

STRESS IN WORKING AND NONWORKING WOMEN

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Abstract

The objective of the present study is to investigate the level of stress of working and non-working women of different age levels. The sample consisted of 60 woman (30 working and 30 non-working) of young 25 to 35yrs of age, middle 45 to 55 yrs of age groups. A two variety 2.2 factorial design was used with two used with tow levels of working status and two levels of age. Stress level was measured my Singh personal stress source inventory development by Arun Kumar Singh 2004. Result revealed significant effect of working status of woman and significant interaction effect of working status and different age groups, while on the other hand results failed to show the significant effect of age.

Key Word: Stress Management / Women Working Condition

I. INTRODUCTION

With increasing complexity of our lifestyles, the level of stress has been increasing at a phenomenal rate. As early as in 14th century the term stress was used to denote hardship, adversity, strain and affliction. The work "stress" is defined by the Oxford Dictionary as "a state of affairs involving demand on physical or mental energy." It is a condition or circumstance (not always adverse) which can disturb the normal physiological and psychological functioning of an individual. Although we normally think stress to be coming from negative events in our lives, positive events such as getting married or receiving an expected job promotion can also produce stress (Brown and McGill, 1989) Making a survey of definitions of stress, Cox, (1978) has described three approaches of definition : stress can be thought of as a response (that is, as a condition called stress) and as an intervening variable emphasizing upon the interaction between individual and environment Solye (1950) defined stress as nonspecific response of the body to any demand.

There are varieties of sources of stress. Taylor (1995) has concluded that there are three major antecedent sources of stressful behavior stressful life events, stress in workplace and work stress in families. Role stress is a state of tension created by multiple demands and conflicting performance of a role, resulting in anxiety. Role stress has been defined as the degree of incomparability of expectations, communicated to a focal person by his role giver.

Women experiences stress is family due to crowded and unhygienic living conditions, conflicts with in-law, urbanization and lack of motivation from family members. Professional stress create due to heavy workload, poor working conditions, double responsibility (Home and profession both), job interference with personal life, lack of job security, lack of authority to carry out the roles and responsibilities. Housewives experience more negative and positive stress, more personal efficacy and a lower degree of anxiety is comparison to nurses.

A significant negative relationship between occupational stress and mental health was observed among employed in different professions to reduce the mental stress working women used techniques like postponing certain tasks due to shortage of time and changing the level of performance more frequently, while non-working women relied more on positive thinking common and specific need patterns contributing to stress tolerance for working and non-working women. In the domain of recreational life and social life Majority of no-working women are experience stress to participation in various related activates in the domain of job/work life majority of the working and non-working women experience stress. Due to contradictions in the studies regarding the influence of working status of women it is essential that the effect of working status in addition to age of women should be explored with necessary controls in order to reach a sound conclusion.

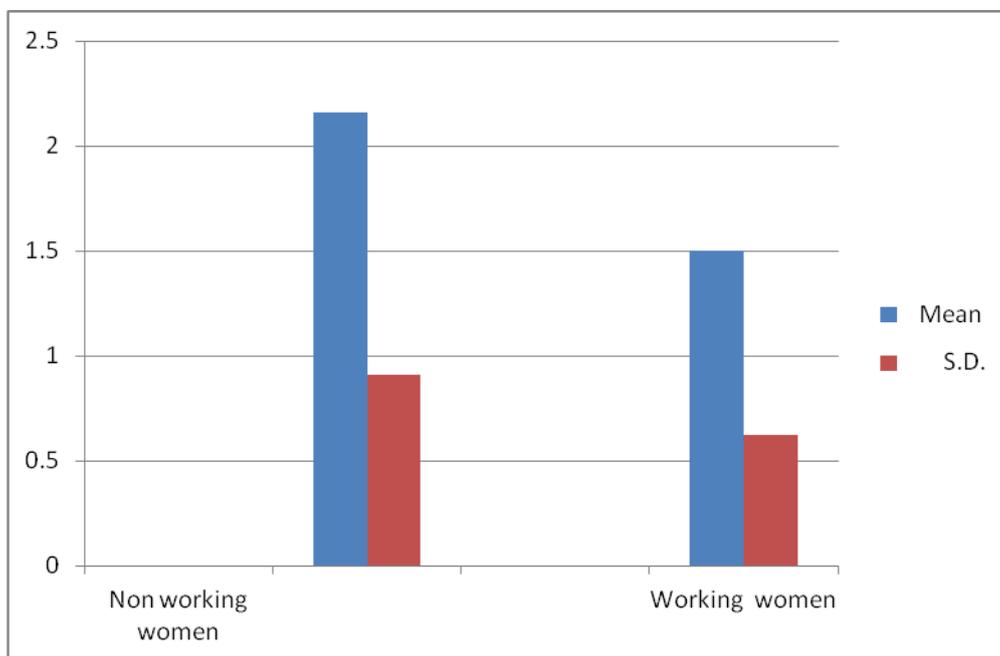
II. RESEARCH METHOD

1. **Sample:-** The sample of present study constituted 30 working and 30 non-working women drawn from Raipur city. As far as the age was concerned the woman were selected from young (25-35 years of age) middle group (45-55 year of age).
2. **Tools:-** To study the level of stress Singh personal stress source inventory development by Arun Kumar Singh, AshishK.Singh and Arpana Singh was used. It is a standardized test. It consists of 35 items. There are such sources of events of personal life, which often occurs the subjects were asked to read those sources events very carefully one by one out of three given response options of each event namely, "Seldom" "sometimes" and "frequently" subject were asked to put a tick mark below that option which suits to her the event of the item which does not apply in her case should be left unanswered.
3. **Procedure:-** Prior to administration of the SPSSI, rapport was developed with the respondents by explaining the importance and the relevance of the study subjects were assured that their responses would be kept strictly confidential and will be utilized only for research purpose. After obtaining the consent subjects each respondent was given one copy of SPSSI described above and requested to give responses. With the help of the given scoring key the responses of the subjects were scored, unmarked items were given a score of zero. Higher the score the higher is the magnitude of personal stress. Likewise, Lower the score lower is the magnitude of personal stress.
4. **Statically Analysis:**To analyze the obtained data two-way analysis of variance were computed to see the independent and interaction effect of working status and age.

Table No. 1

S. No.	Division	Mean	S.D.	Df.	t - Value
1.	Non working women	2.16	.912	58	1.15
2.	Working women	1.5	.621		

t - value 58 Signification Label 0.01 - 2.66 0.05 - 2.01



III. RESULTS AND DISCUSSION

The overview of the means of stress scores under six experimental conditions makes it clear that middle aged non-working women scored highest mean score, while middle aged working woman scored lowest mean score and young woman scored same regardless of their working status. These mean scores indicate that level of stress decreases with age if the woman is working and the level of stress increases with age if the woman is non-working.

Form the above results it can be observed that working status has a positive effect on the mental health of woman. The stress level of non - working women is higher than that of working women. It is usually assumed that stressful situation at workplace disturb mental peace and increases the level of stress Rising stress at workplace home society or place of living undoubtedly has detrimental effect on the behavior of the people Results of this study can be discussed on the basis of self efficacy expectancy theory financial independence makes feel a woman stronger and mentally relaxed age by age. Their personal resources make working woman fell themselves capable to meet the demands made by the environment and find themselves comfortable to do so. A working woman has a lot of exposure in her life, so she has a different outlook to the problem so she feels herself more confident at the time of crises.

Age effects is not significant in this study which means that young, middle and old aged women did not significantly differ in their level of stress our finding is in accord with or confirmation of the finding of Bhavnagar and Brooke (1985) they also found in their study that there was no significant association between age and stress.

The mean scores on the stress of woman in different age groups reveal that the difference in age level of woman did not create difference in the level of stress.

The result reveals that when both working and non-working women are young then both are having same level of stress, but as their age increases non-working women mostly remain restricted to home and working women's experience of exposure to outer world increases. And when they reach to old age, non-working women's level of stress increases and working woman's level of stress decreases. It show that at old age, non-working women's level of stress increases and working women's level of stress decreases. It shows that at old age level working and non-working women's stress level is low and high respectively.

IV. CONCLUSION

On the basis of analysis of data following conclusion can be drawn.

1. Non-working women feel more stress than working women.
2. Young women are same regarding their level of stress.

V. SUGGESTION

Hence it is suggested that Non working ladies should keep themselves involved with their hobbies should and interests to be busy, not with the motive of earning money or any profit but to keep away them from depression due to loneliness as this will help them to manage their family.

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