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A comparative study on stress management of working and non-working women with special reference to Rewa district

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Abstract

The present paper deals a comparative study on stress management of working and non-working women with special reference to Rewa district. Stress is a process that occurs in reaction to events or situation in our environment termed as stressors. Small amount of stress may be desired, beneficial and even healthy. This study is an attempt to examine and compare the management of stress among working and non-working women. It was hypothesized that there is no significant difference between working and non-working women in their ability to manage stress. For this purpose, a sample of 100 women, 50 working and 50 non-working, ages between 25-40 years, was selected randomly from various rural and urban area of Rewa district. The data were collected using the stress management scale constructed by Dr. Pushraj Singh and Dr. (Smt.) Anjali Shrivastava; and analysed by calculating mean, SD and 't'. The result shows that the mean of working women is 91.28 and of non-working women is 84.24; and the SDs of both the groups are 12.31 and 10.26 respectively. The value of 't' at 0.05 level of significance it is 2.21.

Keywords: Stress, stressors, stress management, working and non-working women.

1. Introductions

In modern times, higher education makes it easier for women to enter into lucrative careers. But now a day everyone is talking about stress. Not only high-pressure officials are its key victims but also include workers, slum dwellers, working women, businessmen, academics and even children. Stress is inevitable and inevitable due to increasing difficulties and competition in living standards. In today's changing world, no one is immune to stress and no job is free of stress. Everyone experiences stress, whether in family, business, organization, study, work, or any other social or nursing profession. So in modern times, general stress and job stress in particular have become a part of life and have received a lot of attention in recent years. Depression is a topic that is difficult to avoid. Depression is a part of daily life. For centuries, women's have been expected to fulfill the ideal role of both perfect wife and mother, and this meant putting the family first before their own needs. If for whatever reason, a woman acted out of the norm chose to speak her mind, chose to work outside the home then her husband was criticized for not handling her properly. For example, if there is a newborn in the family, and the mother chooses to go back to work immediately after its birth, she is told by society that she's not doing her real job. Society doesn't criticize the father for leaving a newborn child to attend work; he is, in fact, applauded for considering the financial needs of his family an argument has been set forth that since women's can breastfeed, they must for the health and proper development of the child stay home during the early stages of childhood. Thus, the woman is placed in the difficult position of having to balance the multiple roles expected of her with the roles she wants to carry out for herself.

Women's are also encouraged to take up the stereotypical jobs such as secretarial, clerical, nursing, childcare, social work, elementary teaching and so forth. Most women's take on a typical 9-5 office workday so that they can be home to cook dinner, do the laundry and oversee the children's homework; they come home to a second shift. There has been an established ideology of what jobs are suitable for working mothers and what aren't. Being a secretary of a business is logically suitable. Being a businesswoman, meanwhile, will take too much time away from her family, and thus was not a logical path for a mother. Women's should be nurses, and not doctors; they surely could not be on call 24x7. Singh (2014) ^[1] examined health satisfaction and stress between working and unemployed women and found that working and unemployed women differed greatly in their satisfaction in life ($t = 5.52$).

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Working women were satisfied with their health. In terms of stress, unemployed women have higher levels of stress compared to working women. A negative relationship was found between health satisfaction and stress. Rao *et al.* (2017) [2] also found significant differences between employed women and home-based women with varying degrees of stress and well-being.

Depression is common in women regardless of the type of work they do, as a domestic worker or as a professional, because of their gender roles. Mudakavi (2017) [3], in her study on the level of stress of housewives found that among the 100 homeowners (35%) of them had mild stress, 61 (61%) moderate stress and 4 (04%) had high levels of depression. Among the hundreds of homeowners, 90 (90%) of them had moderate coping strategies and 10 (10%) of them had poor coping strategies. The findings of the study show that homeowners had moderate to critical pressure and shifted moderate strategies to problems to deal with.

Hannigan *et al.* (2004) [4] reviewed seven studies with a view to identifying factors contributing to the stress, fatigue and job satisfaction of qualified UK psychologists; identify the various coping strategies used; to identify stress management interventions used by members of the UK medical profession. The results showed that in seven studies, only one reported a stress management intervention test. Reported sources of pressure from clinical psychologists include client characteristics, overload, professional skepticism and poor management. Problem coping strategies include talking to partners, and other "effective" ways to manage personal stress. Up to 40% of UK psychiatrists who participated in the study found that they were experiencing "abnormal" levels of depression. Deiththi and Janghel (2016) [5] discussing the strategy for coping with stress for both employed and unemployed women, noted that employed women use the self-deprecating process (surprisingly effective emotional change) as a strategy to deal with comparisons with unemployed women.

The pressure on employed women has been focused on investigators over the past few years. Most studies are designed to assess the level of stress in working women alone. Very little effort is made to determine the level of stress for homeowners. Therefore, the present study is an effort in this way. It aims to see if there is a difference in experience and stress management between working and non-working women.

2. Objectives

The main objective of the study, which is descriptive in nature, is to identify and compare the level of stress management by working and nonworking women in the district of Rewa. The study also explores the relationship of factors such as, teachers, advocates, doctors, engineers and bankers, the non-working women belonged to various rural and urban area of Rewa district.

3. Hypotheses

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

1. There would be significant difference between the stress management mean score of working and non-working women in other words the mean score of working women

would be greater in comparison to non-working women.

4. Methodology

Sample

A sample of 100 women, 50 working and 50 non-working were selected randomly. The age range was between 25-40 years and educational qualification was 8th standard to doctorate degree. The working women belonged to various professions such as, teachers, advocates, doctors, engineers and bankers, the non-working women belonged to various rural and urban area of Rewa district.

Variables

- Independent Variables- Working and Non-working Status of Women
- Dependent Variable- Stress Management

Tool

The SMS (stress management scale) which is a symptom check list developed by Dr. Pushraj Singh and Dr.(Smt.) Anjali Shrivastava was used to assess stress status of the subjects. It includes 30 Item which are related to stress management.

Sample method and procedure

The study was conducted on 100 women subject of Rewa district consisting of 50 (working) and 50 (non-working) women from older group (above 25-40 years) door to door survey was employed to ascertain the two groups.

Working women group: This comprised of women who had engaged themselves in different professions. They were employed as doctors, teachers, nurses etc.

Non-working women group: This group consisted of simply house wives who were none employed outside their homes. They had engaged themselves only in house hold activities.

Data Analysis

The data was analyzed by calculating mean, Standard Deviation and t test.

5. Results and Discussion

The purpose of this study was to compare the ability of stress management between working and non-working women, by calculating mean, standard deviation and t test. After conducting the study, the data were analyzed and the obtained results are given in the following table.

Table 1: Mean, Standard Deviation and Value of 't' Among Working and Non-Working Women in Stress Management Scale.

	Mean	SD	't'	Sig. level
Working women	91.28	12.31	2.21	0.05 level
Non-working women	84.28	10.26		

The present study is a comparative study of working and non-working women in their ability to manage stress. For this purpose stress management scale (SMS-kc) constructed by Dr. Pushraj Singh and Dr.(Smt.) Anjali Shrivastava was used.

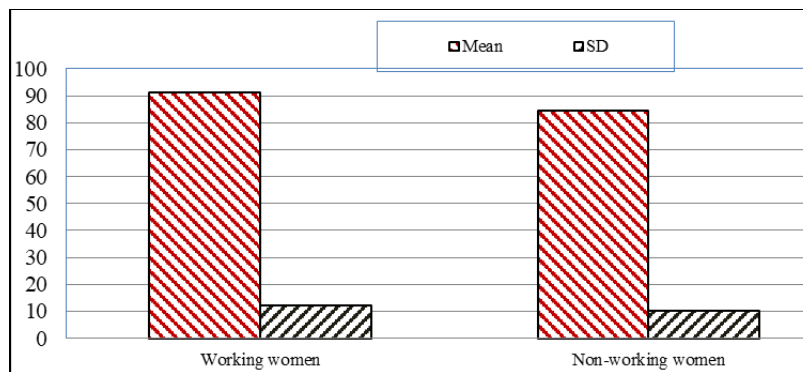


Fig 1: Graph analysis in Among Working and Non-Working Women in Stress Management Scale.

The result of the present study is discussed in the light of the hypothesis framed in the beginning. The hypothesis was that there is significant difference between working and non-working women in their ability to manage stress. The results table 1 & Fig.1 it is evident that the mean of stress management scores for working women is 91.28 (with SD 12.31) whereas the mean of stress management score for non-working women is 84.24 (with SD 10.26). Thus the mean stress management score for working women was significantly higher than that for non-working women ($t = 2.21$, $df = 98$) $p < 0.05$ level. This score was significant at 0.05 level. In other words the mean found to be greater in comparison non-working women. This shows that working women are better in handling stress.

In the light of available literature, we found various studies with different results. According to the study of Sanlier and Arpacı (2007)^[6] and Shrivastava, A.K. Jagdish (1989)^[7], working women's are more stressed in comparison of non-working women; whereas the study of Kessler & MacRae (1982)^[8] shows that working women are happier because working women can utilize their abilities and skills not only for themselves, but also for their family and society as well. The literature available reflects conflicting views on the ability to manage stress in working and unemployed women. In our study we found that there was no significant difference between the two groups. They are depressed, but at the same time they know how to cope and how to deal with their stress.

6. Conclusion

The present research work entitled as "A comparative study on Stress Management of Working and Non-Working Women with special reference to Rewa district" focused on Stress management by women belonging to both the groups. It was measured by the stress management scale constructed and standardized by Dr. Pushraj Singh and Dr. (Smt.) Anjali Shrivastava.

The results revealed that the obtained 't' value (2.21) is less than given value of 't' at the significance level of 0.05. Hence, there is significant difference in working and non-working women in their ability to manage stress. It implies that the working women and non-working women have equally managed their stress. No one is more stressed than other. So, there is a big difference between working and non-working women. Overall, this study highlights the fact that working and non-working women both play different roles in their lives and shape them in their own ways. They deal equally with stress, the problem of time management, emotional issues such as anger, sadness, but they know how to deal with these problems.

There are some limitations to this study. The first and foremost limitation of this study is the small sample size. Due to time constraints, we selected only 100 women for this study. Larger sample size may produce different results. One limitation is, this study focuses only on the ability to manage stress in working and unemployed women; and there are many other factors associated with stress such as wedding planning, family structure. Anxiety, depression etc. These limitations should be taken into account in future research on the topic.

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