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## SCAIRIRJ

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**EDITORIAL**

It seems good time to our institution with enrolment in the ‘A’ grade University by NAAC and planned efforts to get a high position in the educational arena of the state. Publication of SCAIRJ is meant to be one of the high profile academic activities of the University and tries to bring out scholarly articles from all the academic disciplines especially in the field of humanities and social sciences.

SCAIRIRJ serve as a forum for the introduction and presentation of new research findings or review of existing knowledge. The library is always in the fore front of the university in all its academic activities, this publication is also a part of it. It gives ample scope for all the faculty members, research scholars and other students to get their research findings published in our peer reviewed journal, if it fulfills the required quality criteria.

Sree Sankara through his teachings proclaims that every man is great in his own position if he is sincere in his duties. The great teachings of Sree Sankara are applicable to the daily life of all sections of humanity. Through this issue, we also attempt to give you the message that every man, rich or poor, educated or illiterate, healthy or unhealthy all are important for the nature. So consider every man as our brothers and sisters and give each one their own space.

We are very happy to introduce the 1<sup>st</sup> issue of second volume with six articles covering a wide spectrum of topics of interest. We take this opportunity to extend thanks to all who have given their ample support to make this issue a success, including the contributors, reviewers, and all those who are associated with this venture.

Editor  
SCAIRIRJ

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## SASTHAMCOTTA LAKE-A DEGRADING FRESH WATER SOURCE OF KERALA

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### **ABSTRACT:**

*Sasthamkotta Lake facing degradation mainly due to anthropogenic activities such as directing human waste, soil erosion due to destruction of vegetation, changes in the land use pattern etc. This leads to the deterioration of environmental quality as well as decrease in the surface area and depth. Many research studies had been done regarding hydrological features of the lake. But most of them are not concentrated on water quality and other environmental features. Very few studies reveal the physical, chemical and biological characteristics of the lake. After detailed review of literature it has been understood that GIS interpolation can effectively utilized for wetland degradation.*

### **KEY WORD**

*Environmental degradation, Ramsar sites, water pollution,  
temporal shrinkage, faecal coliform*

### **INTRODUCTION**

**T**he lakes and reservoirs, all over the country without exception, are in varying degrees of environmental degradation. The degradation is due to encroachments eutrophication (from domestic and industrial effluents) and silt. The human settlements and public effluent sources are the chief factors for the degradation of lakes, particularly the urban lake. Sasthamkotta Lake, the State's largest freshwater lake and it serve drinking water for half a million people of the kollam district. It provide a fishing resources and one of the 26 Ramsar sites in the country. Sasthamkotta Lake managed to remain a freshwater body for long owing to the virtual absence of nutrients in it. The lake also

maintained its level through a subsurface flow into the Kallada River which flows nearby. A study conducted by the Kerala Sasthra Sahithya Parishad shows that the water level in the lake that stood at 15.67 meters, in December 2010 has fallen to 11.9 meters (Prakasam, 1991). The area of the lake that was about 4.50 sq. km in the lake 1970s has fallen to 2.5 sq. km.

### **Methodology for identify Lake Degradation**

Remote sensing and GIS techniques yield promising result for mapping and quantifying and understanding the present condition of the tropical wetlands. Most studies use photo-interpretation methods to identify and understand the condition of the different wetlands. The satellite remote sensing data with its repetitive nature have proved to be a cost effective tool for mapping the lake area change. It also provides synoptic coverage of area of interest and facilitates optimal monitoring capabilities. These special characters make remote sensing an optimal tool for this type of study. So the present study was envisaged to have a detailed assessment of wetland degradation in the Sasthamkotta Lake by using GIS. And also assess the social impacts of wetland degradation in Sasthamkotta Lake.

### **Major Causes of degradation**

Humans have had a profoundly adverse impact on the environment. Generally, people have not conducted activities such as manufacturing, transport, large-scale fishing, agriculture and waste disposal in moderation. This has led to degradation of land, air and water. While the full range of long-term consequences of human intervention on the environment has yet to be seen. Sasthamkotta is one among them and it is the biggest fresh water lake in Kerala. Now this ecosystem is under threat by human activities. From the questionnaire survey with 50 samples (18 from sathamkotta, 22 from Mynagappally and 10 from west kallada) in the study area revealed its result. The following diagram shows the public opinion about the major problems face by Sasthamkotta Lake. As per the diagram 42% of the people in the study area show that shrinking is the major problem faced by the lake by water pollution and water shortage, it is about 30% and 28% respectively.

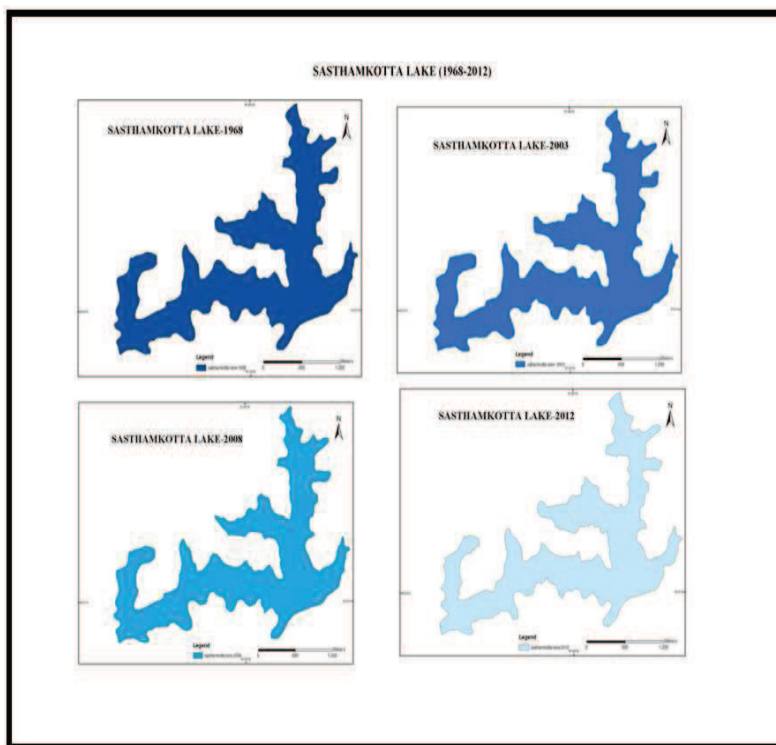
### **Various problems faced by the Lake due to degradation.**

#### **1. The Shrinking area of the Lake**

Shrinkage means slight dimensional reduction brought about by the reduction in volume of the cast or molded material as it cools and solidifies. The area of the lake as per official records is 3.74 sq. km and it can hold 22.39 million liters of water. For analysing the temporal changes in the area of Sasthamkotta Lake GIS and Remote sensing technology were used. With the SOI topographic SheetNos.58 C/12(A3, B3, and C3) in scale of



1:50,000 were used for preparation of base map of study area in 1968. And satellite imageries of 2003, 2008 and 2012 are also used for demarcating the area of Sasthamkotta Lake. And it is shown in following map.



**Map No :(1)- Sasthamkotta lake (1968 to 2012)**

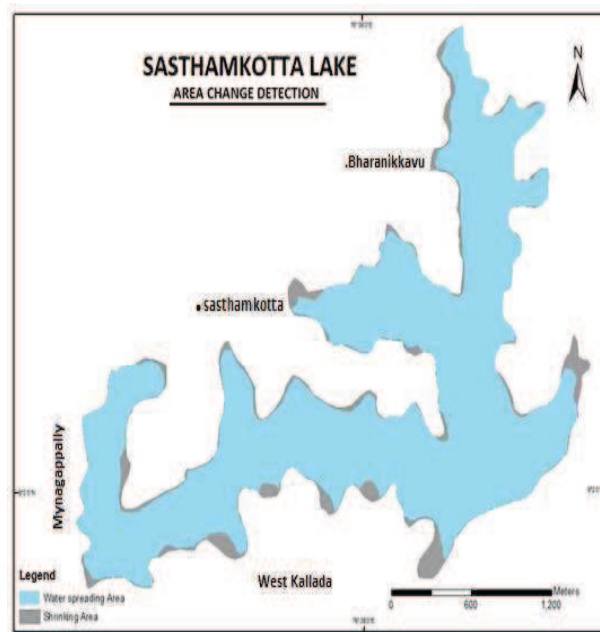
Source: Topographical maps of Kerala

The above map shows the total area of Sasthamkotta Lake during different periods: 1968, 2003, 2008 and 2012 respectively. From the maps, it is estimated that area of lake during different periods are getting reduced rapidly. The table -1 and Map-1 shows the temporal shrinkage of the lake. A slight variation found during the period of 1968 to 2003. During this period 0.12sq.km area is reduced. The maximum change (0.19 sq.km) is found during the period of 2008 to 2012 due to the illegal mining and fast land use changes. From 2003 to 2008, only 0.15 sq.km area became reduced. The shrinkage of the Lake between 1968 to 2012, could be clearly identified from the following map (Map No: 3.2). The map focused that total 14% of the area reduced during this period. The results indicate decrease in the water spread area of the lake over the years though has been designated as a Ramsar Site. During the monsoon season, the total inflow is estimated at 10 million cubic meters. At the same time, 8 million cubic meters are pumped out for drinking purpose every year, while five million cubic meters are lost due to evaporation .

Table No :(1) Temporal changes in the area of the Lake (1968 to 2012)

Year	1968	2003	2008	2012
Area(Sq.km)	3.63	3.51	3.36	3.17
Change	—	0.12	0.27	0.46

Source: Calculated by the investigators



Mapno-2 increase of shrinkage areas

The above maps clearly show the area changes detection of Sasthamkotta Lake. From that we can analyse, West Kallada Panchayath is the most affected Panchayath. Public response also supports this view. All the illegal mining centers and majority of hollow bricks industries are located here. Kallada River also flows through the West Kallada Panchayath. In the earlier chapter it is mentioned that the source of water in the SKL are the springs at the bottom of the lake which supposedly stem from the nearby Kallada River. Obstructions in the path of springs may also affect the shrinkage. Lake near to Sasthamkotta town and Bharanikkavu town were also shrinking mainly because of the urban growth. Mynagappally is the least affected Panchayath in the case of lake shrinkage.

### 1. Water Pollution

Water pollution is the contamination of water bodies. Water pollution occurs when pollutants are directly or indirectly discharged into water bodies without adequate treatment to remove harmful compounds. Pollution is adversely affecting the fresh water lakes and its environs. According to pollution control board, Sasthamkotta Lake is polluted due to anthropogenic causes. And they also commented that urgent preventive and mitigate measures are required to restore and protect the wholesomeness of the lake. The main causes of pollution are public Markets, Hospitals, hotels and lodges, etc. According to the Action Council for the Protection of the Sasthamkotta Lake, a people's body formed in 2002, because of lack of proper toilet facilities in the settlement areas around the lake and the Sasthamkotta temple, a major pilgrim center. Human faecal, animal waste, chemical contamination and the total coliform and faecal coliform counts and other factors that indicate severe pollution levels are disturbingly high in the lake. The KWA (Kerala Water Authority) does not subject the water from the lake to any sedimentation process before it is purified and pumped out.

### 2. Shortage of Water

Water shortage is the one of the major problem faced by Sasthamkotta Lake. From the previous chapters it was identified that Sasthamkotta lake is the major source of drinking water in the Kollam municipality and parts of Sasthamkotta, Sooranadu (South), West Kallada and Manrothuruthu panchayaths in Kollam district. Per day 487 Crores liters of water is pumped from here. In the month of May 2012, out of the total 363 hectares (ha), approximately 46 ha were dry. Kerala Water Authority had to stop operating a few pumping stations. Kollam Corporation along with people of the Sasthamkotta, Sooranadu (South), West Kallada and Manrothuruthu panchayaths suffered a severe water crisis due to this.

The quality of the water has been affected with the loss in the capacity of the water reservoir. Lake water quality is diminished year by year. It is because of the reduction in the water level and increase in the waste water discharge from the residential and industrial area. The details about the quality of lake water will be discussed in the next chapter. It is concluded that major problems faced by Sasthamkotta Lake are shrinkage, pollution and water shortage. Man and his activities are the main causes of this kind of degradation; even physical degradation is accelerated by human activities.

### 3. Soil Erosion and Agri-degradation

Soil erosion is a natural process which becomes a problem when human activity causes it to occur much faster than under natural conditions. Agricultural practice, encroachments; mining, land use change etc. causes soil erosion. The large tracts of land around the lake have been cleared off trees and people are undertaking paddy, plantain and tapioca cultivation

over here. Evaluation of tapioca has increased the soil loss by erosion. Encroachment is another cause for soil erosion – physical setting of lake is characterized by steep slope on these sides and manmade ban in Southern side field. In spite of steep slope, encroachment has appeared on the slope and the water body. Such areas are subjected to cultivation with adverse impact on slope stability and water quality, this also accelerate soil erosion. Soil erosion from the surroundings highland is causing clay formation in the bottom of the Sasthamkotta Lake. It closes the natural aquifer in the lake causing reduction in the existing water level.

#### 4. Land use change

Land use change in the study area is one of the major causes of degradation. I already state that paddy fields of West Kallada were once the rice granary of Kunnathur taluk. Similarly the major land use of the study area is once agriculture. But now the condition was reversed. Due to Tourism and other developmental activities number of build up lands are emerged around the lake. It is very harmful to the natural existing of lake. The following table shows the land use/land cover changes in the study area.

**Land use/ Land cover in the catchment area of the lake.**

Land use/land cover class	Area in km	%
Banana	0.18	1.93
Coconut	0.11	1.18
Coconut dominant Mixed Crop	2.42	25.91
Current - follow	0.38	4.07
Double crop	0.05	0.57
Mining Area	0.15	1.61
Mixed Crop	1.14	12.21
Residential	0.78	8.09
Acacia	0.01	0.11
Rubber	0.60	6.38
Paddy land	0.04	0.43
Main bund	0.06	0.64
Water bodies	3.49	36.64
<b>Total</b>	<b>9.43</b>	<b>100</b>

**Source: Calculated by the investigators**

Other major causes of wetland degradation in the study area are given below.

- Bathing and washing of clothes, animals and vehicles in the lake.
- Discharge of waste water from hotels, industries, household and hospitals.
- Catching of fish from the lake by explosives.
- Population growth.

Sources of water also get polluted when they are used for bathing animals, washing clothes and washing self after defecation. Very often garbage is also disposed of in this source of water. All these cause wetland degradation in the study area. When the population increases, domestic and industrial waste also increases. Domestic waste is generated through various household are also cause degradation. Waste material that comes from factories contains many harmful and toxic substances. It flows into the ponds and causes water pollution. It leads to health problems. Sasthamkotta Lake is a source of commercially important fresh water fishes. Catching of fish from the lake by explosives (Blast Fishing) is another the major causes of degradation. This often illegal practice can be extremely destructive to the surrounding ecosystem, as the explosion often destroys the underlying habitat that supports the fish.

Lakes are one of the essential natural resource for sustaining life and environment that we have always thought to be available in abundance and the free gift of nature. Sasthamkotta Lake, the State's largest freshwater lake is facing degradation mainly due to anthropogenic activities such as directing human waste, soil erosion due to destruction of vegetation, changes in the landuse pattern etc. It may lead to the deterioration of environmental quality as well as decrease in the surface area and depth. Shrinkage of the lake, water pollution and water short age are the major problems faced by the lake.

#### **Suggestion for protecting the Lake**

Sasthamkotta is the biggest fresh water lake in Kerala and also a wetland under international importance. But this ecosystem are degraded due to human activity. .If we didn't take any remedial measure at a time, Lake may death. So here I put some suggestion for restore the lake based on my present investigation. They are

- To banned sand mining by law atleast within 500m around the lake.
- Within 100m around the lake, agricultural practices are not allowed.
- To prevent encroachment, the land revenue authorities should examine the correct ownership of the adjoining land. At least an area of 200 meter from the boundary of the lake should be declared as the 'land regulation zone'

- and all human interference should be prohibited by suitable management programs.
- To provide the guard to the protected area. The Panchayath may appoint lake wardens for monitoring and supervising the lake.
  - Notice board should be displayed at the lake indicating the importance of drinking water.
  - Afforestation in the catchment with indigenous species will help to prevent sedimentation of the lake.
  - As there is no well-planned drainage system in the watershed, wastewater from households, streets, market and other public places in the lake catchment are let out indiscriminately on to land which would ultimately reach the Lake contaminating it. Providing facilities for recycling of domestic and other waste water and biodegradable solid wastes as fertilizers for plants could be considered.
  - Several inhabitants do not have sanitation facilities which are the main reason for the increased coliform count in the lake. Scientific sanitation facilities with reduction of the waste water flow to the Lake should be practiced at the catchments as well as by the pilgrims to the Sasthamkotta Temple.
  - Make alternate sources for bathing, washing clothes and cattle.
  - Banned explosive mode fishing in the lake.
  - The waste water after purification process from the filter house is being continuously discharging into the same lake and to prevent this separate earth tanks are to be built for discharging and processing this waste water before it is discharged into the lake.
  - Regular and proper monthly monitoring of the water quality of the lake is to be implemented.
  - Tourism in the name of ‘Ecotourism’ is not at all suggested in this lake.
  - Awareness should be created among the students of the nearby schools and other educational institutions, farmers and the public in the catchment area about this valuable water source, ecological implications of the indiscriminate activities which adversely affect the lake ecosystem.
  - Creating awareness through interaction programs and mass communication media. Functional literacy on the lake conservation should be introduced in a regional manner highlighting the importance of the lake with special reference to the significance as a drinking water source.
  - A scientific monitoring unit should be constituted for the effective management of the lake water quality. A wet land management committee would be formed with representatives of self-help

groups, Kollam Corporation, adjoining Panchayath, NGOs, concerned government organizations and participating institutions.

- Point source of the pollution should be identified and mitigation measures should be implemented at the same place itself.

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## OCCUPATIONAL SELF EFFICACY AND MENTAL HEALTH STATUS OF SPECIAL EDUCATION TEACHERS

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### **ABSTRACT:**

*The aim of the present study was to compare the occupational self efficacy and mental health status of special education teachers and general school teachers. The study consisted of 41 special education teachers and 42 general school teachers. Occupational self efficacy scale and mental health questionnaire were used to collect data. The 't' test and the Coefficient of correlation were used for analyzing the data. The result revealed significant difference between special school teachers and general school teachers in occupational self efficacy and mental health.*

### **KEY WORDS**

*Special education teachers, occupational self efficacy, mental health.*

**A** teacher is considered as one who makes students competent enough to learn a prescribed course. But the learning of the syllabus alone does not help the student to lead a happy and meaningful life. Most teachers are absorbed with teaching and are concerned only with imparting intellectual skills and knowledge. Becoming sensitive to ones environment and responding in a self satisfying manner should be an important aspect of teaching. Teachers aim should be change the behavior of students into productive and self enhancing manner.

A special education teacher is specifically employed to work with children and young adults who need extra support or require an advanced programme of education in order to complete their learning successfully.

Special education teachers may work with individuals who are physically disabled, sensory impaired (i.e. deaf/blind), have speech and language difficulties such as dyslexia, have a mental disability such as



autism, are emotionally vulnerable, have behavioural difficulties or have a combination of these disabilities. A Special education teacher may also work with gifted and talented individuals.

A key aspect of working in this field is identifying individual needs and being responsible for creating a safe, stimulating and supportive learning environment. These educators work together with families, social workers, school counsellors, and administrators to incorporate students' needs and strengths into the curricula. Since some of these students must be taught life skills to function independently in society, these teachers also plan skill-building strategies for students to use at home, in the classroom, and in future careers.

Each individual is endowed with infinite potentialities much of which remains untapped and unutilized. If these potentialities are positively motivated they can bring prosperity to the humanity. An efficient teacher can help to create the right human capital to meet the challenge of the emerging future.

A mentally healthy person has a positive self concept and is motivated to strive for self actualization. He is Integrated i.e. there is a balance of psychic forces in the individual. He has a unifying outlook on life and has a reasonable capacity to resist stress. He exhibits a sense of autonomy in relation to the environment and with regard to decision making. He exhibits a healthy and objective perception of reality, free from distortions and displaying social sensibility. The individuals have the ability and success in mastering the environment.

Self efficacy is the belief in one's effectiveness in performing specific tasks. According to Bandura (1995), self-efficacy is "the belief in one's capabilities to organize and execute the courses of action required to manage prospective situations". In other words, self-efficacy is a person's belief in his or her ability to succeed in a particular situation. Bandura (1994) described these beliefs as determinants of how people think, behave, and feel. Job stress is the harmful physical and emotional response that occurs when there is a poor match between job demands and the capabilities, resources, or needs of the worker.

The dignity of a nation depends upon the integrity of the people of that nation. Integrity can be achieved through the enhancement of mental health. Teachers have vital role to create mental health to the students. Here teacher's mental health is very essential for creating a mentally healthy new generation.

Special education teacher take more challenging job than normal school teachers. Special education need teachers spent most of their time with differently abled students. Their students need more care and help. They have to spent more their energy to work with differently abled pupils. So they need to be equipped with their psychological factors. Here they not only teach their prescribed syllabus but teach them life skills also. In these situations the teacher's occupational self efficacy and mental health are very much important.

## Objectives

1. To find out whether there are significant difference between Special education teachers and general school teachers in their occupational self efficacy.
2. To find out whether there are significant difference between Special education teachers and general school teachers in their mental health status
3. To find out whether there are significant relationship between mental health and occupational self efficacy.

## Hypotheses

1. There will be significant difference between Special education teachers and general school teachers in their mental health status.
2. There will be significant difference between Special education teachers and general school teachers in their occupational self efficacy.
3. There will be significant relationship between mental health and occupational self efficacy.

## METHOD

### Sample

The sample consists of 83 teachers (42 general school teachers and 41 Special education teachers). The Special education teachers were selected from various special schools in Ernakulum District in Kerala. The general school teachers were selected from Upper Primary schools, 'High Schools and Higher secondary schools in the same district in Kerala.

### Measures

1. **Mental Health questionnaire:** Mental Health questionnaire developed by Vanajakumari and H, Sam Sanada Raj (1995) was used to measure the mental health of teachers.. The test contains 40 items and it is divide into four subset each having 10 item; The first subset measure self Esteem, second subset measures Autonomy, third measures Emotional Stability, and the forth subset measures Social Competence.

#### Reliability and Validity

Reliability was estimated separately for each of the four sub-scales. The mental health was scored and subjected to split-half reliability. Odd and even items were scored separately and the reliability coefficients were calculated using spearman-brown formulae. The reliability coefficient obtained for the four sub-scales are as given below.

Subscale

Subscale	Reliability
Self-Esteem	0.91
Autonomy	0.77
Emotional Stability	0.76
Social Competence	0.81

2. **Occupational Self efficacy scale:** The Occupational Self Efficacy scale developed by Sanjyot Pethe, Sushama Chaoudari and Upinder Dhar (1999) was used to measure the occupational self efficacy of teachers. The questionnaire contained 19 items measuring the 6 factors of confidence, command, adaptability, personal effectiveness, positive attitude and individuality.

The odd – even reliability of the scale was determined by calculating reliability coefficient, corrected for full length for a sample of 220 subjects. The reliability coefficient of the scale is = 98.

Besides face validity as all items in the scale are concerned with the variable under focus, the scale has high content validity. It is evident from the assessment of judges/experts that items of the scale are directly related to the concept of self efficacy. In order to find out the validity from the coefficient of reliability, the reliability index was calculated. The later has indicated high validity on account of being 99.

### Procedure

Permission to conduct the study was obtained from the concerned school authorities. All the questionnaires were bound together and administered individually to the subjects after establishing rapport and scored as per the manual.

### Analysis

The statistical techniques used for the analysis of the data were mean, standard deviation, t test and coefficient of correlation.

### Result and discussion

The mean and standard deviation scores obtained by Special education teachers and general school teachers in occupational self efficacy and the corresponding t value is given in Table 1.1.

Table 1.1: the means and SDs in occupational self efficacy obtained by general school teachers and Special education teachers and the corresponding t values.

OSE Factors	means		SDs		T
	Special education teachers N=41	General school teachers N=42	Special education teachers N=41	General school teachers N=42	
Confidence	15.27	14.57	2.64	2.95	1.13
Command	12.27	11.83	1.55	2.65	0.91
Adaptability	12.59	11.64	1.63	1.87	2.45*
Personal effectiveness	16.12	15.60	1.83	3.34	0.89
Positive Attitude	11.12	10.55	2.16	1.84	1.31
Individuality	7.54	6.88	1.85	1.7	1.68
Total OSE	74.9	70.76	7.26	10.68	2.06*

\*significant at 0.05 level (2- tailed)

The mean and standard deviation scores obtained by Special education teachers and general school teachers in mental health and the corresponding t value is given in Table 1.2

Table 1.2 the means and SDs in mental health obtained by general school teachers and special education teachers and the corresponding t values.

Mental health dimensions	Means		SD		t
	Special education teachers N=41	General school teachers N=42	Special education teachers N=41	General school teachers N=42	
Self esteem	7.22	6.52	1.99	2.04	1.57
Autonomy	6.71	6.67	1.44	1.30	.14
Emotional stability	7.95	6.36	1.58	2.32	3.66**
Social competence	7.34	6.48	1.30	1.71	2.60**
Total mental health	29.17	26.02	4.41	4.79	3.11**

\*\*significant at 0.01 levels (2- tailed)

From the result given in the Table 1.2, it can be seen that out of the five dimensions of mental health, t value between special school teachers and general school teachers, emotional stability and social competence are significant. It can also be seen that total mental health is also significant. However self esteem and autonomy are not significant, special education teachers have more mental health than general school teachers. It is not agreement with the studies in this area (Bauer et al, 2007). Nowadays, especially in Kerala, special education teachers work with a limited number of children, and they develop an individualized education program for each student. The special education teachers tailor these personalized goals to student's learning ability and style. Any positive change in the part of the child produces great satisfaction to special educator.

The correlation between the dimensions of occupational self efficacy and mental health is given in the Table 1.3

Table 1.3 Correlation between Occupational self efficacy and Mental Health

Variables	Self esteem	autonomy	Emotional stability	Social competence	Total mental health
Confidence	.45**	.09	.25*	.13	.31**
Command	.17	.04	.14	.20	.21
Adaptability	.34**	.1	.34**	.15	.30**
Personal effectiveness	.42**	.08	.35**	.03	.34**
Positive attitude	.41**	.03	.22*	.09	.25*
Individuality	.30**	.16	.24*	.11	.22
Total OSE	.52**	.04	.39**	.13	.41**

\* Significant at 0.05 level (2-tailed), \*\* Significant at 0.01 levels (2-tailed)

The relationship between the dimensions of Occupational self efficacy and Mental Health of teachers were examined by computing the correlation coefficient. The obtained correlation found to be significantly positive. Occupational self efficacy enhances the mental health of teachers. In other words teachers having high occupational self efficacy have better mental health.

### Conclusion

The result of the study clearly indicates that the special school teachers have higher levels of occupational self efficacy and mental health than general school teachers. The positive relationship between the occupational self efficacy and mental health is also highlighted in the study.

Neglect of education is suicidal to any nation, because nation is invariably at the back of all progress-material and cultural. To ensure good quality of education, there is a need to have efficient, healthy teachers.

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## COMPARITIVE STUDY OF WORKING AND NON- WORKING MOTHERS

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### ABSTRACT:

*The aim of the present study was to explore the difference in psychological well-being and socio-demographic variables of working and non-working mothers. The participants in this study were 100 working and 100 non-working mothers. Psychological well-being scale and personal data sheet were used to collect data. The 't' test, one-way ANOVA followed by Scheffe's test and Coefficients of correlation was used for analyzing the data. The result revealed that significant difference between working and non-working mothers in psychological well-being and some socio demographic variables.*

### KEY WORD

*Psychological well-being.*

Industrialization, urbanization and career orientation among the people have brought about the social transformation. More and more women acquire the education; find out the suitable jobs for the dual purpose of career building and economic support of the family. This is the symbolic of social transformation and social change where more and more women prefer to come out of home and do the service. The women, who do not come out of their homes for employment, are known as non-working women.

Women today make up nearly half of the nation's workforce. The typical Malayalee family today is the dual-earner family. Working women today spend less time maintaining the household than they did 30 years ago. A number of these women have children at home, and women also often are responsible for providing care to older adult family members or friends. The different roles assigned to women in today's society are burdensome. The married working women have to play a multi dimension

role of wife, daughter-in law etc. The picture becomes more complicated, if she happens to be a mother.

The well-being construct (also referred to as “mental health” or “emotional health” in the literature) and the key features of subjective well-being are not easily defined, hence a multitude of conceptual approaches exist (Kafka & Kozma, 2001). Despite variations, however, Kafka, G.J., & Kozma, A. (2001) note that previous investigators seem to agree that psychological well-being contains a cognitive and an affective component. Moreover, Kafka, G.J., & Kozma, A. (2001) suggest that the affective component of well-being is determined by the individual’s level of positive and negative affect, and that it is best understood as the balance between these two emotional states. On the other hand, much similar to appraisal, the cognitive component of well-being is based on an individual’s evaluation of various domains in their life and the experiences they encounter Kafka, G.J., & Kozma, A. (2001).

Furthermore, some researchers have recently suggested that well-being may be assessed in terms of general satisfaction with life, self-perceived health, and satisfaction with services and resources offered (Beekman, Penninx, Deeg, de Beurs, Geerlings, & Tilburg, 2002). Well-being then, in the simplest sense, is composed of positive affect, negative affect, and life satisfaction.

Kafka, G.J., & Kozma, A. (2001) argue that the logic behind the current definition and way of measuring subjective well-being, the so called life satisfaction or contentment approach, stems from the notion that if one evaluates life favorably in many domains, this will lead to an overall positive outlook on life (higher well-being), which can also be viewed as an absence or nonintrusive level of negative symptoms. Similarly, Greenspoon and Saklofske (2000) suggest that the degree to which the well-being construct and psychopathology are related, or may be used interchangeably, depends on the definitions provided by any given researcher.

Moreover, when looking at well-being as a global construct, the literature suggests that emotional well-being defined as life satisfaction is a relatively stable characteristic of the individual, i.e., day-to-day fluctuations in mood are assumed to not affect overall satisfaction with life (Reis, Sheldon, Gable, Roscoe, & Ryan, 2000). Likewise, based on the notion that wellbeing is fairly stable within the person, Reis, Sheldon, Gable, Roscoe, & Ryan(2000). conceptualizes well-being in terms of need satisfaction, arguing that although positive and negative affect in response to minor events have the potential to produce “good” and “bad” days, this natural variation may not affect global subjective well-being (life satisfaction) when controlling for certain personality dispositions.

Furthermore, Kahneman, Diener, and Schwartz (1999) suggested that emotional wellbeing may depend on whether a person perceives the “trend” of their satisfaction with life to be declining or improving rather than on one’s current condition. From this perspective, it takes more than just one



minor set-back to produce severe emotional distress, supporting Selye's (1956) theory of general adaptation.

Well being has been derived from two general perspectives: the hedonic approach, which focuses on happiness and defines well being in terms of pleasure attainment and pain avoidance; and the eudaimonic approach which focus on meaning and self actualization and defines well being in terms of the degree to which person is fully functioning (Ryan & Deci, 2001). Diener (1984) has used the phrase "subjective well-being" to refer to the experience of well being associated with hedonic approach. Subjective well being refers to a person's evaluative reactions to his or her life either in terms of cognitive evaluations (satisfaction) and emotional reactions (affect). The concept of "psychological well being" acquired more importance in the field of Psychology over the last decade and in recent years psychological well being is the focus of intense research attention (Diener and Diener, 1995).

Ryff (1991) states that convergence of similar features of positive psychological functioning constitutes the core dimensions of psychological well being. Kumar (2006) observes that conceptions of well being are integrally related to how one views the nature of man and what perspective is valued.

Increase in women's participation in labour force over the past few decades have led to increased interest in the effects of employment on women's well being. Women employment has been investigated as either beneficial (role enhancement hypothesis) or detrimental (role strain hypothesis) to women's psychological well being. Women employment may be associated with better psychological functioning. This effect may be mediated by the over absorption of one's time and resources within a particular identity role (Elgar & Chester, 2007).

Erlandson (2006) hypothesized that women who work in the paid work force, those with low complex patterns of occupations would rate their health and well being higher than women having medium complex patterns. Further, those with medium complex pattern would rate their health and well being better than women with high complex patterns. With respect to socio demographic factors, the women in the three sub groups differed in terms of level of education. Among full time employed mothers, those with positive attitude about employment had better Psychological Well Being. For mothers who worked part time, maternal attitude did not predict their psychological well being. Better Psychological Well Being predicted fewer problem behaviours and greater social competence. A balanced pattern of daily occupations and lifestyle factors contribute to working women's psychological well being. Various reasons for employment whether for monetary gains or personal satisfaction affects the well being of employed women. Among African-American professional women it was found that attainment of multiple degrees, the establishment of professional careers, achieving financial independence and the obtainment of coping resources may be major factors that may increase psychological

well being (Williams 2006). Junko Sagara et al (2006) suggested that a husband's attitude towards their wife's approach to having a job may have an influence on the husband's psychological well being.

Varma and Dhawan (2006) in their study on 195 young urban educated married women with age range from 25-35 years (M=31.01 years) used socialization and personal control scale developed by themselves. They used Behavioral Attributes of Psycho social Competence (BAPC) developed by Tyler et.al (1984) and Subjective Well Being Index (SUBI) developed by Sell and Nagpal (1992). Using correlation and multiple regression analysis the study indicated that Indian women exhibited high level of Well Being. The dimension of family group support contributed more to well being. Correlation analysis showed that personal control and Psycho Social competence are significantly positively related to subjective well being. This implies that more the women are able to control their major domains of lives and use active coping strategies better their sense of well being. From the preceding paragraphs it is clear that working women will have more problems since they have to play multiple roles. The previous studies conducted earlier focused on psychological well being of employed women in general and used concepts like psychological well being, subjective well being, quality of life, satisfaction of life, happiness, mental health in an inter changeable way. The present study views psychological well being as distinct from these other concepts on various levels: type of measure, type of evaluation and temporary/ stable. The study focuses on well being from the perspective of eudaimonic approach which emphasize meaning and self actualization and defines well being in terms of the degree to which person is fully functioning. Ryff (1989) extensively explored the meaning of psychological well being and thought that well being could be made sense by breaking it down into six dimensions each of which contributing to people's experience of well being. They are autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance. Each dimension of psychological well being articulates different challenges as they strive to function positively.

### **Objectives**

1. To find out whether there are significant differences between working & non working mothers in psychological well-being.
2. To find out whether there are significant differences between working and non working mothers in socio demographic variables viz.; socio-economic status, no. of years after marriage, educational qualification etc.
3. To find out whether there are significant correlation between socio demographic data (like age, socio-economic status and educational qualification) and psychological variable like psychological well-being.

### **Hypotheses**

1. There will be significant difference between working & non working mothers in psychological well-being.

2. There will be significant difference between working and non working mothers in socio demographic variables viz.; socio-economic status, no. of years after marriage, educational qualification etc.

3. There will be significant correlation between socio demographic data (like age, socio-economic status and educational qualification) and psychological variables like psychological well-being.

### Participants

The sample consisted of 200 mothers (100 working mothers and 100 non working mothers) of age between 20 and 50 years were selected from teaching, clerical & medical professions. All were married working women and they are having kids and other family members. The women who were married at least for 1 year, living with spouse and engaged in work / non work for at least 1 year were included in the study.

### Instruments

1. Psychological Well-being Scale: The 'Psychological Well-being Scale' developed by Bhogle and Jaiprakash (1995). The questionnaire contained 28 items which dealt with the factors of meaninglessness, somatic symptoms, self esteem, positive affect, daily activities, life satisfaction, suicidal ideas, personal control, social support, tension, wellness and general efficiency.

Reliability was established by taking a different sample of 230 normal adults in the range of 20 to 60 years with a mean age of 40.08 years (SD=12.02). There were 110 female and 120 male subjects, not currently physically ill, nor diagnosed as suffering from any psychiatric illness. The alpha coefficient for full scale and split half coefficient were found to be 0.84 and 0.91 respectively and it was significant at the 0.01 level. The test-retest reliability was 0.72.

2. Personal Data Sheet: A personal data sheet was used to collect information on relevant socio-demographic characteristics of the participants like age, religion, socio- economic status and education qualification.

## Results and Discussion

Table 1

*The Means, SDs and 't' value obtained by working and non working mothers in Psychological Well-being*

Variable	Working Women (N=100)		Non Working Women (N=100)		t'
	Mean	SD	Mean	SD	
Psychological Well-being	21.38	4.10	18.76	5.62	3.76**

\*\*Significant at the 0.01 level

Table 1 shows the means, standard deviation and the 't' value in psychological well-being of working and non working mothers.

The mean and standard deviation of psychological well-being of working women are 21.38 and 4.10 respectively and that of non working women are 18.76 and 5.62 respectively. The obtained 't' value is 3.76 which is significant at 0.01 level.

From the table, it can be seen that there is significant difference in the mean scores obtained by the working and non working women in psychological well-being, which means working status has significant effect on women's in psychological well-being. We can see that working women's psychological well-being score little higher than the non working mothers.

Several findings are in line who has reported better psychological wellbeing in employed women (Erlandson, 2006, Thakur & Misra, 1999). As researchers have suggested that employment provides women better opportunity to be self-dependent and therefore, one could expect that working women may have better psychological well-being. Hence, promoting psychological well-being of non-working women requires cooperation of people at individual, home, community, and at the societal level at large and so with the working female too.

Table 2

*The results of the one-way ANOVA of socio-economic status and psychological Well-being*

Variable	Between group			Within group		F	
	Sum of square	df	Mean square	Sum of square	Mean square		
Psychological Well-being	312.00	2	156.001	4833.18	197	24.533	6.35**

*\*\*Significant at the 0.01 level*

Table 2 shows the sum of square, degrees of freedom, mean square and the F value based on different religion of working mothers.

The sum of square, degrees of freedom and mean square of psychological well-being of working mothers between groups are 312.00, 2 and 156.001. Within group are 4833.18, 197 and 24.533 respectively. The obtained F value is 6.35 which is statistically significant at 0.01 level.

This result shows that there will be significant difference between the different socio-economic status of working mothers in psychological well-being. One of the reasons for this can be attributed to cultural differences. The subsequent post hoc analysis was done for the significant cases.

The results presented in the above table clearly indicate that there is significance difference between the two groups of working and non-working mothers. This indicates that socio-economic status makes significant influence on psychological well-being of working mothers.

Table 3

*The results of the post hoc-test of socio-economic status and psychological well-being*

SES	N	Subset for alpha=0.05	
		1	2
Below	5	13.0000	
Middle	193		20.1969
High	2		25.5000
Sig.		1.000	.120

The results in the above table show that the highest mean score in socio-economic status was obtained by the participants from the high socio-economic status and middle socio-economic status but these two groups shows no significant difference in socio-economic status and lowest mean score by participants from the below socio-economic status.

Other research has shown that individuals who place more importance on attaining outcomes related to social status-such as power, control, and prominence (Kasser & Ryan, 1993, 1996)-exhibit lower psychological well-being than individuals who placed less importance on those outcomes. Individuals higher in socio metric status experienced elevated psychological well-being because they felt more powerful and more accepted in their social groups. Occupying a higher position in the local ladder thus created a sense of influence and control over the social environment, as well as a sense of belonging and acceptance.

Table 4

*The results of the one-way ANOVA of number of years after marriage and psychological Well-being*

Variable	Between group			Within group			F
	Sum of square	df	Mean square	Sum of square	df	Mean square	
Psychological Well-being	143.25	2	71.62	5001.76	197	25.390	2.82*

*\*The significant at 0.05 levels*

Table 4 shows the sum of square, degrees of freedom, mean square and the F value based on number of after marriage of working mothers.

The sum square, degrees of freedom and mean square of psychological well-being of working mothers between groups are 143.25, 2 and 71.62. Within group are 5001.76, 197 and 25.390 respectively. The obtained F value is 2.82 which is statistically significant at 0.05 level. This result shows that there will be significant difference between numbers of years after marriage of working mothers in psychological well-being. The subsequent post hoc analysis was done for significant cases.

The results presented in the above table clearly indicate that there is significance difference between two groups of working and non working mothers in psychological well-being. The result indicates that year of marriage increase the psychological well-being also measured. As there is significant difference found years of marriage and well-being post hoc analysis is found.

Table 5

*The results of the post hoc-test for number of years after marriage and psychological well-being*

Yrs after marriage	N	Subset for alpha=0.05	
		1	2
Below 10 years	77	19.039	
10-20 years	82	20.512	20.512
Above 20 years	41		21.122
Sig.		.109	.506

The results in the above table show that the highest mean score in number of years after marriage was obtained by the participants from the above 20 years and 10-20 years but these two groups shows no significant difference in number of marriage and lowest mean score by participants from the below 10 years.

There may be a true causal link between number of years after marriage and psychological well-being. In addition, a spouse may play an important role in monitoring and encouraging healthy behaviours (such as good eating habits and regular exercise), as well as in discouraging unhealthy ones (such as smoking or heavy drinking). Marriage may also provide an emotionally fulfilling, intimate relationship, satisfying the need for social connection, which could have implications for both physical and psychological well-being.

Table 6

*The result of the one-way ANOVA of educational qualification and psychological Well-being*

Variable	Between group		Within group			F
	Sum of square	df	Mean square	Sum of square	df	
Psychological Well-being	195.93	2	97.96	4949.08	197	25.122
						3.90*

*\*Significant at the 0.05 level*

Table 6 shows the sum of square, degrees of freedom, mean square and the F value based on number of children of working mothers.

The sum square, degrees of freedom and mean square of psychological well-being of working mothers between groups are 195.93, 2 and 97.96. Within group are 4949.08, 197 and 25.122 respectively. The obtained F value is 3.90 which is statistically significant at the 0.05 level.

From the table 6, it can be seen that none of the obtained F-values are partially significant. These results indicate that education qualification is having any significant impact on psychological well-being.

Table 7

*The results of the post hoc-test for educational qualification and psychological well-being*

Education qualification	N	Subset for alpha=0.05	
		1	2
Up to PDC	73	19.2466	
Degree	82	19.8293	
Above Degree	45		21.8444
Sig.		.517	1.000

The results in the above table show that the highest mean score in educational qualification was obtained by the participants from the above degree but this group shows significant difference in educational qualification from other two groups (up to PDC and Degree).

Table 8  
Coefficients of correlation obtained between some Socio-demographic variables and psychological variables

Variables	Age	Socio-economic status	Education qualification
Psychological well-being	.248*	-.225*	.236*

\* *Significant at the 0.05 level*

From the table 8 it can be seen that there are significant relationship between psychological well-being and some socio- demographic data.

The significant correlation between the age and psychological well-being is 0.05 level positively correlated (.248), this shows moderate correlation present. Socio-economic status and psychological well-being is 0.05 level negatively correlated (-.225), this shows moderate correlation present and education qualificalional and psychological well-being is 0.05 level positively correlated (.236), this shows moderate correlation present.

### Conclusion

The results showed that there were significance differences between the groups of working and non working mothers in psychological well-being. In general, the psychological well-being of working mothers is higher than non-working mothers. Some socio demographic variables there is significant difference in working and non-working mothers like, Socio-economic status, number of years after marriage and education qualification. A person's age, socio-economic status, and education qualification have effect on psychological well being.

Involvement of women in the economical life is significant for the development of the country and improvement of the quality of life of the families. Working Women cherished motivational stimulation, self-esteem, a sense of control, physical stamina, and bursts of energy.

Employment may positively or negatively affect women's health depending on their spouse's contribution to home labour, family support, age of children, parental status, role of coping style, personality traits, socio-economic status, nature of employment (full-time or part-time), attitude toward work, and job characteristics.



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## THE ROLE OF SPIRITUALITY TO REMAIN ABSTINENT IN ALCOHOLIC PATIENTS

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### ABSTRACT:

*The aim of the present study was to find out the significant difference between alcoholics who have relapsed and those who remain abstinent in spirituality. The participants in the study were 100 alcoholic patients from different de addiction centers. The instrument used to collect the data were Spirituality Scale and personal data sheet. The t-test was used to analyze data. The result indicates that the spirituality score differed significantly with the type of respondents and spirituality influences abstinence in alcoholic patients.*

### KEY WORDS

*Spirituality, Alcoholism*

### INTRODUCTION

Alcohol and drug abuse problems today are on the rise. Addiction knows no boundaries regardless of age, Sex, occupational status, family background and education, it affects people in every walk of life. The disease burden is strongest in poor people.

The contemporary increase of alcohol use in India is due to the influence of Western culture and globalization.

The problem with the treatment for alcoholism is that of relapse. Many begin to relapse after a period of abstinence. Health outcomes cannot be left solely to conventional organic medicine and the reliability of a patients conduct. Spirituality is the core of any recovery. Spiritual methods are related to cognitive behaviour therapy which promotes thoughts and ideas that work.

### Hypothesis

There will be significant difference between alcoholics who have relapsed and those who remain abstinent in spirituality

## Method

### Participants

The Sample for the study consisted of 100 persons. It included 50 patients treated for alcohol disorder and remained abstinent for more than one year and 50 patients treated for alcohol disorder and have relapsed. They were selected from different De-addiction Treatment Centers.

### Instrument

#### Spirituality Scale

The scale was developed by Sreekumar and Sam Sananda Raj (2002). The Scale developers conceive spirituality as the personal, subjective Side by religious experience. It includes a broad focus on the immaterial features of life that are used to explain material life.

The scale is designed to measure spirituality of people belonging to Hindu, Christian and Islam and also other religions.

#### Reliability and Validity

The test was subjected to split – half reliability on a sample of 50 peoples selected by random and found to be reliable. The odd even correlation co-efficient using Product Moment formula is 0.83. The reliability of the whole test is estimated to be 0.91 at 0.01 significance level using Spearman's Brown formula.

Criterion related validity of the scale was found by correlating with Mathew Materialism- Spiritualism Scale. When the tool tests were administered to a sample of 50 people, the correlation co-efficient was found to be 0.89 at a significance level of 0.01. This shows that the scale would yield to measure the variable spirituality.

**Personal data sheet:** A personal data sheet was used to collect details of relapsed and abstinence in alcoholic patients.

### Procedure

The tools were administered individually to the subjects selected for the study. The response sheets were scored as per the instructions given in the manuals.

### Results and discussion

In order to test the tenability of hypothesis one, the statistical technique of t test

was found most appropriate because two groups of subjects were involved here. Using t test it was investigated whether the values of the subjects in the scales significantly differed with the type of respondents.

Table -1

The Data and Results of t Test : the mean, the standard Deviation and the t values of the subjects responses in the variable spirituality

Variable	Relapsed Alcoholics		Abstinent Alcoholics		t Value
	Mean	SD	Mean	SD	
Spirituality	73.14	11.02	99.94	7.55	19.41*

\* significant at 0.01 level.

As it is clear from the Table 1, the t Test has shown that the variable are not independent. The spirituality score differed significantly with the type of respondents. That is spirituality influences abstinence in alcoholic patients.

Alcoholic patients who have abstained have more scores in spirituality. There are a lot of studies indicating the relationship between spirituality and alcoholics recovery. The study by Zemore and Ksthutes (2004) shows that longer sobriety predicted. Significantly more time spent of recovery helping and higher levels of Theism and self-transcendence. Patients religious beliefs were studied in relation to alcoholics sobriety. In a significant study by Poage, Ketzenberger and Orson (2004) it was found that the length of sobriety of alcoholics was significantly associated with spirituality.

A Spiritual or religious connection to the transcendent is part of the recovery. Recovering participants in one study expressed a sense of needing something to depend on that could be trusted and that was there always (Morjaria & Oxford, 2006).

### Conclusion

Belief in God, life after death, prayer and other religious practices on one hand help people to deal stress situation effectively, and also help the believer to be affiliated with religious group and thereby experience mutual support and to help to enhance the length of sobriety

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## DDC MAPPING AND IT'S PRACTICAL DIFFICULTIES

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### ABSTRACT:

*Library Classification is the grouping of resources as per its subject relationships and assigning them with numbers for proper arrangement in the shelves according to their mutual relations. It involves the identification of the divisions of subjects in the universe of knowledge and furthermore mapping of these subjects according to the nearness of their subject relationships. Mapping of universe of knowledge makes the multi dimensional universe of subjects into one dimension. Achieving maximum filiation in the book arrangement is the goal of every classification scheme. Different methods are adopted in different classification schemes for mapping of universe of knowledge. Dewey decimal classification comes under Enumerative Scheme of classification and it followed Aspect Classification. Some difficulties exist in the book arrangement while using DDC. This paper attempts to evaluate the mapping of subjects in DDC and point out the difficulties faced by the users' and classifiers' point of view*

### KEY WORDS

*Library Classification, Enumerative Classification Scheme, Features of DDC, Mapping of Subjects in DDC, Difficulties with DDC Mapping.*

**A**s the information providers of the society, the primary task of each and every library is to satisfy the information demands of the users. For that first of all it has to collect and organize knowledge scattered all over the world and arrange them in a sequence by which the users will get it in an easiest way.<sup>1</sup> Organising artifacts in the form of printed books, pamphlets, and similar knowledge resources on the shelves of a library in a logical sequence to support browsing is one of the important

issue of a library. In that classification plays a crucial role. In libraries, Classification work is carried out with the help of Classification schemes. It provides a system for arranging knowledge enclosed in different documents and these systems are acting as tools for organizing them. The basic function of library classification is to arrange the universe of knowledge in a helpful sequence for easy retrieval of subjects in a pin pointed, exhaustive and expeditious manner. Therefore a classification scheme tries to mapping the multidimensional subjects into one dimension.

According to Dr. S.R. Ranganathan, <sup>2</sup>"classification is the translation of the name of the subject of a book into a preferred artificial language of ordinal numbers and the individualization of several books dealing with the same specific subject by means of a further set of ordinal numbers which represents some features of the book other than their thought content". The first of these ordinal numbers is called the class number of the book. The second ordinal numbers is called its book number. The class number and the book number together constitute the call number of the book.

According to Margaret Mann, <sup>3</sup>"classification is the arranging of things according to likeness and unlikeness. It is the sorting and grouping of things, but in addition classification of books is a knowledge classification with adjustment made necessary by the physical forms of books."

**Importance of Library Classification:** Classification is the juncture which links the user with his documents. It involves the identification of subject contents enclosed in documents and assigning them proper notations and arranging them according to the nearness of their subject relationship. Even in this era of digital resources with OPAC and RFID technologies classification is an important tool for the logical arrangement and easy retrieval of the resources. This classificatory arrangement of documents in libraries helps to:

- Easy location: By the classificatory arrangement of documents, the users can easily locate their documents.
- Helpful Sequence: Classification schemes follow a helpful sequence of subject arrangements. Consequently it helps to arrange documents in libraries according to their nearness of relationship so it brings closely related subjects together.
- Mechanization of arrangements: After using the documents, it has to be replaced in the correct location. Classification helps to replace the documents in its relative position in a mechanized manner and it also helps to give a place for newly added documents.
- Adding of new subjects: Classification schemes have an inbuilt capacity to add new subjects in between the existing sequence. It helps the libraries to provide a correct filiatory position to the documents containing the new subjects within the array of existing collection.

**Different Types:** Broadly the systems of library classification can be divided into two categories viz. Enumerative scheme of classification and Analytico synthetic scheme of classification. In enumerative scheme of



classification all the available and expected basic subjects and compound subjects were mapped and readymade numbers were assigned to these subjects. Dewey Decimal Classification is an example for Enumerative scheme of classification. But Analytico synthetic or Faceted classification does not provide for readymade numbers for compound subjects. But it maps only Basic subjects and isolates which are combined together according to some canons and principles at the time of classification. It allows the assignment of multiple classifications to a compound subject. Ranganathan's Colon classification is an example of Faceted Scheme of Classification. Though the classification schemes are basically two types, but the features of both of these types were penetrate into others. The later editions of Dewey Decimal Classification schemes were also accepted some features of Analytico Synthetic Classification. So the later editions of DDC can be called as Almost Enumerative Scheme of Classification.

**The important features of Dewey Decimal Classification scheme:**

- Enumerates most of the compound subjects.
- Well developed hierarchies and well defined categories and also provides a rich network of relationships between topics.
- Decimal fraction notation of Arabic numerals is used and notational hierarchy is expressed by length of notation.
- Aspect classification is followed, that is discipline wise categorization.
- Different types of notes are provided to help the classifiers if they feel confusion in their work.
- The table numbers and add notation given in the main schedules provide some of the features of faceted classification.
- Published in Full and abridged editions, Print edition and Web Dewey is available with continuous updating.

**Mapping of subjects**

Mapping of subject involves the arranging of the universe of subjects according to their subject relationships in a single array of subjects as a geographical map sketches the adjacent places according to their nearby positions. The main features of universe of knowledge are that it is infinite, turbulent, dynamic and multi dimensional. The subjects are interrelated in different ways and in different levels. Hence in designing a classification scheme a Classificationist faces countless problems. The thrust area in the designing of a scheme is mapping of subject itself which is a tedious task and furthermore it is very difficult to determine the relationships among the subjects. The next crisis of the Classificationist is in the determination of the immediate neighborhood relations according to the different approaches of the users when these approaches may be changed at any time. Then he has to fore cast the levels and the manner of

growth of subjects and should also plan for accommodating the ever growing subjects in their accurate places. Therefore all Classificationists based the mapping of subjects on some sound principles or ideologies and the affiliations such as their period of life, culture, believes, subject interests etc. of the Classificationists may also influenced it.

### Mapping of subjects in DDC

DDC follows a general to specific subject arrangement and the basic structure of arrangement is by discipline. Melvil Dewey followed the inverse order of Baconian order of subject division and he at the first level divided the universe of knowledge into ten Main Classes. <sup>4</sup>They are:

- 000 Computer Science, Information and General Works
- 100 Philosophy & Psychology
- 200 Religion
- 300 Social Sciences
- 400 Languages
- 500 Science
- 600 Technology
- 700 Arts & Recreation
- 800 Literature
- 900 History & Geography

Each of these main classes was firstly divided into 10 Divisions. For example:

- 300 Social Sciences
  - 310 Statistics
  - 320 Political Science
  - 330 Economics
  - 340 Law
  - 350 Public Administration
  - 360 Social Problems and services
  - 370 Education
  - 380 Trade/ Commerce
  - 390 Customs, etiquette, folklore

Again each of these Divisions then divided into 10 Sections. Thus the universe of knowledge has been organized in a hierarchical order. Common categories which can be added to any of the Basic or Compound classes were assigned a separate schedule known as Tables. DDC has 6 tables as common auxiliary tables, which give some synthetic features of the faceted classification to DDC. They are:

Table1. Standard Subdivisions

Table2. Geographic Areas, Historical Periods, Persons

Table3. Subdivisions for the Arts, for Individual Literatures, for Specific Literary Forms

Table4. Subdivisions of Individual Languages and Language Families

Table5. Ethnic and National Groups

Table6. Languages

**Features of DDC Mapping:** DDC maps the universe of subjects in a peculiar manner and Dewey was the first one who attempted the division of universe of subjects into 10 instead of dichotomy and provided relative location to the documents.

**Division of Subjects into 10:** The division of universe of knowledge into 10 is a milestone and is very helpful and scientific. In determining the immediate neighborhood relations and to give filiation sequence to the subjects Dewey had taken an enormous effort.

**Relative location:** Instead of giving fixed location to each of the documents Dewey provided relative position to the resources.

**Hierarchy:** Structural hierarchy is followed in the arrangement of subjects in the schedules and the length of the numbers themselves expressed the notational hierarchy. Hence the coordinate and subordinate classes can be identified by seeing the length of the notation.

**Hospitality:** One of the important features of a classification scheme is the capacity of the array to incorporate newly emerging subjects. DDC accomplishes this by gap device and sector device. And the revision policy of DDC is also helps to accommodate newly emerging subjects.

**Helpful sequence:** Melville Dewey was meticulous to give filiation order and helpful sequence for subjects. So he had taken an utmost care in determining the immediate neighborhood relations.

**Aspect Classification:** The Principle of arrangement by Discipline, the key method followed by DDC in the mapping, resulted in the separation of different aspects of an entity in different disciplines in which that entity is studied. It is against the ‘one place classification’, in this one entity is listed only once. But the different aspects of an entity find different places in the DDC schedule.

**Simple Notation:** For securing simplicity of notation Dewey adopted pure notation, which provided a narrow span of Base numbers. So that many of the topics which is developed as a main subject and can be treated as a main class have been constrained in a tiny division in the DDC schedule.

**Readymade Numbers:** DDC is an enumerative scheme of classification and almost all Basic classes and Compound subjects were provided with readymade class numbers. Though it makes the works of the classifiers easy and helps to get uniform numbers when any classifier assign numbers to it, but it reduces the hospitality of the scheme.

**Difficulties faced while classifying with DDC:** Classification schemes always devoted to arrange subjects in a sequence, which must be scientific and at the same time filiatory. In major places the distribution of Divisions follows a helpful sequence in DDC. The adjacent positioning of the subjects like Philosophy (100) and Religion (200) contribute a filiatory sequence to the array of main classes. So also the arrangement of Science (500) and Technology (600). The Divisions under the Main Class Social Sciences (300) and Natural Science (500) follows a filiatory sequence.

But there are some exceptional instances also. Many subjects were overlapping and helpful sequence was disturbed at different places. In the Main Class itself Language (400) and Literature (800) has given a distant positions without any justification. The sequence of books dealing with religions of India will get different places, that is religions originated in India is classed in 294.5 but religions originated in other places but practicing in India is placed in 200.954. The family is classed in 306.85, but all the problems or remedies in family problems are classed in 362.82. Sociology of religion is classed in 305.6, but sociology of religious institutions is classed in 306.6. In these situations a classifier is in a dilemma to find a class to the resources dealing with these subjects, and it is always difficult to follow the notes provided under the manual. Confusion always exists between the numbers 320.9 and 909 and 930. The number 320.9 is used for specific important political activities but whenever it gets a general influence the number is shifted to 909. It is very difficult to the classifier to analyse a document up to these level.

DDC from its first edition onwards tries to arrange subjects in a hierarchical order. The hierarchy is expressed through the length of notation and structure. But there are many instances where the hierarchical order has been violated and which was indicated by different notes and symbols. At some instances the array could not be completed by 10 divisions or sometimes certain numbers may not be occupied as the array is small, then these numbers were given to the subordinate or super ordinate classes, therefore the hierarchical order was disturbed. One fine example is Biology (575). Another problem is that as per the mode of formation of subjects some topics may get a super ordinate position after the designing of the scheme. So the static hierarchies provided in classification schemes cannot give the correct hierarchical position to the subjects. An example to this is Management (658) and Computer Engineering (621.39). This is a limitation of all the enumerative scheme of classification. Once a position has been given to a subject it is very difficult to change that order according to the growth of a subject.

The Principle of arrangement by Discipline that is different aspects of a subject is treated in different disciplines, the key method followed by DDC in the mapping, creates difficulties in the way that the different aspects of an entity find different places in the DDC schedule. For example wars, if a person wants documents dealing with wars, he has to search for books under the history of nations in which wars were taken place. The documents dealing with world wars were very well placed under the history

of Europe. In this period of multi disciplinary research, many resources contain different aspects of an entity in a single document. Hence it makes problems to the classifiers to give a comprehensive number to that document. Again the users also now tries to study a phenomenon in different aspects also needs documents covering all these aspects, but by the aspect classification DDC keep these documents at different places. Computer science (004-006) and Computer Engineering (621.39), is kept in two different main classes, these different numbers were assigned according to user's point of view or engineering point of view. Hence it is very difficult to the users and also to the classifiers to find out which book deal with these two views. But if all the books dealing with computers were kept in nearby position it will assist both these categories. In the similar way the science deals with the properties of solid earth are treated in Geology (550), but the representations of earth or other extraterrestrial worlds are treated in Geography (912). Like that map making is classed in mathematical geography (526), but map reading is classed in Geography (912). May be the person who prepares maps also ought to have an idea to how to read it. The numbers provided for the Socialist ideology (320.531) and Socialism (335) separated the documents on the topic in two classes. Like that, inclusion of different aspects of Counseling in totally different areas (158.3, 361.06, 371.4), makes problem to the users. The detachment of Botany (580) and Agriculture (630), the detachment of Sports (796) and physical training (613.7) are also the result of Aspect classification. There are so many such other examples in DDC Schedule, which always confused the individual classifier in determining the aspects of the resources.

For securing simplicity of notation Dewey adopted pure notation, which provided a narrow span of Base numbers. Hence many of the subjects which are developed as a main subject and can have the capacity to get the status of a main class or have the eligibility to get a higher hierarchical position been constrained in a tiny division. The subject Sports (796) is included under the main class 700 Arts as a very subdivision of 790 Recreational and Performing Arts. Though arts and sports have a same capacity to be considered, it doesn't get even a second summary. Geography (910) is also classed in between the main class History (900) and the allocations of numbers for different kinds of Medicine under Therapeutics (615) are some of the examples for this.

There are many instances in the DDC schedule, where the filiation arrangements of the subjects were forbidden. The subject Geography (910) followed by Biography (920) placed in between the subjects of History and among them no filiation exists. It also resulted in the separation of documents of History. That is it alienated the documents of World History (909) and History of individual countries. So also in Philosophy (100) the existence of Psychology (150) in between the main class Philosophy makes the arrangement of documents in the subject philosophy in two parts. History is the representation of past politics. But in DDC, History is placed as the last class after the main class Literature. Between these classes Literature and History no mutual relationships exists and two related classes

that is Politics (320) and History (900) was detached. The detachment of Main classes Language and Literature is against the filiatory pattern of arrangements. Like that Tourism and Tourism industry very related topics, but are arranged in two different main classes.

The sequence of DDC subjects are also adversely affected by the bias of the Classificationist. In the main class 200 Religion the numbers from 220 to 280 were allocated to Christianity alone is a bias of DDC, though there are many changes were made in the 22<sup>nd</sup> edition. All other Religions were placed in a tiny span of numbers that is in 290. Like that in Languages (400), the European languages have got a superior position and a wide span of numbers from 420 to 489, and all other languages were kept under 490 under Other Languages division. In the Main Class Literature (800) the same pattern of mapping was followed.

And also the provision of readymade numbers to compound subjects restricted the capability of intrapolation and extrapolation of newly emerging subjects. So the newly emerging subjects, which have filiations to some of the existing classes have to be accommodated only in the existing gap. It adversely affected the filiatory arrangements of subjects.

It is a fact that according to the developments of subjects the existing classes were relocated or new entries were added in the new editions of DDC. <sup>6</sup>When major changes were added, it demands a lot of time and energy of the classifiers and also of other library professionals for rectification and changing the corresponding record of the catalogue. At many instances DDC revisions effected drastic changes to the existing scheme.

But it is definite that in the enumeration and determination of immediate neighborhood relation, Dewey disclosed unlimited patience and intellect. And these limitations were to some extent overcome by the revision policy of DDC. <sup>7</sup>The completely revised schedules not only incorporate new subjects with details but it also provides opportunity to rectify the order of classes and the facet structure to reflect modern thinking in that profession.

DDC is the fore runner of all classification schemes and even in this modern period, <sup>8</sup>it is used in 2, 00,000 libraries in 135 counties including national bibliographies of 60countries, and has been translated in over 30 languages and existed for these long years. After the appearance of DDC within these long years a number of new subjects emerged and the existing subjects were developed a lot and the method of searching and retrieval of information has been changed a lot. Even then DDC hold on in this field without any change in its basic structure proved its significance and value.

### **Conclusion**

Though there are many problems to the users of the DDC by its different features especially the aspect classifications, it is very clear that if it goes for phenomenon classification, it will also create other difficulties. <sup>9</sup>As no classification is absolute or value free. It only reflects the boundaries and

structure of knowledge as perceived by its designer. So the new generation library scientists, mathematicians, Classificationists should think upon the new possibilities in determining the immediate neighborhood relations among the existing and emerging subjects in the digital era and designing of classification schemes in the changing context with modified features including automatic classification provided that it can fulfill the user needs and maximize the use of resources, the two goals of classification.

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## **WOMEN'S ROLE REDEFINED: EMPOWERMENT OF KERALA FEMALE NURSES IN THE UNITED STATES OF AMERICA**

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### **ABSTRACT:**

*Kerala has produced more nurses than any other State in India. With its high literacy rate and progressive education programmes, the state of Kerala trained a nursing workforce that is highly sought after in the global labour market. Historically, nursing is a woman dominated profession. The female nurses from Kerala can be seen across the globe. Migration of Kerala female nurses to the United States of America helped them to get empowered and liberated to a certain extent and to improve their status in society. This enabled the redefining of women's role and identity in the family and society in the United States of America. This changed the attitude of Kerala society and the nurses became an asset from liability. The stigma attached to the nursing job as dirty and polluting has been reduced because of the economic and educational upward mobility of the nurses. This paper examines the factors like the caste hierarchy, the subordinate position of women, dowry system, the culture etc responsible for the low status of the nurses in Kerala and the economic, social, cultural and emotional empowerment of the Kerala nurses in the USA which are helpful for the change in the role of women in the family and society.*

### **KEY WORDS**

*Empowerment, gender role, Identity, Malayali Nurses, Migration, Professional Pride, Social Stigma.*



### **Introduction**

From birth to death, the service of a nurse is inevitable in a person's life. A nurse has to be in touch with the pain and feelings of the patients and hence they are accepted as the angels all over the world who are ready to help the patients in their distress. But in Kerala the nursing profession was considered as a dirty job with low status in society. Now, things are changing because of the empowerment of Malayali nurses in the United States of America. Their status is improved in the USA and their roles in the family and society is redefined because of the different culture in this first world country. Kerala is mainly depending upon the income of the human resource especially, the remittances made by the people migrated from Kerala to other parts of the world. Female education is very high in the state. Female literacy in Kerala is 91% whereas in India it is 53.6% only. With its high literacy rate and progressive education programmes, the State of Kerala trained a nursing workforce that is highly sought after in the global labour market. Kerala has produced more nurses than any other State in India. The female nurses from Kerala can be seen across the globe, especially in the USA.

### **Methodology and Data Source**

Analytical method is used to find out the redefined role of the female nurses in the United States of America and back in Kerala as a result of the US migration. The disadvantaged nurses from Kerala gained power, position and improved their economic and social status, thereby redefined their traditional role in their family and society. Both primary and secondary sources are used for this paper.

### **Objectives**

To examine the reasons for the low status of female nurses in Kerala.

To understand the economic, social, cultural and emotional empowerment of the Kerala nurses in the USA.

To recognize the redefined role of the nurses in the USA and Kerala.

### **Historical Background**

Nurses' migration from India began since 1914 as the English missionaries portrayed nursing as noble Christian service. They recruited nurses from the Christian community, especially from less-well-off families in Kerala. Even today Christian nurses from Kerala (90%) form a substantial chunk of nursing professionals in the USA. During the 1960s and 1970s young nurses from Kerala migrated to the USA in large numbers. The enactment of the Immigration Act of 1965 saw one of the most drastic changes in the US immigration policy. This more liberal immigration policy

encouraged the immigration of nurses from Kerala. Development of modern hospital system and institutionalization of nursing, particularly the opening up of the process of globalization brought opportunities for the nurses to reach USA though the oppressive social norms in Kerala were against the migration of women. As Robin Jeffrey has pointed out, the development of nursing as a profession in Kerala provides a way of measuring both attitudes – particularly those involving women and the spread of government investment in medical treatment.<sup>1</sup>

### **USA-the sought-after destination**

Female nurses of Kerala are quite ambitious and look forward for career prospects which prompt them to migrate to the USA, which is the most desired and the sought after destination and the place of their first preference. From the time they start their career as nurses, they begin to cherish the American dream. Nurses think of Europe and North America as the place of salvation where they get better treatment.<sup>2</sup> From 2003, the United States and the United Kingdom have become favoured destinations, ever since the two countries relaxed qualification norms for nurses. Today the presence of Malayali nurses as America's frontline health care providers have turned them into an indispensable part of the national health infrastructure of the USA. Indeed they can be found in large metropolitan hospitals as well as small nursing homes and their numbers may be even higher than that of Indian physicians.

### **Push Factors**

Historically, nursing is a woman dominated profession. Low salary, unemployment, poor working conditions, poor career prospects, poor standard of life, unhappiness with the prevalent social attitude towards nurses as dirty and polluting, low status in the society etc act as the push factors for the nurses to migrate to the United States of America.

### **Pull Factors**

Attractive salary, high standard of life, better status in society, nursing shortage in the United States of America, economic independence, elevation of gender position, better career prospects and the other fringe benefits like the green card, good housing and other infrastructure facilities, spouse visa, better education for children etc are the motivating factors which encourage female nurses to migrate to the USA.

### **Unusual pattern of Migration**

Men migrate first usually as they are considered traditionally as the bread winners of the family in Kerala society. But the immigration pattern is unusual in the case of female nurses that women migrate first and only once they are settled, they sponsor their husbands and families. Nurse is

the breadwinner of the family and the sponsor of the family members. She has a secure permanent job in the USA with better earning power compared to her husband.

### **Dowry system**

In Kerala, a male child is always preferred by the parents whereas a female child was considered as a liability because of the dowry system. Investing money in a girls' education was seen as watering the fruit trees in the neighbour's garden. In a society where arranged marriage is still the norm, daughters were often seen as burdens since the family is obliged to provide a handsome amount as dowry or *sthreedhanam* for the marriage of daughters whereas they would receive a handsome dowry upon the marriage of sons. As the anthropologist Susan Viswanathan points out, it (shthreedhanam), expresses the fundamental severing of economic ties for a woman from her natal home and her incorporation into the conjugal household.<sup>3</sup>

### **Caste hierarchy and culture**

Caste system prevails in Kerala society where the so called high caste women are reluctant to choose nursing as their profession. Nursing was considered as a profession reserved for girls from poor Christian families. Traditionally, in Kerala society, it was not appropriate for young women to speak in the presence of males who were not relatives. The working requirements of nursing put the women in direct contact with men who were not close relatives, gave rise to allegations of sexual immorality against nurses in general. The cultural traditions of Kerala earmarked nursing professionals with new earning power as deviants with respect to the customary gender norms prevalent in Kerala. Indian culture expects women to be modest, keeping away from strange men, not being found alone in a public space, and being obedient. Purity-pollution ideology is inherent in the caste system. The oppressive social norms were against the migration of women.

### **Subordinate position of women**

Men enjoy the premium position in the society whereas women are considered as subordinate to them who are supposed to obey their orders and respect them. As Kerala is a male-dominated society, stark inequality between men and women prevails in the family and Kerala society. Men wanted their wives to remain at home to do household chores like washing, cooking, child rearing etc. The gender norms of Kerala are favourable to men and women are restricted from entering into public places. The patriarchal norms of Kerala depicted woman as a lamp to be blown till death for the welfare of other members of the family. They were supposed to be inside the four walls of their family serving their husbands, husband's parents and children.

Kerala society considered nursing as a dirty and polluting job because the profession of nursing requires constant physical contact with unknown male patients and doctors. The nurses were once labeled as uneducated, uncouth women from poor family backgrounds with questionable sexual standards. The attitude of Kerala society about nursing was as lowly and humble and hence lacking in prestige. Nursing remained a low status profession due to the existing cultural norms of Kerala. The social stigma of nursing as a job with a low social status could not be removed completely and is still there.

### **Improvement of status in the USA**

Migration of Kerala nurses to the United States of America helped them to get empowered and liberated to a certain extent. It helped the adventurous female nurses to improve their status in society. This enabled the redefining of women's role and identity in the family and society. The social stigma of a patriarchal society as dirty nurses is removed once they reach the USA. Purity-pollution ideology inherent in the caste system of Indian society is removed in the US. The social stigma attached to the nursing as a dirty and polluting job is changed and nursing became a highly demanding job with job security and high salary. Nurses from Kerala gained autonomy and consequently challenged gender and class norms both within the family and within the society. They have a professional standing and influential position in the USA with better study options and career prospects.

### **Professional pride**

A new sense of professional pride, a pride not possible in Kerala is experienced by the nurses in the USA because of their emotional satisfaction and economic power in the first world country. The rising social status and economic power of the nurses increased their confidence. Their desire for social respectability is honoured in the USA where a different culture prevails. Nurses experience greater freedom and independence in the USA with job security and permanent better income. Migration opportunities to the USA have a positive impact on their marriage prospects and thereby their status in the society. Matrimonial advertisements ask for nurse brides with a green card and for those who passed IELTS\CGFNS. Nurses are more attractive if they have at least a bachelor's degree and have passed their exams administered by the Commission on Graduates of Foreign Nursing Schools.<sup>4</sup>

### **Nurses as skilled workers**

The appointment of care assistants to do certain lowly tasks like making beds, changing dirty bed sheets and removing bodily fluids, have helped to create the perception that nurses are skilled and as a result more important in the hospital hierarchy. Care assistants are perceived as subordinates