

Psychological Well-Being of a Housewife: A Case Study

Rabia Ibrahim

Student, The Bhopal School of Social Sciences

&

Ms. Udit Singh

Assistant Professor, The Bhopal School of Social Sciences

Abstract

Background: Psychological well-being is a multifaceted construct that influences an individual's overall life satisfaction and emotional stability. Housewives often experience unique psychological challenges as they navigate familial responsibilities, personal aspirations, and self-identity. This case study explores the psychological well-being of a 21-year-old married woman from Bhopal, Madhya Pradesh, with a focus on her mental health, career aspirations, and interpersonal relationships. **Case Presentation:** The subject, a graduate in English literature, has been married for 11 months and resides in a joint family system. She aspires to pursue a master's degree followed by a B.Ed. to establish a teaching career. She reports strong familial relationships and religious motivation, but identifies mental health and emotional regulation as areas for improvement. The Psychological Well-Being Scale (PWS) was used to assess her well-being.

Assessment & Findings: The subject scored 165 on the PWS, indicating a moderate level of psychological well-being. Strengths include self-acceptance, positive relationships, and purpose in life, while autonomy and emotional regulation were identified as areas for improvement.

Conclusion: The study underscores the importance of structured self-care routines, mental health awareness, and professional development in enhancing psychological well-being. Practical recommendations for balancing personal, marital, and career aspirations are provided.

Keywords: Psychological well-being, housewife, self-acceptance, mental health, marital adjustment, personal growth

Introduction

Psychological well-being refers to an individual's ability to maintain emotional stability, cope with stress, and derive satisfaction from life. The Psychological Well-Being Scale (PWS) (Ryff, 1989) identifies six dimensions of well-being: self-acceptance, positive relationships, autonomy, environmental mastery, purpose in life, and personal growth. This study explores the psychological well-being of a 21-year-old housewife managing multiple life roles, highlighting her strengths and challenges.

Methodology

The subject is a 21-year-old married female from Bhopal, Madhya Pradesh. She holds a bachelor's degree in English literature and plans to pursue a career in teaching. She has been married for 11 months and resides in a joint family system. Her psychological well-being was assessed using the PWS, a standardized tool measuring mental health across six domains. In addition to the assessment, interviews were conducted to gather insights into her familial relationships, aspirations, and personal challenges.

Psychological Well-Being Assessment

The subject's overall score on the PWS was 165, indicating a moderate level of psychological well-being. A breakdown of her results in each domain is as follows:
Self-Acceptance: Displays a generally positive self-image but experiences occasional self-doubt.

Positive Relationships: Strong familial bonds but limited social interaction outside of family.

Autonomy: Independent in decision-making but sometimes relies on external validation.

Environmental Mastery: Feels competent in daily responsibilities but experiences stress in balancing multiple roles

Purpose in Life: Clear career aspirations, but occasional uncertainty about long-term fulfillment.

Personal Growth: Values learning and creativity but sometimes hesitates to step outside her comfort zone.

Discussion

The subject exhibits a well-rounded personality with strong family support and a clear sense of purpose. However, as a newly married individual adjusting to new responsibilities, she faces challenges related to mental health, autonomy, and role adaptation. Her desire to pursue higher education and a career in teaching highlights her drive for personal and professional growth. At the same time, her need for emotional support and occasional reliance on external validation suggest areas where further development can enhance her well-being. This case study highlights the importance of structured interventions, such as mental health awareness, self-care practices, and career guidance, to support individuals transitioning into new life stages.

Conclusion

This case study provides insights into the psychological well-being of a young housewife balancing personal aspirations with familial responsibilities. Her moderate level of well-being suggests a balance between strengths and challenges. Enhancing mental health awareness, developing structured self-care routines, and actively pursuing professional growth can contribute to improved psychological well-being. Future studies could explore interventions that assist women in achieving greater autonomy and personal fulfillment while maintaining strong family connections.

Recommendations

Mental Health Prioritization: Incorporate self-care routines such as mindfulness, therapy, or journaling.

Strengthening Marital Bond: Foster open communication and mutual understanding with her spouse.

Career Advancement: Pursue professional training programs or educational workshops.

Expanding Social Network: Engage in peer support groups or professional networking to enhance autonomy and social interactions.

Creative Outlets: Regular participation in arts, crafts, and recreational activities for stress relief.

References

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>

Sisodia, D. S., & Choudhary, P. (n.d.). Manual for Psychological Well-Being Scale.

Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual Review of Psychology*, 54(1), 403–425. <https://doi.org/10.1146/annurev.psych.54.101601.145056>

Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207–222. <https://doi.org/10.2307/3090197>