



Research Paper

To compare the level of stress among working and non-working women in Srinagar

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Abstract

Stress is a part of modern life and with increasing complexity of life, stress is likely to increase. Stress affects not only our physical health but our mental wellbeing, too. Stress is built in the concept of role, which is conceived as the position a person occupies in a system. 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. Women's in modern global world have to play a dual role as housewife and career builder. The present investigation was conducted to examine the stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non-working women's. In order to verify the above hypothesis a sample of 100 women's were taken. From which working women's (N= 50) and nonworking women's (N= 50). This study has found out that working women's have significantly higher level of stress than non-working women

Objectives of the Study

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

Methodology: The research design adopted for the present study was descriptive design. The study was conducted in Srinagar. Non probability Purposive Sampling technique was used. The sample comprised of 50 working women and 50 non-working women. A self-structured questionnaire consists of two sections A & B. section A consists of demographic profile and Section B consists of 60 open ended questions to assess the level of stress among women.

Result: The overall mean of the level of stress was 104.53 (\pm 6.653) for working women and 145.83 (\pm 8.76) for non-working women. The calculated 't' value was 20.57 which was statistically significant at $P < 0.001$. There was significant association of level of stress with the demographic variable 'occupation' for both working and non-working women which was statistically significant at $P < 0.001$.

Interpretation and Conclusion: The study concluded that there was significant difference between the levels of stress among working and non-working women.

Index Terms— Assess, Srinagar, Comparison, Level of stress, Non-working women, Working women

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I. INTRODUCTION

Stress is simply a fact of nature, forces from the inside or outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, people usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience. The word "stress" is defined by "Oxford dictionary of psychology" as "Psychological and physical strain or tension generated by physical, emotional, social, economic or occupational circumstances, events or experience those are difficult to manage or endure. Stress is a psychologically and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body defence kicks into high gear in a rapid automatic process known as the flight response. The signs of stress to include heart pounding in the chest, tensing of muscles, fast breathing and every sense on red alert. The mind and body are in mutual two ways integrated communication such that any turbulence in one tilts the other. The continued by saying body malfunction originally triggered by psychological forces or not, can exert a profound on mental

behaviour. Stress is an occasional attribute of every person's ecology. It is the pressure, tension or worry resulting from problems of meeting the challenges in life.

Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. Stress is a state of disequilibrium that occurs when there is a disharmony between demands occurring within an individual's internal or external environment and his/ her ability to cope with that demands. India being a predominantly rural country with a population of more than 1 billion people has access to cheap labor. Looking back at the Indian population and labour literature, India has grown at an annual rate of 2.27 percent in urban areas and 0.66 per cent in rural areas. The public and private sectors account for majority of the employment in India. Out of the total employment, the public sector has enjoyed about 70% of the organized employment which is seen as a decrease from the year 1991. Unemployment rates in India are high and more so in the rural areas (7.86%) as compared to the urban areas (3.86%). Housewife is the most neglected occupation. There are certain specific conditions that might lead to some special kind of stress in women; these conditions include pregnancy, menopause and familial strife. In the present era in industrialized countries, the majority of women work outside the home, either part-time or full-time. Working women with children living at home differ from women with no children and from their own working spouses or partners living in the same home in several ways. The working mothers report greater stress due to conflicting demands between paid work and responsibilities at home. Perceived control over unpaid work at home is reduced among working mothers compared with other working women or to working fathers. An increasing number of women nowadays are faced with the task of juggling the roles of mother and employee. It is found that women who work outside the home are faced with a second shift or additional working month of 24 hours per annum compared to working men with children. The married women performed around 64% of the total amount of household work and that their contribution as compared to married men was particularly high when it came to work indoors (78%) and childcare (67%). Incompatibility between work and family life arises due to a number of factors. 'Work- family spill over' may also occur due to having to juggle multiple roles, and may result when the pressures from work have an effect on one's attitude and behavior within the family. Working mothers, regardless of whether they are single or married, face higher stress levels and adverse health effects. Stress in working mothers has the compounded negative effect of potentially causing stress symptoms in their children. The Indian workplace is rapidly changing in accordance with the economic conditions, technology, corporate employment practices and demographic trends of the country. Globalization has had strong implications on the attitudes of women, their work and health. According to the Clinical interviews by general practitioners states that housewives were 1.4% had evident learning disability 1.2% had epilepsy and 0.6% psychotic disorders. It also states that 21% of the sample experience depressive symptoms, 20.8% anxiety symptoms, 17.9% somatic symptoms and 14.2% social dysfunctional symptoms due to stress. A study shows that a fifth of population under survey (21% range 20.5-21.5%) had mental disorder. The figure for women was 1.7 times that for men (29% v.15.8%) Data regarding prevalence of mental disorders in terms of gender, place of residence, age, marital status, education and occupation. Hence this study was designed to compare the stress level of working and non-working women with following objectives and with a view to provide information booklet on stress management.

1. To assess the level of stress among working women.
2. To assess the level of stress among non-working women.
3. To compare the level of stress between working and non-working women.
4. To associate the level of stress among working women with selected demographic variables.
5. To associate the level of stress among non working women with selected demographic variables

HYPOTHESIS

All hypotheses will be tested at 0.05% level of significance.

1: There will be no difference in level of stress among working and non-working women.

2: There will be significant association of level of stress among working women and non-working women with selected demographic variables.

II. REVIEW OF LITERATURE

Occupational stress is a major hazard for many workers. Increased workloads, downsizing, overtime, hostile work environments, and shift work are just a few of the many causes of stressful working conditions. Occupational stress has become one of the most serious health issues in the modern world (Luet al., 2003), and in recent years, occupational stress has become one of the most popular topics for applied research in psychology, and in broader areas of social and medical sciences (Cooper & Payne, 1988). During the past three decades, numbers of researchers have made an attempt to study occupational stress.

Alhajjar (2013) conducted a study to investigate into stress among hospital nurses. The study found a high prevalence of psychological distress, depression among nurses. The most severe occupational stressors

identified were: 'not enough staff to adequately cover the unit', 'lack of drugs and equipments required for nursing care', 'unpredictable staffing and scheduling', respectively. Further, 'workload', and 'death and dying' were identified as the most frequent and severe occupational stressors.

Sumangala et al. (2009) assessed the relationship between age and occupational stress among employees of Information Technology companies. A total of 600 respondents belonging to different age groups participated in the study. The study revealed that employees have moderate levels of stress. In addition, the study found significant difference in stress among employees of different age groups.

Mosadeghrad (2013) explored the status of occupational stress among hospital nurses. The study found that the major sources of stress among nurses were: inadequate pay, inequality at work, too much work, staff shortage, lack of promotion, job insecurity and lack of management support.

Yeh & Huang (2007) explored the perceived occupational stress in newly-graduated nurses and examined the relationship between stress and demographic and work-related variables. Findings of the study indicated that major sources of stress in newly-graduated nurses were workload, followed by interpersonal relationships, and ward management in turn. The top five stressors identified were: "dealing with patients", "emergency condition", "caring with patients with unknown or infectious disease", "listening, speaking, reading and writing medical terminology", and "caring of dying patients and their families".

Chandriah et. al. (2003) in their study investigated the effect of age on occupational stress and job satisfaction among managers of different age groups. A sample of 105 industrial managers working in different large-scale organizations was selected for the study. The Occupational Stress Index (OSI) developed by Srivastava & Singh (1983) was used to assess the level of job stress of the sample. The study found negative correlation between age and occupational stress.

Bryan et. al. (2000) investigate workplace stress levels and personal/workplace demographics using a sample of 170 urological nurses. The study found that excessive workload was the most prominently identified cause of the work stress among the sample of urological nurses.

Considine & Buchanan (1999) reported that nurses' major sources of stress were related to hours and roistering, particular the regular working of unpaid overtime; inadequate staffing, absence of trained and experienced staff; excessive workload and increasing level of responsibility.

In a study Dua (1994) revealed that younger staff members reported more job stress than older staff. The major explanation to such a finding was that older employees have often reached a stage where career development is not their major concern, and hence a number of job characteristics which may cause stress to younger staff, who have their career ahead of them, do not cause stress to older staff.

Jagdish & Srivastava (1989) conducted a study to examine the relationship between perceived occupational stress stemming from various job dimensions and mental health or psychological well being of the first level supervisors. The perceived occupational stress was assessed with the help of Occupational Stress Index (OSI) developed and standardized by Srivastava & Singh (1981). The results of the study revealed that occupational stress arising particularly from intrinsic impoverishment, role conflict; role ambiguity and poor peer relations are closely associated with employees' health.

Vance & Humphreys (1989) in their study on Occupational Stress among 30 American, Indian and Hispanic white teachers at a reservation school, concluded that regardless of race or sex, major sources of stress were inadequate salary, lack of professional recognition, and time management problems.

III. MATERIALS AND METHODS

A non-experimental descriptive (comparative) design was adapted in this study to assess and compare the stress of working and nonworking women. The study was conducted in different areas of Srinagar. The sample consisted of 100 women out of which 50 were working and 50 were nonworking. A non-probability purposive sampling technique was used in the study to select the sample. Self-structured questionnaire was used to assess the level of stress in this study. Tools were prepared on the basis of objectives of the study, review of the literature. The tool consisted of two parts: Part A consisted of demographic data of the women and Part B consisted of 60 open ended questions to assess the level of stress among women. There are two types of questions in Section B Positive worded questions and Negative worded questions. Scoring key for the positive worded questions was such that the inference 'always' carries 3 marks, 'occasionally' carries 2 marks and 'never' carries 1 mark each. Scoring key for the negative worded questions was such that the inference 'always' carries 1 mark, 'occasionally' carries 2 marks and 'never' carries 3 marks each. The minimum score was 60 and maximum score was 180. Totally there are 24 positive worded questions and 36 negative worded questions. Thus a total of 180 marks were awarded for section B and to interpret the level of stress the scores were distributed as High level of stress (< 60%), Moderate level of stress (60 – 75%) and accepted level of stress (>75%). The pilot study was conducted and the reliability of the instrument was 0.7. The instrument was validated before proceeding for data collection. Data was collected, entered, analyzed and interpreted using descriptive statistics, frequency tables, spearman's rank correlation, unpaired t-test, and Chi-square. For this

study, the investigator took into consideration the ethical issues. No ethical issues were raised while conducting the study. Prior to data collection, permission was obtained from the institutional ethical committee. An informed consent was obtained from working and nonworking women. Assurance was given to them that all the information will be kept confidential. The data collection period was for 20 days. Everyday data was collected from 5 to 6 study participants. Data collection procedure and purpose of the study was explained and verbal consent was obtained. Attempts were made to establish good rapport to gain confidence and cooperation from the subjects. Questionnaire was given to the sample after explanation and time period 30-40 minutes was given for answering the questions.

IV. RESULTS AND DISCUSSION

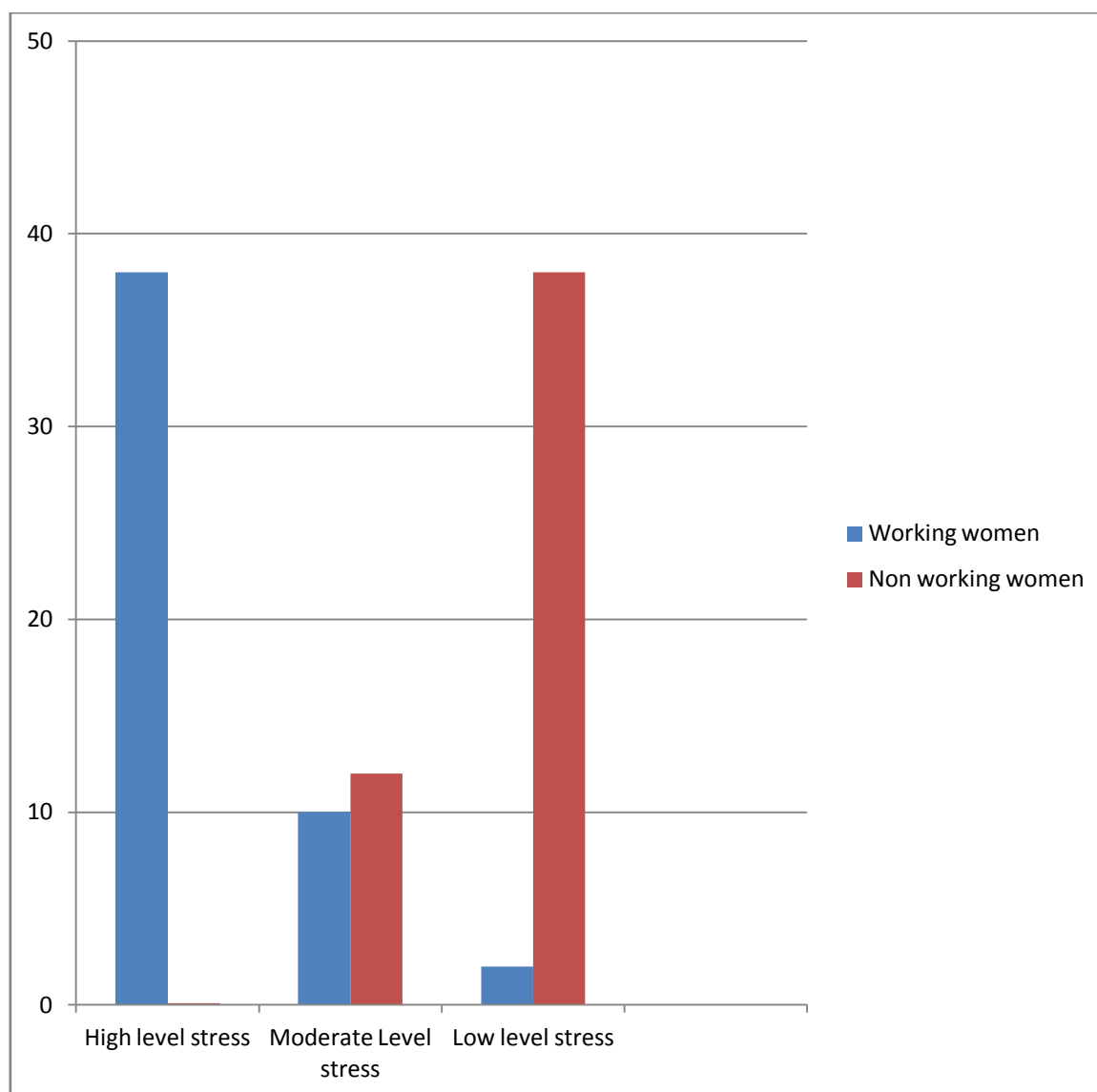
The data collected from the working and non-working women were analyzed as per the plan for data analysis which included both descriptive and inferential statistics. The data collected was analyzed using Statistical Package for Social Sciences (SPSS) version 16.0. The findings were organized and presented such as Frequency and percentage distribution of demographic variables, Level of stress among working and non-working women, Comparison of level of stress among working and non-working women and Association of level of stress among working and non-working women with selected demographic variables. Demographic characteristics revealed that among 50 working women there were 15 (30%) below 25 years of age, 13 (26%) were between 25 to 30 years of age, 10 (20%) were between 31 to 35 years of age and 12 (24%) were between 36 to 40 years of age. It also revealed that among 50 non-working women there were 27 (54%) below 25 years of age, 13 (26%) were between 25 to 30 years of age, 5 (10%) were between 31 to 35 years of age and 5 (10%) were between 36 to 40 years of age. Regarding the educational qualification of working women there were 5(10%) having primary level of education, 3 (6%) were upper primary, 7 (14%) were higher secondary, 29 (58%) were graduates and 6 (12%) were post graduate and more. Regarding the educational qualification of non-working women there were 7 (14%) are illiterate 0 (0%) having primary level of education, 5 (10%) were upper primary, 30 (60%) were higher secondary, 7 (14%) were graduates and 1 (2%) was post graduate and more. Further it reveals about the religion such that among 50 working women 40(80%) were belonging to Muslim religion, 3 (6%) belongs to Hindu religion and 7 (20%) were belonging to Sikh religion. None were belonging to any other religion. Among 50 non-working women 28(56%) were belonging to Muslim religion, 2 (4%) were belonging to Hindu religion and 10 (20%) were belonging to Sikh religion. None were belonging to any other religion. Regarding the type of family among 50 working women 10 (20%) belonged to Joint Family and 40 (80%) belonged to Nuclear Family. None belonged to any other type of family. Among 50 non-working women 7 (14%) belonged to Joint Family and 43 (93.3%) belonged to Nuclear Family. None belonged to any other type of family.

With regard to family income among the 50 working women 11 (22%) were having an income of less than 5000, 16 (32%) were having 5000 – 10000, 18 (36%) were having 10000-15000 and 5 (10%) were having an income of more than 15000 per month. Among the 50 non-working women none were having an income of less than 5000, 11(22%) were having 5000 – 10000, 36 (72%) were having 10000-15000 and 3 (6 %) were having an income of more than 15000 per month.

Regarding the nature of work among 50 working women 26 (52%) were sedentary workers, 20 (40%) were moderate workers and 4 (8%) were heavy workers. Among 50 non-working women 2 (4%) was sedentary worker, 47 (94%) were moderate workers and 1 (2%) were heavy workers.

Further regarding the number of children among the 50 working women 5(10%) were with one child, 35 (70%) were with two children and 10 (20%) were with more than two children. Among the 50 non-working women 2 were not having children 27 (54%) were with one child, 11 (36.7%) were with two children and 10 (20%) was with more than two children.

Chart showing levels of stress:



The finding of the study with regard to level of stress among working and non working women revealed that among 50 working women 38 (76%) were having high level of stress, 10 (20%) were having moderate and 2(4%) having low level of stress. Further it also shows that among 50 non working women 0 (0%) were having high level of stress, 11 (22%) were having moderate level of stress and 39 (78%) were having low level of stress. Moreover, while comparing the level of stress among working and non working women it was found that much variation is present in the level of stress among the said groups

The below given table shows the detailed comparison of level of stress among working and non working women.

Sr. No	Dimensions of Stress	Working Women Mean Score	Working Women SD	Non-Working Women Mean Score	Non-Working Women SD	Unpaired t- test value
1	Perception of Self	12.3	2.08	17.4	1.8	10.16
2	Perception of Others	11.13	1.4996	16.8	2.4953	10.67
3	Role Performance	29.17	3.661	39.77	4.256	10.34
4	View about Life	11.8	2.4819	17.03	1.905	9.16
5	Life Style Practices	11.73	2.1746	16.63	2.373	8.34
6	Social Relationship	10.77	2.7408	14.2	2.135	5.41
7	Financial Status	9.03	1.871	11.9	2.039	5.68
8	Coping Ability	8.6	1.93	12.1	2.08	6.76
9	Overall	104.53	6.6527	145.83	8.76	20.57

It is revealed that working and non-working women have calculated value of level of stress related to perception of self, perception of others, role performance, view about life, life style practices, social relationship, financial status and coping ability are 10.16, 10.67, 10.34, 9.16, 8.34, 5.41, 5.68 and 6.76 which is higher than the table value and the p value is significant at 0.001 level of sign working women is 104.53 (SD 6.6527) is much lower than the overall mean of non-working women 145.83 (SD 8.76) which indicate that working women are having high level of stress. The calculated value for unpaired “t” test was 20.5 much higher than the table value and the p value is significant at 0.001 level. Hence the hypothesis H1 which says that there will be significant difference in level of stress between working and non working women is accepted and retained.

Chi-square test was used to find out the association between the level of stress and selected demographic variable. The association with occupation was ($\chi^2 = 22.4$) in case of working women and ($\chi^2 = 7.5$) in case of non-working women. The calculated chi-square value is greater than the table value. It is statistically highly significant at $P = <0.001$ level of significance. Hence there is association between the level of stress and occupation. Hence the Hypothesis H2 which states that “there will be a significant association of level of stress among working women and non-working women with selected demographic variables” is accepted and retained for ‘occupation’ and for other demographic variables H2 is rejected and detained.

This study is supported by a study done in 2004 by Harshpinder and P. Sandhu about stress among working women and causative environmental factors which says that working women are having more level of stress due to different environmental factors. This study is also supported by Usha R. Rout, Cary L. Cooper, Helen Kerslake, (1997) who have done a comparative study on stress among working women and housewives and proves that house wives are having comparatively lower level of stress as a result of mental diversions.

V. CONCLUSION

The study reveals working and non-working women are having different levels of stress. Stress is an inseparable part of human existence. It affects all individuals rich and poor, literate and illiterate, both men and women and young and the old alike across the developed and developing nations. Stress and its effects on humans has been well understood and attempts are constantly being made to promote the well-being of them by organizing stress management programs at periodic intervals in both Governmental and Non-Governmental sectors. Stress management has acquired particular importance in the Twenty First century mainly due to two important reasons. Ill health is very expensive and prevention of ill health is potentially possible by using health promotion strategies like stress management.

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