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Reasons of anxiety among women in working situation

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Abstract

The main focus of the study is to analyse the varied causes of the anxiety among women in working atmosphere. For this purpose 100 sample respondents has been chosen and easy random sampling technique has been accustomed collect the information from the respondent. A well-structured form has been framed covering organizational, domestic and social causes of stress among women staff and results were obtained using percentage analysis and weighted average analysis.

Keywords: Stress, organizational causes, domestic, social cause, women employee

Introduction

Stress is really a standard part of life. Stress is that the body's reaction to harmful things - whether or not they're real or perceived. Once we feel endangered, a reaction happens in our body that enables acting in a way to stop injury. This reaction is understood as "fight-or-flight," or anxiety response. Throughout stress response, our pulse rate will increase, respiration quickens, muscles tighten, and vital sign rises. Stress could take issue from person to person. What causes stress in one person is also of very little concern to a different. Some individuals are higher able to handle stress than others. Stress will have an effect on all aspects of our life, together with our emotions, behaviors, thinking ability, and physical health. Many alternative things will cause stress from physical to emotional. Distinguishing what is also inflicting stress is usually the primary step in learning the way to higher subsume stress. A number of the foremost common causes of stress are: work connected causes, structure causes, domestic causes, environmental causes and social causes.

Negative Health Effects

Stress-related disorders include a broad array of conditions, together with psychological disorders and different forms of emotional strain, non-adjusting behaviors and mental injury. In turn, these conditions might cause poor work performance, higher absence, less work productivity or perhaps injury. If untreated, constantly high stress will become a chronic condition, which might irritate existing mental state conditions and chronic physical conditions. These conditions not solely reduces the well-being of employees and increase the employer's health edges expenses, they contribute to inflated injury incidence. Issues at work are additional powerfully related to health complaints than are the other life stress or additional thus than even money issues or family issues. Different disorders that may be caused or exacerbated by activity stress embody sleep disorders, headache, mood disorders, upset stomach, high blood pressure, high cholesterol, disease, disorder, depression, and anxiety. Stress at work can also increase the risk of acquiring an infection and the risk of accidents at work (Zuhaib, 2013).

Review of Literature

Jain and Cooper (2014) ^[1] found that there is a positive relationship between stress and organisational citizenship behaviours. They suggested that efforts be made to increase the level of positive forces such as pay and benefits, job security, and control in organization, the impact of work relationship, overload and resources and communication should be reduced. Babu and Vembu (2014) ^[2] concluded that there are various stressors among women employee in public sector banks, such as poor working condition, overload, role ambiguity,

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support, transfer, poor working relationship, lack of supervisory support and technological changes. Kanthimathi, (2014) [3], found that a high level of stress due to too much works to do in too little time, unsettled conflict with coworkers, improper communication with manager, job responsibilities are beyond their control and opinion about their training.

Objectives of the Study

- To analyses the organizational, domestic and social causes of stress among working women.
- To offer suggestion for reducing the stress for working women.

Scope of the study

Now a day’s most of the women’s are operating in varied sector and play vital role there in field. So that they have heap of stress in their work. Stress within the work is usually thought of to result once condition within the work setting is tough for individual to manage. Therefore they're facing work life balance problems and increase stress burden. Stress will result in unwellness and absence. The study aims at searching for the causes of stress and to supply constructive suggestions to beat stress among operating ladies.

Limitation of the Study

In our study we tend to centered solely on structure causes, domestic causes, and social causes of stress among operating ladies that has a serious impact on their work life. The study is not applicable to alternative areas of India and restricted range of respondents has been chosen because of time constraint and this might have an effect on the accuracy of result to sure extent. The accuracy of the knowledge depends upon the respondents.

Research Methodology

The present study is predicated on the social cause, domestic causes and structure causes of stress among operating ladies in varied environments. The study used the first and also the secondary knowledge for our analysis purpose. The sampling employed in this study is straightforward sampling technique and one hundred sample respondents were elect. Survey methodology is used to gather the knowledge from the respondents and also the data are collected with the assistance of questionnaires. Secondary knowledge collected through varied journals, books and net that is restricted to the abstract frame work of the paper solely. The study used the proportion analysis and weighted average analysis.

Table 1: Organizational reasons

Organizational reason	Inadequate Salary	Rigid Rules and Regulations	Inhuman Attitude	No Reward for Hard Work
Strongly Agree	29%	27%	14%	40%
Agree	37%	27%	61%	38%
Neither Agree/Disagree	19%	27%	47%	41%
Disagree	13%	15%	19%	14%
Strongly Disagree	2%	4%	9%	17%
Total	100%	100%	100%	100%

From the above table it is clear that 27% of the respondents strongly agree that “Rigid Rules and Regulations” “No Reward for Hard work” as the main cause for organizational stress. “Inhuman Attitude” is another prime reason of

organizational stress followed by “Inadequate Salary”. Thus the organization has to focus on relaxation of rules and the reward system to motivate the women employee and relieve their stress level.

Table 2: Domestic reason

Domestic reason	Less Revenue	Conflict with Family Members	Staying away from Family	Problems from Children	Illness of the Family Members
Strongly Agree	21%	9%	13%	9%	9%
Agree	41%	39%	15%	23%	19%
Neither Agree/Disagree	23%	41%	53%	31%	23%
Disagree	11%	9%	15%	33%	27%
Strongly Disagree	4%	2%	4%	4%	22%
Total	100%	100%	100%	100%	100%

From the above table it is evident that 22% of the respondents strongly agree that “Less Revenue” is the main cause of domestic anxiety. 40% of the respondents agree “Conflict with Family” is another main cause for domestic stress. On the contrary “Problem with Children”, “Illness of Family Members” are least considered as a cause for domestic anxiety.

Suggestions

Management will providing stress management techniques for their workers includes to line goals and priorities, offer positive reinforcement, worker help and participation in higher cognitive process, providing correct promotion and reward, arrangement periodical family tour and providing

correct operating and surroundings condition, to supply facility and to supply health care and kid care advantages etc.

Conclusion

The present study has stressed the factors that cause the strain among operating girls. It are often complete from the analysis, rigid rules and regulation and no reward for labor was known has main stress cause in an structure setup. Less revenue was the very important domestic cause and dogmatic nature of peers is declared because the social reason for stress among girls workers. Stress is natural and is directly related to nature of work. It’s positively

manageable however it needs worker counselling on regular time basis.

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