



## **EXAMINING THE CONNECTION BETWEEN SOCIOECONOMIC STATUS, WORK AND HEALTH, AS IT DISTRESSES MEN AND WOMEN**

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### **ABSTRACT**

Socioeconomic status (SES) contains not only income but also financial safety, educational fulfillment and individual insights of social status and social class. Socioeconomic status can include quality of life aspects as well as the opportunities and rights afforded to people within society. Poverty, precisely, is not a sole factor but rather is characterized by multiple physical and psychosocial stressors. SES is a constant and reliable analyst of a massive collection of results across the life span, including physical and psychological health. Therefore, SES is related to all realms of behavioral and social science, comprising research, practice, education, and encouragement. Low socioeconomic status has been found to heavily affect the physical and mental health of men and women. In this paper it has examined the connection between income, work and health, this study examines the differences that presents between males and females in the population, and achieve to identify any supports needed for those people.

**Keywords:** socioeconomic status, physical health, mental health, obesity, diabetes, hypertension, alcohol use disorder, depression, anxiety.

### **INTRODUCTION**

Poverty has long been a problem in the India and it continues to impact, Millions of Indian each year. The physical health of those living in poverty is harmfully affected, with challenges including obesity, hypertension and diabetes .Poverty includes challenges associated to mental health also, and the ratio of hypertension is much more in low

income population than the higher income population.

Work stress has been recognized as a risk factor for hypertension, diabetes, back problems, and cardiovascular disease.

SES affects complete human working, with physical and mental health. Low SES and its associates, such as lower educational attainment, poverty,



and poor health, eventually affect the society. Imbalances in health distribution, resource distribution, and quality of life are increasing in the India and worldwide.

### **LITERATURE REVIEW**

#### **Socioeconomic Status**

As the poverty levels growing, researchers are making efforts to identify the reasons.

The social problems that rise from intense low SES are manifest as rates of violent crime and school dropout are all greater in poor communities.

Rural areas have been found to be sections with high volume of poverty than the urban areas. Research has proved the impact of poverty on health, with many health risks found to be thoroughly related with socioeconomic status. Evidence has noted that higher income lets people to more easily access quality healthcare, afford more nutritious foods, and afford better housing, all of which are related to overall health status. However low income people suffers from health problem due to low quality health status.

Females and males of lower socioeconomic status excessively experience obesity, a health problems which increases risk for situations such as hypertension, diabetes, and heart disease.

#### **Objective**

The overall Objective of this research paper was to examine the inequalities and differences presents between male and female of lower socioeconomic status which connected to their mental and physical health. This also includes the impact of poverty on society and individual's families.

#### **SES INFLUENCES LEVELS OF WORK STRESS AND HEALTH**

Work is vital to the psychological health and security of individuals and communities. Work stress has been found as a risk factor for hypertension, diabetes, upper extremity musculoskeletal problems, back problems, and cardiovascular diseases.

Heavy demands and small decision control have predicted heart diseases in most of the workers.



Job strain has been found to increase blood pressure in men of low SES.

Fatigue and sleep deficiency are related to mandatory and intended overtime and are also related with work-related accidents in the worker.

Smoking prevalence among low socioeconomic workers is double that of high socioeconomic workers.

Male infertility has been related with job stress for people working in industry and construction.

Lower income workers are more expected to work for small businesses and therefore less likely to have access to health insurance, paid vacations, and sick days. They are also less likely to be permitted to use paid time off for sick child care.

Higher rates of job unhappiness and job-related stress have been observed in workers with more frequent overtime requirements, little managerial support, and less work flexibility

A research of both earner middle-class families revealed that the majority are not pursuing two high-powered careers, to reduce stress and balance life-work responsibilities

Lower wage workers are more likely to work part-time, at lower hourly rates, with few to no benefits and often mandatory part-time schedules—all of which create work-life challenges for families and single parents.

Involuntary job harm for older adults was connected to health failures and even illness.

Low socioeconomic status has been found to heavily affect the physical and mental health of men and women. In this paper it has examined the connection between income, work and health, this study examines the differences that presents between males and females in the population, and achieve to identify any supports needed for those people.

The fear of job loss has a significant impact on physical and mental health; the effect on mental



health is greater than the effect on physical health.

Higher blood pressure for women and weight loss between those with high job insecurity was examined in workers.

### **SES Impacts the Lives of Women**

SES is a key aspect in defining the value of life for women, it powerfully impacts the survives of children and families. Discriminations in wealth and quality of life for women are long-standing and occur both locally and world widely.

### **Quality of Life**

Proofs shows that socioeconomic status affect the quality of life for women.

- Women's poverty rates are above the poverty rates for men.
- Poverty rates for all groups of adult women were also higher than for their male equivalents.
- 90% of women have full custody of their children, and custodial mothers have low SES than custodial fathers.
- Local and sexual violence against women can often lead to a cycle of

poverty through job loss, poor health, and homelessness.

### **Income and Earning Ability**

Men are waged more than women, in spite of similar levels of education and corresponding fields of profession. Reduced income for women, joined with longer life probability and growing responsibility to raise children, increase probabilities that women faces economic disadvantages.

- The salary gap has gradually pointed over time; however, in recent years the improvement made toward removing the salary gap has essentially plateaued.
- Women with a high school diploma were paid less than of what men with a high school diploma were paid.
- Single-mother families, generally depend on on the earnings of one adult,
- Pregnancy disturbs work and educational chances for women. The cost related with pregnancy is more for women than men. In addition, unplanned or untimely pregnancies can cause women



from finishing their education or sustaining employment.

- According to a survey, most of the women believe they have experienced gender discrimination.

### **Psychological Health**

There is growing proofs supporting the link between lower SES and negative psychological health outcomes for women.

- Pregnant women having low SES report knowingly more depressing symptoms.
- Women having low salary have been found to feels expressively more depressive symptoms than women with high-income.
- Women with insecure, low-status jobs with little to no decision-making authority experience high degree of negative life events, insecure housing, more chronic stressors and reduced social support. Low employment is a strong forecaster of depression.
- Ratio of depression and anxiety has improved knowingly for poor women in developing countries suffering restructuring.

- Women with low income are more likely to develop problems with drinking and drug addiction, which are subjective by the social stressors related to poverty.
- Lack of safe, reasonable housing puts women and children at greater risk for intense victimization and depression.
- Improved balance in gender roles and responsibilities, salary equity, poverty reduction, and renewed attention to the maintenance of social capital would further redress the gender disparities in mental health.

### **Physical Health**

Women's health continues to link lower SES to a diversity of negative health outcomes for women and their children.

- Results of breast cancer studies indicate that women living with breast cancer are more likely to die if they live within lower SES communities.
- Obesity, risk for becoming obese, and staying obese from youth to young adulthood are strongly related to poverty among women.



## CONCLUSION

It concludes that, socioeconomic status (SES) includes not only income but also educational fulfillment, financial safety, and individual insights of social status and social class. Socioeconomic status can include quality of life aspects as well as the opportunities and rights afforded to people within society. Poverty, precisely, is not a sole factor but rather is characterized by multiple physical and psychosocial stressors. SES is a constant and reliable analyst of a massive collection of results across the life span, including physical and psychological health. Therefore, SES is related to all realms of behavioral and social science, comprising research, practice, education, and encouragement.

Low socioeconomic status has been found to heavily affect the physical and mental health of men and women. In this way it has examined the connection between

income, work and health, the differences that presents between males and females in the population, and achieve to identify any supports needed for those people.

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