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## **A comparative analysis on stress levels among working women and nonworking women with special reference to Rewa district**

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### **Abstract**

The present paper deals a comparative study on stress levels among working women and nonworking women with special reference to Rewa district. Women play a vital role in the decision-making process and in the family. Indian culture gives women the responsibility of being the breadwinner of the family. Women are increasingly moving from their homes to the workplace. A large number of women also belong to the workers of the banned industries. Women therefore play a dual role for unemployed women and working women. A comparative study of the levels of stress in women in this dual role of housewife and working woman is evident. The study looks at the pressures women face in society. The result shows that the family financial situation contributes to stress levels between working women and nonworking women.

**Keywords:** stress, working women, nonworking women

### **1. Introduction**

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 circumstances, events or experience those are difficult to manage or endure.

Term the word woman is often used of an older girl. Femininity usually means time after the age of 18 in a woman's life. Woman is a great creation of God, a personality with various characteristics of the power of kindness, integrity, flexibility and tolerance for the lives of modern women are very different from the old days.

On the other hand, there are many benefits to working outside the home, which is a mistake. However, the decision to become a housewife or a working woman can depend on factors such as financial status, job availability, age of children, partner support, job interest, education and health Working women can use their skills and abilities not only for themselves but also for their family and community. Rich home experiences can be mentally stimulating, problem-solving, and challenging. This experience is a source of boosting their self-esteem, self-confidence and a sense of satisfaction. They have their own income, which gives them freedom, security and freedom. Working women can meet the financial needs of their families in the event of a husband's health or marital failure. As well as the financial crisis mothers may experience dissatisfaction, boredom and feelings of worthlessness. These problems only get worse as their children grow older. Threatened in their lives, children assert their independence and husbands are busy with their duties. At this point in life unemployed women may find the empty nest very anxious, and working mothers with lucrative jobs are more likely to be well-off outside the home. Working women have also been found to promote a higher level of independence in their children as they are less likely to solve all problems due to their absence, so their children tend to be more independent and better problem solvers.

Deepthi and Janghel (2015) <sup>[1]</sup> discussed strategies for coping with stress <sup>[1]</sup> for employed women and unemployed women. They have found that employed women use the self-deprecating process (an amazingly effective process of mood swings) as a strategy to deal with comparisons with unemployed women.

Balaji (2014) <sup>[2]</sup> has studied a variety of factors that can lead to family conflict and the stress experienced by female employees. He concluded that married women workers face family

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conflicts due to the number of hours worked outside the home, the flexibility or flexibility of working hours, the size of the family and the number of family dependents. These factors have a detrimental effect on the mental and emotional well-being of working married women.

Job-related stress factors are unfavorable working conditions such as excessive noise, overheating or congestion (Mcgrath, 1978) [3], role clarity, conflict, overload and under load (Arnold *et al.*, 1986) [4]. Stress test methods used by women working on sleep and rest, exercise, time management, diet and yoga (Upamany, 1997) [5]. Research has reported that employment and family support policies, effective management, communication, coverage of mental health and chemical dependence policies, and scheduled work hours have contributed to reducing workplace fatigue (Lawless, 1991) [6]. Work and family are two important parts of human life and both are closely related (Ford *et al.*, 2007) [7].

Dhanabakym and Malarvizhi (2014) [8] state that there is a positive relationship between stress and family difficulties for working women. Increased conflict between work and family leads to increased work pressure and vice versa for working women. It is evident that women in professional positions with a high demand for jobs were more likely to face family disputes of work and work pressures.

## 2. Objectives

The main objective of the study, which is descriptive in nature, is to identify and compare the level of stress experienced by working and nonworking women in the district of Rewa. The study also explores the relationship of demographic factors such as age, education, financial position and employment status of the husband on the level of stress experienced by working and nonworking women in the district of Rewa.

## 3. Hypotheses

On the basis of the trends reported earlier the following null-hypothesis were formulated. It was hypothesized:

1. There is a significant difference in the stress levels of working women and nonworking women.
2. There is a significant relationship between age and stress levels of working women and nonworking women.
3. There is a significant relationship between education and stress levels of working women and nonworking women.

4. There is a significant relationship between financial position and stress levels of working women and nonworking women.
5. There is a significant relationship between nature of employment of husband and stress levels of working women and nonworking women.

## 4. Methodology

The targeted population consists of nonworking women and working women in the Rewa district. Data was collected from 100 respondents, of which 50 respondents were nonworking women and 50 were working women. Probability sampling method was used to collect data. General role stress scale (GRSS) is used in this study. It is a self-administered questionnaire with a respondent rate of 12 items on a 5-point scale. GRSS is highly related to psychometrically established ORS and Cronbach's alpha reliability coefficient of General role stress scale is .733 over 12 items.

## Limitations of the study

1. The study is limited to working women and nonworking women in Rewa district only.
2. The respondents were reluctant to give information due to their busy schedule and socio-economic background.

## 5. Results and Discussion

Demographic profile fifty working women and fifty nonworking women in Rewa district participated in the study. Working women with Middle school (4.00%), High School (10.00%), Higher secondary (34.00%), Graduation (36.00%), Post graduation (16.00%) and Nonworking women with Middle school (10.00%), High School (22.00%), Higher secondary (32.00%), Graduation (28.00%), Post graduation (8.00%) participated in the study (Table 1 & Fig. 1). 8.00% of working women belonged to the lower class, 74.00% to the middle class and 18.00% to the upper class. 56.00% of the nonworking women belonged to the lower class, 38.00% to the middle class and 6.00% to the upper. Class (Table 2 & Fig. 2). Where employment status of the husband is concerned, in the case of working women, 16.00% were working in the government sector and 52.00% in the private sector. 26.00% were self-employed and 6.00% were unemployed. With respect to husbands of nonworking women, 10.00% worked in the government sector, 34.00% in the private sector and 56.00% were self-employed (Table 3 & Fig. 3).

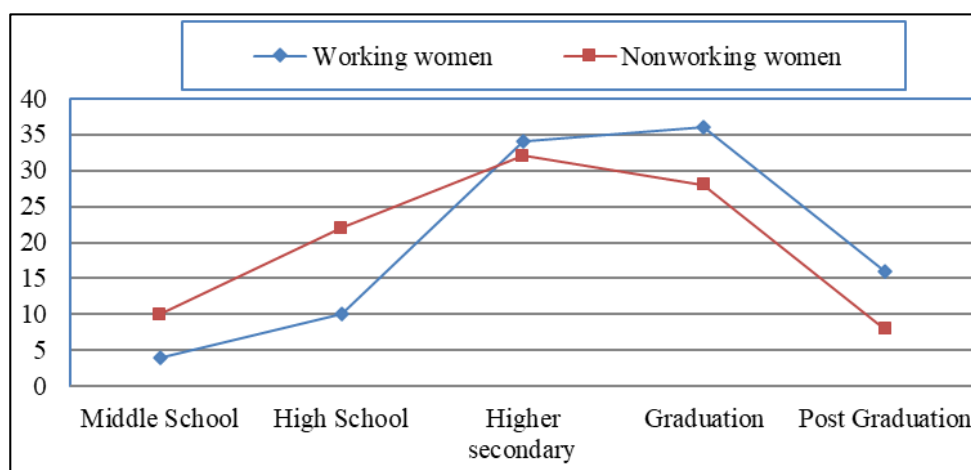


Fig 1: Graph analysis in education profile on working and nonworking women

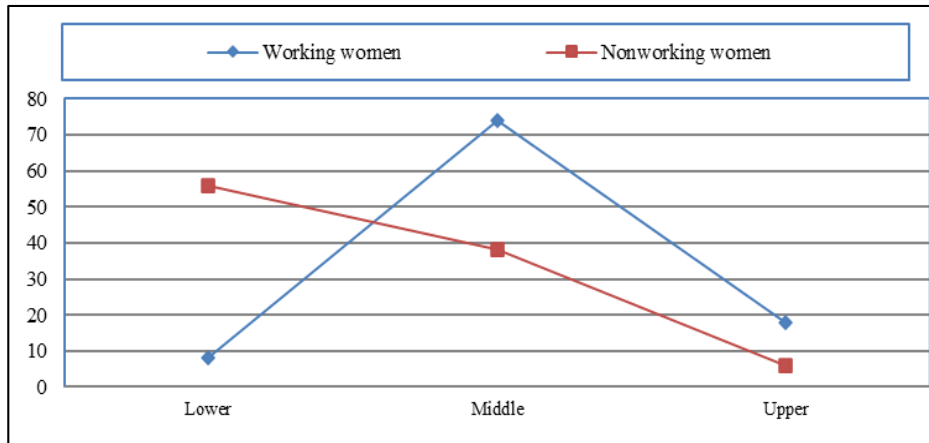


Fig 2: Graph analysis in financial profile on working and nonworking women

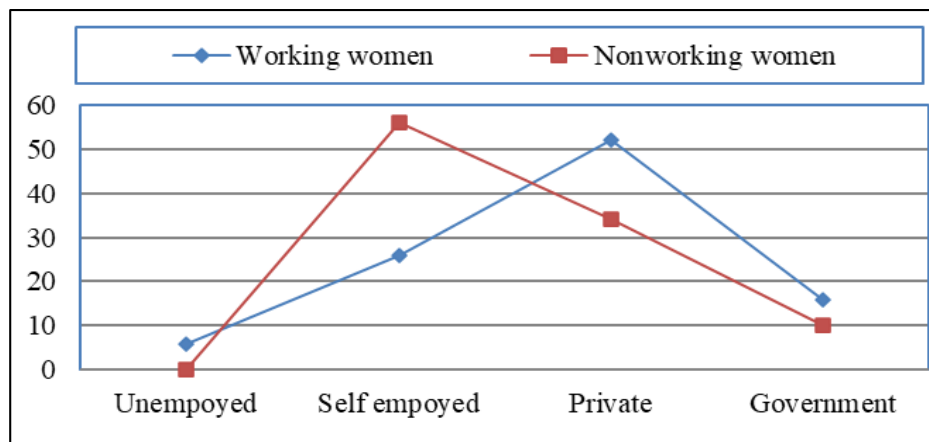


Fig 3: Graph analysis in employment status of husband on working and nonworking women

Table 1: Education profile

S. No.	Degree	Working women		Nonworking women	
		Frequency	Percentage	Frequency	Percentage
1.	Middle School	2	4.00	5	10.00
2.	High School	5	10.00	11	22.00
3.	Higher secondary	17	34.00	16	32.00
4.	Graduation	18	36.00	14	28.00
5.	Post Graduation	8	16.00	4	8.00
	Total	50	100.00	50	100.00

Table 2: Financial position

S. No.	Status	Working women		Nonworking women	
		Frequency	Percentage	Frequency	Percentage
1.	Lower	4	8.00	28	56.00
2.	Middle	37	74.00	19	38.00
3.	Upper	9	18.00	3	6.00
	Total	50	100.00	50	100.00

Table 3: Employment status of Husband

S. No.	Status	Working women		Nonworking women	
		Frequency	Percentage	Frequency	Percentage
1.	Unemployed	3	6.00	0	0
2.	Self employed	13	26.00	28	56.00
3.	Private	26	52.00	17	34.00
4.	Government	8	16.00	5	10.00
	Total	50	100.00	50	100.00

A comparative analysis on stress levels among working women and nonworking women was done. The analysis shows that there is a relationship between stress levels of

working women and nonworking women ( $p < .05$ ). Stress levels of working women with a mean value of 18.99 (SD, 4.86) and nonworking women with a mean value of 16.01

(SD, 3.06) clearly brings out that working women in Rewa district face more stress when compared to nonworking women. When compared with various factors of stress, self-role distance is high for working women (4.26) and lower for nonworking women (3.29) with at value of 3.49 ( $P < .05$ ). Stress arising due to inter-role distance is also significantly high for working women (4.64) when compared with nonworking women (2.53) with at value of 6.78 ( $P < .05$ ). Regarding role boundedness, the mean value for working

women and nonworking women are 4.65 and 4.71 respectively with a t value of 0.17 ( $P > .05$ ). The mean value with respect to stress arising due to personal adequacy comes to 3.83 for working women and 3.79 for nonworking women with at value of 0.11 ( $P > .05$ ) indicating no significant difference in the stress levels. The analysis shows that self-role distance and inter-role distance of working women and nonworking women have a relationship (Table 4).

**Table 4:** Comparative analysis of stress among working women and nonworking women

	Working women					Nonworking women					't' value	Sig. value
	Min	Max	Sum	Mean	Std.dev.	Min	Max	Sum	Mean	Std.dev.		
Total stress	7	28	969	18.99	4.86	8	26	826	16.01	3.06	3.67	0.001
Self-role distance stress	2	7	224	4.26	1.36	2	8	201	3.29	1.42	3.49	0.001
Inter-role distance stress	2	7	245	4.64	1.85	2	9	138	2.53	1.19	6.78	0.001
Role boundedness stress	2	6	248	4.65	1.86	3	10	256	4.71	1.74	0.17	0.868
Personal inadequacy stress	3	8	252	3.83	1.74	3	11	231	3.79	1.18	0.11	0.893

The correlation between stress of working women and age has a mean score of 23.68, Pearson correlation value (r) of -.140 and significance value of .144 ( $P > .05$ ). The p value indicates that age and stress of working women don't have a significant relationship. The analysis also clearly indicates the same trend on the factors of stress and age among working women. With respect to self-role distance, the mean value is 5.87, r value is -.042 and significance value is .460 ( $P > .05$ ). Where inter-role distance is concerned, the mean value is 5.95, Pearson correlation value is -.174 and significance value is .084 ( $P > .05$ ). The mean value of stress due to role boundedness is 5.95. Pearson correlation between role boundedness of working women and age is -.174 and significance value is .084 ( $P > .05$ ) which shows that age and stress due to role boundedness don't have a significant relationship. The analysis shows that the relationship between stress due to personal inadequacy and age is 5.91 with an r value of -.154 and significance value of .076 ( $P > .05$ ) indicating a weak relationship (Table No. 5). The stress level of nonworking women was measured at 19.89 with a mean age of 40.12. Pearson correlation

between stress levels of nonworking women and age is -.031 and significance value is .751 ( $P > .05$ ). The p-value shows that age and stress don't have a significant relationship. With respect to self-role distance, the mean value is 4.36 and r value is -.038 with a significance value of .666 ( $P > .05$ ) indicating that age and stress due to self-role distance among nonworking women don't have a significant relationship. The analysis on inter-role distance has a mean value of 3.89, r value of .103 and significance value of .321 ( $P > .05$ ) establishing a weak relationship. Where role boundedness is concerned, the mean stress is measured at 6.02, with an r value of -.039 and significance value of .622 ( $P > .05$ ). This shows that age and stress due to role boundedness don't have a significant relationship. The analysis on personal inadequacy of nonworking women has a mean stress score of 5.62. Pearson correlation between stress of nonworking women and age with respect to personal inadequacy is -.043 and significance value is .603 ( $P > .05$ ). The p value shows that age and stress due to personal inadequacy don't have a significant relationship.

**Table 5:** Analysis of age and stress levels of working women and nonworking women.

Age x stress	Working women						Nonworking women					
	Mean		Std.dev.		Pearson coefficient	Sig value	Mean		Std.dev.		Pearson coefficient	Sig value
	Age	Stress	Age	Stress			Age	Stress	Age	Stress		
Total stress	36.22	23.68	8.01	9.02	-.140	.144	40.12	19.89	7.8	7.57	-.031	.751
Self-role distance	36.22	5.87	8.01	2.03	-.042	.460	40.12	4.36	7.8	1.78	-.038	.666
Inter-role distance	36.22	5.95	8.01	2.43	-.174	.084	40.12	3.89	7.8	1.63	.103	.321
Role boundedness	36.22	5.95	8.01	2.38	-.174	.084	40.12	6.02	7.8	2.04	-.039	.622
Personal inadequacy	36.22	5.91	8.01	2.18	-.154	.076	40.12	5.62	7.8	2.12	-.043	.603

The ANOVA analysis between education and pressure on working women gives a value of 1.514 F and a significant value of 0.200 ( $P > .05$ ). The p value indicates that education and pressure do not have a significant relationship in relation to working women. Although relationships are not statistically significant, stress levels for working women

with degrees as their qualifications are high followed by middle school, high school, higher secondary, graduation and post graduation. The pressure on unemployed women and academic qualifications is also less relevant. ANOVA analysis yielded a significant value of 0.833 ( $P > .05$ ) with an F value of 0.266 (Table 6).

**Table 6:** Analysis between education and stress levels of working women and nonworking women.

	Working women					Nonworking women						
	Min	Max	Mean	Std.dev.	F value	Sig. value	Min	Max	Mean	Std.dev.	F value	Sig. value
Middle School	16	34	22.42	3.47	1.514	0.200	15	33	21.33	3.55	0.266	0.833
High School	18	35	23.08	4.08			14	31	21.05	3.78		
Higher secondary	15	46	22.66	6.04			13	37	22.09	3.83		
Graduation	17	48	23.11	6.45			16	35	22.02	3.99		
Post Graduation	20	49	22.84	6.09			19	47	21.35	4.08		
Total	15	49	23.42	5.07			13	47	22.33	4.17		

The analysis to understand the influence of employment status of the husband and stress levels of working women shows an F value of 0.813 and a significance value of 0.455 ( $P > .05$ ). The p value shows that there no significant relationship between stress levels of working women and employment status of the husband. With respect to nonworking women, the employment status of the husband

and stress levels has an F-value of 1.401 and significance value of 0.233 ( $P > .05$ ). The P value shows that there is no significant relationship between stress levels of nonworking women and employment status of the husband even though stress levels are high for nonworking women whose husbands are self-employed and lower for those whose husbands are in government service (Table No. 7).

**Table 7:** Analysis between employment status of husband with stress levels of working women and nonworking women.

	Working women					Nonworking women						
	Min	Max	Mean	Std.dev.	F value	Sig. value	Min	Max	Mean	Std.dev.	F value	Sig. value
Unemployed	31	34	23.44	3.25	0.813	0.455					1.401	0.233
Self employed	19	28	24.18	3.77			15	36	22.15	3.68		
Private	16	47	26.67	5.18			14	39	23.09	5.83		
Government	12	49	26.13	6.48			17	42	25.12	5.99		
Total	12	49	23.46	5.17			14	42	25.03	5.17		

## 6. Conclusion

The study examined the levels of stress in working women and nonworking women, and factors that led to stressful situations. Analysis shows that stress levels are higher in working women compared to nonworking women, and both have a relationship. Depression rates of women (working women and nonworking women) and the financial status of their families are related. Depression is a part of human life; sometimes it can motivate us and help us to be more productive. Pressure will increase our ability to monitor, produce, empower and deal with dangerous challenges and situations. But excessive stress is dangerous for us. This pressure will cause tension, anxiety, fatigue and fatigue. To avoid stress and our health, we need to increase our awareness of stress and use stress management strategies. Research provides insight into working women and unemployed women to understand the causes of stress. It will also assist organizations and couples in the effective management of women's role in work and personal life. This research could be the basis for further studies conducted by researchers, academics and organizations to better understand women's stress levels.

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