

LIFE SATISFACTION AND CONTRIBUTION OF HOME MAKERS THROUGH THE UNPAID HOUSEHOLD WORK

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Abstract: Home makers play a very important role in each individual's life. A home maker is a woman; responsible for running her home, whether she performs the tasks all by herself or hires people to do them. In the bargain the homemakers sometimes feel satisfied and many a times they are not so satisfied with the management of their house. Keeping this in mind the researcher took an initiative to review this issue to find out 'life satisfaction and contribution of home makers through the unpaid household work'. The purpose of this paper is to gain insight on housewife's life satisfaction and their contribution to their families through unpaid work. Unpaid work consists of those tasks performed in the daily basis like cleaning, cooking, laundry, rearing of children etc. for which they don't receive any monetary gain. This paper will answer questions like what is Life satisfaction of married women. What are the various chores that a woman performs? And how she is satisfied in life because of it and what are economical contributions done by her? Researchers' show that women with unpaid work have lesser satisfaction than those with paid jobs. But, they do have a sense of satisfaction when it comes to doing the household chores for their family members.

Keywords: housewives, homemakers, unpaid work, life satisfaction, economic, monetary value.

Introduction: Half of the world's population constitutes of Women. A woman is often identified by this statement – "a woman's place is the home". According to Lin, Lan and Lui, 1985, women are majorly responsible for childcare and housework activities.

According to Lopato, A housewife has been defined as "a woman is responsible for running her home, whether she performs the tasks all by herself or hires people to do them". A woman spends a lot more time playing the role of a house maker and doing the daily chores rather on themselves.

Since 1960's, the widespread entry of women into the market work has challenged the assumption that women's primary adult role is that of a caretaker in the family and home front (Shelton and John 1996). Synchronously, the weakening of wages of men over the past 25 years has challenged the ability of men to be the sole family breadwinner (Levy 1995).

Work performed in households is most essential for basic survival and quality of life, when compared to the work done in offices, factories and stores, and is a fundamental requirement for a healthy market sector. If children are not nurtured with attention and care and if the household members are not provided with nutritious aid, workplace productivity will drop and social expenses will have a steep rise. Physical maintenance of the housing basics, including the cleaning and repairs are also considered as essential economic activities. Yet this huge unpaid contribution is not scheduled anywhere in our standard economic accounts. When we pay for childcare and house-keeping services, and when we eat at restaurants, this adds to the GDP and counts as economic growth and "progress". There is no value in our measures of progress, when it comes to cooking

our own meals, cleaning our own house and rearing our own kids Thus, a shifts occurs from the household economy to the market economy inadequately registers as growth, even though additional production may not be taking place. It is calculated that such shifts from unpaid to paid work overstate GDP growth by up to 0.8 percentage points a year.

Life satisfaction is associated to a person's general happiness, freedom from tensions and interest towards life. Life satisfaction is state of mind where the people are satisfied with the quality of their life and takes pleasure in the most smallest of things. Global Well-Being Index ranks a country according to its people's level of satisfaction with day to day life, relationships, finances, community and health. India was ranked 71st out of 135 countries and areas surveyed in 2014.

When couples are satisfied with their lives, they tend to deal with problems effectively and avoid mishaps, (Hazan and Shover, 2005). Women play multiple roles, be it the various activities to be performed at home, or in employment due to which mental health, community growth and prosperity depends on the mental health of the family (Ammanollahi, 2011). Marital satisfaction is due to marital agreement and is the outcome of the internal sense. The so-called marital agreements, showcases the husband-wife relationship. In connection with the high agreement, both couples behave, think, and perceptions that are likely to satisfy the needs and beliefs nothing can impair the relationship (Eisa nejad et al., 2012). According to a comparative study of working and non-working married women-the non-working married females are less satisfied with their lives and

their anxiety level is also higher than the anxiety level of working female.

According to Maryland Y. Pennell (1959) the increase in number of hospitals are directly proportionate to the rise in women employment. This means that the women of the family have less time to dedicate her care and provide for the families on daily basis. This proves that homemakers are important for the welfare of the state and for families.

Housework- Unpaid Activities: Housework is associated with word like full- time role, monotonous, unstructured, autonomous, “never done” and unpaid. We can always see the house maker always isolated and keep doing the routine work and feel satisfied only if they do all the work by themselves. A house wife has multiple roles and usually named as multi-tasker.

According to the census of India (2011) household workers are those doing household tasks like cleaning the house, washing the dishes, cooking, caretaking of the children or the house, groceries shopping are considered as non-workers.

Working mothers put in an average workday of more than 11 hours, including 7 hours of paid work, 21/4 hours of domestic chores, an hour of primary child-care, and 50 minutes of shopping. Even on weekends there is little respite. Employed mothers put in an average of 7 1/2 hours of daily unpaid work on Saturdays and Sundays, including more than 3 hours of domestic chores, 13/4 hours of primary child care, and a major Saturday shopping trip.

Time Spent On Unpaid Work: Most of the housewives like to perform the household chores all by themselves and not take help of any kind of paid services. They gain that sense of satisfaction and completeness if they have done everything by themselves. Example, instead of using the online grocery services, they would like to go buy the vegetables all by themselves, handpicked and bargain or instead of buying food at the restaurants, they like to make food at home and serve. They believe in a motto ‘money saved is equal to money earned’. Such unpaid services that are produced for immediate consumption by one’s own household, and for which paid services are in existence, are referred to as unpaid household work. Which is not similar to work that pays you, or is concerned with persons employed, hours worked, earnings generated, and others—the resources involved in doing unpaid household work are less frequently quantified. A study found that a usual woman’s daily routine starts at about 5 a.m. and ends after 10 p.m

The unpaid work amongst housewives is a major category in India. A recent survey done by Gave Ahmed (2013) it suggested that on an average a housewife spends almost 6.2 hours a day doing household chores.

Tinh work (2009) conveyed that during the 1990’s, most of the women spent two folds of their waking hours as men on unpaid household work but half as many on labor force activity. This means that women dedicated double of the waking hours on household work when compared to men’s paid work.

A time use survey shows that Individuals aged 15 and older spent an average of 21.5 hours per week doing unpaid household work in 2003–07.

Gender And Unpaid Work: Traditionally, many unpaid household work activities have been considered women’s work and have most often been done by women. Gender is one main factor in who did these activities in 2003–07; it is quoted that, women spent an average of 10.8 hours more per week doing unpaid household work than did men. One factor driving this gender difference was women’s greater likelihood of doing unpaid household work on an average day (91 percent of women compared to 78 percent of men).

Traditional gender roles prevailed in 2003–07—women spent more hours per week doing unpaid household work than did men; however, men spent more time doing paid work than did women. Overall, the total time that men and women aged 15 and older spent doing either paid work or unpaid household work was about the same.

According to the time use survey, the average hours of time a housewife spent in a week is 30.4 hours i.e. one child in the household.

Gershuny and Robinson (1988) says that there are contentions that men’s and women’s paid and unpaid work time is converging because men are doing less paid and more unpaid work and women are doing less unpaid and more paid work.

Berk 1985; Hochschild 1989; Shelton 1992 contradicts the above statement and says that men have increased unpaid work time only slightly while women have increased paid work time substantially, meaning women are doing a “second shift” of unpaid work and thus have less leisure time

Women’s movement into paid work has not led to a redistribution of household labor between men and women because women’s performance and men’s avoidance of unpaid work remain potent daily enactments of unequal gender relations (Coltrane 2000; Fenstermaker, West, and Zimmerman 1991; Risman 1998; Thompson and Walker 1995).

Forbes tried to measure the hours spent on unpaid work among male and females, which shows that females put in 25.9 hours a week in 2010, while men put in 16.8, a difference of more than nine hours.

In a research done on Women’s Economic Contribution through Their Unpaid Household Work, showed that most of the women reported that they had more free time when compared to most men. The most common use of free time by both the

gender is sleep and to take rest. According to females the leisure work includes ironing and folding clothes, helping children with their homework, sewing, and in other activities that would seem to pass for work. Even watching TV may not be a fully leisure-time activity, as many women take their work in front of the TV set. According to the survey, Almost 64% women reported that their husbands take their families to outings, outings to them is going out to a mall, a small picnic etc. and this was a form of leisure activity. When it comes to decision making, Most of both male (84%) and female (81%) respondents strongly agreed that the women's opinion is important in the family. While no male respondents disagreed with this, 4% of the female respondents did. Meanwhile, 44% of the male and 40% of the female respondents strongly agreed that men were the primary decision makers in the family. Only 28% of men and 33% of women disagreed with this statement.

In recent years, the involvement of men is on the rise when it comes to household work. The gender based roles are changing with the growing years.

Monetary Value Of Women's Unpaid Household Work: India has the 12th largest economy in the world with a GDP of more than one trillion US dollars in the year 2008. Unpaid work by women in India is estimated as being equivalent to 61% of GDP.

In a research done on Women's Economic Contribution through Their Unpaid Household Work, showed that Value of unpaid work by women per month for 33 tasks is Rs.10,065 and the Total unpaid contribution of women per year is 29.5346797 trillion Indian Rupees.

Most of the women prefer to the household work by themselves and only 2% of the respondents in a research done in measuring the economic value of the unpaid work has housemaids. and each task they perform is approximately 150 rupees.

According to a report, the market economy (the money given as per the demand) cannot exist without the shadow economy (the part of an economy involving goods and services which are paid for in cash, and therefore not declared for tax.) The market economy is majorly dependent upon people, mostly women as to maintain those who work in the formal economy (has an organised system of employment), to care for those who are unable to care for themselves, to raise children, and to support and operate voluntary and charitable services. But the market economy doesn't pay for this work. Hence, the informal economy, subsidizes the market economy.

In the early 1932, the classic economist Cecil Pigou stated this paradox as follows: "The services rendered by women enter into the dividend when they are rendered in exchange for wages, whether in factory or

in the home, but do not enter into it when they are rendered by mothers and wives gratuitously to their own families. Thus, if a man marries his housekeeper or his cook, the national dividend is diminished.

The above statements show that women are the major contributors to the market economy and that they serve for the needy and take care of their family members. A housewife who plays a very important role in rearing the children ultimately contributes to the increase in the economy.

Life Satisfaction: The recent literature suggests that personality plays a very important role as to how women will judge or define her level of satisfaction. Both nature and nurture appears to play an influential role in determining life satisfaction, and salvage one explanation in benefit of the other, would not be experimentally or theoretically productive. (Beutell 2006)

In a study of Sousa and Lyubomirsky (2001) women's aversion towards other women had a contrary relationship with their life satisfaction. That is women who dislike or have sour feelings towards other women were not satisfied with their own lives when compared to the latter. The study suggested that a person's perception of their life satisfaction is related to comparisons that they make as to what they have, what they don't have, their needs etc. thus aversion towards other women may be a consequence of undesirable social comparisons. That is, when one is aware of the fact that another woman is clearly well off may be related to dissatisfaction with one's own life. Kousha and Moheen (2004) examined the life satisfaction among unmarried Iranian women in urban areas. The data consisted of 61% of married women and 39% unmarried (i.e., single, divorced or widows).

The results showed that a married women life satisfaction is associated with satisfaction in marriage, employment and their leisure experiences. The study concluded that women's general satisfaction can be affected by any effort taken to increase or decrease educational, employment, or leisure activities.

Luttmer (2005) argued that the influence of relative standards in relation to income and life satisfaction is accountable within neighbourhood borders only. He indicates that the effect, caused by neighbours' earnings, is particularly strong for individuals who socialize more frequently with neighbours, but not for those who socialize more frequently with relatives, friends outside the neighbourhood or people they work with. It is therefore unlikely that individuals living in economically prosperous regions compare their standard of income to their counterparts residing in economically deprived regions, and vice versa. According to a study done by N.Hasnain, Sethi, et al. (2011) it showed that there is a

slight lower life satisfaction among non-working married women. This means that women with unpaid work have lesser satisfaction than those with paid jobs.

Conclusion: This paper shows that the women definitely play an important role in saving money and doing all the unpaid activities even though paid services are available. A woman spends 2 fold more time than male in doing the unpaid activities like cleaning the house, cooking food, washing clothes etc. A minimum of 6-7 hours of the waking time is spent on household chores or unpaid activities.

Traditionally the household work is only meant for women but during the recent years the increase in

unpaid activities among males are on a rise even though there is significant difference in time spent doing the unpaid work between male and female.

Women majorly contribute to the national GDP with their unpaid work. It is difficult to find out the monetary value of the unpaid work but approximately a woman earns 10 thousand rupees for performing 33 tasks on a daily basis.

The life satisfaction in doing unpaid works is lesser when compared to a paid work. But they have a sense of satisfaction when they do the household chores for their family members. At the end of the day she wants to keep her family happy and healthy.

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