
A Study on Stress Levels among Working Women and Household Women

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ABSTRACT

The present arrangements to look at feelings of anxiety among working women and family unit women, It was conjectured that working women's have more worry than the non-working women's. To confirm the above theory an example of 100 women's were taken. From which working women's (N= 50) and non-working women's (N= 50). To gauge the pressure. The present specialist had utilized a pressure survey with 25 proclamations of 3 point scale. The strategy utilized where Simple Random testing methods for information accumulation. The information got were classified and the significant discoveries of the investigation were, the working was confronting a progressively mellow degree of stress and non-working women are confronting an increasingly moderate degree of stress. There is a distinction exist among working and non-working women with a degree of stress. So the working women were confronting more pressure contrasting with the family unit women.

Keywords: Stress, Working Women, Household Women

When all is said in done, women are more probable than men to encounter physical indications of stress, for example, tiredness, peevishness, cerebral pains, despondency, and misery. Women are additionally more probable than men to oversee employment stress with undesirable practices, for example, poor dietary patterns. Stress is hard to characterize accurately. Hazard impacts adding to powerful stress contain therapeutic sickness, absence of social encouraging groups of people, social and money related issues and family ancestry of family strife or stress.

Stress is usually caused any kind of emotional, psychological, occupational and physical factors that are inbuilt with all individual role play. Most frequently, people express of varied types of stress like relationship stress, work stress, or parenting stress. There are a few types of stress that are related to particular stages of life such as pregnancy, aged, teenage years, menopausal transition and the like. In fact, even children are unnatural by stress in the present-day world. The present investigation was conducted to compare the stress level among the working and nonworking women's. To verify the above hypothesis a sample of 100 women's were taken. From which working women's (N= 50) and non-working women's (N= 50). To measure the

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stress. Present study investigator had used a stress questionnaire with 25 statements of 3 point scale. The method used where Simple Random sampling techniques. The major findings of the study were working women facing more stress comparing the nonworking women with a level of stress.

REVIEW OF PAST STUDIES

In 2015, Dr. Binay Kumar Bimal, studied that the stress level among Non-Working married Male and female. Today every individual is stress prone. It was assumed that there will be no significant difference between married male and female when family stress is taken as a dependent variable and no significant difference in family stress between non-working married male and female separately. 200 married, 100 male and 100 female were the samples for the investigation. Family stress inventory, by Dr. Abha Rani Bisht (Hindi) was used. It was found that there was no difference in family stress between in married male and female. Further concluded that there was no difference in family stress of married non- working male and female when studied separately under joint influence of sex and age.

V. Karpagavalli (2015) find in study is stress resilience and job satisfaction among the women employees working in IT/ITES sector in Chennai. No working life comes without challenges, conflicts, pressure, setbacks, or moments of sheer exhaustion. Job satisfaction at work depends on our ability to cope with the obstacles that come our way and to bounce back, learn from mistakes, make amends when necessary, and most important of all being again without cogitation or remorse. Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being. A convenience sample consisting of around 10 employees participated in the study. Questionnaire method was adopted for collecting the data. The data was analysed with the research variables in different demographic factors.

Sharma Y & Sandhu B S (2015) discovered the effects of life stress on cognitive functions in working women. In the present scenario role segregated and segmental identity of women has put them in a situation where females have to perform multiple and adapt to diverse kind of psychological environments. They are always under pressure to rearrange their traditional roles of wife, mother and home maker in order to accommodate their non traditional roles as earner. These pressures tend to predispose them to life stresses, sometimes leading to reduced psychological well being. High stress leads to cognitive dysfunctions as more attention is paid to negative aspects of life. Scores of cognitive functions viz. problem solving, focused attention, concentration & recall in low stressed women were significantly higher than these scores in high stress women. Conclusion: Cognitive functions were disrupted in case of high stress women and sharp in case of low stress women.

METHODOLOGY

Aim

- To compare the level of stress between working and non-working.

Sample Size

Sample consisted of 100 educated women 50 working women and 50 non working women, from Anand city. As far as the age was concerned the woman were selected from young and middle (21-60 years) age group.

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Tools Used:

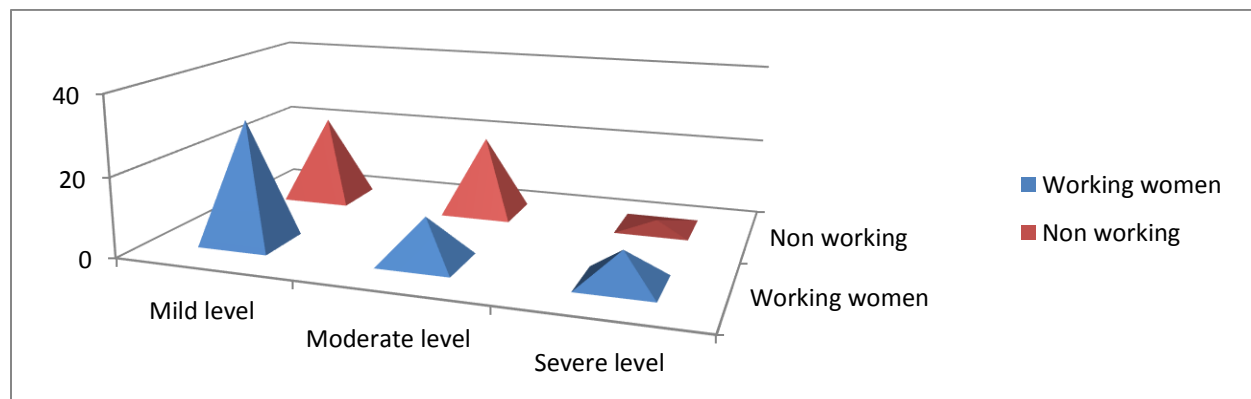
In this research project “Occupational Stress Index” has been used. Dr. A.K. Srivastava and Dr. A.K. Singh of B.H.U. Varanasi have developed this scale. Through this scale they have tried to measure the stress related to work conditions. There are altogether 46 questions with 5 probable answers:- Strongly Disagree, Disagree, Can’t Say, Agree and Strongly agree. It’s a 5 point scale. One answer has to be selected for each question by the sample. There are two types of Questions in it; one is False numbers of False Keyed Questions are 18, whereas the numbers of True Keyed Questions are 28. The Scoring of False Keyed Question is clone as 5 4 3 2 1. The Stress of Working Women Scoring of True Keyed Question is done as 1 2 3 4 5. The Score given for each question is added and Total Score is achieved. In this scale high Score denotes high Stress and Low Score denotes Low Stress.

ANALYSIS

In fulfilling or typical setting stress is a physical, mental, or passionate factor that causes substantial or mental strain. Stress can be outer from nature, mental, or social circumstances or inside disease, or from a restorative technique, physical stress side effects can influence your body, your considerations and sentiments, and your conduct. Having the option to recognize basic stress signs can give you a bounce on overseeing them. Stress that is left unchecked can add to an excessive number of medical issues, for example, hypertension, coronary illness, heftiness, and diabetes.

Table 1 Comparing stress level between working and non-working women by Hyper critical with friends and family

Occupation of the respondents	Becoming clinical and hyper critical with friends and family			Total
	Mild level	Moderate level	Severe level	
Working women	31	11	8	50
	62.0%	22.0%	16.0%	100.0%
Non working	22	20	8	50
	44.0%	40.0%	16.0%	100.0%
Total	53	31	16	100
	53.0%	31.0%	16.0%	100.0%
	100.0%	100.0%	100.0%	100.0%



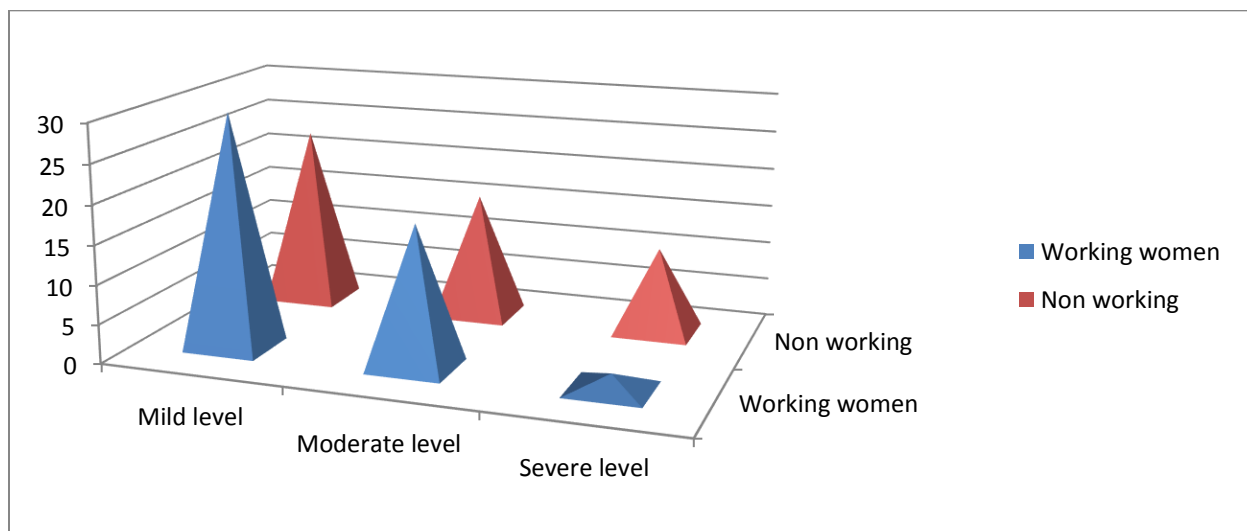
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The above table uncovers that stress level among working and nonworking women, the most elevated rate (62%) of women were having gentle level clinical and excessively critical stress, (22%) of the members had a moderate degree of stress, (16%) of the members had the serious degree of stress. Though on account of non-working women, the most elevated rate (44%) of women were having a moderate degree of stress, (40%) of the members had a gentle degree of stress, (16%) of the members had cut off degree of stress. contrasting with working and nonworking women stress level the outcome demonstrates that the gentle level stress was more among non-working women. in cut off, level stress both were the equivalent with 16 percent.

Table 2 Comparing stress level between working and non-working women by Increasing boredom with work/home life

Occupation of the respondents	Increasing boredom with work/home life			Total
	Mild level	Moderate level	Severe level	
Working women	30	18	2	50
	60.0%	36.0%	4.0%	100.0%
Non working	23	16	11	50
	46.0%	32.0%	22.0%	100.0%
Total	53	34	13	100
	53.0%	34.0%	13.0%	100.0%
	100.0%	100.0%	100.0%	100.0%

The above table uncovers that stress levels among working women, the most noteworthy rate (60%) of women were having a gentle degree of stress, (36%) of the members had a moderate degree of stress, (4%) of the members had cut off degree of stress. Though on account of nonworking women, the most noteworthy rate (46%) of women were having a gentle degree of stress, (32%) of the members had a moderate degree of stress, (22%) of the members had cut off degree of stress. The working women gentle level stress was higher then nonworking women, in moderate level stress, nonworking women were more contrasted with working women.

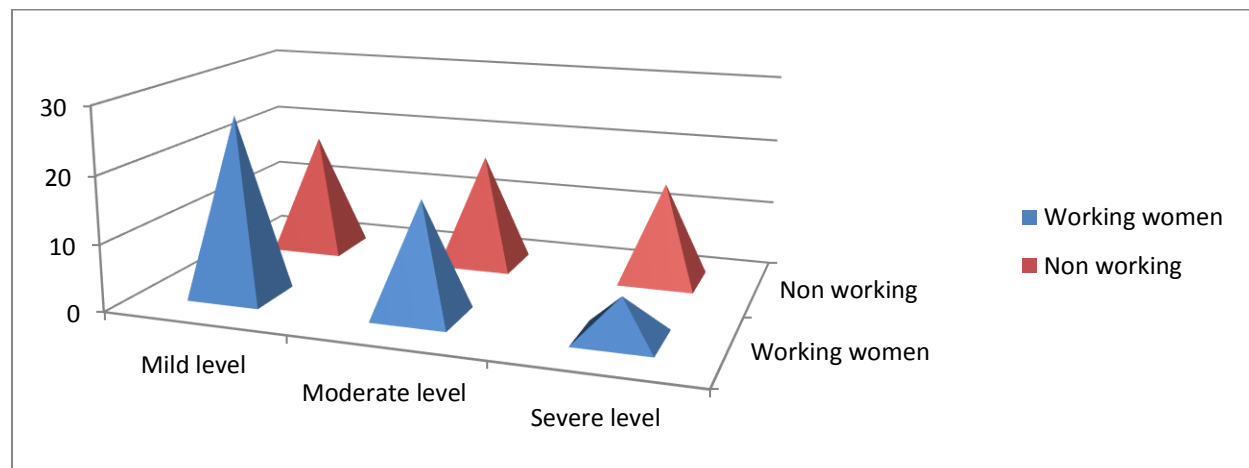


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Table 3 Comparing stress level between working and non-working women by Losing clear perspective on work/home life

Occupation of the respondents	Losing clear perspective on work/home life			Total
	Mild level	Moderate level	Severe level	
Working women	27	17	6	50
	54.0%	34.0%	12.0%	100.0%
Non working	18	17	15	50
	36.0%	34.0%	30.0%	100.0%
Total	45	34	21	100
	45.0%	34.0%	21.0%	100.0%
	100.0%	100.0%	100.0%	100.0%
	X ² .059			

The above table uncovers that among working women, the most noteworthy rate (54%) of women were having a mellow degree of stress, (34%) of the members had a moderate degree of stress, (12%) of the members had cut off degree of stress. Though on account of non-working women, the most noteworthy rate (36%) of women were having a gentle degree of stress, (34%) of the members had a moderate degree of stress, (30%) of the members had cut off degree of stress. measurable criticalness additionally demonstrates the connection among working and nonworking women stress level with 0.05 level. working women mellow level stress were more and moderate level is equivalent among both working and nonworking women in cut off level nonworking women were all the more contrasting working women.



CONCLUSION

The present examination demonstrates the targets of the investigation that is working women were confronting more issue of stress contrasted with nonworking women in all variables, for example, physical, word related, enthusiastic and mental. To effectively accomplish stress in regular daily existences, people can figure out how to diminish and appreciate life. The best method to toll stress is to stay away from it. This may not be constantly conceivable. Thus, the following best thing is to reduce stress and make life simpler. By embracing diverse stress the

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executives strategies like contemplation, yoga, mesmerizing, guided symbolism, muscle unwinding, care breathing ought to be utilized. To confine the stress level this is the reason for different lethal ailments like cardiovascular illnesses, Hypertension. Women being the prime unfortunate casualty especially utilized women of stress; in this manner their stress the executives is fundamental both in the Govt. also, private associations. From this examination, obviously if working women get all the more family bolster their stress level can be decreased when contrasting with family unit women.

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Conflict of Interest

The author declared no conflict of interest.

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