

A Comparative Study of Personal Stress Among Working and Non-Working Women

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Abstract:

Personal Stress is a part of human life, with growing complexity of human life, personal stress is likely to increase. Personal stress is built in the concept of role, which is conceived as the position a person occupies in a system. Women in recent worldwide have to play a dual role as housewife and career builder. The sample of the study comprised of 60 women in which 30 working and 30 non-working women in Ichalkaranji city. It was selected randomly from Ichalkaranji city. The data was analysed by 't' test of significance. Result shows that There is no significant difference found between working and non-working women on personal stress. There is no significant difference found between personal stress.

Key Words – personal Stress

Stress is a sensation of emotional strain and pressure. Stress is a type of mental pain. Small amounts of stress may be beneficial, as it can improve athletic performance, inspiration and reaction to the environment. Excessive amounts of stress, however, can increase the risk of knocks, heart attacks, ulcers, and mental illnesses such as sadness and also aggravation of a pre-existing state. Psychological stress can be external and related to the environment, but may also be caused by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful. Deepthi and Janghel (2015) discussed coping strategy of stress in employed women and in non-employed women. Result shows that employed women use self-distraction technique (surprisingly effective technique for changing mood) more as coping strategy compared to non-employed women. Balaji (2014) studied various factors which could. We know that women are proving her that she is independence as well as a lot of talent as compare to men. At present, she is actively working nearby every sector. She is showing her smartness and talent and proving a good worker, employer and owner. But, in male dominated culture, a woman has to face many problems especially mental health issues while proving her achievement. There is lot of mental

health problems arising in working place of women such as poor working environment, discrimination, inequality, excessive workload, insecurity, work related stress, workplace bullying, sexual Harassment etc. The research result shows that working women performs multiple roles such as household as well as workplace duties and it makes high risk in stress related diseases. Lead to work family conflict and the stress undergone by women employees. Result shows that married women employees experience work family conflict due to the number of hours worked outside the home, flexible or in flexible working hours, size of the family and number of dependants of the family. These factors have severe consequences for the psychological distress and well-being of married working women. Hemanalini (2014) 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.

Ansuman, Adithya and Madhulita (2014) determined that maximum number of women is suffering from poor mental health. According to them home and workplace atmosphere played a major role in deciding mental health status of women.

Balaji (2014) studied various factors which could lead to work family conflict and the stress undergone by women employees. Result shows that married women employees experience work family conflict due to the number of hours worked outside the home, flexible or in flexible working hours, size

of the family and number of dependants of the family. These factors have severe consequences for the psychological distress and well-being of married working women.

Deepthi and Janghel (2015) discussed coping strategy of stress in employed women and in non-employed women. result shows that employed women use self-distraction technique (surprisingly effective technique for changing mood) more as coping strategy compared to non-employed women.

Dhanabakyam and Malarvizhi (2014) specified 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 and vice versa in married working women. It is observed that women in professional job positions with high job demand were more prone to experience work family conflict and work stress. Material and Methods Scientific methodology is necessary for a successful

Essien and Stephen (2014) observed that annual leave and getting assistance from colleagues as the most widely used organizational and personal stress coping strategies by female employees of commercial banks in Nigeria.

Hemanalini (2014) 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.

Objective

1. To find out the difference between working and non-working women on personal stress.

Hypotheses

1. There will be significant difference between working and non-working women on personal stress

Method

A) Sample-

The sample of the study comprised of 60 women in which 30 working and 30 non working women in ichalkaranji city.

B) Tools

The Following standardized psychological tests used to collect the data.

I) Personal stress source inventory – (PSSI) invented by A.K.Singh, A.K.Singh, and A.Singh .There is 35 statement related to life events. High score on this show high personal stress. The maximum score on PSSI is 105. Test re-test reliability and internal consistency were found highly significant by odd-even method.

Statistical Analysis

The data was statistically analysed by using Mean, sd, and t test.

Result

1. Table No – 1 Significance of mean difference between working and non-working women on personal stress

Factor	N	Mean	Sd	df	t value
Working	30	51.33	8.38	58	0.051NS
Non-working	30	56.06	12.29		
Total	60				

μ Significant at 0.01 level, μμ Significant at 0.05 level, Not Significant

Discussion and Interpretation: -

The perusal of table -1 makes it clear that the mean score of working women 51.33 (SD = 8.38) is less than mean score of non-working women 56.06 (SD= 12.29) on personal stress. The obtained 't' value is (0.051) which is not statistically significant at 0.05 level. The results make it clear that working and non-working women are not differing significantly on their personal stress.

Conclusions

1. There is no significant difference found between working and non-working women on personal stress. It means that working and non-working women are equal on personal stress.

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