

RELATIONSHIP OF GOAL ADJUSTMENT AND PSYCHOLOGICAL WELL-BEING AMONG WOMEN WITH VEIL AND UNVEIL

by

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Abstract

The present research aimed to see the relationship of goal adjustment and psychological well-being in veiled and unveiled women. Correlation research design was employed on a sample of 240 women (n= 120 veiled women; n=120 unveiled women), which was collected through purposive sampling. The sample was collected from Lahore, Pakistan. The research instruments included Goal Adjustment Scale and Psychological Well-Being Scale. In this study descriptive statistics, t-test, correlation and hierarchal regression were used. The results of Pearson Correlation coefficient revealed a positive relationship between goal adjustment capacities and psychological well-being. t-test analysis revealed veiled women to be more psychological well than unveiled women. It was also revealed that positive relationship existed between the subscale of psychological well-being; self-acceptance and both goal disengagement and goal reengagement in veiled women. While negative relationship was found out between psychological well-being and goal disengagement in unveiled women. This study also revealed that goal adjustment capacities predict psychological well-being.

Key Word: Veiled Women, Un-Veiled Women Psychological Well-Being, Goal Disengagement

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Introduction

“You’re unique like all other women” (Beauvoir, 1946). Veil is observed by Muslim women in all over the world. There are several different definitions and interpretations of veil that has been given by several authors. Badr (1946) defined veil as a piece of cloth that covered the face. The veil has been given different names in different countries and cultures, which are; hijab, niqab, burqa, chadar and purdah. In South Asia the term mostly used for veil is purdah (Kirmani, 2013) explained the meaning of purdah as not only a piece of cloth but is also a sign of modesty, privacy and a source of comfort for women. “When women veil her body in modest clothing, she is not hiding herself from men. On the contrary, she is revealing her dignity to them” (Evert, 2014). Veiling has also been considered an illegal act in different countries. In Germany, veil is banned for teachers and is likely to be banned for civil servants as well (Impey & Mara, 2011). Likewise, the government of Belgium has banned the covering of face and body for women in public places (Vrieling, 2011). In Turkey, veiling has

also been considered a symbol of backwardness and a barrier for achievement of secularization (Treacher & Shukrallah, 2001). According to Oloyede (2010) all cultures or societies have their own dress code that differentiates them from other cultures. According to Keddie (1990) veiling is not only practiced by Muslim women but is also a religious practice for many other religions like Christianity, Jewish religion and Hinduism. The present study was conducted to explore the goal adjustment capacities and psychological well-being among veiled and unveiled women. Goals are very important part of an individual life. The setting of goals gives people; a sense of direction in life (Austin & Vancouver, 1996; Emmons, 2003). The well-being of an individual reduces when he/she faces hurdles in achieving their goals. “Winners are not afraid of losing. But losers are. Failure is part of the process of success: people who avoid failure also avoid success” (Kiyosaki, 1947).

When someone fails to attain their goals then it may negatively affect their life, but it has also been suggested that when

the person faces challenges or failures in their life, it provides more chances for improvement and success (King & Hicks, 2007). Goal adjustment theory purposes that there are two types of goal adjustment; the first is called as disengagement in which people put no effort to achieve their goals, where as the one in which people put their efforts in alternative goals, is called as reengagement (Wrosch, Scheier, Miller, & de Pontel, 2007).

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful” (Schweitzer, 1940).

Friedli (2009) defined well-being as the state in which individuals know their own abilities and have the ability to cop their life stress and manage their work and goals of life. According to Ryff (1989) psychological well-being is the positive psychological functioning and experiences of the person. According to Shek (1992) psychological well-being is the mental health qualities in which the person has the ability to adjust to their environment and maintain relationships with themselves and others. There are two major theories of psychological well-being in which mental health is defined by two different approaches (Ryff,

Singer, & Love, 2004). The first approach is emotional well-being in which psychological well-being is defined as the omission of negative thoughts and the presence of satisfaction with life in the face of different challenges of life (Keyes & Magyar-Moe, 2002). Emotional well-being is developed from quality of life research. According to this theory, there are different factors that influence an individual’s sense of psychological well-being, which are satisfaction with life, the positive and negative experiences of life (Diener, Sue, Lucas, & Smith, 1999). According to Bradburn (1969) happiness is associated with the balance between positive and negative effects that an individual experience in life. The second approach states that mental health is improved by the absence of negative effects (Bierman, Fazio, & Milkie, 2006; García, Ramírez, & Jariego, 2002; Simon, 2002).

Rationale of the study:

The topic was chosen to study the appropriate goal adjustment of women who observe veil and the women who do not and how they maintain their well-being along with their dress code. As it

has been established from the previously mentioned researches that for some practicing Muslims, veil is not just conforming to cultural dress code instead it is much more. It is not only a physical comfort but is a protective factor as well. When the individual feels comfortable and secure in them, then their goals become aligned and more integrated (Dobre, 2013). Veil has become one of the controversial issues these days. Heated debates have been going on the issue of veil. In west, after the 9/11 attack, majority of non-Muslim believe that observing abayah/jilab/jilbab or chadar is a sign of oppression and terrorism which stops the ladies, who observe them, from progressing in life. This research aimed to study exactly that concept in a Muslim country i.e Pakistan where external pressure is less for pardah observing girls, then how would they respond i.e. as to how they would progress in their lives by setting clear cut goals instead of being oppressed or backward because of it.

Aims and objectives:

The aims and objectives of the research are,

1. To examine the difference between goal adjustment capacities and psychological well-being among veiled and unveiled women.
2. To find the relationship between Goal adjustment capacities and psychological well-being.

Literature Review

The present research is conducted on the goal adjustment and psychological well-being among veiled and unveiled women. This chapter deals with the previous researches already done in the area of veiled and unveiled women and also in the area of goal adjustment and psychological well-being among women. Some of the researches mentioned here would highlight the evidence of the current research.

Husain and Aziz (2014) conducted a research on the levels of body esteem among veiled and unveiled women. The sample of this research included were 400 conveniently selected women from Khyber Pakhtunkhwa selected by convenient sampling. The age ranges of the respondents were in between 20-40. The results revealed a high difference in the levels of body esteem in women who observe veil and women who do not. The

women who observed veil were found to have higher concerns related to their body images than those women did not observe. The overall results of that study suggested that women wearing veil have higher levels of body esteem as compared to those who do not wear veils. Arshad, Basar, Zafar and Ahmad (2012) conducted a research on the culture of veil among university students in Pakistan. The sample was collected from the Islamia University of Bahawalpur in Lahore. The sample size of this research was 388 in which 202 veiled women were selected from urban areas and 186 veiled women from rural areas. The random sampling strategy was used in this research. The result of the study revealed that veil observing women cover themselves because of their culture and religion obligation. This study also revealed that in coeducation system, the veil observing culture did not affect the women's studies at higher level who observes veil it was important for them to cover themselves from men.

Mens, and Scheier (2015) conducted a research on the benefits of goal adjustment capacities for well-being among women with breast cancer: potential mechanisms of action. The purpose of the research was to find out

the relationship between goal disengagement and goal reengagement capacities and well-being among women who had a problem of breast cancer. The sample of the research was based on 230 women in which 172 women with initial-stage and 58 women with late-stage of breast cancer. The results revealed that disengagement capacities did not predict any relationship with well-being. But reengagement capacities showed the relationship different aspects of well-being. The results showed that reengagement capacities were valuable for well-being. Wrosch, Scheier, Miller, Schulz and Carver (2003) conducted the study in 2003 on adaptive self-regulation of unattainable goals: goal disengagement, goal reengagement, and subjective well-being. In the research three studies were conducted to find out the relationship between goal disengagement, goal reengagement and subjective well-being. The first study was based on 115 undergraduates. The second study was based on 120 young and older adults. The third study was based on 45 parents of children with cancer and medically healthy children. All three studies revealed that goal disengagement, goal reengagement had effected on subjective well-being and

having high relationship between goal disengagement, goal reengagement and subjective well-being.

Eddington (2013) conducted the research on perfectionism, goal adjustment, and self-regulation: a short-term follow-up study of distress and coping. The sample of the research was 388 university students of psychology in which female students in large number. The results revealed that socially-prescribed perfectionism related with not so great optimism about the success of goal, and the relationship between socially-prescribed perfectionism and goal disengagement anticipated stress-related depression and maladaptive coping. Self-oriented perfectionism associated with greater optimism about the possibility of goal success and stronger emotional responses to goal success and failure, and self-oriented perfectionism related with goal reengagement to anticipate adaptive coping.

Miller, Scheier and Wrosch (2013) conducted the research on goal adjustment capacities, subjective well-being, and physical health. The results revealed that the goal disengagement capacities could reduce psychological distress and alleviate patterns of biological deregulation and physical

health problems if individuals experience unobtainable goals. Goal re-engagement capacities had shown strong relationship with positive signs of subjective well-being. Literature proves this somewhat that women observing veil are more satisfied with their body image and are more laid back in their lives than those who do not observe veil.

Hypothesis:

1. There would be a significant difference on the scores of the psychological well-being and goal adjustment capacities among veiled and unveiled women.
2. Goal adjustment would be positively associated with the psychological well-being.
3. Goal adjustment capacities are likely to predict the Psychological well-being among veiled and unveiled women.

Method

Research Design

The research design used in this research is a correlational research design.

Sampling Strategy

Non probability convenient sampling strategy was used in the present study.

Sample

The sample of 240 females were collected from Lahore with the age ranging 18-40, in which 120 were veiled women and 120 were those who did not.

Inclusion/Exclusion Criterion

- Women who covered their face and head were included (veiled women) and who did not cover their head and face were included (unveiled women).
- Females who had been wearing veil for five to ten years.

Operational Definition of Variables

Goal Adjustment

The person's ability to adjust with the goals and have ability to detach from unachievable goals and other one ability to engage again with the different goals (Brandtstadter & Renner, 1990; Wrosch, Scheier, Carver, & Schulz, 2003).

Psychological Well-being

Ryff (1989) psychological well-being is the positive psychological functioning and the life experiences of the person.

Assessment Measures

In this research goal adjustment scale, Ryff psychological well-being scale and demographic sheet were used for the data collection.

Goal Adjustment Scale (GAS)

The scale was developed by Michael F. Scheier. It consists of 10 items. This scale is designed to measure the two different dimensions namely, goal disengagement and goal reengagement. In this research, urdu version of goal adjustment scale was used which translated by Farooq and Kausar (2013). This scale had been good reliability and validity. The scores of the goal adjustment scale are calculated by summing the items of these two dimensions separately. The scale was 1-5 rating scale.

Ryff's Psychological Well-being Scale

This scale was developed by Ryff and Singer (1998) to measure dimensions of psychological well-being namely, self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. This scale has good reliability and validity. The urdu translated version

of the scale was translated by Aslam and Kausar (2010). The scale has 54 items. Its scoring is calculated by summing the items of the subscales. The items on these scales are rated on six-point Likert scale.

Ethical Considerations

In the order to conduct this study some ethical considerations were consulted which are represented below:

- The permission was taken from the authors of the English and Urdu versions of the scales.
- The consent was taken from the participants and they were informed about the nature of the research.
- The researcher told the participants that their data will remain confidential and will be used only for the aim of the research.

Procedure

Results

The current research was conducted to find out the difference on goal adjustment capacities and psychological well-being between veiled and unveiled women. In current study descriptive statistics and reliability was used to assess the psychometric properties of the

Before the data collection, the permission was taken from the authors of the scale and also from the authors of the translated tool, used in the study. The information like aim and objectives of the research were given to each participant and informed consent was taken from them and they were assured about the confidentiality. The demographic questionnaire, goal adjustment scale and Psychological Well-being were administered on the participants. First form consisted of 10 items and second form consisted of 54 items that they have filled. The responses of the respondents were entered into the SPSS for analysis. For the analysis of the results, Statistical Package for Social Science (SPSS) 20 version was used. In this study descriptive statistics, t-test, correlation and hierarchical regression were used.

Variables	Veil women		Unveil women		<i>T</i>	<i>P</i>	95% CI	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>
Goal disengagement	10.49	3.91	10.04	3.17	.97	.32	-0.45	1.35
Goal reengagement	19.40	6.43	18.41	4.36	1.39	.16	-0.40	2.39
t_PWB	223.99	23.00	214.33	21.45	3.66	.001	4.00	15.31
Positive relations	41.23	5.29	36.66	5.72	6.42	.00	3.17	5.97
Autonomy	37.93	4.33	36.75	4.75	2.00	.04	0.01	2.33
Personal growth	40.51	5.94	36.81	5.76	4.89	.00	2.21	5.18
Purpose in life	33.42	6.80	34.53	5.81	-1.36	.17	-2.72	0.49
Self-acceptance	34.78	7.14	34.58	6.52	.21	.82	-1.54	1.93
Environmental mastery	36.13	5.58	35.00	5.16	1.63	.10	-0.23	2.50

Measure	1	2	3	4	5	6	7	8	9
1. Goal disengagement	-		-.03	.00	-.07	.00	-.04	.06	-.12
		.68**							
2. Goal reengagement		-	.09	.04	.04	-.08	-.01	.28**	.04
	.48**								
3. PWB	-.18*	-.07	-				.78**	.64**	
				.67**	.49**	.60**			.67**
4. Positive relations	-.15	-.01	.73**	-	.10		.43**	.33**	
						.32**			.42**
5. Autonomy	-.11	-.12	.37**	.08	-		.34**	.16	.23**
						.27**			
6. Personal growth	-.02	-.07	.58**	.31**	.07	-	.50**	.09	.16
7. Purpose in life	-.08	-.01	.72**	.46**	.10		-	.33**	
						.36**			.38**
8. Self-acceptance	-.14	-.00	.71**	.49**	.12	.16	.42**	-	
									.41**
9. Environmental mastery	-.17	-.06	.64**	.34**	.16		.32**	.36**	-
						.27**			

Note: PWB = Psychological Well-Being * $\rho < .05$, ** $\rho < .01$,

Table

Relationship between goal adjustment and psychological well-being of veiled and unveiled women

Variables	t_PWB		Positive relations		Autonomy		Personal growth		Purpose in life		Self-acceptance		Environmental mastery	
	ΔR^2	B	ΔR^2	B	ΔR^2	B	ΔR^2	B	ΔR^2	B	ΔR^2	β	ΔR^2	β
(Constant)														
Veiled and unveiled	.02	-.23***	.01	-.42***	.01	-.11	.00	-.28***	.00	.03	.05	-.01	.03	-.11
Age		.00		-.06		.10		.05		.01		-.03		-.06
Education level		-.01		.09		.00		-.10		.00		-.01		-.02
Monthly income		.14		.11		.02		.08		.13*		.13*		.04
Marital status		.00		.10		-.01		-.07		-.07		.03		.03
Family system		.00		.04		-.09		.02		-.00		.00		.03
Goal disengagemen		-.18*		-.12		-.12		.05		-.07		-.20*		-.24***

t								
Goal reengagement	.13	.09	.04	-.10	.02	.29***	.15	
R	.29	.42	.21	.33	.18	.26	.22	
R ²	.08	.17	.04	.11	.03	.07	.05	
F	.70*	6.31***	1.39	3.74***	1.00	.20*	1.58	
	**							

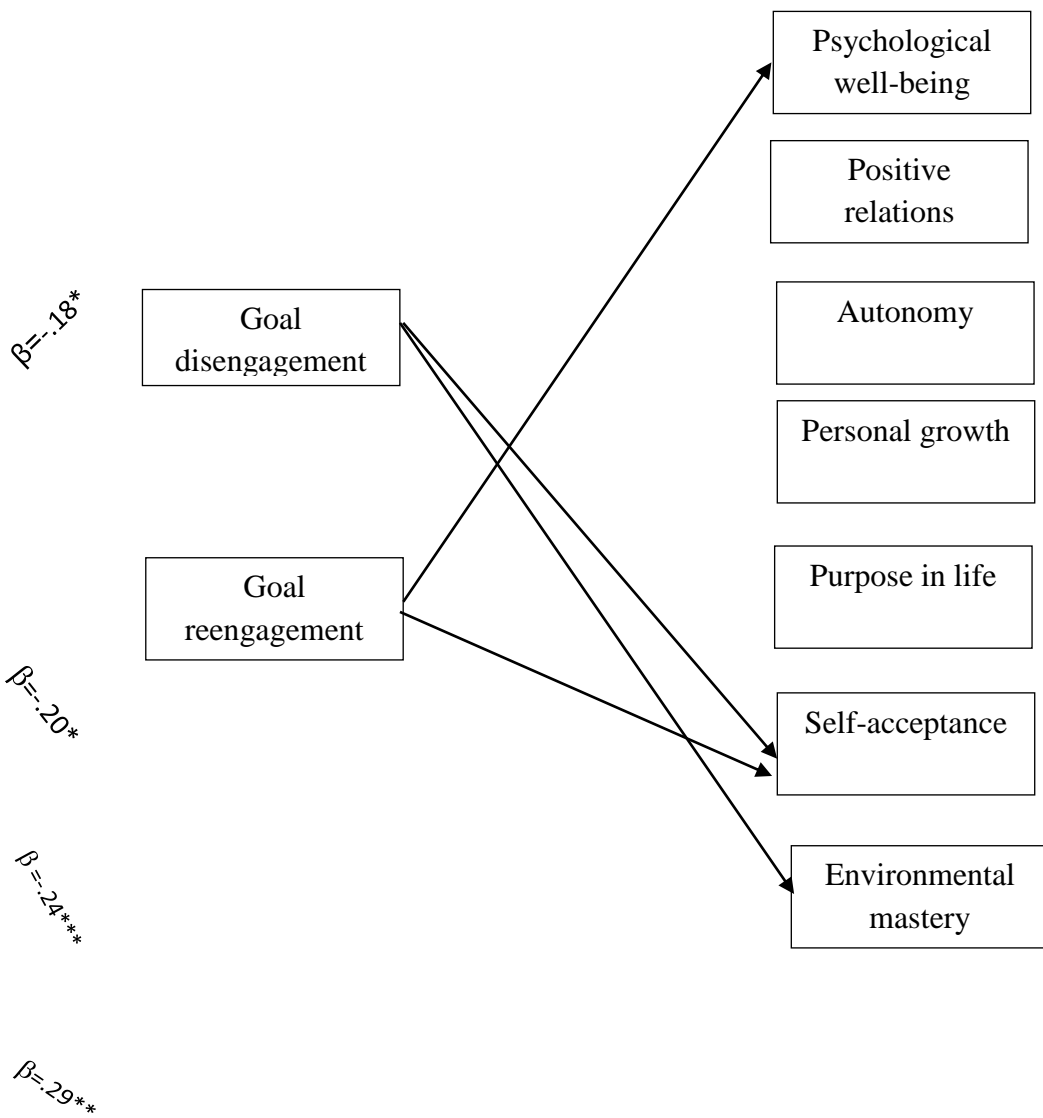
Table

Hierarchical regression analysis of predictors for psychological well-being

Note: PWB = Psychological Well-Being

Source: Author own contribution

Figure 4.1. Statistical Model for Prediction of Psychological Well-being



significant positive relationship was found between total psychological well-being, positive relationship, autonomy, and personal growth, purpose in life, self-acceptance and environmental mastery. According to table 4.3 hierarchal regressions showed that goal disengagement predicts psychological well-being, self-acceptance and environmental mastery. The results also showed that goal reengagement predicted self-acceptance. The aim of the present study was to explore the difference on goal adjustment and psychological well-being among veiled and unveiled women.

The first hypothesis of the present research suggested that there would be a significant difference on the scores of the psychological well-being and goal adjustment capacities among veiled and unveiled women. The results of the present study revealed significant differences in veiled women on psychological well-being as compared to unveil women. Husain and Aziz (2014) found significant difference in veiled women on body-esteem as compared to unveiled women. Srimathi and Kumar (2010) revealed that teachers had higher psychological well-being than those women who were worked in the different organizations.

The second hypothesis of present research suggested that goal adjustment would be

positively associated with the psychological well-being. The present study found that the inverse relationship between goal disengagement, and psychological well-being. Also found the positive relationship between goal disengagement, goal reengagement and psychological well-being. Wrosch, Scheier, Miller, Schulz and Carver (2003) found the relationship between goal disengagement, goal reengagement and psychological well-being.

The present study found that goal disengagement had effected on psychological well-being, and also on subsection of psychological well-being that self-acceptance and environmental mastery. The present study also found that goal reengagement had effected on self-acceptance that was a subsection of psychological well-being. Wrosch, Scheier, Miller, Schulz and Carver (2003) were found that goal disengagement and goal reengagement had effected on subjective well-being. Lam, Yeo, Suen, MingHo, Tsang, Soong, Yau, Wong, Sze, Alice, Kwong, Suen, Fong, Samuel and Fielding (2016) found that goal disengagement and goal reengagement had effected on psychological well-being.

Conclusion

It is concluded that in the present research there is a significant difference between veil and unveil women on psychological well-

being. Results indicate that veiled women having high psychological well-being than unveiled women. This study also showed that goal adjustment capacities predict psychological well-being.

Limitations

- In the present research the socioeconomic status scale had used at the beginning of the research but the participants did not respond.
- The time period for data collection was limited.
- The researcher faced difficulty to collect data from unveiled women.

Recommendations

- The results of the current study provide opportunity and direction for further research.
- The data will also be collected from different classes of socioeconomic status and from different profession like doctors, teachers and students in the further research.
- The present research could be helping women identify healthy relationships and develop relationships that are perceived as supportive.

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