

A STUDY ON STRESS AMONG WORKING WOMEN WITH SPECIAL REFERENCE TO MYSORE DISTRICT

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ABSTRACT:

Traditionally a woman has to play different roles as homemaker, mother, daughter, sister having responsibility to take care of the family life. But, due to modernization women belonging to different classes had got educational opportunities and entered into professional life. This leads that women has to balance both personal and professional life especially in urban areas. Stress is a feeling of physical and psychological tension which is normal in every human being. In these days women who are working in different sectors has facing stress related problems both in personal and working life. This study has identified that the factors causing stress and coping strategies for stress among working women. This report summarizes 50 respondents was chosen on the basis of simple random sampling technique and received responses from various sectors of working women from Mysore district via on online survey.

Key words:

Stress, working women, personal and professional life, factors causing

INTRODUCTION:

The term stress is imbalance of a person's demand and failure of meeting demand consequences. In modern era stress is common due to rapid growth of modernization. In this present situation women have the numerous opportunities to enter working field and they are working in different sectors like education, food, service fields and so on. Work life and family life are two important factors to live in the society, balancing personal and professional life is common for both male and female in the society. But women have more responsibility compare to men because they should take care of family members, in-laws, children and also household works. Along with this, they should work maximum in office in profession, these leads women to have both emotional and physical stress.

Causes for stress among working women:

No matter whether women married or single definitely face the problem of stress in both personal and professional life especially if they didn't got the domestic support. Every woman has to take care of family and plays the different role of housemaid, tutor, child care in home and in work she has to perform well. If she fails to meet these two demands in both personal and work life automatically stress will arise and leads to physical and psychological problems

- **Reasons for stress in work life:**
- Over work load
- Excessive work pressure
- Lack of good relationship with colleagues
- Strict policies related to promotion
- Lack of grievance redressal in work
- Job security related issues
- **Reasons for stress in personal life:**
- Conflict with husband and family members
- Sickness of family members and relatives
- Complaint about children performance in academics
- Split up with husband or marital problem
- Pregnancy and new born child

Signs and symptoms of stress among working women:

There are physical and psychological signs and symptoms of stress existed among working women those are as follows:

- **Physical signs:**
- Head ache and stomach ache
- Gastrointestinal problems
- Poor sleep and eating problems
- Lack of energy
- Anger and frustration
- **Psychological signs:**
- Lack of concentration

- Increase in negative thoughts
- Poor self-esteem
- Hopelessness

Coping strategies for stress:

- Physical exercise
- Yoga and meditation
- Listening to music
- Having deep and good sleep
- Seek out of happiness
- Getting social support

Objectives of the study:

- To know about the stress faced by working women
- To study about how working women balancing personal and professional life
- To identify coping strategies to manage stress among working women

Statement of the problem:

Working women facing number of problems in both personal and professional life which leads to stress. Therefore this study is focused on causes for stress and coping strategies for stress among working women with special reference to Mysore district.

Research methodology:

The study is based on the primary as well as secondary data. The study mainly depends on primary data collected from simple random sampling of working women in different sectors. The study is a questionnaire consists of multiple choices and it has distributed to working women in different sectors in area of Mysore district, Karnataka state. The collected information as well as outcome of the study is reliable and accurate of the opinions of employees constituted the survey method in the study.

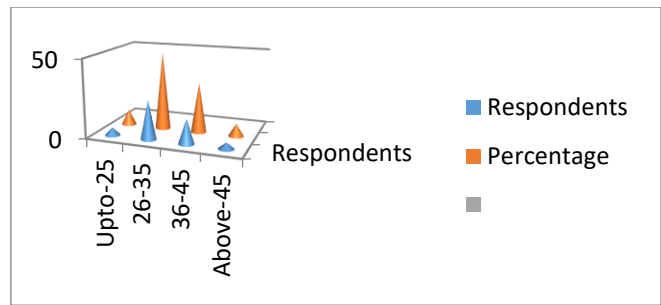
Data analysis and Interpretation:

The interpretation of data was analyzed through percentage as data has been gathered from 50 respondents. It was done in the following manner:-

1. Table formation: To show the data collected.
2. Graph: To show percentage of response on each question.

Table-1 shows age of working women

Age	Respondents	Percentage
Upto-25	05	10
26-35	25	50
36-45	16	32
Above-45	04	8
Total	50	100

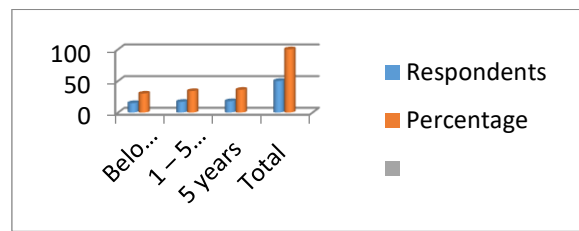


Age:

From the above table shows that majority of respondents belongs to the age group of 26-35 that is 50%,

Table-2 shows work experience of women

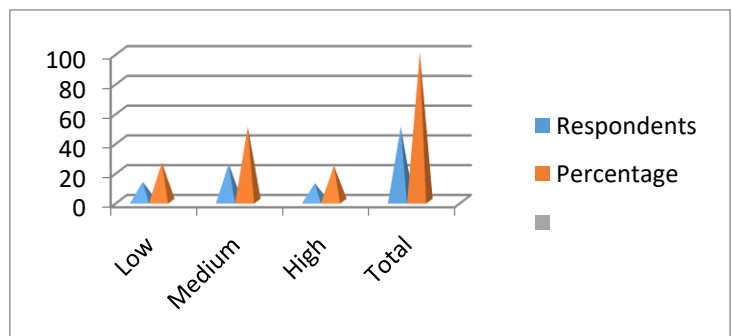
Experience	Respondents	Percentage
Below 1 year	15	30
1 – 5 years	17	34
Above 5 years	18	36
Total	50	100



From the above table shows that all respondents belongs to nearby 1 year to above five years of work experience.

Table-3 shows stress level of women while balancing personal and work life

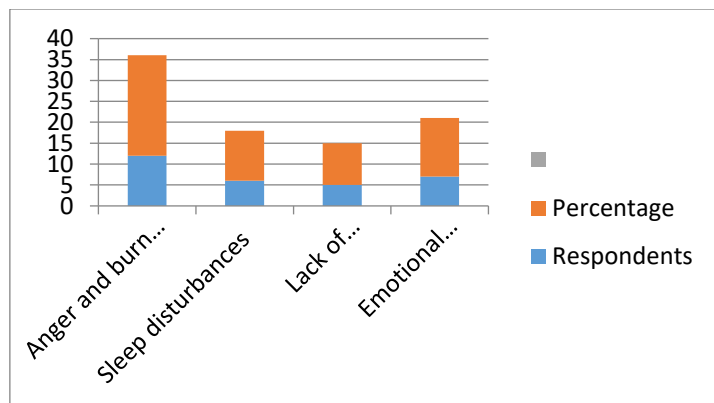
Variables	Respondents	Percentage
Low	13	26
Medium	25	50
High	12	24
Total	50	100



From the above table shows that majority of respondents felt that the stress level is medium while balancing personal and work life.

Table-4 shows type of mental stress impact during work by women

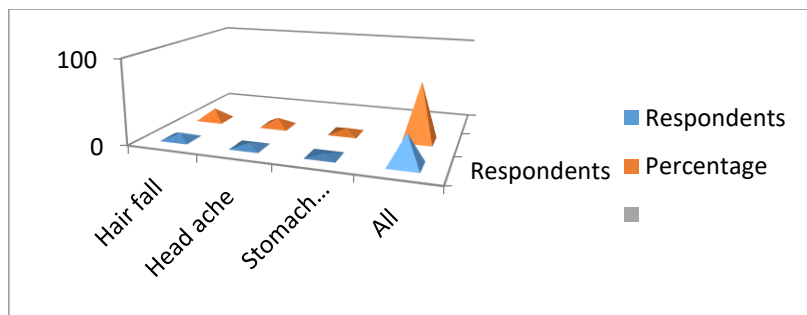
Variables	Respondents	Percentage
Anger and burn out	12	24
Sleep disturbances	06	12
Lack of concentration	05	10
Emotional problems	07	14
All	20	40
Total	50	100



From the above table shows that majority respondents felt that all reasons like anger and burnout, sleep disturbances, lack of concentration and emotional problems are major mental stress impact on work.

Table-5 shows working women facing physical problem during stress

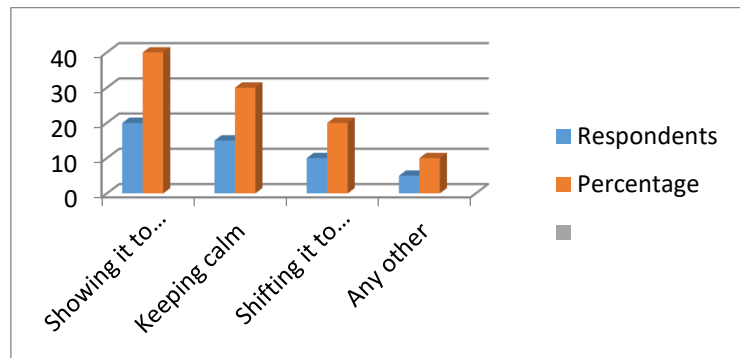
Variables	Respondents	Percentage
Hair fall	07	14
Head ache	05	10
Stomach discomfort	03	6
All	35	70
Total	50	100



Majority of respondents felt that all physical problems like hair fall, headache, and stomach discomfort will occur during stress.

Table-6 shows that expression of stress by working women

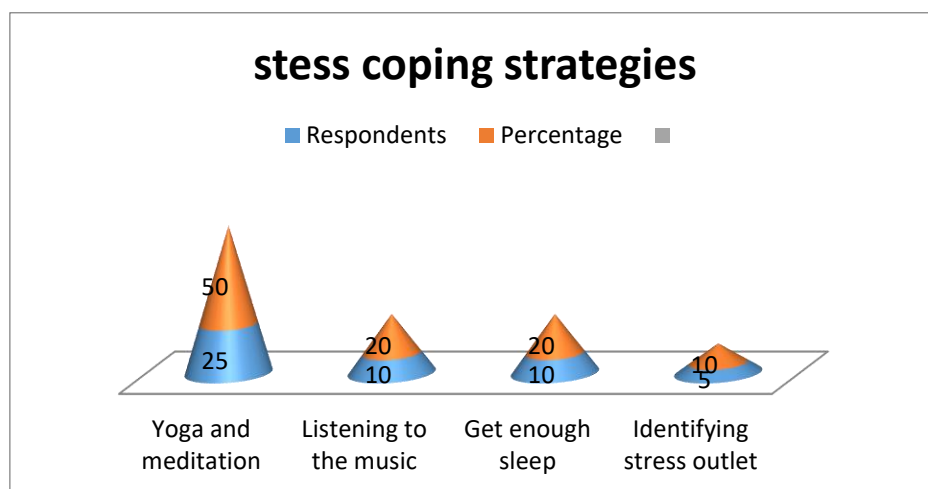
Variables	Respondents	Percentage
Showing it to family or colleagues	20	40
Keeping calm	15	30
Shifting it to objects	10	20
Any other	05	10
Total	50	100



From the above table shows that majority of working women expresses their stress by showing it to the family members and colleagues.

Table-6 shows management strategies for stress followed by working women

Variables	Respondents	Percentage
Yoga and meditation	25	50
Listening to the music	10	20
Get enough sleep	10	20
Identifying stress outlet	05	10
Total	50	100



From the above table shows that majority of respondents agreed that doing yoga and meditation will better strategies to cope the stress.

Findings of the study:

- From this study working women agreed that they are facing stress in medium level both in personal and professional life.
- Working women are felt that all reasons like anger and burnout, sleep disturbances, lack of concentration and emotional problems are major mental stress impact on work.
- Working women are facing that physical problems like hair fall, headache, and stomach discomfort will occur during stress.
- This study also finds that majority of working women expresses their stress on family members and colleagues, shifts to the objects.
- Finally working women follows yoga and meditation, listening music, sleeping for the best strategies for coping the stress.

Conclusion:

The growth of the working women should be looked upon from the perspective of family, state and national development. In a comparable occupational setting, working women perceive higher level of life stress and work stress. It was suggested that working women must be provided with peer support, favorable working environment, less working hours, proper supervision and training, assistance with child care and developing zero tolerance policies to reduce stress.

To successfully manage stress in everyday lives, individual can learn to relax and enjoy life. The best way to manage stress is to prevent it. This may not be always possible. So, the next best things are to reduce stress and make life easier. For these purpose different stress management techniques like meditation, yoga, hypnosis, guided imagery, muscle relaxation, mindfulness breathing etc. should be used.

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