No. 1 shows that majority of working women were feeling more positive and joyful during work (55%), controlling emotions by changing the way of thinking (50%), satisfaction with my job (63.6%), confident on being independent (68%), involuntarily participation in all the activities (54%), calm and a pleasant environment in my work place (55%), getting enough support from my family members (76%), Able to enjoy my life (62%) and living life the way want 55%.

#### Section- IV

#### Knowledge Regarding Emotional Hygiene among Working Women

N = 250

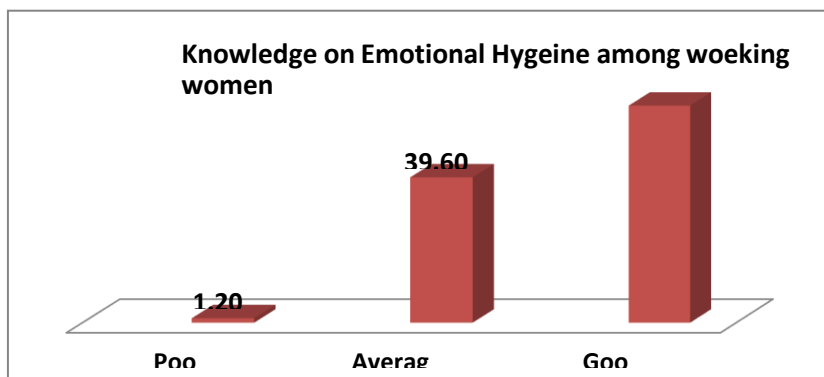


Figure No: 2 Depicts that, 59.2% of working women had Good knowledge 39.6% of women had an average knowledge and 1.2% of working women had Poor knowledge on emotional hygiene.

#### Discussion:

The findings of the study were discussed with the objectives and assumptions of the present study, which was undertaken to assess the knowledge of emotional hygiene among working women from selected organizations in Pune city. The main findings show that most of the working women are having good emotional hygiene, with a total score of 148 (59.2%), which shows that they have good emotional hygiene.

The findings of the study conducted in 2021 are similar to our present study, which shows that working women have greater work life balance, with 59.4% of them having high level of emotional intelligence.<sup>6</sup>

A self-made questionnaire was developed, and it was distributed to the group of working women. The findings show that 76% of these women receive enough support from their family members. These findings may be compared to a study conducted in November 2014 on the topic, role of family support in balancing personal and work life of women employees. The study shows that 60% of working women get enough support from their family members.<sup>7</sup>

It is observed that 63.6% of working women were satisfied with their current job, which indicates that most of them are happy and prosperous with their current situation. In a study conducted in the year December 2017, it was found that bankers and school teachers are psychologically fit and happy with their work. This may be due to the working atmosphere or working hours. same way A Study to assess the knowledge regarding life style changes among women with diabetic mellitus supports the findings<sup>8</sup>

#### 4. Conclusion:

The study was conducted on emotional hygiene among working women, this research is important because it shows how far women can cope up with the situation, as they are at both ends of the spectrum—either focusing on their family or their job. The main goal of conducting this research was to provide a booklet that contains information on maintaining emotional hygiene and make aware on emotional problems among working women.

#### Recommendation for Future Research:

A similar study can be conducted among the adolescent girls, working men in different areas, a wide range of settings, such as women working in IT companies, in industrial areas and even in rural areas. A study can also be done on larger sample in different setting and on emotional problems among working women.

**Data study statement:** This study manuscript contains all data generated and analyzed during this study.

**Funding:** This project was not funded by any of agency.

**Conflict of interest:** The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

**Ethical Approval:** Ethical approval is given by Intuitional research & recommendation committee, Bharati Vidyapeeth (Deemed to be University), College of Nursing, Pune

#### Acknowledgement:

Most sincerely convey our deep sense of gratitude to my participants, organizations & Bharati Vidyapeeth College of Nursing, Pune for remarkable guidance and academic support during this study. At last we are grateful about the support and help we got throughout the research study from our authority, faculty teams, and our group members contribute to accomplishing the research study successfully.

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