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Costos psicosociales del doble papel de la mujer, como asalariada y como ama de casa

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Abstract

The implications of the dual role of women in contemporary society, as a wage-earner and as a housekeeper, are studied. Two groups of women, 150 each, middle class and working class, were investigated. Instruments were a "Scale of Dual Role" developed for the present research project; Locke and Wallace (1959) Scale of Marital Adjustment; and a Scale of Occupational Health. Results indicate that women suffer from chronic overload. This includes constant physical and mental tiredness, insomnia, feelings of loneliness, depression, and sexual and marital difficulties. The social implications of these situations are pointed out.

Keywords

women, dual roles, feminine work, overload syndrome, counseling for women

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