

# PECULIARITIES OF QUALITY OF LIFE PERCEPTION AND EVALUATION OF WORKING WOMEN AND HOUSEWIVES

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## SUMMARY

111 pages, 12 charts, 37 pictures, 49 references.

The main *aim* of this paper is based on scientific literature make an authorial research of perception and assessment quality of life for two groups of women (working women and housewives).

*Research methods:* a) the analysis of scientific literature; b) survey. The survey data were analyzed using SPSS 20.0 statistical software package. Chi-square indicator, nonparametric Mann-Whitney and Shapiro-Wilk tests were analyzed in this paper.

The assessment of quality of life Lithuanian working women and housewives was carried out using questionnaire, which is based on the latest third European Quality of Life Questionnaire and the US *National Institute for Occupational Safety and Health* (NIOSH) life quality evaluation questionnaire. The analysis of the physical quality of life found that a higher percentage of housewives than working women are more satisfied with their health. A higher percentage of working women than housewives indicated that after sleep get up fresh and rested, but often feel tired and cannot properly carry out their basic work and have more stress. The analysis of the material quality of life found that a higher percentage of housewives than working women have lower disposable incomes. Housewives and working women are equally satisfied with their home. Respondents also assessed their financial situation which is almost similar like majority people situation in Lithuania.

The analysis of self-expression and entertainment showed that both - working women and housewives felt that they rarely have time to do what they really like. Working women and housewives state that they have equally time for hobbies, interests and entertainment. The results of the study showed that working women and housewives differently assess their health, social relations and their education. However, working women and housewives have an optimistic attitude about their future and similar sense of the fact that their work is meaningful in life. It proves that women's quality of life does not depend on their profession.

Based on this research were prepared and published reviewed article: Pribušauskaitė, J. & Ruževičius, J. (2015). Peculiarities of quality of life perception and evaluation of working women and housewives. In: Lithuanian economic growth and stability in the strategic orientations. Vilnius: Vilnius University, p. 192-205 (appendix No. 35).