

**ASSESSMENT AND ENHANCEMENT OF WELL-BEING OF  
MARRIED MIGRANT WOMEN IN SELECTED VILLAGES OF  
HARYANA**

**By**

**SONIKA DANGI**

**Department of Humanities & Social Sciences**

**Submitted**

**in fulfillment of the requirements for the degree of**

**Doctor of Philosophy  
to the**



**INDIAN INSTITUTE OF TECHNOLOGY, DELHI**

**AUGUST 2012**

## **CERTIFICATE**

This is to certify that the thesis entitled, “**Assessment and Enhancement of Well-Being of Married Migrant Women in Selected Villages of Haryana**”, being submitted by Ms. **Sonika Dangi** to the Indian Institute of Technology for the award of degree of **Doctor of Philosophy** is a record of original bonafide research carried by her under my supervision & guidance. The thesis work has reached the requisite standards and is worthy of consideration for the award of degree of Doctor of Philosophy.

The results in the thesis have not been submitted in part or in full to another university or institute for the award of any degree or diploma.

**Date:** August 2012

**Place:** New Delhi

**Dr. Kamlesh Singh**

Department of Humanities & Social Sciences

Indian Institute of Technology Delhi, INDIA

New Delhi-110016

## ACKNOWLEDGEMENTS

First and foremost, I would like to thank my Supervisor, **Dr. Kamlesh Singh** for having faith in me, for constantly supporting me at all times and for giving special attention to my work. I am humbly obliged for her constant encouragement, attention to details and expertise in the all round development of this thesis. I am deeply grateful to her for carving out the true researcher in me and helping me to establish as an independent research professional. I am also thankful to my host institution, IIT-Delhi which provided me the right ambience and a variety of resources for carrying out my research successfully.

I would like to thank Mrs. Shakuntla Devi (*Madina* village), Mr. Sanjay Khokher (*Kansala* village) from Rohtak and Mr. Dalbir Singh (*Mundlana* village) from Sonipat, for their great help in facilitating my data collection. I would also like to offer my heartfelt thanks to sarpanch, local people and courtyard shelter (*anganwadi*) women of the villages of districts Rohtak, Jhajjar and Sonipat of Haryana. I would also like to acknowledge Prof. Daya Pant, NCERT, Mr. Randhir Singh, DRDO, Prof. Rajbir Singh and Prof. Navrattan Sharma from M.D.U Rohtak for their guidance in my research.

I would like to extend my gratitude and thankfulness to all my friends who were constant source of motivation at the successes and failures. Finally, I want to pay regards and thank my family for lending me the unconditional support in my decisions and desires. My family (father, mother, grandmother, sisters, brother, brother-in-law and niece) has shown true grit and they deserve applause, appreciation and every honor for being an awesome and the most loving family for me on this planet.

*Dedicated to My Family, Friends.....*

## ABSTRACT

The main objective of the present research was not only restricted to measure the well-being (WB) of married migrant and non-migrant women, but formulating and testing the effectiveness of a psychosocial and cultural specific intervention module delivered to enhance the well-being of married migrant women population in villages of Haryana, India. The thesis initially laid an outline of brief theoretical background and conceptualization of various important concepts used in the study. Literature available on the researches carried out in western and eastern countries have been thoroughly examined to ascertain the status of immigrants and the attempts on the promotion of their wellness.

The pilot study was performed on 11 participants in two villages (*Kansala & Chara*) of Rohtak and Jhajjar district with an objective to study the present status of the married migrant women living in Haryana and to examine the overall perceived impact of socio-cultural factors on their lives, so as to built the foundation to further substantiate the idea and feasibility of research. After confirmation about the differences, the main study was performed with 160 participants (80 migrant and 80 non-migrant women). It was hypothesized that there will be significant difference in WB of married migrant and non-migrant women.

In the present research both quantitative and qualitative approaches were used. In the quantitative approach, well-being of both the groups were assessed by using standardized tests (pertaining to its dimensions general health, life satisfaction and happiness) and acculturative stress was assessed by using social, attitudinal, familial, and environmental acculturative (SAFE) questionnaire applied only to the married migrant women group. In qualitative approach, a semi-structured interview approach was used to assessed psychosocial cultural information based

questions pertaining to their familiarity with *Haryanvi* culture, good things about Haryana, problems being faced in Haryana and other pertinent questions about their personal likes/dislikes in view to get a broader perspective of their lives. The quantitative data obtained from the above tests were analyzed using the statistical package for the social sciences software (SPSS)-17 and the qualitative data obtained from the above tests was subjected to content analysis.

The obtained results suggested that well-being of migrant married women in rural Haryana was lower than the non-migrant married women. Marrying across cultural regions involve lots of problems like different languages, food habits, dressing styles, and also distinct behavioral-cultural adjustments. Relocation and reunion into the new family/culture require adopting new patterns of interaction that may invoke cultural, psychological and environmental mastery conflict among the married migrant women. A large majority of them could not speak Hindi, initially there were problems in communication as the oral communication plays very important role in establishing rapport and relationship; as a result they felt very unhappy, lonely and depressed. As time passed, some of them have learnt Hindi as well as *Haryanvi* but the stigma of being outsider were attached to them.

After identifying problems pertaining to cultural, psychological and environmental mastery issues experienced by married migrant women in the main study, an intervention module was designed for the enhancement of their well-being. The psychosocial and cultural intervention module was delivered with the purpose of enhancing the well-being of women who had migrated to Haryana from different states after marriage. It was hypothesized that WB of the married migrant women will be enhanced through the implied intervention. In order to check the feasibility and the improvement in the designed intervention module, the pilot study was performed on 20 married migrant women participants (those who were also part of the study) in

two villages (*Kansala & Humayunpur*) of Rohtak district built the foundation to further substantiate the idea and feasibility of research. After confirmation, the main study was performed with 47 participants' psychosocial and culture specific intervention module delivered on married migrant women and effectiveness of module was finally assessed. Results obtained after the delivery of intervention module, it was found that the designed psychosocial and cultural specific intervention module has significant effect on participants in improving the well-being of married migrant women. At the end of the intervention sessions participants were also asked to give their views, feedback and further suggestions. Some of the married migrant women reported that after the intervention sessions they started enjoying daily life activities and became more optimistic toward life. In addition, some of them reported that it was a nice experience for them and they enjoyed it. Some married migrant women also provided suggestion in order to make intervention module more effective.

**CONTENTS**

<i>Certificate</i> .....	<i>i</i>
<i>Acknowledgement</i> .....	<i>ii</i>
<i>Abstract</i> .....	<i>iii</i>
<i>List of Figures</i> .....	<i>x</i>
<i>List of Tables</i> .....	<i>xi</i>

**1. CHAPTER-1: INTRODUCTION**

1.1. Well-Being: Definition and Demographics.....	2
1.1.1. Psychological Well-Being & Happiness.....	3
1.1.2. Psychological Health and Life satisfaction.....	6
1.2. Migration.....	8
1.2.1. Migration: Stages, Reasons, & Types.....	9
1.2.2. Migration in India: Magnitude & Extent.....	11
1.2.3. Migration for Marriage: With Special Reference to Haryana.....	13
1.3. Migration & Mental Health.....	16
1.3.1. Cross-Cultural Adjustment: Culture Shock.....	17
1.3.2. Acculturation & Acculturative Stress.....	18
1.4. Dealing with Acculturation Issues: Need to Intervene.....	20
1.4.1. Nurturing Psychological Well-Being: The Role of Community Based Interventions...	21
1.5. Current Research: Its Rationale, Scope & Significance.....	23

**2. CHAPTER-2: REVIEW OF LITERATURE**

2.1. Migration, Acculturation & WB: Global Scenario.....	26
2.2. Migration & Women Mental Health: Western & Eastern Perspectives.....	32
2.3. Migrant and Non-Migrant: Similarities & Comparisons.....	42
2.4. Well-Being Promotion among Migrants: Techniques & Intervention Strategies.....	46
2.5. Well-Being Interventions: Empowerment & Intervention Strategies for Women.....	49
2.6. Well-Being Promotion with Special Reference to Immigrants.....	52
2.7. Gaps in the Literature.....	58

### 3. CHAPTER-3: RESEARCH METHODOLOGY

#### 3.1. PHASE-I (Pilot Study)

3.1.1 Sample.....	62
3.1.2 Procedure and Measures.....	62

#### 3.2. PHASE-I (Main Study)

3.2.1. Sample.....	64
3.2.2. Procedure.....	65
3.2.3. Measures.....	65

Background Information Sheet .....	66
------------------------------------	----

#### QUALITATIVE MEASURE

Semi Structure Interview.....	66
-------------------------------	----

#### QUANTITATIVE MEASURES

(a) General Health Questionnaire: (Goldberg & Williams, 1988).....	66
--	----

(b) Satisfaction with Life Scale: (Diener, Emmons, Larsen, & Griffin, 1985).....	67
--	----

(c) Subjective Happiness Scale: (Lyubomirsky & Lepper, 1999).....	68
---	----

(d) Social, Attitudinal, Familial & Environmental Acculturative Stress: (Hovey & King, 1996)....	68
--	----

3.3. PHASE II: .....	69
----------------------	----

3.4. PHASE-III: (Pilot Study).....	70
------------------------------------	----

3.5. PHASE-III: (Main Study).....	75
-----------------------------------	----

3.5.1. Sample.....	78
--------------------	----

3.5.2. Procedure.....	78
-----------------------	----

Day One: Introduction (Pre- testing).....	79
---	----

Day Two: Cultural Awareness (language, food, dressing style).....	81
---	----

Day Three: Cultural Awareness (tradition focused).....	84
--	----

Day Fourth: Psychosocial Awareness Session: mother-in-law.....	85
--	----

Day Fifth: Psychological Session: presentation of a case vignette.....	87
--	----

Day Six: Exploring Self Session.....	88
--------------------------------------	----

Day Seven: Effectiveness of the Intervention Module (Post-testing).....	89
---	----

**4. CHAPTER-4: RESULTS AND DISCUSSION**

<b>4.1 PHASE-I (Pilot Study)</b> .....	91
<b>4.2 PHASE-I (Main Study)</b> .....	94
<b>4.2.1 QUANTITATIVE ANALYSIS</b>	
Demographic Analysis.....	95
Independent <i>t</i> -test.....	99
Correlation between Life Satisfaction, Happiness, General health and SAFE.....	100
Regression Analysis.....	101
<b>4.2.2 QUALITATIVE ANALYSIS</b>	
Semi-Structure Interview Questions.....	103
<b>4.3. PHASE- II</b>	
Designing Intervention Module.....	127
<b>4.4 PHASE-III</b>	
<b>4.4.1. PHASE-III (PILOT STUDY)</b>	
Demographic Analysis.....	128
Paired sample <i>t</i> -test.....	129
<b>4.5. PHASE-III (MAIN STUDY)</b>	
<b>4.5.1 QUANTITATIVE ANALYSIS</b>	
Demographic Analysis.....	131
Paired sample <i>t</i> -test.....	132
Effectiveness of Intervention.....	134
<b>4.5.2 QUALITATIVE ANALYSIS</b>	
Feedback & Suggestions.....	136
<b>4.6. DISCUSSION</b> .....	138
<b>5. CHAPTER-5: SUMMARY, SUGGESSTIONS &amp; CONCLUSION</b>	
5.1. Executive Summary.....	151
5.2. Implication and Recommendations.....	159
5.3. Limitations and Delimitations.....	160
5.4. Directions for Future Research.....	163
5.5. Conclusion.....	164

<b>REFERENCES</b> .....	167
<b>APPENDICES</b>	
APPENDIX- A.....	208
APPENDIX- B.....	209
APPENDIX- C.....	215
<b>BRIEF BIO-DATA</b> .....	232