

## Study of Gender Difference on Stress

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### Abstract

*The present study was an attempt to investigate the gender difference on stress related problems arising in working organization of different age groups. The total sample was consisted of 623 was taken by the questionnaire method. All the subjects were chosen by using random stratified sampling. Questionnaire method is adopted. Stress management questionnaire was used for the research and to test the validity and reliability of the questionnaire is verified. 2x2 research design was made. Total sample was divided into male and female respondents and working and non-working respondents on further division. Means, SD's & T value were computed to analyse the data. Gender differences were found to be insignificant between male and female below as well as above 30 years.*

**Keywords** – Stress and Gender differences

### Introduction

**S**tress is nothing but a practical step towards real life adaptations and dealings of real situations and consequences. According to Newton's third law "To every action, there is an equal and opposite reactions". Similarly, Stress appears as a reaction to an action. It may be positive or may be negative. We generally give an importance to negative stress as a matter of concern for eradication of stress and to live a stress free life. Sometimes eustress is beneficial for a healthy life to lead and affects disadvantageously to a life if it is dis-stress. Stress acts as an immune system for our body. Sharma et al. (2010) studies stress and burnout as predictors of Job Satisfaction amongst lawyers. The results indicated that job satisfaction was significantly and negatively related to emotional exhaustion, depersonalisation reduced, personal accomplishment, stress, strained, interpersonal relationship etc. Katnwal (2011) study shows university was in a dangerous zone of high level of job stress prone behaviours of employees.

Soumya & Panchanathan (2013) study shows absenteeism in organisation due to job burnout and stress. Sharma & Devi (2011) study suggests efforts should be made to provide growth and learning opportunities to the employees. Swaminathan P.S. and Dr.Raj Kumar S. (2013) study revealed that stress levels in organisations and their impact on employees behaviour. The study shows the office politics was a major stress among the employees. Martin, Rabe, Mathias Nubling and Salvatone Giacomuzzi (2013) results showed that job insecurity was associated with job-related stress. Affective job insecurity was associated with detachment from the organisation, while cognitive job insecurity was associated with low identification with the organisation. A study conducted by C.W. Coultas, T. Driskell, C. S. Burke (2014) suggests that innovative solutions to the conceptual, methodological, and logistical problems that consistently plague emergent state research. A study by SE Fitzpatrick, L.Srivorakiat, L. K. Wink (2016) revealed that aggression is associated with negative outcomes for children with ASD and their caregivers, including decreased quality of life, increased stress levels,

and reduced availability of educational and social support. A study by SC Ho, HY Chong, N. Chaiyakunapruk(2016) revealed that there is a strong association between non-adherence to antidepressants and a worsening of patients' clinical and economic outcomes. Cost-effective interventions should be directed to this group of patients to improve medication adherence. AA Ford, L. Rogerson, JD (2017) study revealed that Mid-urethral sling operations have been the most extensively researched surgical treatment for stress urinary incontinence (SUI) in women and have a good safety profile. Irrespective of the routes traversed, they are highly effective in the short and medium term, and accruing evidence demonstrates their effectiveness in the long term. This review illustrates their positive impact on improving the quality of life of women with SUI. Street & Dardis (2018) study reveals that indicates that societal definitions of masculinity and femininity have psychological consequences in that they produce gender differences in major risk factors relevant to PTSD.

**Research Methodology**

**Objective of the research**

To study the gender difference on stress related problems arising in working organization of different age groups.

**Sample of the study**

Total sample of 623 is taken by the questionnaire method. From the total population, a total of 100 is the real sample from whom the response is taken. Random stratified sampling is done. Questionnaire method is adopted. Stress management questionnaire is used for the research and to test the validity and reliability of the questionnaire is verified. 2x2 research design is made. Total sample is divided into male and female respondents and working and non-working respondents on further division.

**Research Design** – Assessment Technique 2x2 research design is made.

**Variable** – Independent variable, Both Sexes  
Dependent Variable, Stress Management

**Hypotheses** –

1. There is no significant differences between stress level of working women and men in private and govt. institution.
2. There is significant difference between stress level of working women and men in private and govt. institution.
3. There is no significant difference in occupational stress of working women and men in terms of age, gender and seniority.
4. There is significant difference in occupational stress of working women and men in terms of age, gender and seniority.
5. There is no significant difference of causal effect of salary, job security transfers and workload on stress level among working women and men.
6. There is significant differences of effect of salary, job security, transfer and workload on stress level among working women and men.
7. There is a no significant difference of impact of role conflict at work place and family front on psychological and physical health of working women and men.
8. There is significant difference of impact of role conflict at work place and family front on psychological and physical health of working women and men.

**Tools or Apparatus Required**

1. Stress management questionnaire

**Data Analysis**

**Table I**

Mean and SD of Stress under 30 yrs male  
 Mean =  $\Sigma fx / N = 6250 / 125 = 50$   
 SD = 22.67

**Table II**

Mean and SD of Stress above 30 yrs male  
 Mean =  $\Sigma fx / N = 5750 / 125 = 46$   
 SD = 23.6

**Table III**

Mean and SD of Stress under 30 yrs female  
 Mean =  $\Sigma fx / N = 5875 / 125 = 47$   
 SD = 25.97

**Table IV**

Mean and SD of Stress above 30 yrs female  
 Mean =  $\Sigma fx / N = 9277.50 / 125 = 74.22$   
 SD = 48.25

**Table V**

t – test between male and female under 30 yrs

t = 7.518

$M_1 = 50$

$\sigma_1 = 22.67$

$N_1 = 125$

$M_2 = 47$

$\sigma_2 = 25.97$

$N_2 = 125$

$$df = (N_1 - 1) + (N_2 - 1)$$

$$= (125 - 1) + (125 - 1)$$

$$= 124 + 124 = 248$$

At  $df = 248, t = 7.518$  is not significant

At  $df = 200,$   
 at 0.05,  $t = 1.97$   
 at 0.01,  $t = 2.60$

At  $df = 30$   
 at 0.05,  $t = 1.97$

At 0.01,  $t = 2.59$

t test between male and female above 30 yrs.

$M_1 = 46$	$M_2 = 74.22$
$SD_1 = 23.6$	$SD_2 = 48.25$
$N_1 = 125$	$N_2 = 125$

$$SD = SD \sqrt{\frac{N_1 + N_2}{N_1 N_2}}$$

$$= 4.80 \times 0.126 = 0.60$$

$$T = \frac{M_1 - M_2}{SE_D} = \frac{46 - 74.22}{0.60}$$

$$= \frac{-28.22}{0.60} = -47.03$$

at  $df = 248, t = -47.03$  is not significant

$$SD = \sqrt{\frac{\sigma_1^2}{N_1} + \frac{\sigma_2^2}{N_2}} = \sqrt{\frac{(22.67)^2}{125} + \frac{(25.97)^2}{125}}$$

$$= \sqrt{\frac{118.36}{125}} = \sqrt{9.50} = 3.08$$

$$SED = SD \sqrt{\frac{N_1 + N_2}{N_1 N_2}} = 3.08 \sqrt{\frac{125 + 125}{125 \times 125}}$$

$$= 3.08 \sqrt{\frac{250}{15625}} = 3.08 \sqrt{0.016}$$

$$= 3.08 \times 0.126 = 0.388$$

$$t = \frac{M_1 - M_2}{SE_D} = \frac{50 - 47}{0.399}$$

$$= \frac{3}{0.399} = 7.518$$

**Interpretation of Results**

- The mean score of male is higher and greater than the mean score of female under 30 years at the emotional stress level.
- The mean score of female is higher and greater than the mean score of male above 30 years at the emotional stress level.
- This t-test is found to be insignificant or not significant between male and female stress under 30 years.
- The t-test is found to be not significant between male and female stress above 30 years.

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