

The Relationship between Women's Multiple Roles and their Mental Health: A Field Study on a Sample of Women in Damascus

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Submitted: 2026, May 11; Accepted: 2026, Aug 28; Published: 2026, Sep 07

Citation: Hawla, R. A., Al-Asfar, A. (2026). The Relationship between Women's Multiple Roles and their Mental Health: A Field Study on a Sample of Women in Damascus. *Int J Women's Health Care*, 11(2), 01-13.

Abstract

The objective of this study is to explore the relationship between women's multiple roles and their mental health. To achieve this goal, the descriptive-analytical method was employed using a social survey approach. A questionnaire based on a five-point Likert scale was developed to collect data from a sample of 489 participants from the University of Damascus. The data were analyzed using SPSS to identify significant relationships between variables. The findings revealed that participants perform multiple roles across family, professional, and social domains, with a statistically significant negative correlation between role multiplicity and mental health indicators, including emotional balance, happiness, and psychosocial adjustment. Furthermore, marital status and psychological support were found to significantly influence mental health, as higher levels of well-being were observed among married and supported participants compared to widowed, divorced, and unsupported individuals. No statistically significant differences were found based on age or educational level, indicating that the pressure associated with multiple roles outweighs these factors. The study highlights the importance of psychological and social support in reducing stress and emphasizes the need for community awareness and institutional programs to help women manage multiple responsibilities and enhance their mental well-being.

Keywords: Relationship, Women's Roles, Mental Health

1. Introduction

Women represent a vital pillar in the fabric of society since they perform a variety of roles in different aspects of life, including families, workplaces, and communities at large. In this respect, women make a vital contribution to socialization processes in addition to their participation in economic and cultural activities. In response to the increasing demands on women's lives, women's psychological well-being has emerged as a critical issue for research and analysis in a world characterized by constant social, cultural, and economic change. The variety of roles undertaken by women can be seen as a potential source of power for women; on the contrary, it can be a potential source of accumulated stress on women's psychological stability in adapting to the demands of everyday life. The relationship between women's multiple role responsibilities and their psychological well-being can help identify the key factors in women's lives.

The purpose of this study is to examine the relationship between women's multiple roles and their psychological well-being among a sample of students at the University of Damascus. The study would include a number of psychological aspects: emotional stability, feelings of satisfaction and happiness, psychological adjustment, and social adjustment. Furthermore, this study would seek to identify the extent to which factors such as age, educational level, marital status, and access to psychological support can affect psychological well-being in a more complete picture of the challenge's women encounter in their academic or social lives. This research is also based on the findings of several Arab and international research studies dealing with the issue of women's mental health and provides an analytical field-based perspective in the context of Syrian society. In this way, it contributes to the enrichment of the scientific field in terms of the aspects of psychological well-being and the effect of the demands of multiple roles, as well as the formulation of recommendations in this area.

2. Methodological Framework

2.1. First: Research Problem and Research Questions

Modern society has undergone significant changes in terms of its social and cultural evolution, which has transformed the role of women both within and outside the family domain. Women do not limit themselves to a specific role; rather, they take on multiple roles that include family, professional, and social life, as well as other roles that society demands due to the pressures and demands of modern society. This has also led to the development of various discourses in society and the media. On the one hand, the multiple roles that women take on can be seen as a reflection of empowerment, independence, and self-realization; on the other hand, it can be seen as a source of psychological pressure and exhaustion. Within this framework, it is possible to observe a tension between the increased social demands made of women and the resources made available to enable these roles to be effectively discharged by women. There are situations in which women are expected to effectively manage different roles without any equitable allocation of roles or provision of adequate support systems at different levels, which raises pertinent issues in terms of the effect of having multiple roles on women's psychological well-being at different social, cultural, and economic contexts.

Despite the increase in the level of interest in women's issues in academia, most of these studies were limited to either women's multiple roles or their psychological well-being, or were limited in their scope without delving deeper into the relationship between these issues, particularly in Arab society. Additionally, there are different interpretations of this relationship in previous studies, where some researchers found that having multiple roles leads to self-satisfaction, whereas others found that it leads to increased psychological stress, without any definitive scientific conclusion in this regard. Given the above, the problem that the present research aims to solve is related to the nature of the relationship between women's multiple roles and psychological well-being, as well as the interaction with social factors, support, and the expectations placed on women, without any assumption about the directionality of the relationship, aiming to provide an analytical reading based on the data from the field and objective scientific inquiry.

Accordingly, the present study is guided by the following main research question:

• What is the Relationship Between Women's Multiple Roles and their Psychological Well-Being?

From this main question, several sub-questions emerge:

1. What roles are practiced by the women included in the study sample?
2. What is the level of psychological well-being among the members of the research sample?
3. What is the relationship between women's multiple roles and their psychological well-being among the members of the research sample?
4. Are there statistically significant differences between the mean

responses of the research sample on the women's psychological well-being scale according to the variables of age, educational level, employment status, marital status, and economic condition?

2.2. Second: Significance of the Research

(i) Theoretical Significance

- This research may contribute to expanding the body of knowledge regarding the nature of the relationship between women's multiple roles and their psychological well-being by supporting theoretical discussions with recent field-based findings, thereby strengthening the scientific accumulation within the fields of gender sociology, the sociology of women, and social psychology.
- The results of the study can contribute to the deeper theoretical understanding of the relationship between the indicators of psychological well-being and the intersection of familial, professional, and social roles performed by women. It enables a more holistic approach to the analysis of the relationship between gender roles and psychological well-being.
- The study also attempts to fill a theoretical gap in Arab research, as previous studies have rarely considered the interactive relationship between the different roles of women and their psychological well-being, with the majority of studies focusing on social or economic variables in isolation from the psychological variables associated with role multiplicity.
- In addition, the study contributes to the re-evaluation of certain theoretical approaches that regard women's multiple roles as an absolute source of women's empowerment or, on the contrary, an absolute source of psychological pressure. Instead, it provides a more balanced analytical approach, considering the social context, the support, and the circumstances in which women's multiple roles are exercised.

(ii) Practical Significance

- This research aims to contribute field-based information that can be useful for psychological and family counseling practitioners as they seek to understand the effects of women's multiple roles on their psychological well-being. Such an understanding can be useful in the development of counseling programs and psychological interventions that take into consideration the pressures brought by women's multiple roles.
- The results may also facilitate social and educational institutions, as well as civil society organizations, in their efforts to obtain a deeper insight into the psychological issues women face in their various roles. This may lead to raising awareness and training in achieving psychological balance in women's roles in society and in the family.
- From the results of the present study, policymakers may be sensitized to the importance of designing social policies that consider the psychological effects of the multiple roles of women and support the development of flexible work and family environments, contributing to the enhancement of the psychological well-being of women.
- Finally, the applied outcomes of the research may guide women themselves toward adopting more conscious and effective coping

strategies in managing their multiple roles, which may help reduce psychological stress and strengthen their sense of satisfaction and emotional balance.

2.3. Third: Research Objectives

(i) This Research Aims to:

- Identify the roles practiced by the women included in the research sample.
- Examine the relationship between role intensity and psychological life balance among the women in the research sample.
- Identify the role of social and familial support in either mitigating or intensifying the psychological impact of women's multiple roles among the members of the research sample.
- Determine whether statistically significant differences exist between the mean responses of the research sample on the women's psychological well-being scale according to the variables of age, educational level, employment status, marital status, and economic condition.

2.4. Fourth: Research Terminology

(i) Social Role: According to the dictionary of Gordon Marshall, a social role is defined as a recurring pattern of acquired actions performed by a particular individual within a situation of interaction [1]. Bates and Harvey define a role as a set of rules organized around a particular function, while Turner considers a role to be "a comprehensive pattern of behavior and social attitude" [2].

(ii) Operational Definition: In this study, a social role refers to the set of tasks and activities performed by women within or outside the home during the period of the research application in the academic year 2025/2026.

(iii) Women (Women)

• **Linguistically:** The term woman refers to the female of a human being, where man denotes the male human. It is commonly used to refer to an adult female and may appear with the hamza in the form imraah. The term may also denote a wife, as in the expression "the woman of so-and-so," meaning his wife, and it can also refer to a daughter or a mother (Taj al- Arus, 1/431).

• **Terminologically:** An adult female.

• **Operational Definition in the Present Study:** A female who is over eighteen years of age and actively participates in social life.

(iv) Women's Work: Work can be classified according to several criteria. In terms of duration, it may be permanent or temporary. In terms of legal regulation, it may be formal or informal. Work may also be categorized based on the nature of the sector to which it belongs, such as governmental or private. Employment is considered one of the fundamental rights of women, provided that it is compatible with their nature and does not violate social norms or established traditions. The importance of women's participation in certain essential professions that serve women's needs, such as education, medicine, and nursing, is also emphasized. In this sense, women are regarded as independent individuals capable of assuming work responsibilities, just as men do.

(v) Operational Definition: Women's work refers to women's

participation in various fields of employment and is measured operationally through the responses of the research sample to the study scale concerning women's professional and family roles during the research period in the academic year 2025/2026.

(vi) Mental Health: Mental health refers to the set of methods and practices that individuals follow to maintain their psychological well-being in order to find appropriate solutions to the problems they encounter. It is also defined as the individual's capacity to deal effectively with the surrounding environment and to allow rational judgment to prevail over emotional reactions resulting from factors that may provoke anger, anxiety, or similar responses [3]. Mental health is further described as a prevailing and relatively stable state in which the individual is psychologically and socially well-adjusted, experiences a sense of happiness with oneself and with others, and is thus able to achieve and appreciate self-fulfillment while making optimal use of personal abilities and competencies [4].

2.5. Fifth: Previous Scientific Studies

(i) Arab Studies

• **Study by Al-Mahdi, Mohammed Abdel Fattah (2007) "Women's Mental Health: Cases from the Psychological Clinic," Dar Al-Yaqeen for Publishing and Distribution**

Mohammed Abdel Fattah Al-Mahdi conducted a study on women's mental health that focused on the psychological, biological, and social characteristics specific to women, and how these dimensions interact in shaping their psychological well-being. The purpose of this study was to address the lack of Arab research on women's mental health by utilizing data obtained from the Arab clinical context in a bid to enhance a deeper insight into mental health disorders among women. The study adopted a case study analysis approach based on data obtained from psychological clinics on various mental health disorders, such as depression, anxiety, and eating disorders, in different social contexts. The findings revealed that women's mental health is directly related to hormonal changes during phases such as puberty, pregnancy, childbirth, and menopause. In addition, social factors such as family demands, societal roles, and expectations were found to be a contributing factor. The study also identified social and familial support as an essential protective factor that protects women against psychological breakdowns. Psychological problems, therefore, need to be handled with a holistic approach instead of focusing on pharmacological interventions only. The study findings also identified the relationship between physical and mental health and how it helps in maintaining psychological balance in women's lives.

• **Study by Omar, Ja'ja (2019) "Quality of Mental Health among Women: A Comparative Study between Women Working in Teaching and Housewives," Journal of Social Sciences, Vol. 5, Issue 1**

The objective of this study was to determine the level of mental health quality among women in the teaching profession compared with women at home. The researcher used the descriptive method,

and the sample consisted of 111 women. The researcher used the Psychological Quality of Life Scale prepared by Mahmoud Abdel Halim Mansi and Ali Mahdi Kazem. The results revealed that the level of mental health among the two groups was above the average level. The results also revealed that there were no statistically significant differences between the two groups in most mental health aspects, apart from morale and anxiety, which were higher among housewives than teachers. However, the level of the ability to relax was higher among teachers than housewives. The findings also showed correlational relationships between positive and negative aspects of mental health. Emotional balance was negatively correlated with depression and feelings of unhappiness. Emotional control was negatively correlated with feelings of unhappiness, while the feeling of being loved by others was negatively correlated with nervousness and feelings of unhappiness. Furthermore, morale was negatively correlated with depression, unhappiness, and anxiety, while the ability to relax was negatively correlated with nervousness, unhappiness, and anxiety.

• **Study by Hablas, Aisha, and Azzou, Abdel Hamid (2025) “Mental Health of Arab Women and Its Relationship with Living Conditions (Between Aspiration and Reality),” Arab Journal of Humanities and Social Sciences**

The purpose of this study was to examine the reality of the mental health of Arab women and its relationship to living conditions in the context of the social, economic, and political changes in Arab society. This research was conducted within the framework of field studies and followed the descriptive analytical method. A questionnaire was the main method for this research and was carried out on a random sample of 203 women from several Arab countries. The research discussed the impact of various elements on the mental health of women in terms of living conditions, professional situations, educational and cultural levels, and the presence of supportive social relationships. The results showed the relationship between living conditions and the mental health of women. Financial security and the capacity to meet basic needs were found to be significant factors in providing psychological comfort and concentration. The results also indicated the negative impacts of occupational pressures and instability on mental health. Moreover, the results showed the relationship between education and cultural level, the level of awareness of coping strategies, and the capacity to confront crises. Furthermore, the study highlighted the need for social relationships as a basic factor in promoting the psychological stability of women. It emphasized the interactive relationship between social and economic factors in the mental health of Arab women.

(ii) Foreign Studies

• **Chandra et al. (2003) “Contemporary Issues in Women’s Mental Health: Global Perspectives in a Changing Society.”**

The purpose of this study was to present a global and multicultural view of women’s mental health, focusing on the biological, social, cultural, and political aspects related to the development of psychological disorders. The results showed that women are more

susceptible to depression, anxiety disorders, and post-traumatic stress disorders as a result of the combination of hormonal and social factors such as multiple roles, domestic violence, and work stress. The study also emphasized the need for special care during critical periods such as adolescence, pregnancy and postpartum, and menopause. In addition, the need for therapeutic programs based on the cultural and religious backgrounds of women was emphasized.

• **Chandra et al. (2009) “Women’s Mental Health.”**

This research was based on the need to increase the community’s awareness of women’s mental health and women’s capacity to cope with the pressures of daily life from early ages until old age. The findings showed that mental health is an integral part of the whole health concept and that psychological resilience and social support are two vital factors in the recovery from crises. It was also emphasized in the research that seeking psychological help is not a weakness but a strength. It was also found that paying attention to mental health has a positive effect on physical health and social relationships. It was also emphasized in the research that certain stages in women’s lives are particularly vulnerable and need special psychological and social support during such periods. It was also emphasized in the research that women are affected by violence and social pressures.

(iii) Commentary on Previous Studies

A review of literature shows that researchers have demonstrated interest in women’s mental health and the biological, social, and cultural factors affecting it. Arab studies, such as Al-Mahdi, focused on the psychological, biological, and social particularities of women, analyzing cases that showed how mental health is affected by hormonal changes, family pressures, and social roles. At the same time, these studies emphasized the importance of social support for mental health. The study by Omar performed a comparative analysis on women in teaching professions and housewives. The results showed that all mental health indicators did not differ significantly for these two groups of women. At the same time, certain differences in morale, ability to relax, and anxiety levels were detected. Likewise, the study carried out by Hablas and Azzou focused on the link between the mental health of Arab women and their living conditions, which revealed the role that financial security, educational level, and supportive social relationships can play in providing psychological comfort and adaptability.

Conversely, foreign research works such as those carried out by Chandra et al., offered a global and multicultural perspective on the mental health of women, emphasizing that women are more prone to depression, anxiety, and stress disorders due to the interplay between biological, social, and political factors; the vulnerability of certain stages in life, such as adolescence, pregnancy and the puerperium, and menopause; and the value of psychological hardness and social support in recovery, as well as the application of coping strategies to face the demands of

daily life. The scientific value of the current research lies in its making a distinctive scientific addition through directly focusing on the multiplicity of women's roles in the family, the workplace, and society, and the link with mental health, which has not been directly addressed in the majority of previous studies. In addition, the scientific value of the study lies in its distinction from the previous research through its focus on the perspective of the young segment of the Arab society. This offers valuable insights into the new generation's perspective on the pressures related to the multiplicity of women's roles and reveals the link between the multiplicity and the capacity to maintain psychological balance. Therefore, the research has a distinctive field and practical value in the context of the contemporary Arab society.

3. Theoretical Framework

3.1. First: Social Roles

Social roles closely resemble behavioral norms in their function of guiding behavior. However, the fundamental difference between them lies in the scope of application. Norms apply to the group as a whole and tend to be unified within it, even though they may vary from one group to another. Roles, by contrast, operate within subgroups and are primarily designed to distinguish individuals from one another in ways that support the organization and continuity of the group.

Roles themselves are not human entities; rather, they are patterns or descriptions of behavior attributed to individuals. Some roles may be formal and explicit, such as professional roles like that of an airline crew member, while others are informal and implicit, as in the case of roles within a group of friends. Roles emerge within groups for several reasons, most notably the need for division of labor, a principle that is rarely absent except in the simplest forms of social groups.

Roles contribute to clearly defining social expectations and provide individuals with an understanding of how they are connected to and interact with others within the group. They also offer group members a perception of themselves and their social status, helping them recognize their position and function within the collective structure. In this regard, roles do not occur randomly; instead, they carry a fundamental function in supporting the group's work. In taking a dramaturgical approach to understanding individual behaviors, one might suggest that this analogy holds some level of truthfulness. In a sense, roles in society might be compared to the roles of actors on a stage, where every individual takes a unique role in a specific context of society. However, this analogy cannot be complete, as people are only able to perceive an individual based on the roles they perform in front of them, and they then base their understanding of the individual's identity on the roles they observe [5].

Some sociologists, especially those affiliated with the functionalist perspective, have the inclination to consider social roles as relatively stable aspects of society's culture. In this perspective,

social roles are seen as "social facts" that exist independently. In this context, it is argued that individuals learn the associations that exist with the social role in the culture that they belong to and then perform the role as predefined and structured. In this context, social roles can be seen as pre-existing behavioral patterns that provide little room for flexibility and creativity, as they provide guidelines that regulate and direct individual behavior. Through the process of socialization, individuals learn these roles and the ways in which they can be implemented. However, this perspective has received significant criticism. It assumes that individuals perform their roles mechanically, without negotiation or creative effort that might contribute to their development or reinterpretation. In reality, socialization is not a one-directional process of instruction but rather an interactive process in which individuals act as active participants. They are not passive entities awaiting orders or subjected to rigid social "programming." Instead, they contribute through their awareness and experiences to understanding and reshaping their roles. Consequently, the assumption of social roles occurs through a continuous process of social interaction, through which roles are redefined and adapted in accordance with changing social contexts and the reciprocal relationships among individuals.

3.2. Second: Mental Health

• Definition

Mental health refers to a relatively stable state in which an individual achieves psychological, emotional, and social adjustment both with oneself and with the surrounding environment. In this state, the individual experiences a sense of satisfaction and harmony in personal relationships, possesses the capacity for self-realization, and is able to utilize personal potentials to the fullest extent possible. Furthermore, the individual is capable of coping with life's demands, maintaining an integrated and well-balanced personality, and displaying socially acceptable behavior characterized by sound moral conduct and peaceful coexistence with others. Mental health is therefore considered a positive condition that involves sound reasoning and balanced behavior, rather than merely the absence of psychological illness [6].

• Several Psychological Schools have attempted to Define Mental Health from Different Theoretical Perspectives:

➤ **The Psychoanalytic School:** Represented by the psychologist Sigmund Freud, this perspective defines mental health primarily as the individual's ability to work effectively, provided that no psychological disorder prevents such functioning. Accordingly, this school tends to conceptualize mental health as the opposite of mental illness.

➤ **The Behavioral School:** This perspective views mental health as the individual's ability to select appropriate behavioral responses to situations encountered in daily life, based on socially learned ideas and norms acquired from the surrounding community.

➤ **The Humanistic School:** Represented by Abraham Maslow, this perspective defines mental health as the possession of a balanced and well-integrated personality that enables individuals to deal effectively with life events. In contrast, individuals with

maladjusted personalities are less capable of coping successfully with surrounding circumstances.

3.3. Manifestations of Mental Health

The positive effects of mental health are reflected in various aspects of an individual's personality and social relationships. These manifestations can be summarized as follows:

- **Emotional Balance and Maturity:** This is evident in the individual's ability to control emotional reactions and interact with different stimuli in a balanced manner. This includes the ability to cope with pressures and challenges, as well as the ability to exhibit emotions in a conscious and mature manner without impulsiveness and suppression of emotions.
- **Motivation and a Sense of Happiness:** Motivation is the internal drive that enables people to reach their goals and continue working hard to achieve them. It makes them want to use all the abilities and potential they possess in the pursuit of success. This is all related to the concept of happiness, which is regarded as the most outstanding feature of mental health and is the result of the experience of psychological stability and security.
- **Psychological Adjustment:** Psychological adjustment means the individual's ability to accept himself with his own strengths and limitations while trying to fulfill psychological and social needs in a balanced way. It also involves adapting flexibly and realistically to environmental demands and surrounding changes.

4. Applied Framework: Methodological Procedures of the Field Study

4.1. First: Research Methodology

- **Research Method:** The present study adopts the descriptive–analytical method.
- **Type of Research:** The study falls within the category of descriptive research, which aims to describe and analyze the phenomena under investigation.

4.2. Second: Research Hypotheses

- There is no correlational relationship between the multiplicity of women's roles and their mental health among the members of the research sample.
- There are no statistically significant differences between the mean scores of the research sample on the women's mental health scale according to the variables of age, educational level, employment status, marital status, economic condition, and the availability of psychological support.

4.3. Third: Scope of the Research

- **Human Scope:** Women residing in the city of Damascus.
- **Spatial Scope:** The research was conducted within the geographical boundaries of the city of Damascus.
- **Temporal Scope:** The research took (from initial design to the completion of data analysis) six months, starting from October 1, 2025, until March 1, 2026. The period of field experiments and collecting the actual data lasted from January 1, 2026, to February 15, 2026.

4.4. Fourth: Research Population and Sample

The population of the current study consists of all women residing in the city of Damascus who are 18 years of age or older.

• Regarding the Study Samples, Three Main Stages were Adopted

➤ First Pilot Sample

On December 15, 2025, the preliminary version of the research instrument, consisting of 30 items, was administered to a pilot sample of 30 students drawn from outside the main study sample.

➤ This Step Aimed to Achieve Two Primary Objectives

First, to evaluate the wording of the questionnaire items in terms of clarity, difficulty level, and accuracy of meaning. The feedback and suggestions from participants were obtained and used in a way to improve the instrument.

Second, in order to test the technical aspects of the questionnaire, including its format and design, in a way to identify any potential problems that might be encountered during its implementation. All these helped in creating a more precise and adequate final version of the instrument.

➤ Second Pilot Sample

On December 25, 2025, the revised version of the research instrument, after making the required modifications, was administered to a second pilot sample consisting of 30 students other than the main research sample. The aim of this stage was to confirm the validity and reliability indicators of the research instrument before applying it in the final stage.

• Main Research Sample

Based on the Krejcie and Morgan table, it was established that for a population above 100,000 individuals, the lowest acceptable number is 384 participants. Therefore, a total of 500 questionnaires were dispatched, out of which a total of 489 valid results were retrieved. Consequently, a total of 489 participants formed the final number for this study, well above the lowest acceptable number. The sample was selected by the use of a multi-stage cluster sampling approach. This method was selected for this study because it was established as the best approach for this study due to a large population in the city of Damascus. First off, the city was divided geographically:

- Northern areas
- Southern areas
- Eastern areas
- Western areas

At the second stage, some streets in each of these areas were randomly selected by using the lottery method of simple random sampling. At the last stage, sampling was done by using convenience sampling or accidental sampling.

• Third: Research Technique

The method employed in the present study is the social survey method using a sample.

• Fourth: Research Instruments

➤ Research Instrument

To obtain data in the field, the study made use of the “Women’s Roles and Mental Health Scale.” The scale was developed in conformity with the five-point Likert scale, which is particularly useful for conducting studies that employ the social survey method. The scale helped to effectively measure the study variables and provided adequate room for answering all the questions of the study comprehensively. The scale had questions on basic demographic questions as well as questions on the key variables of interest to the study. It should be noted that the researcher developed her own scale, which made it suitable for the objectives of the study.

➤ **Psychometric Properties of the Research Instrument Validity**

➤ **Face Validity**

In order for this type of validity to be achieved, this research instrument was reviewed by a panel of six expert reviewers from

different fields in the Department of Sociology at the University of Damascus. The reviewers consisted of professors and lecturers from different sections in the Department of Sociology at the University of Damascus. Based on their review and recommendations from a scientific perspective, certain items in the questionnaire were revised. Once these revisions were made, the research instrument was approved by the reviewers in its final form, which would enhance its validity in measuring the variables in this study.

➤ **Internal Consistency Validity**

The scale was administered to a pilot sample of 45 participants outside the main study sample. The internal consistency of each dimension of the scale was then examined in relation to the total score of its corresponding axis by calculating the Pearson correlation coefficient. The following table illustrates the validity coefficients for each dimension of the scale.

Dimension	Pearson Correlation Coefficient	Significance Level	Decision
First Dimension: Family Role	0.589	0.000	Moderate correlation (acceptable)
Second Dimension: Professional / Academic Role	0.635	0.001	Moderate correlation (acceptable)
Third Dimension: Social Role	0.725	0.000	Strong correlation (acceptable)
Fourth Dimension: Emotional Balance	0.825	0.000	Strong correlation (acceptable)
Fifth Dimension: Psychological Satisfaction and Sense of Happiness	0.752	0.001	Strong correlation (acceptable)
Sixth Dimension: Psychological and Social Adjustment	0.654	0.003	Moderate correlation (acceptable)
Source: Prepared by the Researcher Based on the Outputs of SPSS			

Table 1: Shows the Internal Consistency Validity of the Research Scale

The table above indicates that all dimensions are acceptable and satisfactory; therefore, the internal consistency validity of the scale can be considered good and acceptable.

• **Reliability**

The internal consistency reliability of the research dimensions was examined using Cronbach’s Alpha coefficient on a pilot sample consisting of (45) participants drawn from outside the main study

sample. This procedure was conducted to determine the suitability and reliability of the questionnaire and to ensure that similar results would be obtained if it were applied to the entire study population. Cronbach’s Alpha is one form of correlation coefficient (α), and its value ranges between (0–1). A low value (below 0.6) indicates weak internal reliability of the questionnaire. The coefficient was calculated for each dimension of the questionnaire, and the results were as follows:

Dimension	Cronbach’s Alpha	Number of Items
Dimension 1: Family Role	0.758	5
Dimension 2: Professional / Academic Role	0.741	5
Dimension 3: Social Role	0.896	5
Dimension 4: Emotional Balance	0.854	5

Dimension 5: Psychological Satisfaction and Sense of Happiness	0.963	5
Dimension 6: Psychological and Social Adjustment	0.911	5
Total	0.853	30

Source: Prepared by the Researcher Based on the Outputs of SPSS.

Table 2: Shows the Reliability of the Dimensions of the Research Scale

• Ethical Considerations

The researcher obtained prior informed consent from all study participants before administering the research tool. The participants were informed of the objectives of the study, the nature of the procedures, and their right to withdraw from the experiment at any time they wanted. It was emphasized that participation in this study is entirely voluntary and that the data would be used for scientific purposes only. This consent was obtained in written form to formally document the approval of the participants and ensure their rights, particularly as the study utilized a paper-based questionnaire, which facilitated the collection of signatures

easily and without any complications. Additionally, the researcher obtained the official consent from the Department of Sociology, Faculty of Arts and Humanities at Damascus University, which in turn facilitated the task of the researcher in conducting this research. The researcher administered the research tool in person, without seeking any help from other researchers or assistants. This is important to ensure the accuracy and consistency of the process of data collection.

Fourth: Research Results and their Interpretation

Research Variable	Categories	Number of Participants	Percentage
Age			
	From 18-25 year	256	52.3 %
	From 25-35 year	112	23 %
	Over 35	121	24.7 %
	Total	489	100 %
Educational Level	Pre-secondary	98	20 %
	Secondary	158	32.3 %
	University	229	46.9 %
	Postgraduate	4	0.8 %
	Total	489	100 %
Marital Status	Single	200	40.9 %
	Married	245	50.1 %
	Widowed	25	5.11 %
	Divorced	19	3.9 %
	Total	489	100 %
Presence of Psychological Support	There are boys	269	55 %
	No boys	220	45 %
	Total	489	100 %

Source: Prepared by the Researcher Based on the Outputs of SPSS

Table 3: Characteristics of the Research Sample

• Results Related to the First Research Question: What Roles are Practiced by Women within the Research Sample?

The researcher adopted the five-point Likert scale (Strongly Agree, Agree, Sometimes, Disagree, Strongly Disagree). Numerical values were assigned as follows: (5, 4, 3, 2, 1) respectively for

positive statements, and (1, 2, 3, 4, 5) for negative statements. The response levels were also determined by calculating the range of evaluation categories according to the following formula:

$$\text{Range length} = (5 - 1) / 5 = 0.8$$

Very Low	Low	Moderate	High	Very High
1 – 1.79	1.80 – 2.59	2.60 – 3.39	3.40 – 4.19	4.20 – 5

Table 4: Ranges of Response Levels for the Sample on the Research Scale

To answer this question, the arithmetic means and standard deviations of the scores obtained on the scale were calculated, as illustrated in the following table.

Women's Roles Axis	No.	Dimension	Mean	Standard Deviation	Relative Weight (%)	Evaluation
	1	Family Role	4.12	0.61	82.4%	High
	2	Professional / Academic Role	3.58	0.74	71.6%	High
	3	Social Role	3.41	0.69	68.2%	High
Source: Prepared by the Researcher Based on SPSS Outputs						

Table 5: Arithmetic Means and Standard Deviations of the Scores Obtained on the First Axis of the Research Scale

The results presented in Table 4 indicate that the family role ranked first in terms of the arithmetic mean, at a high level, reflecting the centrality of this role in women's lives. This can be explained particularly by the relatively high proportion of married women and the presence of children among more than half of the study sample. The professional/academic role ranked second, also with a high arithmetic mean, indicating a clear presence of this role among women, especially within the younger age groups and among those with a university-level education. As for the social

role, it had the lowest arithmetic mean in comparison to the other two dimensions, although it was still at a high level. This implies that social participation exists but may be influenced by the overlapping and conflicting interests of other roles, such as family and professional roles.

• Results Related to the Second Research Question To What Extent do the Participants in the Research Sample Enjoy Psychological Well-Being?

Women's Psychological Well-Being Axis	No.	Dimension	Mean	Standard Deviation	Relative Weight (%)	Evaluation
	4	Emotional Balance	3.2	0.72	64%	Moderate
	5	Psychological Satisfaction and Sense of Happiness	2.9	0.69	58%	Moderate
	6	Psychological and Social Adjustment	2.7	0.85	54%	Moderate
Source: Prepared by the Researcher Based on SPSS Outputs						

Table 6: Arithmetic Means and Standard Deviations of the Scores Obtained on the Second Axis of the Research Scale

The results showed that the psychological well-being of the participants in the study was at a moderate level in all three dimensions. In this regard, it is noteworthy that emotional balance showed the highest relative weight, which implies a moderate ability in managing emotions and dealing with daily pressures. In contrast, the psychological and social adjustment dimension showed the lowest relative weight, which implies some difficulties in adapting socially or in achieving satisfaction within a certain environment.

4.5. Results Related to the Third Research Question

What is the Relationship Between Women's Multiple Roles and Their Psychological Well-Being among the Study Sample?

In order to answer this question, the total score of the dimensions of women's roles and the total score of the dimensions of psychological well-being were calculated, and then a Pearson correlation test was performed between the two sets of scores. The results are as follows:

Dependent Variable	Independent Variable	Pearson Correlation Coefficient	Significance	Decision
Psychological Well-Being	Multiple Roles	-0.653	0.000	Significant
Source: Prepared by the Researcher based on SPSS Outputs				

Table 7: The Relationship between Women’s Multiple Roles and Their Psychological Well-Being in the Research Sample

The above table shows a strong negative relationship between women’s multiple roles and their psychological well-being at a significance level of 0.000 (< 0.01) with a Pearson correlation coefficient of -0.653. The above results indicate a positive relationship between women’s multiple roles and their burden level, where a higher burden results in a lower level of psychological well-being due to mental pressures from managing family, professional, and social roles at the same time. In addition, this shows that having multiple roles does not necessarily lead to positive personal growth or a higher level of psychological well-being in women but can be a stress factor for women’s mental stability. The researcher has explained this finding as follows: “When society places multiple roles on women in the family, work, and social arenas, there can be corresponding pressures and role conflicts that negatively affect the psychological balance and happiness of women as they take on multiple and expanding roles—family, work, and social.” This finding has indicated that the psychological state of women is not just an individual and personal matter; rather, it is the outcome of the interaction with the surrounding society and the social structures that influence

women’s roles and responsibilities, such as the support they receive from family and society and the “acceptable” and “required” roles that society defines for women. According to this finding, when society imposes multiple and intensive roles on women without providing the required support, it generates stress in women’s lives, which eventually creates the feeling of psychological imbalance and negatively affects the psychological and social adjustment and happiness of women. This finding is in accordance with the functionalist and symbolic interactionist theories that consider the interaction between individuals and society as the main factor that influences the psychological state of individuals.

4.6. Fourth Research Question

To What Extent is there a Statistically Significant Difference in the Mean Scores of the Sample on the Women’s Psychological Well-Being Scale Based on the Following Variables: Age, Level of Education, Marital Status, and Psychological Support?

a) Age: To answer this question, a one-way ANOVA test was applied. The results are shown in the following table:

Age	Source of Variation	Sum of Squares	Degrees of Freedom	Mean Square	F	Significance	Decision
	Between Groups	1.84	2	0.92	1.21	0.301	Not Significant
	Within Groups	348.56	486	0.717			
	Total	350.40	488				

Source: Prepared by the Researcher based on SPSS Outputs

Table 8: Differences in the Mean Scores of the Research Sample on the Psychological Well-Being Scale According to Age

As seen in the table above, the F-value of 1.21 at a significance level of 0.301 is much larger than the default significance level of 0.05. This indicates that there are no differences in the mean psychological well-being of the research sample based on age. The researcher has used this result to conclude that daily pressures and responsibilities are more important than age. This is because a 28-year-old woman might experience more pressures than a 40-year-old woman, depending on the number of family members she has, her working conditions, or her roles in society at large, leading to a similar level of psychological stress and tension in

different age groups. From this perspective, the psychological well-being of women in the sample is not determined by age alone, but by the accumulation of responsibilities and obligations, whether family, professional, or social, which results in closely aligned averages and eliminates age-related differences on the psychological well-being scale. In other words, the multiplicity of roles and daily pressures outweighs age as a differentiating factor in psychological well-being, making responsibility and stress the more decisive influences on women’s mental health.

	Source of Variation	Sum of Squares	Degrees of Freedom	Mean Square	F	Significance	Decision
Educational Level	Between Groups	2.15	3	0.72	1.03	0.378	Not Statistically Significant
	Within Groups	337.88					
	Total	340.03	488				
Source: Prepared by the Researcher based on SPSS Outputs							

Table 9: Differences in the Mean Scores of the Research Sample on the Psychological Well-Being Scale According to Educational Level

It is evident from the table above that the F-value of 1.03 at a significance level of 0.38 is greater than the default significance threshold of 0.05. Therefore, there are no statistically significant differences between the mean psychological well-being scores of the research sample according to educational level. This can be interpreted to mean that all educational groups face relatively similar pressures and responsibilities in terms of their impact on psychological well-being. Even women with higher educational

levels may bear substantial family or professional burdens, such as working multiple jobs to support household income, while women with lower educational levels may assume comparable responsibilities. This results in a balanced effect of education on psychological well-being across different educational categories.

b) Marital Status

Marital Status	Source of Variation	Sum of Squares	Degrees of Freedom	Mean Square	F	Significance	Decision
	Between Groups	42.75	2	21.375	8.34	0.000	Significant
	Within Groups	122.56	486	0.252			
	Total	165.31	488				
Source: Prepared by the Researcher based on SPSS Outputs							

Table 10: Differences in the Mean Scores of the Research Sample on the Psychological Well-Being Scale According to Marital Status

It is evident from the table above that the F-value of 8.34 at a significance level of 0.000 is smaller than the default significance threshold of 0.05, indicating that significant differences exist in psychological well-being according to marital status. To ascertain which groups benefited from these differences, the post-hoc Scheffe test was used to compare the means between the groups. The outcome indicated that single and married women enjoy higher psychological well-being compared to widows and divorced women. This can be attributed to various factors that are interrelated in nature. Married women enjoy the support and security that they get from their spouses and family, which acts as psychological protection against the pressures that they face in their daily activities. Single women may also enjoy the support they get from the larger social structure that acts as psychological protection

against loneliness and other pressures that they face despite their work and educational commitments. On the other hand, widows and divorced women experience more difficulties, as some of them are burdened with responsibilities, in addition to the psychological effects of previous personal experiences, such as losing a spouse or going through a divorce. This puts them under more psychological pressure, hence reducing their level of psychological well-being. These findings suggest that psychological well-being cannot be explained by marital status alone, but also depends on the interplay between marital status, availability of social support, and types of responsibilities experienced at different stages of a woman's life.

c) Having Psychological Support

	Support	Mean	Standard Deviation	Calculated t	df	Significance	Decision
Having support	Present	3.45	0.68	4.12	487	0.000	Significant
	Absent	2.87	0.81				
Source: Prepared by the Researcher based on SPSS Outputs							

Table 11: Differences in the Mean Scores of the Research Sample on the Psychological Well-Being Scale According to the Presence of Psychological Support

As can be seen from the table above, it is evident that the t-value of 4.12 with a significance level of 0.000, which is less than the default threshold of 0.05, shows that there are significant differences in the psychological well-being scores of the research sample based on the presence of psychological support. This shows that psychological support is one of the key factors in promoting the mental health of women. This is because the women who were under psychological support recorded a higher average psychological well-being compared to those who did not have psychological support. This can be attributed to the fact that psychological support protects against various stressors in everyday life and helps in coping with multiple responsibilities. The findings show the importance of social interactions and support in maintaining psychological balance and the ability to meet challenges in life. Psychological support is a protective factor against psychological stress, and it helps in increasing a woman's feelings of competence, satisfaction, and well-being.

5. Conclusions and Recommendations

Based on the results obtained from the study, the participants showed a moderate level of psychological well-being with relative variations in the different dimensions of psychological well-being. Emotional balance was slightly higher than the different dimensions of psychological satisfaction and social adjustment. Moreover, the results showed a negative correlation between the multiplicity of the roles of women and psychological well-being. This means that the multiplicity of social, professional, and family roles can cause psychological pressure that negatively affects psychological well-being. This is consistent with the study conducted by Al-Mahdi, which showed the impact of biological and social factors intertwined on the mental health of women and the importance of social support as a protective factor from psychological breakdowns. The results of the present study converge with those of Omar, which found that women in different environments, either at work or at home, show moderate to good levels of psychological well-being, with slight variations in some aspects such as morale and ability to relax. This supports the idea of individual and environmental factors influencing the impact of roles on mental health.

Moreover, Hablis & Azzo highlighted the importance of living environments, economic status, and positive social relationships in enhancing mental well-being, which affects Arab women in terms of the interplay between social and economic factors on their psychological well-being. This explains the difference in mental well-being between different groups depending on marital status and psychological support. On the international level, there is evidence that supports these findings in the studies carried out by Chandra et al., which indicate that women with multiple roles tend to be more prone to depression and anxiety states. These studies also stress the importance of psychological resilience and support in coping with stress and achieving psychological balance. In addition, they stress the importance of mental health as part of the general state of health, with sensitive periods such

as adolescence, pregnancy, the postnatal period, and menopause requiring complete psychological and social support, considering the effects of violence and pressure on mental health. It is noted that the present research is in accordance with the previous studies concerning the correlation between multiple roles and responsibility pressures and the effects on the psychological state of women, with the new element being the analysis of the correlation between multiple roles and responsibility pressures and the effects on the psychological state of women among the young Syrian university students [6-21].

5.1. Recommendations based on the Study Findings Include

- Improving psychological and social support for women: Creating counseling centers for women to help them manage their day-to-day stress and manage their different roles in life.
- Creating community awareness programs: Creating awareness about the importance of mental health among women and reducing the stigma associated with psychological assistance, at home and in the community.
- Creating training programs for stress management and role balance: Training women on how to manage their time and how to interact with others in order to reduce psychological tension and stress associated with multiple roles in life.
- Creating mental health concepts in educational and professional settings: Providing psychological support for female students and workers and creating a platform for social interactions where women can receive psychological support and assistance.
- Encouraging further research on the effects of multiple roles in different settings: For example, studying the effects of multiple roles in traditional and contemporary societies and in different work settings in order to identify what helps reduce or increase psychological stress associated with multiple roles in life.

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