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Stress: Working and non-working women

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Abstract

The aim of the research was to study the stress in relation to working status. The present study was conducted on 100 women of Ranchi city, which 50 working and 50 non-working women. Stress scale developed and standardized by Singh (2004) were used for data collection. Statistical technique was used mean, standard deviation and t value. It had been revealed from the analysis and interpretations of the present study that non-working women have higher level stress as compared to working women. High stress among non-working women is may be due to the fact that non-working women occupy multiple roles which are inconsistent and create conflicting situations. Our society still demands the traditional roles of women as homemaker.

Keywords: Women, non-working, stress and homemaker

Introduction

Woman is the great creation of God, a multifaceted personality with the power of benevolence, integrity, adjustability and tolerance the lives of women of current era are much different than the older days. Women in India have come a long way after independence. From just a skilled homemaker, women today have acquired skills and capabilities of not just being a homemaker but being at par with their male counterparts. This is the new generation of women, who wants to pursue their dream career. But this life is not a bed of roses for all. While there is little consensus among psychologists about the exact definition of stress, it is agreed that stress results when demands placed on an organism cause unusual physical, psychological, or emotional responses. In humans, stress originates from a multitude of sources and causes a wide variety of responses, both positive and negative. Indian families are undergoing rapid changes due to the increased pace of urbanization and modernization. Indian women belonging to all classes have entered into paid occupations. This has opened new vistas, increased awareness and raised aspirations of personal growth. This, along with economic pressure, has been instrumental in influencing women's decision to enter the work force. Most studies of employed married women in India have reported economic need as being the primary reason given for working.

Stress is a psychologically and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body defense kicks into high gear in a rapid automatic process known as the flight response. The signs of stress to include heart pounding in the chest, tensing of muscles, fast breathing and every sense on red alert. The mind and body are in mutual two ways integrated communication such that any turbulence in one tilts the other One of the most frequently faced psychological problems of recent years is stress and stress related illnesses. Due to an ever changing world, everybody is affected by stress regardless of age, gender, profession, social or economic status. Because of these rapid changes, people live most of their lives under stress. Therefore, the notion of stress has become a widely recognized problem in all aspects of life.

Work-life balance is the maintenance of a balance between responsibilities at work and at home. Work and family have increasingly become antagonist spheres, equally greedy of energy and time and responsible for work-family conflict. Work-life balance is the maintenance of a balance between responsibilities at work and at home. Work and family have increasingly become antagonist spheres, equally greedy of energy and time and responsible for work-family conflict. We know that stress paralyses the human life on account of which it is difficult for people suffering of stress to live the normal life.

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Life satisfaction and stress are interrelated with each other. A number of researchers in the specific field have been conducted to measure the level of stress among working and non-working women.

Review of Literature

Working women are working for longer hours and taking more work at home (Dawn *et al.*, 1999) ^[1]. This situation results in a greater amount of stress for working women. Work and family are two important parts of a person's life and both are closely related (Ford *et al.*, 2007) ^[4]. Since an increasing number of women are entering the work force and pursuing careers (Sevim, 2006) ^[6], they have to balance the competing demands of both workplace and family life (Bickasiz, 2009). Dhanabakyam and Malarvizhi (2014) ^[3] stated there is a positive relationship between stress and family difficulties in working women. The increase in work-family conflict leads to increase in work stress. Hemanalini (2014) ^[5] investigated the causes of stress that affect women in the working atmosphere in the textile industry. Majority of women stated that they are experiencing stress because of job insecurity and because of high targets. Deepthi and Janghel (2015) discussed coping strategy of stress in employed women and in non-employed women. They observed that employed women use self-distraction technique more as coping strategy compared to non-employed women.

Objective

- To compare the level of stress among working and nonworking women.

Hypothesis

- Working and non-working women will differ significantly with regard to their stress level

Sample

The sample was drawn from working and non- working women of Ranchi. Thus 100 working (who were teacher in the Government and private schools) and 100 non - working women (housewives) were drawn randomly.

Instrument

Stress Scale: It was developed by Singh (2004). The range of age was between 16 to 50 years. Test-retest reliability of the test was found to be .82 and Validity is .61. Higher scores show higher stress level.

Statistical Analysis

In the present study Mean, SDs and t-test was applied for statistical analysis of data.

Result and Discussion

The main aim of present study was compare the stress among working and non-working woman. For this purpose t-test was used to analysis the data.

Table 1: Comparison of Stress scores among working and non-working women

Groups	N	Means	SDs	t	P value
Working women	50	19.85	10.39	3.44	0.01
Non-working women	50	28.26	13.79		

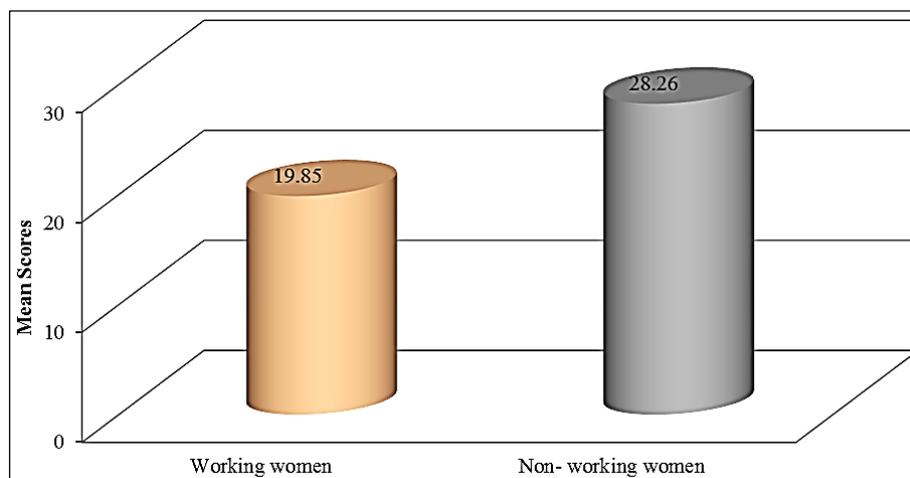


Fig 1: Mean scores of Stress among working and non-working women

As far the above result are concerned the level of stress was higher among non-working women group. The non-working women received higher mean score 28.26 as compared to the working woman 19.85. Obtained t- was 3.44, which was statistically significant. Hence, hypothesis is accepted. Working women had lower level of stress, they get salary, earn money, so they can fulfill their needs. They support their family and husband. Working women do not depend upon their husband or family, economically they were independent. They perceived their life secure.

Conclusion

- Non-working women showed higher level of stress as compared to working women.

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