

Problems of Working Women and Use of Life Skills

Vaishali Sambre¹, Rajshree Meshram²

^{1,2}P. G. Department of Education, Kavikulguru Kalidas Sanskrit University, Ramtek, Nagpur, Maharashtra

Abstract: India is a traditional country and there is multiplicity in religions, culture and customs. Role of the women in India mostly is household and limited to domestic issues. In the history of human development, women have been as dynamic as men have been. There are many reasons and problems that enforced Indian's women to work. The financial demands on the Indian families are increasing day by day. high living, expenses on education of children, and rate of housing assets in India raised and these reasons forces every family in India to look for ways and means of increasing the household income. Women today are blessed with many opportunities to explore their passions and make their mark. One can be a homemaker, lawyer, programmer, or astronaut.

Women workers in India are faced with lot more challenges than the other countries. In this changing world, only our higher-order thinking skills which is powerful can keep us aware, engaged, and growing. Any skill that is useful in your life can be considered a life skill. Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands, challenges, and stress of everyday life. These skills include Decision-making, problem solving, communication and interpersonal skills Self-awareness, empathy, coping with emotions and stress and are essential to the mental development in a woman's life. In this paper researcher includes how life skill is useful to eradicate problems of working women to some extent.

Key words- working women, problems and challenges, work-balance, life skills

INTRODUCTION

It is seen that nowadays the women of our society are becoming working women. Their role is changing gradually. They are no more only mothers and home-makers. They are participating in both official and unofficial work.

Women are the pillar of the society. She plays a dynamic role in the economic development of the country and her contribution is as equal as their male counterparts. Without active participation of women in various national, social, economic and political activities, the progress of the country will be stagnant. Traditionally, Indian women had been home makers but in 21st Century, due to higher education, better awareness and increasing financial demands of family, women also go out.

PROBLEMS OF WORKING WOMEN

Women are focused on their employments and appreciate positions of responsibility, yet they are provoked with issues of mobility and moderate promotions because of time constraints and family responsibilities. Unmarried women likewise have some restriction from guardians. is that they want to stay in the small positions as opposed to take a transfer or job promotion because of domestic compulsions.

It has been observed that the family responsibility expands the working women have to change their job, select part time job or leave the job. This situation creates unnecessary stress for losing their job. Working woman struggles not only for her own self but for the well-being of her family No matter how many mental and physical breakdowns hit her daily but she ends up doing all her duties on time without break.

There is no holiday for working woman. Even on weekends, every woman works from day to night at the cost of her peace and still committed to her duties. Working woman is not only a working machine but a wife, a daughter, a sister and a mother also. She must be supported as sister, wife, mother and daughter.

Although working women handle their professional life in facing competition and challenges at work place and personnel life in managing household work, They have to take up a full day job plus handle all household activities that they handled as homemaker. Due to such multitasking efforts of woman increased stress becomes by-product for her. Between this double duty of life, the women undergo the trauma of mental and physical strain.

In today's world, women take active roles in employment, unlike during the olden days when they stayed at home and took care of their families. Women taking active roles in job have advantages and disadvantages. In contemporary society, women and men have equal opportunities for employment.

ADVANTAGES OF A WORKING WOMAN

Advantages of women working include more income for their families, the opportunity to explore their talents, and the promotion of economic growth. When women work, they make money that adds to their families' financial well-being. This helps pay bills, buy food, and educate children. Women have goals and objectives to achieve in their lives. Working allows them pursue their dreams and talents, as well as work on their goals by pursuing careers of their choice.

DISADVANTAGES OF A WORKING WOMAN

Disadvantages for working women include the absence of enough time for their families, pressure from work-related stress, and conflicts of interest. Working women have little time to take care of their families because their jobs are very demanding and time-consuming. Many jobs are very stressful, and many women cannot handle high levels of work-related stress. Their nature predisposes them to anxiety and depression more than when compared to men. Their roles as mothers compromise their performance at work. They use working hours to take care of their children at the expense of their jobs.

WORK-LIFE BALANCE

“Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices.”– Betsy Jacobson.

One may view work-life balance as the approach to maintain an equal number of hours between work and play. Work-Life Balance activities are a worldwide wonder. Women, who work, convey a dual burden as an employee and housewife. They are super mothers assuming fluctuated jobs and accommodating among tradition and modernity. Employees in worldwide networks likewise demand adaptability and authority over their work and individual lives. Women battle to build up a personality and make a real space in society and in work places.

For work-life balance women should setup some steps**Setup Your Priorities**

It is very important to set up some priorities in life and need to set goals as well as line up different tasks at different levels.

Draw a Line between Work and Home

It is very difficult for many working ladies that they can't draw a line between their work and home. It creates so many problems in their life and they couldn't maintain a balance. Spend a good time with your family and also keep the focus on your work at the office.

Keep Distractions and Time Wasters Away

One of the biggest reasons for many working ladies to take their work with them at home is that they have too many distractions at work.

Stay Connected During Breaks

Now technology is very helpful to keep your mind focused and relaxed. For a working woman, it is impossible to forget about the kids for a whole working day. It will improve productivity and work while keeping your nerves relaxed.

Dedicate Some Time to Yourself

If you don't give some time to yourself, then you will be feeling fed up with your boring routine and life for others.

Today's work culture revolves around the concept of balance to a great extent. Here, the balance is the one between work and life. Times are hectic, humans are more engaged, and achieving a perfect work-life balance seems like a far-fetched dream.

Working women need to deal thoughtfully with her different roles to strike a balance in her life. The working women have a significant role in shaping a family and by extension a society but let that be not at the expense of her own life.

A simple and easy guide for those working women who don't maintain a balance in their work and family and as a result they face problems at home as well as at their office.

Here are eight ways to create a better work-life balance-

- 1. Accept that there is no 'perfect' work-life balance.**
- 2. Find a job that you love.**
- 3. Prioritize your health.**
- 4. Don't be afraid to unplug.**
- 5. Take a vacation.**
- 6. Make time for yourself and your loved ones.**
- 7. Set boundaries and work hours.**
- 8. Set goals and priorities and stick to them.**

Life skills for women

UNICEF defines life skills as knowledge, attitudes and the ability for adaptive and positive behaviour that enable individuals to deal effectively with the challenges of everyday life. ... **Communication and Interpersonal Skills. Decision Making and Critical Thinking Skills. Coping and Self-Management.**

Every day working women empower themselves to face new challenges of life. It is very difficult for them to come up with desired results but shattered confidence, low morale and hopelessness.

Life skills and mental skills are needed to stand strong. Believe that every problem has a solution or at least a work around! Develop a strong mental skill to maintain the emotional balance and be confident to face the challenges.

Mastering the tough balancing act: Women have the unique power of the three A's –**ability, agility adaptability** – to handle multiple things at a time. The art of balancing needs inward looking and making those little tweaks to reduce stress. It is equally important to find some personal space

Women convincingly join work and family life by tolerating the idea of one kid and bringing forth a youngster simply in the wake of settling in an occupation. They additionally give quality time to kids and don't offer need to advancements and profession development. Most of the ladies who work to earn for their family don't take care of their health. In most of the cases, a working woman couldn't maintain a balance in the work and her life. Because of this, their life becomes very hectic and they look older than their actual age. As a working lady, they have different responsibilities at professional and personal levels. they need to take care of their family and they also need to serve their company

Working moms have to balance work life and office life. This is really not as easy as it sounds. There are many challenges involved in the life of a working mom. Very often, these challenges act as hurdles and prevent the working mothers from progressing in their careers. Here are some life skills that can help working moms lead a much better life by balancing career and personal life.

Life Skills for Working Mothers:

Work-life balance has a lot of importance in our lives and this is where most of them suffer to manage it properly. As times are changing, women are charged up by the problems they are facing and coming out successful with flying colours.

1. **Build up Self Confidence**
2. **Lots of patience**
3. **Checking out the deadlines**
4. **Being good at prioritization**
5. **Good negotiation**
6. **Effective communication**
7. **Ability to influence teams in the workplace**
8. **Being inspired**
9. **Ability to work as a team and individual well**
10. **Make the workplace positive and vibrant**
11. **Being a role model**

Working mom problems are extremely challenging. Being a working mother, the things which they need to manage will be several. This not only makes them stressed but also sometimes lower their morale.

Skills every working mother should have

1. **Ready Support From Near and Dear Ones**
2. **Knack To Find and Identify a Flexible Job Option**
3. **Willingness To Cope With Guilt Positively**
4. **Time Consciousness and Time Management Skills**
5. **Ability to Balance Work, Home and Health**
6. **The Courage To Say 'No'**
7. **Ability To Tackle Stressful Situations**
8. **Access To Quick and Healthy Recipes**
9. **Ability To take Out Sometime Just For The Child**
10. **Ability To Stay Unaffected By Senseless Taunts**

CONCLUSION

In everyday life, the development of life skills helps to: Find new ways of thinking and problem solving. Recognise the impact of their actions and teaches them to take responsibility for what they do rather than blame others.



REFERENCES

- www.google.com
<https://essaywritingbd.blogspot.com/2014/02/working-women-paragraph.html>
<https://dailytimes.com.pk/458809/life-of-a-working-woman/>
<https://ivypanda.com/essays/working-women-advantages-and-disadvantages/>
<https://kashmirobservers.net/2020/05/15/work-life-balance-working-women/>
<https://thriveglobal.com/stories/how-a-working-woman-can-maintain-balance-in-work-and-life/>
<https://blog.vantagecircle.com/work-life-balance/>
<https://content.wisestep.com/important-life-skills-working-moms-master/>