

**SOCIAL ISSUES IN MALAYSIA
MUSLIM WOMEN'S
PERSPECTIVES**

**ZEENATH KAUSAR
ZALEHA KAMARUDDIN**

ILMIAH PUBLISHERS

**SOCIAL ISSUES IN MALAYSIA:
MUSLIM WOMEN'S PERSPECTIVES
(Work, Law, Politics And Education)**

Edited by

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Work, Family and Well-being: Comparing Malaysian and British Samples of Employed Women

Noraini M.Noor

Abstract

This study examines the influence of role experiences on mental health in two samples of employed women, English and Malaysians. Initially, items pertaining to the worker, spouse and mother roles were factor analysed to determine their factor structures separately for the two samples. The factors identified were then used as predictors in the relationship between roles and well-being. In this sample of full-time employed women (180 from England, 291 from Malaysia), results of the factor analysis showed that factors obtained in both samples for each of the roles were quite similar, though not exactly the same. On the basis of these factors, a model of roles in relation to well-being was constructed. After controlling for age, occupational status and the personality variable of negative affectivity (NA), results of the hierarchical regression analysis indicated that while overload, autonomy and spouse-role quality predicted symptoms of distress, none of the variables was related to the measure of happiness in the English sample. In contrast, within the Malaysian sample, after controlling for age, occupational status, race (Malays=241, Chinese =50), and negative affectivity, only autonomy predicted distress. Happiness, on the other hand, was predicted by both autonomy and spouse support. These findings are discussed with respect to the English and Malaysian societies as well as to the literature in the area of work and family roles in relation to women's well-being.