

**PERCEIVED EMOTIONAL DISTRESS AND SELF ESTEEM AMONG
HOUSEWIVES IN COASTAL AREAS OF TRIVANDRUM**

*Thesis submitted to the University of Kerala in partial fulfillment of the
requirements for the award of the Degree of Master of Science in
Counselling Psychology*

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DECLARATION

I, Greeshma C, do hereby declare that the dissertation work entitled **“PERCEIVED EMOTIONAL DISTRESS AND SELF ESTEEM AMONG HOUSEWIVES IN COASTAL AREAS OF TRIVANDRUM”** submitted in partial fulfillment of the requirements for the Degree of Master of Counselling psychology is a bonafide record of research work done by me under the supervision and guidance of Dr.PRAMOD. S.K, Course co-ordinator, Department of Counselling Psychology, Loyola College of Social Sciences, Thiruvananthapuram and that I have not submitted this dissertation or part of it for any other degree in any University.

Sreekariyam

18/08/2017

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CERTIFICATE OF APPROVAL

This is to certify that the dissertation entitled “Perceived Emotional Distress and Self Esteem among Housewives in Coastal Areas of Trivandrum” is an authentic record of genuine work carried out by Ms. Greeshma C of M.Sc. Counselling Psychology under my supervision and guidance that is hereby approved for submission.

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ABSTRACT

The study investigated the extent of relationship and between Perceived Emotional Distress and Self-esteem among Housewives in Coastal Areas of Trivandrum. Samples of 90 married people were selected for the study using convenient sampling method. The tools used for the study were Perceived Emotional Distress and Rosenberg's Self Esteem Scale. After data collection, the data were consolidated and scoring was done. The data was analyzed using the SPSS version. The statistical techniques used for the analysis of data were Frequency Distribution and Percentage, Mean and Standard Deviation, Spearman's Rank Correlation, Mann Whitney U Test and Kruskal Wallis test were used for analysis. Findings of the study revealed that 18.9% of the sample were found to have high perceived emotional distress, 77.8% have moderate level of emotional distress and 3.3% have low level of perceived emotional distress. 1.1 % of the sample is found to have high self-esteem, 97.8% have moderate level of self-esteem and 1.1% have low self-esteem. There is no significant relationship between Perceived Emotional Distress and Self-esteem. The findings of the study also revealed that there exists no significant difference between Perceived Emotional Distress and Self-esteem with regard to demographic factors.

CHAPTER 1

INTRODUCTION

1.1 Relevance, need and significance of study

1.2 Statement of the problem

1.3 Definition of key terms

1.4 Objectives/Research questions

1.5 Methodology in brief

1.6 Organization of report

“Dare to love yourself as if you were a rainbow with gold at both ends.” — Aberjhani,

“I love the man that can smile in trouble, that can gather strength from distress,
and grow brave by reflection. 'Tis the business of little minds to shrink,
but he whose heart is firm, and whose conscience approves his conduct,
will pursue his principles unto death”.- Thomas Paine.

1.1. Relevance, Need and Significance of the study

Self-esteem is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives. Positive self-esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without the fear of rejection.

The positive signs of self-esteem includes confidence, self-direction , non-blaming behaviour , an awareness of personal strengths , an ability to make mistakes and learn from them , an ability to accept mistakes from others , optimism , an ability to solve problems , an independent and cooperative attitude , feeling comfortable with a wide range of emotions , an ability to trust others , a good sense of personal limitations , good self-care and the ability to say no .

Low self-esteem is a debilitating condition that keeps individuals from realizing their fullest potential. A person with low self-esteem feels unworthy, incapable, and incompetent. In fact, because the person with low self-esteem feels so poorly about him or herself, these feelings may actually cause the person’s continued low self-esteem.

The signs of low self-esteem include, negative view of life, perfectionist attitude , mistrusting others – even those who show signs of affection , blaming behaviour , fear of

taking risks , feelings of being unloved and unlovable , dependence – letting others make decisions and Fear of being ridiculed .

The Six Pillars of Self-Esteem is, as its sub-title proclaims: “the definitive work on self-esteem by the leading pioneer in the field.” Branden’s style is rigorously smart yet still approachable.

The six pillars of self-esteem are the practice of living consciously, the practice of self-acceptance, the practice of self-responsibility, the practice of self-assertiveness, the practice of living purposefully and the practice of personal integrity.

Self-esteem is an all-inclusive process and hard to define in tangible terms. One definition of self-esteem says it is “the trait that differs from people to people in their degree to which they like or dislike themselves” (Brockner, 1988). Self- esteem is a person’s feeling of competence and self-worth. In general, research has proposed that people who have low self-esteem are likely to be more critical toward themselves than those with high self- esteem (Jenis, 1964).The self-esteem is the evaluative aspect of the self-concept. It is measure of the distance between the ideal self and the perceived self. When the perceived self matches the ideal self, self-esteem is comparatively high. Low self-esteem arises once the perceived self is significantly lower than the ideal self. Since the distance between the ideal and perceived self constantly varies depending on task and social feedback, self- esteem is the dynamic component of the self-concept and it is always in a state of variation and development (Gecas, 1982).

Healthy self-esteem is grounded in an individual’s capability to evaluate oneself exactly (knowing oneself) and still be able to confess and value ourselves unconditionally, this means being able to realistically identify our strengths and weaknesses , at the same time accepting ourselves as worthy and worthwhile without conditions or doubts (Jhonson 1991).Studies suggest Gender differences in self-esteem, females having low self-esteem as

compared to male adolescent in western culture (Chub et al. 1997; Harper and Marshall 1991). Even though in two other researches piloted in a non-western context have not found gender differences in self-esteem. (Mwanamwender 1991; Watkins and Yu 1993). These results are predominantly different from the research conducted in South African culture (Mwanamwenda 1991) and in Chinese society (Watkins and Yu 1993) as in both studies results are in favour of male population because they are preferred more in educational institutions.

Middle age is one of the fastest growing life spans. There is consensus among some writers who address this issue that middle age is process that precedes in series of identifiable stages. Levinson et al., describes the following chronological definition of middle adulthood that has five developmental periods:

40 to 45 years: Midlife transition

45 to 50 years: Entrance into middle adulthood

50 to 55 years: Age 50 transition

55 to 60 years: Culmination of middle adulthood

60 to 65 years: Late adulthood transition.

Chronological age may not be the most significant determinant of entrance into the middle years. Newgarten suggests that the onset of middle age typically occurs at younger chronological ages for the working class and disadvantaged individuals than for the middle class and more advantaged parents. Culture defines developmental time tables for taking on various roles. The movement into middle adulthood is challenging. Some people make smooth transition to this life cycle; others experience mid-life crises.

Household surveys using self-report mental health measures have found evidence inconsistent with the "empty nest" syndrome. The presence of children in the home has

frequently been associated with more symptoms of distress (Bernard, 1975) and lower life satisfaction (Campbell, Converse, & Rodgers, 1976). Pearlin and Lieberman (1977) found that married people who reported that their last child had left home and/or married within the past 4 years were (no significantly) lower on a measure of psychological distress (anxiety and depression symptoms) than parents who did not report these events.

The purpose of this study is to address the self-esteem and emotional distress issues among middle aged adult women in coastal area. Exploration of the social and mental health care needs of middle aged women and interventions to meet these needs is crucial for counselling psychologists. The significance of this is that it will provide counselling psychologist practitioners with new knowledge. Rational and comprehensive intervention planning depends on adequate information regarding this population.

Kerala is situated on the southwest coast of the Indian sub-continent with an area of about 38,863 square kilometres, which makes about 1.27% of the Indian territory. The state is separated from the rest of India by the Western Ghats in the east and the Arabian Sea in the west. The territory of Kerala can be divided into three regions, the highlands, midlands and the lowlands. The lowland lies close to the sea.

Kerala has a coastline of 589.5 kilometres, which forms 10% of India's total coastline and this has facilitated trade with other countries since a very long time. The density of population is very high all along the coastline as compared to the midlands and the highlands (Asia Development Bank, 2003). A very rich marine wealth with a large variety of fish and a highly skilled population of fishermen has made Kerala a leading producer and consumer of fish (Aerthayil, 2000).

The high rainfall and a large number of rivers make the Kerala coast especially fertile for fish. One speciality of the Kerala coast is the mud banks, known in Malayalam

as chakara. It is the formation of clay and organic matters on the coast that occurs after monsoon with the sea remaining calm, thus resulting in good harvest of fish. Fish is a source of livelihood and of rich protein for the fish workers as well as the people of Kerala and fishing plays an important part in the economy of the state (Kurien, 2001).

The average fish landing in Kerala accounts for about 20% of the total landing of the country (Department of Fisheries, 2005). The average share of fish exports of fish products from Kerala was 10.24% in 2000-2001, while it has increased to 15.97% in 2002 and 19% in 2005-2006 (Department of Fisheries, 2005) of the total marine export of India in the same period. The average fishing area in Kerala is the lowest as compared to this output. This shows that the fishing pressure on the coastal areas is very high in Kerala (Dietrich and Nayak, 2002; Aerthayil, 2000).

Christian fisher folk are concentrated in the southern and central parts of Kerala. They belong to the Latin Catholic community and are mostly converts from the Mukkuva caste groups. The Church is the main institution around which the social organisation and the community of the Christian fisher folk is organised. The priest is the main leader who looks after not only the religious concerns, but also the socio-economic concerns of the community. In many cases, the Church levies a tax on the fishermen, which is usually 5% of their income. This right to collect tax, the Kuthuka is auctioned and usually goes to someone better off, who hands this money to the Church (Dietrich and Nayak, 2002).

Catholic fishermen are very poor, but are adventurous, aggressive and creative compared to the other two religious communities. It is often said that the Christian fisher folk are the 'real' fisher folk of Kerala (Hapke, 2001). Ram (1991), who has worked amongst the Mukkuva Christians of the south, traces the low status of the fisher folk in the society to

their geographical isolation and being concentrated in the coastal areas, in slum-like and crowded settlements.

Women in coastal areas usually indulging household activities and occasionally go for jobs related to processing fish or selling it in market and a very few are employed either in public or private sectors. Financial conditions, lifestyles, environmental and situational factors influence their quality of life. Most of them belong to minority community and have minimal level of education. They mostly spend time within the family taking care of the responsibilities of the household chores and spend most of their life time for the family members. They may often have to sacrifice their desires and have to surrender before others in terms of privileges. Life often becomes stressful for them and they sometimes even do not have any source of support system to rely on and to share their emotional baggage.

1.2. STATEMENT OF THE PROBLEM

The problem to be considered in this study is: the middle aged women's perception of their self-esteem and emotional distress.

Middle age is one of the fastest growing life spans. Yet there is little information in literature investigating self-esteem at different points in the adult life cycle of this population. What are the sources of positive self-esteem among middle aged women? The situation of middle aged women especially housewives is different from that of any other oppressed social group: exploited at work, and relegated to the home. Counselling psychologists' practitioners must be concerned with general reflections on the different roles of middle aged women and some of their interconnections. Counselling Psychologists need to be more cognizant of the issues and problems that middle aged women are confronted with. The housewives in the coastal area in Trivandrum face so many problems in their life like natural calamity, poverty, lack of social support, lack of appreciation, recognition in society etc...

Fisher folk form an important community in Kerala, but remain neglected and marginalised in spite of the higher socio-economic progress the state has made as a whole. Their main source of income is through fishing at sea. Although, Kerala boasts of the highest quality of life in the country as measured by human development indicators, the state's fishing community has largely been left out of the general development experience. For example, the literacy level, educational attainment of fisher folk is much lower than that of the general population (Department of Fisheries, 2005). In context of Kerala, assessments of self-esteem and perceived emotional distress have to be done among housewives in coastal area. How genuinely they respond and accept their relation is also questionable. Only few studies have been done perceived emotional distress and self-esteem in Kerala. Through conducting such studies, it will give an insight on psychological wellbeing of those participants regarding self-esteem and perceived emotional distress.

Other development related indicators such as lack of income-earning opportunities, poverty and deprivation, insanitary and overcrowded living conditions, lack of access to basic services such as water, sanitation, electricity, poor health conditions amongst men and women, higher infant mortality rates, lower sex ratio and lack of access to health facilities, also show evidence of this neglect and marginalisation of the fisher folk in the state (Asian Development Bank, 2003).

The fishing villages have a distinctively different appearance as compared to other villages in Kerala as well as India. The fishing villages are characterised by a very high density of population along the coast and are made up of a large number of houses clustered together and occupying the coastal fringes of the state. Unlike the rest of Kerala, which gives a clean appearance, the fishing villages are characterised by extremely congested houses and lack of basic facilities.

In general, the houses are hutments or semi-permanent structures made with mud with thatched roofs or tiles, varying according to socio-economic status. However, one can also see some dotted concrete double storied structures belonging to the richer fish merchants, to salaried civil servants, teachers and others. However, even these houses have a shortage of basic amenities such as water, electricity and sanitation.

The annual income, land ownership and housing facilities are also very low along with a very high level of indebtedness among the fishing community (Arya, 2003). Fisherfolk always face a shortage of money and live on a day to day basis. They have a high rate of dependence on moneylenders and traders (Dietrich and Nayak, 2002). They spend all their lives managing the burden of debts. This leads to 'cyclical poverty' as Deitrich and Nayak (2002) call it, leading to poverty, low income, poor health and malnutrition.

Chekutty, N. P (2010) writes that the recent phenomena of globalisation and mechanisation in fisheries leading to international subsidies, the stringent conditions of global trade, and intense competition for fishing have seen a sharp decline in fish catch and profits leading to poverty, deprivation and consequent anger and discontent amongst the fisher folk. This has led to increasing instances of communalism and violence as well as family clashes among the fisher folk in Kerala over the last few years. The life of house wives are often affected by this and they never get a chance to express their concerns or seek help from mental health professionals.

The life of housewives in the coastal belt are rarely studied by researchers. So it is essential to conduct a study on housewives in order to assess the self-esteem and perceived emotional distress to understand how they live under varying life situations.

1.2. Definition of Key terms

Self-esteem

“Self-esteem is the totality of the individual's thoughts and feelings with reference to himself as an object.”- Rosenberg. Besides self-esteem, self-efficacy or mastery, and self-identities are important parts of the self-concept. Blascovich and Tomaka (1993) indicate that "experimentally manipulated success or failure is unlikely to have any measurable impact when assessed against a lifetime of self-evaluative experiences" . It is also unrealistic to think that self-esteem can be "taught"; rather, it is developed through an individual's life experiences.'

Moscose et al., (2000) define emotional distress as feelings of anxiety, anger, depression, and demoralization making distinctions regarding the expression and suppression of angry feelings. Emotional distress occurs in reaction to a loss. Perceived emotional distress is defined as subjective feelings that vary in intensity from sadness, uncertainty, confusion, and worry to more significant symptoms such as anxiety, social isolation and hopelessness. (Manolete 2012).

Housewife

A Housewife is a woman who has chosen to not work outside the home for money, but rather devotes all time, energy and love into creating a safe, warm, clean home for her family to grow and thrive. She cooks, cleans, does dishes, laundry, childcare, shopping, countless errands and careful money management all while supporting her family and community through community service work, volunteering and general parenting. Commonly referred to as a stay at home mom or homemaker. In the present study housewives are women who live in coastal areas of Trivandrum.

Residents of Trivandrum

Thiruvananthapuram, presently known by the local people as Trivandrum, is the population selected for conducting the present study and the people residing in this locality is the sample. In the present housewives of coastal belt are considered as the residents of Trivandrum.

1.4. Objectives

- To understand the extent of Self Esteem and Perceived Emotional Distress among the housewives.
- To understand the relationship between Self Esteem and Perceived Emotional Distress.
- To understand whether Self Esteem and Perceived Emotional Distress vary according to demographical factors.

1.5. Methodology in brief

A brief outline of the procedure followed for the research is presented below:

1.5.1 Sample

The sample for the present study consists of 40 housewives selected through convenient sampling from Thiruvananthapuram city, Kerala.

1.5.2 Variables

The major variables used for the study were: Self Esteem and Perceived Emotional Distress.

1.5.3 Tools

The following tools were used for collecting data from the sample

- (1) Personal Data sheet
- (2) Rosenberg Self Esteem Scale
- (3) Perceived Emotional Distress Inventory

1.5.4 Procedure for data collection:

Participants were identified on the basis of convenient sampling and were given the informed consent form. After obtaining their consent, the participants were made understand the significance of the present study in the questionnaire. Then they were given out a set of scales statements on self-esteem and perceived emotional distress to be filled. After the recording the data is collected back for further analysis and interpretation.

1.5.5 Statistical techniques:

The following were the statistical techniques used for the analysis of data. SPSS Version 23 was used for data analysis.

1.5.5.1 Frequency and percentage

1.5.5.2 Mann Whitney U-test

1.5.5.3 Kruskal Wallis test

1.5.5.4 Spearman's rank Correlation

1.6. Organization of Report

The thesis has been organized into five chapters. Chapter I introduce the problem under investigation, its need and importance in the present set-up, hypotheses formulated for the study and a brief narration of the methodology. Chapter II presents the related literature which contains both theoretical details and relevant studies conducted in this area. Chapter III provides a detailed description of the procedure adopted for the investigation. It also provides the details of the development and standardization of the tests. Chapter IV contains

the details of analysis of the data, the results obtained and interpretation of the results. Chapter V includes the summary and major conclusions of the investigation. Limitations of the study and suggestions are also included in this chapter.

CHAPTER 2
REVIEW OF LITERATURE

2.1 Review of literature on Self esteem

2.2 Review of Literature on Perceived emotional distress

A research is a careful critical inquiry or examination in seeking facts or principles, diligent investigation in order to ascertain something. It goes with the activities that involves of search i.e. the activities are undertaken to repeat a search. This process of repeating a search includes studying the research material or the already existing literature. Re-searching the literature gives direction to the investigation. As said 'No research takes place in a vacuum', means the literature principles serves as guidance. Hence the researcher gets guidance as to which variables to include and how to apply those variables while undertaking research. The previous principles of research also provide knowledge by going through the studies undertaken to gain some new information or to review the already existing principles. In doing this way, the repetitions could be avoided.

The present chapter aims to get a proper guidance regarding the variables that are under study. Today's age besides being scientific and technological age, it is also the age of research. Each and every area needs to be researched upon or has given us scope for research. Research would be guided by studying its literature or material. No research takes place in a vacuum. The researcher gets same important guidelines by reviewing the researcher already searched upon. It gives guidance as to which projects to include and what types of variables to apply while undertaking research. A research is undertaken to gain some more information, knowledge and principles. Hence it becomes important for any researcher to go through earlier studies so as to avoid repetitions too.

The existing literature also clarifies the concepts. It is also important to co-relate the concepts by reviewing the earlier studies. The researcher may able to study thoroughly and when proper guidance is achieved, one can get an idea what to include and what to neglect.

The aim of the present chapter therefore, is to observe the studies undertaken in the past. In the present study the researcher had aimed to observe studies with the reference to self-esteem and perceived emotional distress.

2.1. Review of literature on self esteem

“A research done by Mullis and Chapman (2000) on association among gender, age, self-esteem and found that adolescents having high self-esteem focused on problem solving and emotion focused strategy was used by those adolescents having low self-esteem”.

“Judge, Timothy and Joyce (2001) examined the relationship among self-esteem, generalized self-efficacy, locus of control, and emotional stability with job satisfaction and job performance. With respect to job performance, the correlations were .26 for self-esteem, .45 for generalized self-efficacy, .32 for internal locus of control, and .24 for emotional stability. With respect to job performance, the correlations were .26 for self-esteem, .23 for generalized self-efficacy, .22 for internal locus of control, and .19 for emotional stability. In total, the results based on 274 correlations suggest that these traits are among the best dispositional predictors of job satisfaction and job performance”.

“Valentine (2001) studied how acculturation affects self-esteem cultural identity and generation statuses. 110 teachers were selected as samples. For analysis the hierarchical regression analysis was used. Results showed there was positive effect on self-esteem and generation status on acculturation. But there was negative impact of acculturation on Hispanic cultural identity”.

“Michelle (2005) examined the relations among executive self, self-esteem and negative affectivity. A cross-sectional and longitudinal study established that self-esteem mediated the relation between executive self and negative affectivity. The study replicated

this pattern and examined genetic environmental influences underlying all 3phenotypes. Co variations among the 3phenotypes reflected largely common genetic influences accounted for the majority of variance in each construct and were primarily unique to each. The unique environmental influences support the proposition that the executive self, self-esteem and negative affectivity capture distinct and important difference between people”.

“Zyoudi (2005) investigated whether there were differences in self-esteem among adolescents with low vision due to gender. The sample population consisted of (23) adolescents, (10 males and 13 females) aged 12-17 years in the first year of secondary school. The researcher used the Tennessee Self-esteem Scale (TSCS) for the evaluation of self-concept. The results of the study showed that there were some differences in the adolescent self-esteem and self-behaviour due to gender. Female students scored lower on social-esteem, family self-behaviour, and moral self-behaviour dimensions than male students, but higher on physical self-esteem”.

“Anne (2006) took high school teachers as a sample to study their self-esteem. The main aim of the study was to find what were factor affecting life satisfaction of the teachers. To find out the best predictor of self-esteem multiple regression analysis was done. Results show that 80% of teacher was curbed due to self-esteem. There was no difference in level of self-esteem between younger and old teachers”.

“Hasnain, Ansari and Sethi (2011) studied the difference between married and unmarried, working and non-working women on life satisfaction and self-esteem. For this purpose a total 80 were taken on incidental basis. Among them 40 were working and 40 non-working. Among each group there were 20 married and 20 unmarried women making a 2x2 factorial design. ANOVA showed significantly greater life satisfaction and lower self-esteem for working women than for non-working women. However, non-significant difference was

found between married and unmarried women on both life satisfaction and self-esteem. The interactional effects of working status and marital status were found non-significant for both life satisfaction and self-esteem”.

“Kevin (2007) studied on association on psychological gender, role conflict, self-esteem, loneliness and biological gender. Gay men and Lesbian women were included as sample. MANOVA was used as statistical model of choice. The results show that there was no significant interaction between psychological gender and biological gender on role conflict, self-esteem and loneliness”.

“Tawnyea (2008) examined relationship with parent gender and self-esteem associated with internalizing problem. Archival method was used for collecting scores. The result indicated that the degree of internalizing problem was related to quality of parent relationship and self-esteem. Children who reported better relationship with their parents and high self-esteem reported less internalizing problem but children having low self-esteem reported higher internalizing problem.

The pilot study done by Usha Rout, Cary Cooper, Helen Kerslake, (1997) examines whether these positive effects could also be found in employed mothers by comparing working mothers with non-working mothers on measures of mental health, self-esteem, and mother role satisfaction. Also this study assesses the stress experienced by these mothers and examines the coping strategies used by them. Of the 200 questionnaires distributed, 101 were returned giving a 50.5 per cent return rate of which 78 per cent were working mothers and 22 per cent non-working mothers. The working mothers had better mental health and reported less depression than the non-working mothers. The most frequently reported source of stress for working mothers was not having enough time to do everything, whereas for non-working mothers’ lack of social life was a major stressor. The findings of this study support the

expansion hypothesis, which emphasizes the benefits rather than the costs of multiple role involvement.

Jean Twengen and Keith Campbell in their study found that socioeconomic status (SES) has a small but significant relationship with self-esteem ($d = .15$, $r = .08$) in a meta-analysis of 446 samples (total participant $N = 312,940$). Higher SES individuals report higher self-esteem. The effect size is very small in young children, increases substantially during young adulthood, continues higher until middle age, and is then smaller for adults over the age of 60. Gender interacts with birth cohort: The effect size increased over time for women but decreased over time for men. Asians and Asian Americans show a higher effect size, and occupation and education produce higher correlations with self-esteem than income does. The results are most consistent with a social indicator or salience model.

Richard (2003) carried out a cohort-sequential longitudinal study on self-esteem development from young adulthood to old age. Data included 4 assessments from the Americans' changing lives study across a 16-year period of a nationally representative sample of 3,617 individuals aged 25 years to 104 years. Analysis indicated that self-esteem was increasing during young and middle adulthood, reaching a peak at about age 60 years and then declining in old age. Women had lower self-esteem than men in young adulthood. More educated individuals had higher self-esteem than less educated individuals. Moreover, the results suggested that changes in socioeconomic status and physical health account for the decline in self-esteem that occurs in old age.

Block and Robins (2008) in a longitudinal study examined the developmental changes in self-esteem from early adolescence through late adolescence to early adulthood. The sample included 47 girls and 44 boys. The findings showed that the self-esteem of males increased and females decreased over time. Boys and girls with high self-esteem

possessed quite different personality characteristics in early adolescence. Although important differences remained, the personality characteristics associated with high self-esteem were similar for the two sexes in early adulthood.

Devamony & Devadoson (2011) did an interventional study to evaluate the level of self-esteem among adolescent girls before and after hugging using pre experimental design. The samples consisted of 30 adolescent girls selected by total enumeration method and the data was collected using Standardized Rosenberg's Self-Esteem Scale. Inferential statistics was used to evaluate the effectiveness of hugging among adolescent girls and the results showed that there was a significant increase in self-esteem after hugging among adolescent girls.

Anne and George (1979) found out that husbands' success does positively affect a housewife's self-esteem, but not indirectly, through its effect on perceived marital success. Only husband's income has a direct positive effect on self-esteem, while other successes of the husband actually lower her self-esteem.

2.2. Review of literature on Perceived Emotional Distress

Jaclene Zauszniewski and Abirk Bechet in their study on women family members of adults with serious mental illness are at great risk for emotional distress examined associations between characteristics of 60 women (age, race, and education), their relatives with mental illness (age, diagnosis, and years since diagnosis), and the family situation (relationship, living arrangements, and care provided) and symptoms of emotional distress. Depressive symptoms were greater among those with younger, non-sibling relatives. Anxiety was greater among Caucasians and those with a recently diagnosed family member, particularly bipolar disorder. Anger was associated with providing direct care. The findings

are informative for tailoring interventions to minimize emotional distress in future family caregivers.

The study of Rosenbaum and Cohen (1999) revealed that women who had at least one resource (spousal support or resourcefulness) were less distressed than women who did not have either of these resources. Lack of spousal support was assumed to be stressful because it might have indicated to the women that they did not fulfil what is expected by them as good mothers and wives. Studies conducted by Diane Robinson Brown and Lawrence E. Garyl at Howard University on Social Support network differentials among married and unmarried Black females indicated that having a spouse had little influence on the number of socially supportive relationships or the most important sources of assistance with financial problems. A marital partner is a source of emotional support for married females.

In a study conducted by Priscilla, Paul, Cherian (2002) revealed that certain stressors like sleep disturbances, anxiety were prominent factors responsible for the coronary artery diseases.

Sanlier and Arpaci studied the effect of stress on women health. Results reveal that employed women in the stress scale have a higher average score than that of the non-employed women. It has been determined that total stress scores of employed women were higher as compared to non-employed women and that there was a significant difference between women's working status and total stress scores. Employed women had higher level of stress than non-Employed women.

Hashmi et.al. found that working married women have to face more difficulties in their lives like they experienced more stress and depression as compared to non-working married women.

Stewart & Salt (1981) investigated the relationship between life stress and depression and physical illness in 96, 33 years-old normal white females. Results indicated that life stress was associated with both illness and depression but that both type of stress and life-style were important moderators of these relationships. Thus, work stresses were associated with illness (not depression), and the relationship between life stress and illness was strongest among work-centred samples. Family stresses were associated with depression (not illness), and the relationship between life stress and depression was strongest among housewives than working women (PsycINFO Database Record, 2012 APA).

Kessler & MacRae (1982) reported that working women can utilize their abilities and skills not only for them but for their family and society as well. Rich experiences out of the home may consist of intellectual stimulation, problem-solving, and handling challenge. These experiences are the source to enhance their self-esteem, self-confidence. They have their own income, which offers independence, freedom, and security. Along with financial distress the housewives may experience lack of satisfaction, boredom, and feeling of worthlessness. Employment has positive psychosocial effect on women either as a safeguard against stress or as a primary source of well-being.

Chen & Lin (1992) conducted a study on daily life demands, social support, life satisfaction, and health of working women and housewives. Results from a survey of 444 Taipei women revealed that while working women experienced more daily life demands (role overload) than housewives, they also enjoyed more support in dealing with those demands. Results also showed that stress levels were higher in working women than housewives. Data showed that working women reported higher levels of depression than housewives.

Among the Indian research, studies conducted by Pushpa Parmar, regarding the mental health and problems of adjustments faced by employed and unemployed women

(2008) suggests that Indian women are facing constant mental tension, worry, less freedom from husband and family, living traditionally, helping husbands, having clashes over money matters, clashes due to husband's suspicious nature etc. Study also suggests that both the employed and unemployed women are facing same problems which affect their mental health. Studies conducted by Vikas Sethi and John Dickson in U.S.A on psychological well being and social support on women selected from different organizations whose was 25-35 years. The study revealed that those females who felt happy with social support were able to face various types of stressors in life and social support greatly influenced the well- being.

In the same line of investigation of correlating stress, social support and coping and the women professionals, Carol, Ann, Linda, Monica, Evans and Wortman, focused on a group of mothers, married women and professionals regarding their multiple roles and Social Support. The study revealed that majority of women perceived their husbands as engaging in each type of supportive behavior. 59% of women felt that their spouse supported each other's career equally. Women who reported some inequality were more likely to say that they supported their husband's career more than their husbands supported their career.

Studies on Physical and Psychological health of women

In every part of the world, the role of women is changing with the rapidly changing family norms, customs, traditions and values. The woman whose mental health is good is better able to understand the changeable phenomenon of modern scientific age and she can undertake and face the strains and stressors. Able to withstand the stressful life event which has become a part and parcel of her life. But the women whose mental health is faulty will not be able to handle the events and its consequences just as a physically healthy person can stand exposure or recover from infections more readily in comparison to unhealthy woman.

One of the earliest contributors in the field of stress and stressful events were the researchers conducted by Walter Cannon and Hans Selye who explored the effects of sex hormones on physiological functioning. In any stressful experiences, the physiological patterns that are seen i.e. enlarged, adrenal cortex, shrinking of the thymes and lymph glands, ulceration of the stomach etc. In response to stressful events, one often experience the effects of sudden elevations of circulating catecholamine's that in certain respects do not serve the purpose for which they were originally intended. Continuous experience or frequent experience of stressful events leads to prolonged cortisol secretion related to destruction of neurons in hippocampus. The experience of stressful events does affect the physical as well as mental health of the individual.

Bhattacharya and Bhatt (1983) compared family adjustment of 76 Gujarati speaking middle class married working women and 70 non- working women. The study hypothesized that the dual role burden of employed women contributed to differences in familial adjustment, neuroticism and psychological conflicts between the two groups of women, The results showed that the married working women were better adjusted, more stable and experienced less psychological conflicts as compared to non-employed married women.

Lundberg and Parr (2000) concluded that work load (stressors) and physiological stress responses are directly related to the health of the working women. The working women had to face greater stress problems than working men and the health of the working women was more affected than men.

Among the Indian researches and studies conducted by Pushpa Parmar, regarding the mental health and problems of adjustments faced by employed and unemployed women (2008) suggests that Indian women are facing constant mental tension, worry, less freedom from husband and family, living traditionally, helping husbands, having clashes over money

matters, clashes due to husband's suspicious nature etc. Study also suggests that both the employed and unemployed women are facing same problems which affect their mental health. Studies conducted by VikasSethi and John Dickson in U.S.A on psychological well-being and social support on women selected from different organizations whose was 25-35 years. The study revealed that those females who felt happy with social support were able to face various types of stressors in life and social support greatly influenced the well- being.

Critique of Research and Theory

Research and theory on women in the middle years reflect assumptions and biases that limit our understanding and impair our ability to resolve conflicting findings about women's well-being. Such theorists as Erikson and Levinson focus on chronological age and assume an inappropriate sequence of stages and events. In most research, the centrality of women's reproductive role is assumed and the importance of their work role pattern is ignored. Thus menopause and the "empty nest" receive disproportionate attention. Too little attention is given to stage of the family life cycle and the conditions and status of work. Two active research areas that appear promising for understanding adult women are also discussed: locus of control and attributions; and social networks and support systems.

CHAPTER 3

METHOD

3.1. Sample

3.2. Research Design

3.3. Variables

3.4. Tools

3.5. Statistical techniques

Methodology is the systematic, theoretical analysis of the methods applied to a field of study. The methodology is the general research strategy that outlines the way in which research is to be undertaken and, among other things, identifies the methods to be used in it. These methods, described in the methodology, define the means or modes of data collection, techniques employed in the research work. The details regarding the location, period, sample size and the method used in the data collection is also included under method part.

3.1. Sample

The participants chosen for the present study are women from coastal area ranging from age of 40-65 years residing in Thiruvananthapuram city. The present study is being conducted among a group of housewives of nearby localities, where the researcher can easily approach and gather the data from the participants. Convenient sampling is used for the data collection in the present study.

3.2. Research Design

Burns and Grove (2003:195) define a research design as “a blueprint for conducting a study with maximum control over factors that may interfere with the validity of the findings”. This study focuses on the extent of Self-esteem and Perceived emotional distress among the participants. The research approach is quantitative, and descriptive.

3.3. Major Variables

The major variables in the present study are Self-esteem and Perceived emotional distress.

Self-esteem refers to an individual's sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes, or likes him or herself (Blascovich&Tomaka, 1991)

Perceived emotional distress is defined as subjective feelings that vary in intensity from sadness, uncertainty, confusion, and worry to more significant symptoms such as anxiety, social isolation and hopelessness.(Manolete 2012).

Operational Definition

Self-esteem

Self-esteem is defined as a sense of worth, self-confidence or body-esteem which includes cognitive and behavioural aspects for healthy personality.

3.4. Tools for data collection

3.4.1. Informed Consent Form

This form provides the participant with a brief idea regarding the topic under study and seeks the consent of the participant. The participants were informed about the basic information that is to get filled by them regarding their demographic information- gender, age, religion, educational qualification, occupational status, marital status, area of residence, number of children, number of family members and monthly income was collected.They were also informed that all their responses will be provided anonymously to protect their privacy and confidentiality will be ensured by not disclosing any of their responses to outside world.

3.4.2. Rosenberg Self Esteem Scale

The Rosenberg Self-Esteem Scale is a tool for assessing global self-esteem. A four-point scale ranging from “strongly agree” to “strongly disagree”. The items were selected as a Guttman scale with 7 “contrived items”. The scale presented high ratings in reliability areas; internal consistency was 0.77, minimum coefficient of Reproducibility was at least 0.90 (M. Rosenberg, 1965, and personal communication, April 22, 1987). In various samples, the test showed alpha coefficients ranging from 0.72 to 0.87 (all fairly high). Test- retest reliability for the 2-week interval was calculated at 0.85, the 7-month interval was calculated at 0.63 (Silber& Tippett, 1965, Shorkey&Whiteman, 1978). The Rosenberg Self Esteem scale is closely connected with Cooper Smith Self-Esteem Inventory.

3.4.3. Perceived Emotional Distress Inventory

The Perceived Emotional Distress Inventory (PEDI) is a 15-item self-report screening scale designed to reflect the presence and severity of emotional distress. The measure assesses anxiety, anger, depression, and Hopelessness in cancer patients, making distinctions regarding the expression and suppression of angry feelings.

In responding to each PEDI item, subjects report to what extent they had experienced each emotional distress-related symptoms (“during the past month, including today”) by rating themselves on a 4-point scale.

A Global Severity Index (GSI) is determined simply by summing the ratings for each individual item that comprise the PEDI. The total score for the inventory range from 0 to 45 points. Higher scores correspond to higher levels of perceived emotional distress. The instrument has been developed for research purposes and our intention was to make

comparisons between subjects in the study sample utilizing the raw scores and treating the statistical analyses as ordinal data.

As indicated in our references listed below, the alpha reliability coefficient for the entire instrument was .91, which adds significant internal consistency and credibility for a 15-item instrument. Considering that the measure is comprised of factors with small number of items, the internal consistency of this scale, as indicated by the global alpha coefficient and item-remainder correlations in our several studies, was surprisingly high.

The test was modified and few items that were not appropriate for our samples were excluded and the reliability was found out using split half reliability and the Cronbach's Alpha was found to be .61.

3.5. Procedure for Data Collection.

The researcher gathered data through questionnaires. The forms were provided to the participants directly by the researcher. Initially the informed consent form was given and those who agreed to participate were considered for the study. The subjects were informed about the purpose of the study and the data was collected with the help of the following tools: Perceived Emotional Distress Scale, Rosenberg Self Esteem Scale and the personal data sheet.

3.6. Statistical techniques for data analysis.

The following were the statistical techniques used for the analysis of data. SPSS Version 23 was used for data analysis.

3.6.1. Frequency Distribution & Percentage

The repetition of number in a data set is termed as frequency of that particular number or the variable in which that number is assigned. The frequencies of variables in a data are to be listed in a table. This table is known as frequency distribution table and the list is referred as frequency distribution. In statistics, a Frequency Distribution is thus a table that displays the frequency of various outcomes in a sample. A frequency distribution is an orderly arrangement of data classified according to the magnitude of the observations. When the data are grouped into classes of appropriate size indicating the number of observations in each class we get a frequency distribution. By forming frequency distribution, we can summarize the data effectively. It is a method of presenting the data in a summarized form. Frequency distribution is also known as Frequency table. A percentage frequency distribution is a display of data that specifies the percentage of observations that exist for each data point or grouping of data points. It is a particularly useful method of expressing the relative frequency of survey responses and other data. Many times, percentage frequency distributions are displayed as tables or as bar graphs or pie charts.

In the present study frequency distribution and percentage was used for indicating the extent/level of Self-esteem and Perceived emotional distress among the sample.

3.6.2. Mann Whitney U-test

It is the non-parametric alternative test to the independent sample t-test. It is used to compare difference between two independent groups when the dependent variable is either ordinal or continuous, but not normally distributed. In the present study, Mann Whitney U-test was used to indicate the results of self-esteem and perceived emotional distress among the participants on the basis of economic status and area of residence.

3.6.3. Kruskal Wallis Test

It is sometimes called the “one-way ANOVA on rank”, is a rank-based non-parametric test that can be used to determine if there are statistically significant differences between 2 or more groups of an independent variable on a continuous or ordinal dependent variable. In the present study, Kruskal Wallis test was used to indicate the results of participants on the basis of educational qualification, marital status, number of children and monthly income.

3.6.4. Spearman’s rank correlation

In statistics, Spearman’s rank correlation coefficient or Spearman’s rank, named after Charles Spearman is a non-parametric measure of rank correlation (statistical dependence between the rankings of 2 variables). It assesses how well the relationship between 2 variables can be described using a monotonic function. In the present study Spearman’s rank was used to indicate the relationship between Self-esteem and Perceived emotional distress.

3.6.5. Mean

Mean is a mathematical calculation used to measure central tendency for interval and ratio data. It is the sum of the numbers divided by the total number of observation. In other words, the mean of N numbers is simply the sum of all the numbers divided by N. It cannot be used for nominal or ordinal data where numbers are used as ‘codes’. Standard deviation is the most common measure of dispersion that measures the overall variation of the data around the mean. It is a single number that measures how spread the distribution of data is around the mean.

In the present study, mean was used on the basis of demographic factor, number of family members were represented

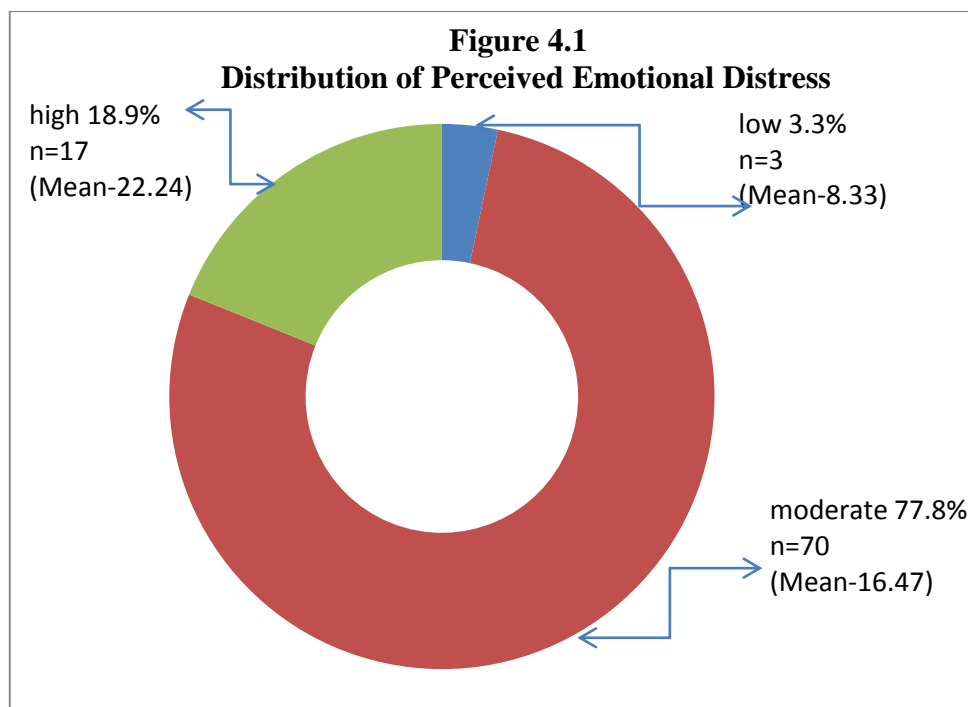
CHAPTER 4

RESULTS AND DISCUSSIONS

Chapter 4 presents the results obtained through analysis of data using different statistical techniques and its discussion. The discussions of the results are done on the basis of objectives, previous studies, informal interviews and information of the investigator.

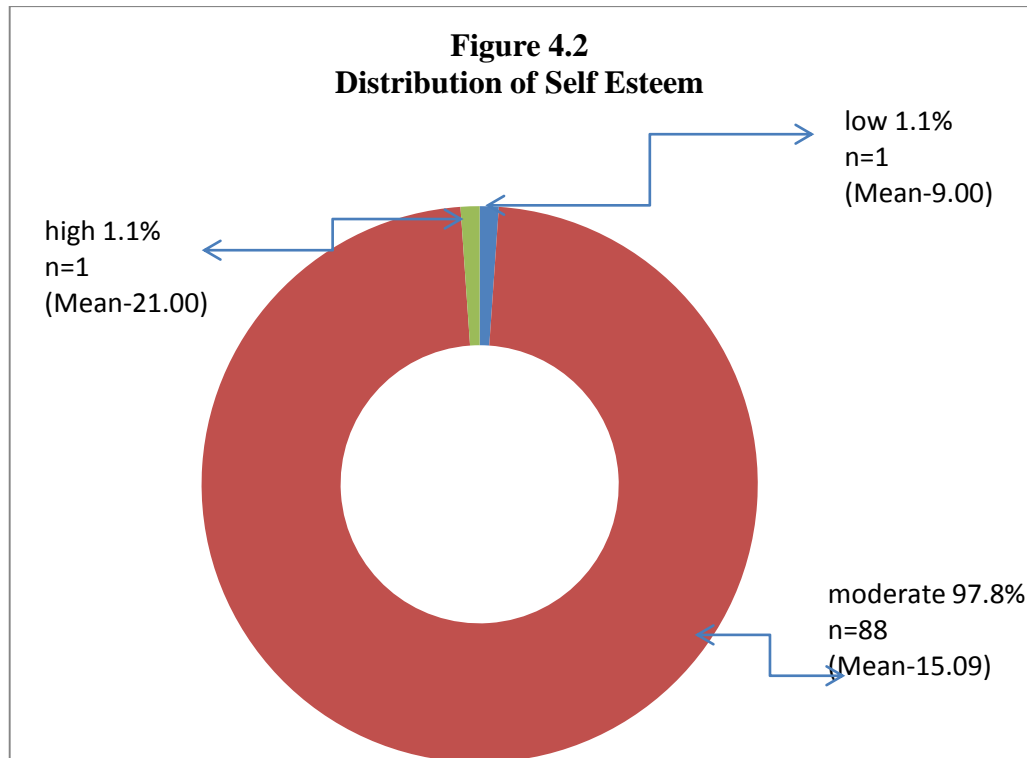
4.1.Extent of Perceived emotional distress and Self-esteem among housewives in coastal area

In order to address the first objective- To understand the extent of perceived emotional distress and Self-esteem, Percentage analysis was done and the results are presented in Figure 4.1



According to the results shown in the above figure, 18.9% of the sample were found to have high perceived emotional distress, 77.8% have moderate level of emotional distress and 3.3% have low level of perceived emotional distress. Housewives who have moderate level of perceived emotional distress may exhibit new or repeated behaviour which pushes the limits and interferes with effective management of the environment and unusual or

exaggerated emotional response that is disproportionate to the situation. Based on the interaction with the participants it was found that poverty, unequal distribution of the resources avail to them and natural disasters due to high tides, reduced job opportunities due to trolling are the reasons of emotional distress.



The results shown in the figure 4.2, indicates that 1.1 % of the sample is found to have high self-esteem, 97.8% have moderate level of self-esteem and 1.1% have low self-esteem. It is seen that majority of them fall under the moderate category. A score in this range indicates moderate issues with self-esteem which often contributes to anxious behaviour. They often struggle in social and performance settings, which can contribute to further distress. Even though their standard of living is low, they prefer to live with the resources they have with them and try to balance the family dynamics. They care for their husband and nurture their children by taking initiatives within the home by preparing food, cleaning the

premises for which they take pride in it. They find solace in God and consider themselves as children of God as it satisfies their need for safety and belongingness and thereby boosting their self-esteem.

4.2.Relationship between Perceived emotional distress and Self-esteem.

In order to understand the relationship between Perceived emotional distress and Self-esteem Spearman's Rank Correlation was used and the results obtained are provided in Table 4.1

Table 4.1

**Relationship between Perceived Emotional Distress and Self Esteem
among housewives**

Variable	Spearman' Correlation	
	1	2
1.Perceived Emotional Distress	()	-.007#
2.Self Esteem	..	()

Note: # indicates no significance at the 0.05 level (2-tailed).

From the table 4.1 it was found that there exists no significant relationship between self- esteem and perceived emotional distress. The value indicates that there exists a negative relationship between the two variables. A study done by Jo Ann Abe(2004) examined the relative importance of self-esteem, family cohesion, and support from friends in predicting depressed mood and anxiety in Japanese and American college students. Contrary to expectations, self-esteem was the strongest predictor of emotional distress in both groups of students. Nevertheless, consistent with predictions derived from Markus and Kitayama's

theory of self-construals, family cohesion accounted for a significantly larger percentage of the variance in predicting emotional distress in Japan than in the United States. In both countries, the relationship between support from friends and the measures of emotional distress were entirely mediated by self-esteem. However, among Japanese students, family cohesion accounted for additional significant variance in predicting the measures of emotional distress, even after controlling for self-esteem. But in the present study it is found that there exist no significant relationship between self-esteem and perceived emotional distress. Further research need to be done to find out the reason why no relationship between the variables among housewives in coastal areas of Trivandrum.

4.3. Demographic wise variation in Perceived Emotional Distress and Self Esteem

To identify whether perceived emotional distress and self-esteem vary according to demographic features, Mann Whitney U test and Kruskal Wallis test were used.

4.3.1. Area wise variation in Perceived emotional distress and Self-esteem

In order to understand whether significant difference exist in perceived emotional distress and self-esteem on the basis of area of residence Mann Whiney U test was done and he results are shown in table no.4.2

Table:4.2

**Results of Mann-Whitney U test: Self- esteem and perceived emotional distress
on the basis of area of residence**

Variable	Area of residence	N	Mean Rank	Mann-Whitney U
Self Esteem	Urban	77	44.59	430.500#
	Rural	13	50.88	
Perceived Emotional Distress	Urban	77	45.75	481.000#
	Rural	13	44.00	

Note: # indicates no significance at the 0.01 level

From table 4.2 it is seen that there is no significance difference in perceived emotional distress and self -esteem on the basis of area of residence. Almost all the facilities avail to housewives in the coastal belt whether they belong to rural or urban are almost the same. Urbanisation in the rural sector has made rapid progress in the availability of resources and thereby providing equal opportunity to all people in the coastal area. The type of work, culture, social privileges, living standards and opportunities are almost the same.

4.3.2.Educational Qualification wise variation in Perceived emotional distress and Self-esteem

In order to understand whether significant difference exist in perceived emotional distress and self-esteem on the basis of area of residence Kruskal Wallis test was done and he results are shown in table no.4.3

Table:4.3

Results of Kruskal Wallis test : Perceived emotional distress and Self-esteem on the basis of educational qualification.

Variable	Educational qualification	N	Mean Rank	Chi-Square
Self Esteem	No schooling	4	54.00	3.624#
	Lp	38	44.84	
	Up	13	55.12	
	HS	23	39.20	
	PD/+2	9	45.94	
	D	3	47.83	
Perceived Emotional Distress	No schooling	4	41.25	1.931#
	Lp	38	46.79	
	Up	13	40.58	
	HS	23	43.33	
	PD/+2	9	54.61	
	D	3	45.50	

Note: # indicates no significance at the 0.01 level

From table 4.3 it is seen that there is no significance difference in perceived emotional distress and self-esteem on the basis of educational qualification. Jean.Twengen and Keith Campbell (2002) in their research work, highlighted the importance of education in the enhancement of self-esteem, and according to those researchers, education has better role than income, in self-esteem enhancement.

Similar research was done by Richard (2003), who stated clearly that educated individuals were found to possess high self-esteem when compared to the less educated individuals. But in the present study it is seen that people who have less education also possess a moderate level of self -esteem despite of their education. Experiences and exposure to hardships make them able to overcome stressful events more than the people who belong from other strata of the society. Even though educated most of the housewives have to live their lives within the home limits taking care of the family responsibilities. Thus, their educational degrees do not contribute much for making a difference in Perceived emotional distress and Self-esteem.

4.3.3. Marital Status wise variation in Perceived emotional distress and Self-esteem

In order to understand whether significant difference exist in perceived emotional distress and self-esteem on the basis marital status Kruskal Wallis test was done and he results are shown in table no.4.4

Table:4.4

**Results of Kruskal Wallis test: Perceived emotional distress and Self-esteem
on the basis of marital status**

Variable	Marital status	N	Mean Rank	Chi-Square
Self esteem	separated	2	37.75	2.601#
	widow	13	35.35	
	married	75	47.47	
Perceived Emotional Distress	separated	2	62.50	.895#
	widow	13	44.15	
	married	75	45.28	

Note: # indicates no significance at the 0.01 level

From table 4.4 it is seen that there is no significance difference in perceived emotional distress and self-esteem on the basis of marital status. Diane Robinson Brown and Lawrence E Garyl did extensive research on the impact of marital status on the emotional support for married females and according to them, emotional support extended by spouses, plays a major role in the enhancement of self-esteem among married women. In the present study it is seen that there is no significant difference in perceived emotional distress and self-esteem based on marital status. Housewives no matter married, separated, or widowed do have similar life responsibilities that equip them for their own survival.

4.3.4. Number of children wise variation in Perceived emotional distress and Self-esteem

In order to understand whether significant difference exist in perceived emotional distress and self-esteem on the basis of number of children Kruskal Wallis test was done and the results are shown in table no. 4.5

Table: 4.5

Results of Kruskal Wallis test Perceived emotional distress and Self-esteem on the basis of number of children.

Variables	Number of children	N	Mean Rank	Chi-square
Self Esteem	0	4	28.88	3.501#
	1	11	41.77	
	2	43	46.50	
	3	27	46.43	
	4	2	44.00	
	5	2	51.25	
	7	1	76.50	
	0	4	61.75	

Perceived Emotional Distress	1	11	52.32	6.060#
	2	43	41.99	
	3	27	47.46	
	4	2	38.75	
	5	2	20.00	
	7	1	68.00	

Note: # indicates no significance at the 0.01 level

From table 4.5 it is seen that there is no significance difference in perceived emotional distress and self-esteem on the basis of number of children.

Figure 4.3

Distribution of Self Esteem on the basis of the number of family members

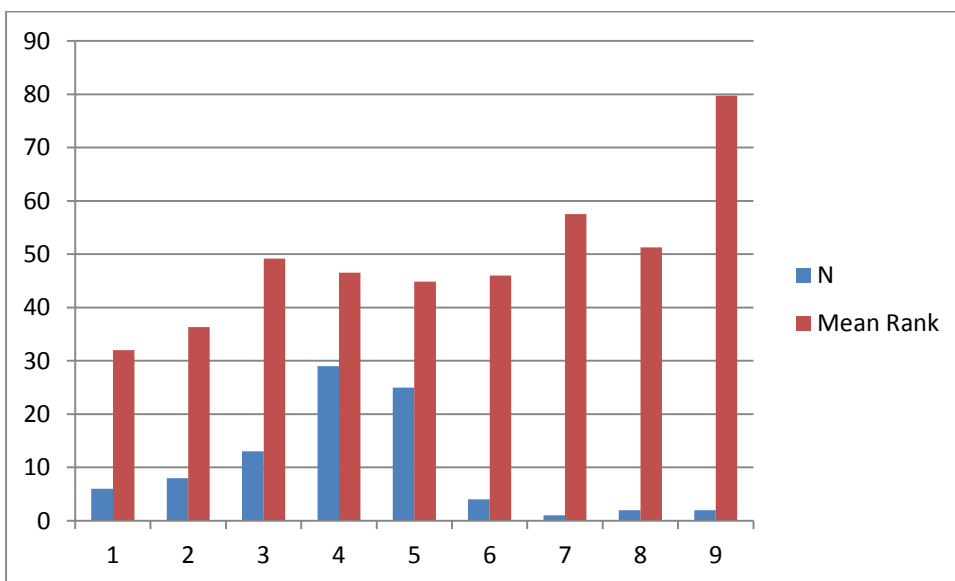
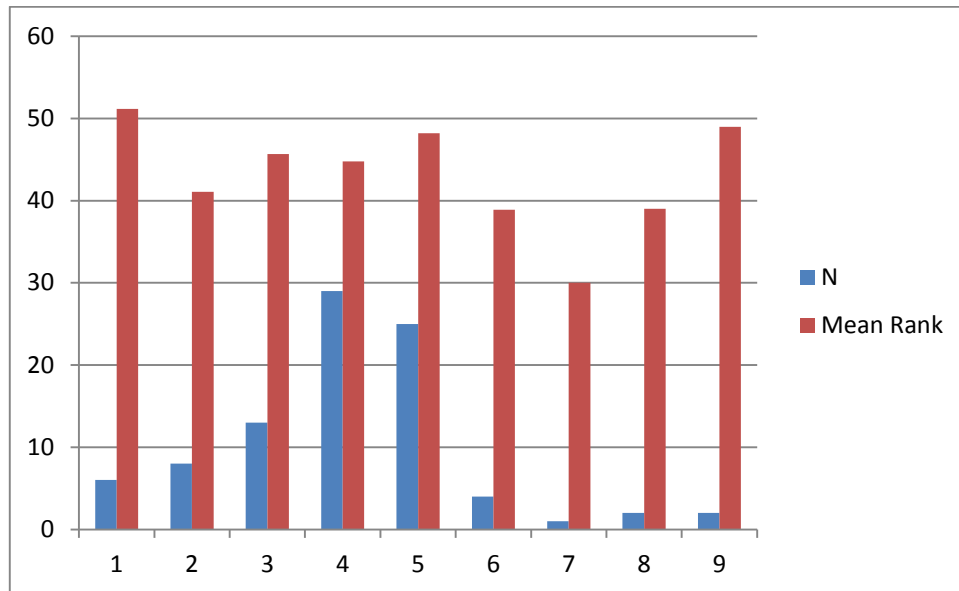


Figure 4.4

Distribution of Perceived Emotional Distress on the basis of number of family members



4.3.5. Monthly income wise variation in Perceived emotional distress and Self-esteem

In order to understand whether significant difference exist in perceived emotional distress and self-esteem on the basis of monthly income Kruskal Wallis test was done and the results are shown in table no.4.6

Table: 4.6

**Results of Kruskal Wallis test: Self-esteem and perceived emotional distress
on the basis of monthly income.**

Variables	Monthly Income	N	Mean Rank	Chi-square
Self Esteem	200	2	16.25	3.917#
	250	44	45.20	
	300	22	48.39	
	500	18	43.14	
	600	4	58.13	
Perceived Emotional Distress	200	2	64.50	2.485#
	250	44	46.67	
	300	22	41.95	
	500	18	47.47	
	600	4	33.75	

Note: # indicates no significance at the 0.01 level

From table 4.6 it is seen that there is no significant difference between perceived emotional distress and self-esteem on the basis of monthly income. Kessler and MacRae (1982) have clearly explained the positive impact of employment and income of women on the enhancement of self-esteem and self-confidence. According to these researchers, employment has positive psychosocial effect on women either as a safeguard against stress or as a primary source of well-being. Anne and George (1979) finds that husbands' success does positively affect a housewife's self-esteem, but not indirectly, through its effect on perceived marital success. Only husband's income has a direct positive effect on self-esteem, while other successes of the husband actually lower her self-esteem. In the present study it is seen that there is no significance in perceived emotional distress and self-esteem based on monthly income. The researcher viewed problems like poverty, malnutrition and lack of basic amenities in the housewives.

4.3.6. Economic status wise variation in Perceived emotional distress and Self-esteem

In order to understand whether significant difference exist in perceived emotional distress and self-esteem on the basis of economic status Kruskal Wallis test was done and the results are shown in table no 4.7.

Table: 4.7.

**Results of Mann-Whitney U test: Self-esteem and perceived emotional distress
on the basis of economic status**

Variables	Economic Status	N	Mean Rank	Mann-Whitney U
Self Esteem	APL	73	46.23	567.000#
	BPL	17	42.35	
Perceived Emotional Distress	APL	73	45.26	603.000#
	BPL	17	46.53	

Note: # indicates no significance at the 0.01 level

From table 4.7 it is seen that there is no significance difference in perceived emotional distress and self-esteem on the basis of economic status. Even if the housewives belong in the economic status of APL or BPL here is no significant difference on their perceived emotional distress and self esteem. It all depends on the bread winner of the family. Categorization into APL strata is one of the issue in some families.

5.1. Resume of the study

5.2. Findings of the study

5.3. Implications of study

5.4. Limitations of the study

5.5. Suggestions for the study

5.1. Resume of the study

The study aimed at understanding the existence of perceived emotional distress and self-esteem among housewives residing in Thiruvananthapuram city, Kerala. To understand whether significant relationship exists between perceived emotional distress and self-esteem on the basis of marital status, number of children, economic status and area of residence, a sample of 90 participants through convenient sampling were selected. For measuring the perceived emotional distress and self-esteem, Perceived emotional distress inventory and Rosenberg's self-esteem scales were used respectively. The results of the study indicate that 77.8% of the participants have moderate level of perceived emotional distress 97.8% of participants have moderate level of self-esteem. There exist no relation between perceived emotional distress and self-esteem. There exist no significant difference on the basis of demographic factors like area of residence, educational qualification, number of children, number of family members, monthly income and economic status.

5.2. Major findings

- 18.9% of the sample-were found to have high perceived emotional distress, 77.8% have moderate level of emotional distress and 3.3% have low level of perceived emotional distress.
- 1.1 % of the total sample analysed were found to have high self-esteem, while a majority of 97.8% showed moderate level of emotional distress and 1.1% have low level of self-esteem.
- There is no significant relationship between perceived emotional distress and self-esteem.
- There is no difference on perceived emotional distress and self-esteem on the basis of area of residence

- There is no difference on perceived emotional distress and self-esteem on the basis of educational qualification.
- There is no difference on perceived emotional distress and self-esteem on the basis of number of children.
- There is no difference on perceived emotional distress and self-esteem on the basis of number of family members.
- There is no difference on perceived emotional distress and self-esteem on the basis of monthly income.
- There is no difference on perceived emotional distress and self-esteem on the basis of economic status.

5.3.Implications of the Study

The present study was conducted among housewives in coastal area who reside in Trivandrum district. It provides a clear idea regarding the nature and extent of perceived emotional distress and self-esteem among housewives in the coastal belt of Trivandrum. It provides the empirical data regarding the extensity of distress and sense of worth among the housewives that can be further utilized by future researchers.

As a counseling psychologist it is very important to consider the current situation that prevails among those who live in the coastal belt. Mental health professionals should consider the findings of the study as an indicator of future problems that may occur and should take steps to prevent issues from occurring in near future. The review of literature of the present study will help to understand the concepts of emotional distress and self-esteem. The requirement of the counseling intervention was evident in the study. Women may have suppressed these internal conflicting urges and it is important that the Counselling psychologist help them to become more aware of how she is feeling. Families may resent the

women who have nurtured and supported other members till this stage of life, so it is important that these women have the support of the Counselling psychologist. Mental health professionals should use psychotherapeutic strategies to boost the level of self-esteem and to reduce emotional distress by providing the housewives with life skills training, forming self-help groups, training in mindfulness, yoga and relaxation techniques.

5.4. Limitations of the study

Based on the design of present investigation, the findings that are arrived at and the limitations that are inevitable, certain suggestions can be made for further studies in this area:

Although the research was carefully prepared, it contains various limitations and short-comings.

- The research was conducted only on the people in Thiruvananthapuram as a result the data collected is not an encouraging number.
- If the study had extended the survey beyond the limits of Thiruvananthapuram, the researcher would have been able to gather more data than what has been collected.
- The size of the sample for the qualitative study was changed due to unavailability of participants.
- Lack of prior research studies on the topic and relevant tool to collect data on Perceived emotional distress and Self-esteem in Kerala.
- The review of the literature indicated that there is a lack of empirical research which addresses this population.
- Since the researcher was in the learning phase, it took more time and effort.

5.5.SUGGESTIONS FOR FUTURE STUDY

- The study could be extended in longitudinal comparative ways. Further research could elaborate on this point, providing information that a comparative research could be done with regard to:
 - Difference between housewives in Kerala and other South Indian states
 - Difference between housewives in Kerala and a North-Indian state
 - Difference between housewives in Kerala and a western country.
- Conducting similar studies in different parts of the state and in the country and the state, it will help to identify the cultural differences.
- The sample size can be increased so that the validity of the results can be generalized.
- Since only limited studies have been done on Perceived emotional distress and Self-esteem among housewives of Trivandrum and hence further in-depth research should be done to understand the extent of these variables in them.
- Utilizing more structured and standardized tools will help to gather more precise results.

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APPENDIX

Appendix A

INFORMED CONSENT FORM

Informed consent to participate in a research project, on “: *Perceived Emotional Distress and Self Esteem among Housewives in Coastal Areas of Trivandrum*”

Please complete this form after you have read the Information Sheet and /or listened to an explanation about the research.

Project Title: *Perceived Emotional Distress and Self Esteem among Housewives in Coastal Areas of Trivandrum*

Researcher: Greeshma. C

Research Guide: Dr. Pramod S.K

The current study focus on measuring the level of emotional distress perceived and self-esteem among housewives.

Thank you for your interest in taking part in this research. Before you agree to take part, the person organizing the research must explain the project to you.

If you have any questions arising from the Information Sheet or explanation already given to you, please ask the researcher before you decide whether to join in.

Participant’s Statement

I agree that:

- I have read the notes written above and the Information Sheet, and understand what the study involves.
- I understand that if I decide at any time that I no longer wish to take part in this research, I can notify the researchers involved and withdraw immediately.
- I consent to the processing of my personal information for the purpose of this research study.
- I understand that such information will be treated as strictly confidential and handled in accordance with the Data Protection Act 1998.
- I agree that the research project named above has been explained to me to my satisfaction and I agree to take part in this study.

Signature:

Date:

The following statements refer to some aspects of your feelings and thoughts for the past week, including today. Please read each statement and circle the number (0-1-2-3) which best describes the way you have been feeling. Do not spend too much time on any one statement but give the answer which describes your present feelings.

During the past month, including today....

Sl .No	Statements	Not at all	Sometimes	Often	Very much so
1	I get easily irritated	0	1	2	3
2	I feel strained	0	1	2	3
3	I feel distant from my friends	0	1	2	3
4	I am angrier than I willing to admit	0	1	2	3
5	I feel nervous	0	1	2	3
6	I feel confused and restless	0	1	2	3
7	I feel overwhelmed by "simple difficulties".	0	1	2	3
8	I am not enjoying the things that I usually do for fun.	0	1	2	3
9	I feel angry	0	1	2	3
10	I feel like a failure	0	1	2	3

Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle **SA**. If you agree with the statement, circle **A**. If you disagree, circle **D**. If you strongly disagree, circle **SD**.

Sl.No	Statements	SA	A	D	SD
1	On the whole, I am satisfied with myself.	SA	A	D	SD
2	At times, I think I am no good at all.	SA	A	D	SD
3	I feel that I have a number of good qualities.	SA	A	D	SD
4	I am able to do things as well as most other people .	SA	A	D	SD
5	I feel I do not have much to be proud of.	SA	A	D	SD
6	I certainly feel useless at times.	SA	A	D	SD
7	I feel that I'm a person of worth, at least on an equal plane with others.	SA	A	D	SD
8	I wish I could have more respect for myself.	SA	A	D	SD
9	All in all, I am inclined to feel that I am a failure.	SA	A	D	SD
10	I take positive attitude toward myself.	SA	A	D	SD