



## STRESS, QUALITY OF SLEEP, AND PSYCHOLOGICAL WELL-BEING AMONG HOUSEWIVES: A CORRELATION STUDY

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### Abstract

The aim of this study was to determine the relationship between stress, quality of sleep, and psychological well-being among housewives. A cross-sectional survey was conducted, targeting exclusively non-working housewives. 200 volunteers made up the sample, and their ages ranged from 25 to 59. The Perceived Stress Scale, the Sleep Quality Scale, and the Ryff Psychological Well-being Scale were used by the researchers to assess stress levels, sleep quality, and psychological well-being, respectively. Correlational analysis indicated a significant positive correlation between stress and sleep quality ( $r = .591$ ,  $p < .01$ ). It further revealed a significant negative correlation between stress and psychological well-being ( $r = -.512$ ,  $p < .01$ ,  $N = 200$ ). Overall, the findings from this study indicate that stress has a detrimental impact on both the quality of sleep and psychological well-being of housewives. These results highlight the importance of addressing stress management techniques and interventions to enhance the well-being of this specific population.

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**Introduction:**

The well-being of individuals, particularly in the context of mental health, has become a subject of increasing importance and concern. The role of housewives in society has long been a subject of discussion and debate.<sup>[1]</sup> Housewives often bear the weight of multiple responsibilities, including maintaining a clean and organized home, caring for children and other family members, managing finances, and often, juggling part-time jobs or other commitments.<sup>[2]</sup> Such demanding roles can give rise to chronic stress and potentially affect various aspects of their overall well-being.<sup>[3]</sup> While their contributions to managing households and nurturing families are invaluable, the challenges they face can often be overlooked. Housewives often face unique stressors and challenges in their daily lives, which can have implications for their overall psychological well-being and quality of sleep. Understanding the relationship between stress, quality of sleep, and psychological well-being among housewives is crucial for developing effective interventions and support systems to enhance their overall health and happiness.

Stress is a common experience in modern society and can significantly impact an individual's physical and mental well-being. Housewives, who often bear multiple responsibilities related to managing household chores, caregiving, and family dynamics, may face substantial stress levels. The influence of stress on sleep quality is well-documented, as heightened stress levels can lead to difficulties in falling asleep, maintaining sleep, and experiencing restorative sleep.<sup>[3]</sup> Previous studies have shown a well-established connection between sleep and affect has been found in the scientific literature, and regulating emotions is one of sleep's essential components. Although studies have established that the quality of sleep is more fundamental than the quantity of hours slept in many research, the number of hours sleep has generally been considered as a significant predictor of well-being outcomes.<sup>[5]</sup> Consequently, poor sleep quality can further exacerbate stress levels, creating a vicious cycle that negatively affects psychological well-being.<sup>[6]</sup>

Psychological well-being encompasses various aspects of an individual's mental health, including their emotional state, sense of purpose, self-acceptance, and satisfaction with life.<sup>[7]</sup> Housewives may encounter unique challenges that can impact their psychological well-being<sup>[8]</sup> such as feelings of social isolation, lack of fulfillment, or role strain. Understanding how stress and sleep quality relate to psychological well-being among

housewives is essential for developing targeted interventions to improve their mental health.

While studies have individually explored the relationships between stress, sleep quality, and psychological well-being in different populations<sup>[9]</sup>, limited research specifically focuses on housewives. Investigating these variables within the context of housewives can provide valuable insights into their experiences and contribute to developing tailored strategies to promote their well-being. Moreover, understanding the correlations between stress, quality of sleep, and psychological well-being among housewives can inform policymakers, healthcare professionals, and support systems to develop more comprehensive approaches to address their unique needs.

Therefore, this study aims to examine the correlation between stress, quality of sleep, and psychological well-being among housewives in Maharashtra. By exploring these interrelationships, this research endeavors to gain insights into the challenges faced by housewives and provide a foundation for developing targeted interventions and support systems to enhance their overall well-being. Ultimately, this study seeks to contribute to the well-being of housewives by promoting a better understanding of the complex dynamics between stress, sleep quality, and psychological well-being in their lives.

**METHODOLOGY**

The present study aimed to examine the correlation between stress, quality of sleep, and psychological well-being among housewives. The study employed a correlational research design, utilizing voluntary participation. The target population consisted of housewives in Maharashtra. A convenience sampling method was used to recruit 200 participants who met the inclusion criteria of being non-working housewives between the ages of 25 and 59 years and expressed their willingness to participate. Housewives who work from home and those with cognitive impairment who could not understand the questionnaire were excluded from the study. Prior to data collection, informed consent was obtained from each participant. The information regarding age, gender, weight, height, and medical history of the patients was gathered and analyzed.

Data collection involved administering three scales to the participants: perceived stress scale, sleep quality scale, and Ryff psychological well-being scale. For the current study, the demographic data

of housewives addressed age groups ranging from 25 to 59 years.

The Perceived Stress Scale (PSS-10) is a widely used 10-item scale for assessing perceived stress levels<sup>(10)</sup>. The psychometric properties of the PSS-10 were originally evaluated in a large national sample of 2,387 American adults. The scale demonstrated adequate internal consistency reliability ( $\alpha = .78$ )<sup>(10)</sup> and moderate concurrent criterion validity with measures of stress and health (Cohen & Williamson, 1988). Similar studies have also reported good internal consistency reliability and convergent validity for the PSS-10<sup>[11,12]</sup> along with adequate convergent validity demonstrated by its associations with measures of physical and mental health, such as perceived health status ( $r = -.22, p < .001$ ), psychosomatic symptoms ( $r_s = .28$  to  $.34, p < .001$ ), and health service utilization ( $r = .22, p < .001$ ) (Cohen & Williamson, 1988; Mitchell et al., 2008; Roberti et al., 2006<sup>(10,13,14)</sup>

The Sleep Quality Scale is a 28-item instrument that measures six domains of sleep quality, including daytime symptoms, restoration after sleep, difficulties initiating and maintaining sleep, walking with difficulty, and sleep satisfaction. In an initial psychometric evaluation conducted by Yi et al., the Sleep Quality Scale demonstrated excellent internal consistency reliability with a coefficient of .92<sup>(7)</sup>.

The Ryff Psychological Well-being Scale, comprising 42 items, is a psychological tool that focuses on assessing multiple aspects of psychological health. These aspects include self-acceptance, establishing strong relationships, demonstrating independence in decision making, effectively coping with difficult situations, achieving personal objectives and values, pursuing result-oriented goals and a sense of purpose in life, and experiencing continuous personal growth and progress. The scale has demonstrated satisfactory internal consistency reliability with a Cronbach's alpha coefficient of .78<sup>(15)</sup>.

## RESULTS

In housewife's the results of the descriptive analysis represented that there were 100 female participants whose ages ranged between 25-59 years. The mean age of the subjects was  $42.4 \pm 7.79$  years. Individuals in this study experienced a moderate level of sleep and moderate level of stress as shown in table 1

According to the findings regarding the relationship between stress and sleep quality, the Pearson correlation coefficient revealed a

favourable and significant association ( $r = .591, p < .01$ ), as shown in figure 1.

Furthermore, the correlation analysis also revealed a negative and significant association between stress and psychological well-being ( $r = -.512, p < .01$ ) as depicted in figure 2

## DISCUSSION

In our experimental study involving 200 housewives in Maharashtra, aged between 25 and 59 years, the present study aimed to investigate the relationship between stress, quality of sleep, and psychological well-being among housewives. The results revealed interesting findings that shed light on the psychological health of this particular demographic.

In terms of stress levels, the mean score obtained was 20.36, with a standard deviation of 4.28. This indicates that, on average, housewives experience a moderate level of stress. It is noteworthy that stress can have detrimental effects on both physical and mental health, and understanding its correlation among housewives is crucial for implementing effective interventions and support systems.

The study also assessed the quality of sleep among housewives. The mean score for sleep quality was 43.79, with a standard deviation of 12.53. This suggests that, on average, housewives experience moderate sleep disturbances. Sleep is a vital component of overall well-being, and poor sleep quality can contribute to various health issues, including increased stress levels. Therefore, addressing sleep problems among housewives is essential for their overall psychological and physical health.

Regarding the correlation between stress and sleep quality, the Pearson correlation coefficient showed a positive and significant association ( $r = .591, p < .01$ ). This indicates that as stress levels increase, the quality of sleep tends to worsen among housewives. The finding suggests that stress may negatively impact the ability to achieve restful and rejuvenating sleep, which can further exacerbate stress levels and create a vicious cycle. These results are consistent with previous research that has established a strong link between stress and sleep disturbances<sup>(16)</sup>. It is important to note that the cross-sectional nature of the study limits the ability to draw causal conclusions; however, the findings imply that interventions targeting stress reduction may potentially improve sleep quality among housewives.

Furthermore, the correlation analysis also revealed a negative and significant association between stress and psychological well-being ( $r = -.512, p < .01$ ). This suggests that higher levels of stress are associated with lower levels of psychological well-being among housewives. The finding aligns with the existing literature, which highlights the detrimental effects of chronic stress on mental health and overall well-being<sup>(17)</sup>. The negative impact of stress on psychological well-being may be attributed to various factors, including increased anxiety, depressive symptoms, and decreased self-esteem. These findings underscore the importance of addressing stress management and providing psychological support for housewives to enhance their overall well-being.

The results of this study contribute to the understanding of the interplay between stress, sleep quality, and psychological well-being among housewives. By establishing significant correlations, the findings highlight the need for interventions that focus on stress reduction and improving sleep quality to enhance the psychological well-being of housewives. Implementing stress management techniques, such as relaxation exercises, mindfulness, and cognitive-behavioral interventions, may prove beneficial in addressing the mental health challenges faced by housewives.

However, it is important to acknowledge the limitations of this study. Firstly, the study employed a cross-sectional design, which limits the ability to establish causal relationships between variables. Longitudinal studies are warranted to examine the temporal associations and directionality of the observed relationships. Additionally, the study sample consisted of a specific population of housewives, which restricts the generalizability of the findings to other demographic groups. Future research should consider including diverse populations to obtain a more comprehensive understanding of the relationship between stress, sleep quality, and psychological well-being.

## CONCLUSION

The results of this study indicate significant correlations between stress and both sleep quality and psychological well-being among housewives. The findings highlight the importance of addressing stress and improving sleep quality to promote the psychological well-being of housewives. These findings have implications for the development of targeted interventions and support programs aimed at reducing stress and enhancing mental health among housewives.

## CLINICAL IMPLICATIONS

This research article will contribute to the existing literature by providing valuable data on the correlation of stress, quality of sleep, and psychological well-being among housewives. The findings will serve as a basis for future research and inform policymakers, healthcare professionals, and support organizations in developing effective strategies to address the specific needs of housewives and promote their overall health and well-being.

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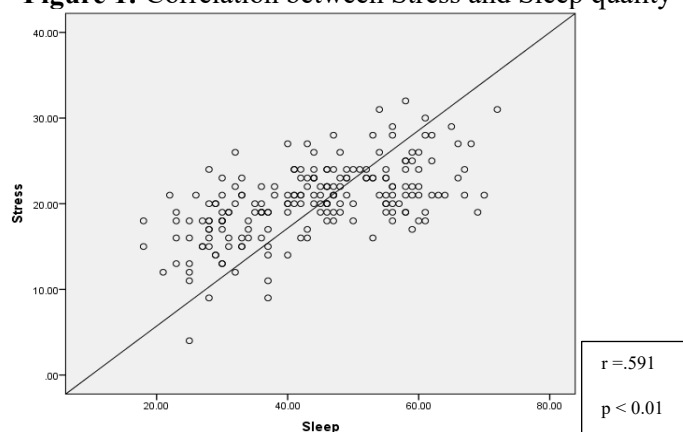
## Table

**Table 1:** Descriptive Statistics for Stress, Sleep Quality, and Psychological Well-being Among Housewives

Descriptive Statistics			
Factors	Mean	SD	N
Stress	20.3650	4.28293	200
Sleep	43.7900	12.53762	200
Psychological wellbeing	166.0250	25.96721	200

## Figures

**Figure 1:** Correlation between Stress and Sleep quality



**Figure 2:** Correlation between Stress and Psychological well being

