

# Effect of Psychological Well-Being Male/Female IT professionals and computer users

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**Abstract**— The purpose of this study was to explore the effect of psychological well-being (factor C) on IT professionals and computer users male and female on the basis of their marital status. The data was collected and analyzed from IT hubs areas of India like Bangaluru, Pune, Hyderabad, Delhi, Mumbai on 400 samples. Tests were conducted through online survey method by using psychometric scale of psychological well-being of Carol Ryff. The mean and SD of the sample was taken on the basis of which F-ratio was drawn.

The ratio came as 0.83, 3.62 and 1.79 at 0.05 level respectively of male, female and total male and female IT professionals and computer users.

It can be seen that married/unmarried males have insignificant difference in personal growth whereas, females especially IT professional married females show significant difference. But it was seen that total male and female (married and unmarried) showed insignificant difference in personal growth at 0.05 as well as 0.01 level in F ratio.

**Index Terms:** IT professional, Psychological well-being, Personal growth.

## I.INTRODUCTION

If we compare present situation with that of sixty years ago when there were no computers used in offices, homes or shops. But today computers have become indispensable part of our life, Wherever we go. Jobs of IT Professionals and Computer users have sprang up and multiplied like mushrooms all over the world. As computers and internet gave you all facilities from office work to school text book work, from online shopping to home task. As AI (artificial intelligence) has emerged major subjects in all academic institutions. But along with this drastic emergence of technology in our day-to-day life we institution. But along with this drastic emergence of technology in our day-to-day life we have slowly

being away from social life and most of the time of IT professional and computer users are spent in front of screen which make them away from basic behaviour with other people and personal life too. As the workload of office as well as the duties of their personal life make them overburdened and they find themselves psychologically stressed and their well-being is affected.

Psychological well-being is an important aspect for effective performance in each undertaking of life as it determines the internal feelings to persuade the external action. "The concept of well-being refer to fullest psychological functioning and experience. There is an increasing awareness that positive effect is not the opposite of negative effect."

-Cacippo and Berunts on 1999

"Psychological well-being is used to describe an individual's emotional health and overall functioning."

"A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make contribution to his or her community." (WHO, 2001)

The psychological well-being scale measures the well-beings at six levels namely-Autonomy, Environmental Mastery, Personal Growth, Purpose in life Personal Relations and Self Acceptance. The original scale developed by Carol Ryff (1989) with 42 items. In this journal personal growth ie factor (c) has been measured on IT professionals and computer users female and male's marital status.

- 1 Brett Roothman, Doret K. Kristen, Marrie P Wissing (2003) studied difference in gender in aspects of psychological well being.
- 2 Hyoun K. Kim, Patrick C. Mckenry, (2002) studied relationship between marriage and

psychological well being showing protective effect of marriage were greater than those of cohabiting relationships. Finding did not vary with gender.

3. Chiunjung Huang (2010) studied internet used and psychological well-being detrimental effect on psychological well-being on use of internet.

## II.NEED AND IMPORTANCE

As the whole world is connecting with each other through technology so we can say that computer and technology are ubiquitous part of our life but as the IT professional and computer user's workload is also increasing day by day. As they are overloaded with work their technostress or stress level is also increasing and to measure and know their psychological well-being will help psychologists and professionals to understand them and find ways and means to reduce their stress and improve psychological well-being.

This study will further help the technology persons to find measures to reduce their stress level so that it might enhance their productivity level in office and stress free personal life.

## III.OBJECTIVES

The following objectives have been made for the present work-

1. To study the impact of psychological well-being (personal growth) on male (married/unmarried) IT professionals and computer users.
2. To study the impact of psychological well-being (personal growth) on females (married + unmarried) IT professionals and computer users.
3. To study the impact of Psychological well-being (personal growth) on total males and females (married/unmarried)IT professionals and computer users.

## IV.HYPOTHESIS

The following hypothesis have been drawn for the present work-

1. There is no significant effect of psychological well-being (personal growth) on marital status of male IT professionals and computer users.

2. There is no significant effect of psychological well-being (personal growth) on marital status of female IT professionals and computer users.
3. There is no significant effect of psychological Well-being (Personal growth) on marital status of total male+female IT professionals and computer Users.

## V.SAMPLE

The sample were selected randomly from the IT hub places of India like Bengaluru Pune, Mumbai, Delhi, Hyderabad etc. 400 samples were selected 200 males and 200 females.

Groups	Marital Status	
IT Professionals	Married	100 50 male 50 Females
	Un Married	100 50 male 50 Females
Computer Users	Married	100 50 male 50 Females
	Un Married	100 50 male 50 Females

## VI.TOOLS

The tool used for measuring is scale of psychological well-being y carol Ryff (19890 having 42 items with 6 dimensions: (a) Autonomy (b) Environmental Mastery (C) Personal growth (d) Positive relations (e) Purpose in life (f) Self-Acceptance. In which 3rd factor ie personal growth is measured.

## METHODOLOGY

The samples were given online questionnaire as they were comfortable with the language i.e. English. Data was collected and scored using respective carol Ryff's psychological well-being (personal growth) through manual.

The obtained data was analyzed using ANOVA and S.D. (Critical Ratio) to obtain the result for the study. Personal growth factor is analyzed which show's one's outlook towards growth and continuous development of self-realization of one's potential and readiness to upgrade self over a period of time.

## VII.ANALYSIS OF RESULTS

Table No. 1 Effect Psychological Well-being (Personal growth) on Marital status of IT Professional and Computer Users males.

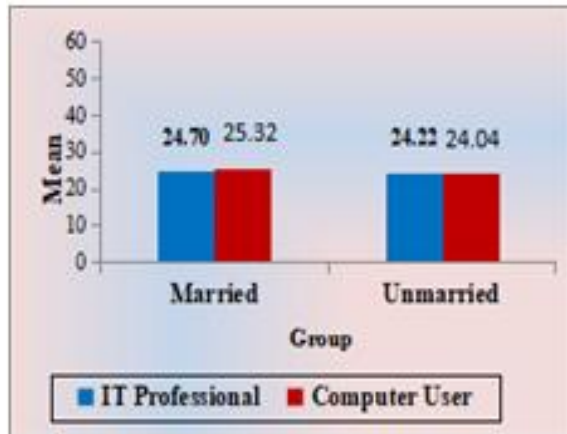
Group	Marital Status	N	M	SD
IT Professional	Married	50	27.70	3.86
	Unmarried	50	24.22	4.16
Computer User	Married	50	25.32	5.44
	Unmarried	50	24.04	4.15

SUMMARY ANOVA TABLE

Sources of Variation	df	Sum of Squares	Mean Square	F Ratio	"p" value
	3	49.14	16.38	0.83	>0.05
Among Group	196	3867.88	19.73		

Minimum value at 0.05 level 2.65  
 Minimum value at 0.01 level 3.88

Graph No.1- Graphical presentation of results Effect Psychological Well-being (Personal growth) on Marital status of IT Professional and Computer Users males



The effect of IT professionals computer users males is 0.83 in psychological well-being (personal growth) Which Shows no significant difference at 0.05 level Married computer users males faces more problem in personal growth than any other factors i.e. married and unmarried IT professionals males. As the personal growth totally deals with continued development and open to new experience but may be due to multiple role of home and job it brings them to condition un interested with life.

Table No. 2-Effect of psychological Well-being (personal growth) on marital status of IT professionals and computer users females

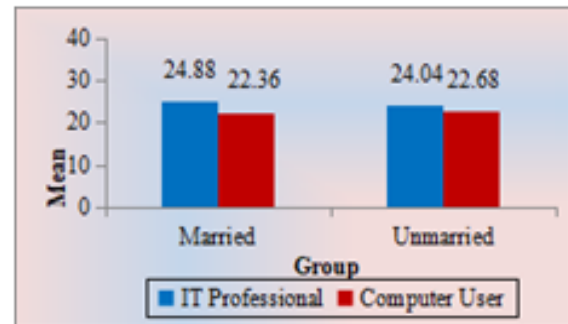
Group	Marital Status	N	M	SD
IT Professional	Married	50	24.88	4.97
	Unmarried	50	24.04	3.92
Computer User	Married	50	22.36	4.58
	Unmarried	50	22.68	3.96

SUMMARY ANOVA TABLE

Sources of Variation	df	Sum of Squares	Mean Square	F Ratio	"p" value
Between Group	3	208.38	69.46	3.62	<0.05
Among Group	196	3761.60	19.19		

Minimum value at 0.05 level 2.65  
 Minimum value at 0.01 level 3.88

Graph No.2 Graphical presentation of results Effect of psychological Well-being (personal growth) on marital status of IT professionals and computer users females



The effect of IT professionals and computer users females is sharing significant difference as its F ratio is 3.62 at 0.05 level. IT professionals females psychological well-being (personal growth) is effected as they have to do multitasking home and office job together with such time slot of MNC in which after a time they feel un interested in life and find no scope of expansion in their career and job resulting personal growth of their life gets paused and stagnant.

Table No. 3 Effect of psychological Well-being (personal growth) on marital status of IT professionals and computer users male+females (Total)

Group	Marital Status	N	M	SD
IT Professional	Married	100	24.79	4.43
	Unmarried	100	24.13	4.02
Computer User	Married	100	23.84	4.09
	Unmarried	100	23.36	

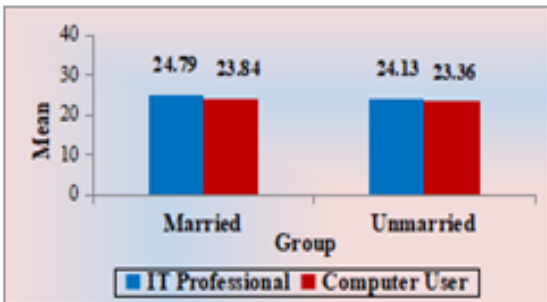
SUMMARY ANOVA TABLE

Sources of Variation	df	Sum of Squares	Mean Square	F Ratio	"P" value
Between Group	3	107.26	35.75	1.79	>0.05
Among Group	396	7896.38	19.94		

Minimum value at 0.05 level 2.62

Minimum value at 0.01 level 3.88

Graph No.3- Graphical presentation of results Effect of psychological Well-being (personal growth) on marital status of IT professionals and computer users male+emales (Total)



The effect of psychological Well-being (personal growth) on marital status of IT professionals and computer users male and females shows no significant difference as F ratio is 1.79 at 0.05 level. Therefore, from the above table it is concluded that married females shows significant difference in personal growth. Else males and male+female total show no significant difference.

VIII.DISCUSSION OF RESEUTLS

1 There is no significant difference of married and unmarried male IT professionals and computer users in psychological Well-being (personal growth) (Table No.1) As personal growth totally deals with continued development and open to new experience, as males are the main earning member of family so their personal growth is generally not hindered and previous study by Hyoun K Kim, Patric C. Mc Kenry (2002) shows

that gender do not effect relationship between marriage and psychological Well being.

2 There is significant difference of married and unmarried females IT professionals and computer users in psychological Well-being (personal growth) (Table No. 2). The F ratio was 3.62 at 0.05 level; which were higher and showing that married women of IT sector specially found higher level of stress as they have to go through multiple task at a time. Previous study by Brett Roothman. Doret K Kristem Marie P Wissing (2003) alone study on gender differences in aspects of psychological Well-being in which they have seen men scored higher on physical self concept, automatic thoughts, total self concept and fortitude whereas females secured higher on religious Well-being, expression of effect and somatic symptoms.

3 There is no significant difference of married and unmarried male and female IT professionals and computer users in psychological Well-being (personal growth) (Table No. 2).The F ration was 1.79 at 0.05 level.

IX.CONCLUSION

From the above result it is clear that following conclusion drawn on the basis of marital status of male and female IT professional and computer users in personal growth-

- 1 Married and unmarried Male It professionals and computer users do not have any significant difference in their personal growth.
- 2 Female married IT professionals have higher stress level and they feel their personal growth is hindered due to multirole they have to play at home ad at office.
- 3 Female and Male It professionals and computer users (married+unmarried) do not have any significant difference on their personal growth.

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