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Relationship between Quality of Life, Hardiness, Self-efficacy and Self-esteem amongst Employed and Unemployed Married Women in Zabol

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Abstract:

Objective: Examining the interrelationship between quality of life, hardiness, self-efficacy and self-esteem among working (professional and non-professional), and non-working married women has motivated the researcher to launch this study. **Method:** The samples in the present study consisted of 250 married employed women and 250 married unemployed women in the age range of 24-41 years old belonging to lower, middle, and upper socioeconomic status groups, with educational qualification of 10 ± 2 and above and having at least one school child. Stratified convenience sampling technique was used for the selection of the sample. The World Health Organization -Quality of Life (WHO QOL) – BREF, the Personal View Survey (PVS), the General Self-Efficacy Scale (GSE), The Coopersmith Self-Esteem Inventory (CSEI) and demographic questionnaire Sheet were chosen for collection of the data. **Results:** Obtained Pearson r values revealed significant positive interrelationship between quality of life, hardiness, self-efficacy, and self-esteem in the whole sample, within the subgroups of professional and non-professional employed and unemployed women. Obtained Pearson r values revealed significant negative relationship between employment and the above variables in women. **Conclusion:** It indicates that women with higher quality of life score rank also higher on hardiness, self-efficacy, and self-esteem and vice versa.

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