



## “STRESS ANALYSIS AMONG WORKING WOMAN”

Narigara Rutvee Mohanbhai<sup>1</sup>, Dr. Snehal Vaghela<sup>2</sup>

### ABSTRACT

Women are playing a very important role in the economic and social development of the nations all over the world. Research suggestions that females globally rarely manage time to feel relax and are stressed and overworked most of the time. Working women have a whole set of problems involving both family and professional lives. Women have to play their role as a wife, a mother and an earner. They have to manage their career while maintaining traditional roles. That means for working women it is two sets of overlapping responses. Then, in addition to their traditional roles, professional roles seem to be one of the major sources of stress that working women have to face. This review of literature gives information about working women stress, factors in the working environment that cause stressful situations among Working women. Based on the review of the literature, stress could be classified according to the nature of the stressor (Physiological. Psychological), its influence. On Individual (Positive Eustress. Negative Distress), and the exposure time of stressor (acute or short-term Chronic or Long-Term).

Women in India have proved their mettle in the work domain. Behind such success lies a big story of struggle and freedom in the traditional social arena. Besides, changing roles of working women, they have maintained the traditional work ethos of household. This research is devoted towards finding the root cause of the existing problems faced by the working women. It also aims at finding feasible solutions that have been practiced elsewhere and needs to be adopted at other social fronts. The present study is aimed at exploring the stress in working women. It discusses different factors that actually are the major cause of stress. To dig out the realities, both qualitative and quantitative data collection method are used. Questionnaires were distributed to 64 working women. The targeted population was teachers, bankers, nurses etc.

### INTRODUCTION

Stress an individual's adaptive response to situation that is perceived as challenging threatening to the person well-being. Modern life is full of stress. An organization become more complex, the potential for stress increases. Urbanization, industrialization and increase in scale of operations are some of the reasons for rising stress. Stress is an inevitable consequence of socio-economic complexity and to some extent, its stimulant as well. Stress in health psychology, a general term used to refer to a range of negative perceptions and reactions experienced when pressure become too much. In health psychology, stress is typically used to refer more generally to a range of negative perceptions and reactions.

Stress word has been derived from physics and mechanics where it is defined as physical pressure exerted upon, and between different parts of the body, when deformation occurs as a result it is called strain. Stress can be positive and motivate women to achieve notable goals.

But stress can also be negative and destructive, taking its toll in many areas. When stress becomes chronic or excessive, it becomes harder to adapt or cope. Chronic stress builds up so that stress seems like a normal way of life for some women. Women are so busy that they do not take time to slow down long enough to think about how stress is negatively affecting them. Long term stress can lead to serious health problems. It seems to be common knowledge that women are generally busier and more stressed than men. It is widely believed that they juggle more roles and are constantly rushing. Stress can cause stress hormones such as adrenaline and cortisol to flood your system. These hormones cause a rise in heart rate and blood pressure, muscles to tense, an increase in blood sugar levels, and other physical symptoms.

In today's society, women's roles often include family obligations, caregiving for children and or elderly parents, and work responsibilities as well as other roles. As demands increase to fill these roles, women can feel overwhelmed with

<sup>1</sup> Ph.D. Research Scholar

Monark University, Ahmedabad

<sup>2</sup> Monark University, Ahmedabad

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time pressures and unmet obligations. Women spend more time meeting the needs of others nurturing their own needs. In functioning high-stress levels, women may not even recognize what their needs are. Stress can range from mild and short-term to more extreme and long-lasting. Chronic (long-lasting) stress can affect your mental and physical health.

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The word "stress" is defined by "Oxford dictionary of psychology" as "Psychological and physical strain or tension generated by physical, emotional, social, economic or occupational circum-stances, events or experience those are difficult to manage or endure.

#### Definition and Meaning of Stress

- S = stands for sorrow
- T = stands for tension
- R = stands for rivalry
- E = stands for emotional outburst
- S = stands for success phobia
- S =stands for exit suspense

Stress is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition. And if you can't define stress, how can you possibly measure it? The term "stress", as it is currently used was coined by Hans Selye in 1936, who defined it as "the non-specific response of the body to any demand for change". Selye had noted in numerous experiments that laboratory animals subjected to acute but different noxious physical and emotional stimuli (blaring light, deafening noise, extremes of heat or cold, perpetual frustration) all exhibited the same pathologic changes of stomach ulcerations, shrinkage of lymphoid tissue and enlargement of the adrenals. He later demonstrated that persistent stress could cause these animals to develop various diseases similar to those seen in humans, such as heart attacks, stroke, kidney disease and rheumatoid arthritis. At the time, it was believed that most diseases were caused by specific but different pathogens. Tuberculosis was due to the tubercle bacillus, anthrax by the anthrax bacillus, syphilis by a spirochete, etc. What Selye proposed was just the opposite, namely that many different insults could cause the same disease, not only in animals, but in humans as well.

The concept of stress is very old even the pre-historic man might have experienced stress. Usually stress is experienced due to prolonged exposed to cold or heat, loss of blood, due to

fear or any kind of diseases.

The word 'stress' defined by the oxford dictionary as "a state of affair involving demand on physical or mental energy".

The concept of stress was first introduced in the life sciences by 'Hans Selye' in 1936. It is a concept borrowed from the natural science. The concept of stress is derived form the Latin word 'stringer'.

Pascal (1992) defines stress in terms of perceived environmental situation which threatens the gratification of needs.

Stress is a feeling of emotional illness or physical retard. Stress can come from anywhere where we feel it can't come from. When you challenge yourself stress comes, when you accept the outside challenges and wants to perform with perfection stress begins. Stress has no shape and size but it affects the life at a large scale. It can be a feeling of frustration, unhappiness, and when she cannot balance the professional and personal life, women's feel stressed. Modern women want to be a perfectionist, in all the arenas of her life, and to make it happen she suffers stress.

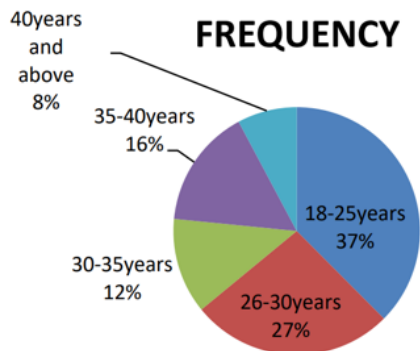
The concept of stress was at first given by Selye Hans in 1936. "Stress was defined as any external event or internal drive which threatens to upset the organic equilibrium (Selye Hans, 1956)". Also, "Stress was defined as causing a threat to the quality of work life as well as physical and psychological well being (Cox, 1978)". Stress can be explained as generalized, having defined patterns where unconscious mobilization of the body takes place (Yahaya et al., 2009). Stress can be understood as general reaction given by body towards any particular situation that puts special physical or psychological demands on any person (Hogan, 1991). Job stress "arises from an organization's environmental condition which arise from the interaction of peers and subordinates related to the jobs and is characterized by changes within people that force them to deviate from their normal behaviour" (Beehr and New Man, 1978)". Job-related stress factors can be unfavorable working conditions such as nosie pollution, adverse temperature within workplace or overcrowding McGrath, (1978), unclear job responsibilities, departmental conflicts, exhaustive work pressure and poor communication (Arnold et al, 1986). Supportive peers and employee friendly leave policies, effective management, candid communication and proper scheduling of work hours were effective in reducing stress level at job. Lawless,(1991). Work life and family life are two important closely related parts, whose effective and coherent management defines the well being of person (Ford et al., 2007). It is seen that large number of women's are entering into professional culture and pursuing their dreams (Sevim, 2006), they are required and are expected to fulfill the demands of both, the family and of workplace (Bickasiz, 2009). It is observed from this study that working women's takes more work at home to prove their effectiveness (Dawn et al, 1999). This ultimately increases the stress level of working women's.

**Descriptive Statistics:**

Section 1 deals with descriptive statistics of the 64 employees who participated in the survey. Descriptive statistics is the most basic form of statistics and is used to describe the demographic characteristics of the sample selected for the study.

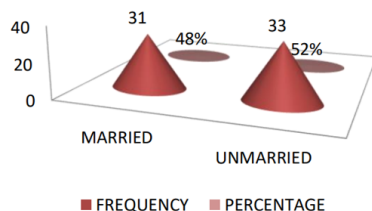
Age	Frequency	Percentage%
18-25years	24	37.5
26-30years	17	26.5625
30-35years	8	12.5
35-40years	10	15.625
40years and above	5	7.8125
TOTAL	64	100

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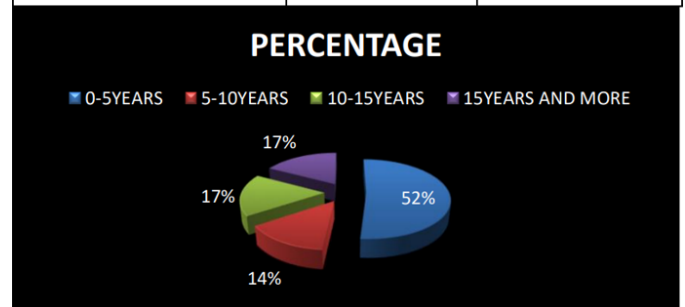
**Marital Status**

MARITAL STATUS	FREQUENCY	PERCENTAGE
MARRIED	31	48%
UNMARRIED	33	52%
TOTAL	64	100%



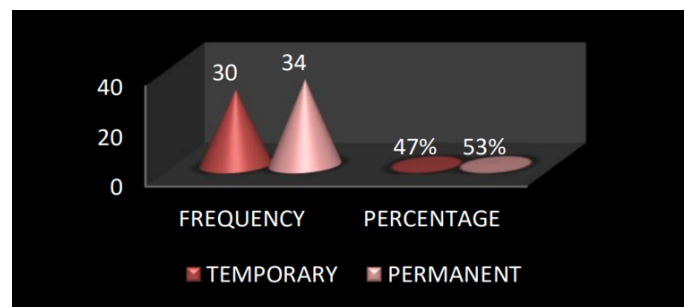
**Job Experience**

LENGTH OF SERVICE	FREQUENCY	PERCENTAGE
0-5YEARS	33	52%
5-10YEARS	9	14%
10-15YEARS	11	17%
15YEARS AND MORE	11	17%
TOTAL	64	100%



**Nature of Job**

Nature	Frequency	Percentage
Temporary	30	47%
Permanent	34	53%
Total	64	100%



**CONCLUSION**

In today's fast paced world, women are experiencing more stress at every stage of their lives than ever before. Stressors are external events, including pressures in people's lives, such as divorce, marriage, children, work, and money. The experience of stress is related to how we respond to these stressors. One person's stressor can be another person's motivator. To successfully manage stress in everyday lives, one can learn to relax and enjoy life. From the study it is concluded that the main causes of stress among working women are goal achieving, overtime, work pressure, health issues and tension. Hence, to reduce stress different stress management techniques like meditation, yoga breathing, various relaxation techniques should be used. Also, a personal wellness plan with built-in periods of recovery and self-care can help women manage stress and empower themselves to make healthy life changes.

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