



Research Paper

## Gender, Life Stress Among the Unemployed Youth

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### Abstract

*Stress is caused by internal or external demands that upsets the balance of an individual and affect his or her psychological well being. Stress can arise from opportunity, demand, constraints, threat or challenge.*

*Human consequences resulting from unemployment have profound effects on youth's self concept (Kelvin and Jarrett, 1985). Unemployment causes stigma, discrediting attribute and perceive themselves to be social inferiors. Individuals are more likely to be unemployed in the future if they report higher levels of self blame, lack of optimistic attitude, utilize poor coping strategies*

*Prolonged unemployment leads to multi dimensional disadvantage which involved dissociation from the society. Middle aged men's social position is also strongly affected by unemployment. Their uncertainty about the future produces ambiguity that extends into the lives of all family members. A depressive picture is characterized by a feeling of sadness, hopelessness, self-blame, inability to communicate feelings, feeling constantly tired, suicidal tendency, abuse of alcohol and cigarette smoking etc.*

*The Eastern-Vidarbha region viz., Chandrapur, Gadchiroli and Bhandara districts of Maharashtra experiences the lower employment rate than the rest of the state. This study focuses on the perceived level of stress on the part of the unemployed and the coping style of the young people.*

**Keyword:-** Life Stress, Unemployment, Gender

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## I. INTRODUCTION

### 1.1 Life stress

Stress is caused by internal or external demands that upset the balance of an individual and affect his or her psychological well being. Stress can arise from opportunity, demand, constraints, threat or challenge. However, a stress arousing situation for one person might be a neutral event for another. Situation is stressful or not depends upon how we appraise the life event and how we treat our ability to deal with it.

People differ not only in the life events they experience but also in their vulnerability to them. A person's vulnerability to stress is influenced by his or her temperament, Coping skills and social support. Vulnerability increases the likelihood of a maladaptive response to stress. Temperament can be an asset depending upon the life situation the individual confronts. It comprises feeling and emotions, activity level, mood and distractibility. The temperamental attribute can influence how effectively we handle situation.

Stress has been viewed as a stimulus, i.e., psychosocial demand leading to personal strain. Stress involves an interaction of person and environment. There is a potential for stress when an environmental situation is perceived as presenting a demand, which threatens to exceed the person's capabilities and resources for meeting it. Under conditions where he expects a substantial difference in the rewards and costs from meeting the demand versus not meeting it. A response to demand depends upon the organism (Selye, 1956) and as an interaction between person and his environment (Lazarus, 1966).

### 1.2 Unemployment and the individual

The effects of unemployment on the individual have been studied from various perspectives. Human consequences resulting from unemployment have profound effects on one's self concept (Kelvin and Jarrett, 1985). Unemployment causes stigma, discrediting attribute and causes the individuals who suffer it and perceive themselves to be social inferiors (Goffman,1968). Unemployment has become a prevalent economic, political, and social issue in India as compare to other western industrialized countries. It has also become a reality for

growing number of unemployed men and women. Unemployment and its consequences is one of the worst social problems facing the world today. Increasing globalization, making it easier to export jobs is adding to the problem. The biggest reserve army of the unemployed is young peoples. Public discussion of unemployment has focused on economic effects but the health impact has largely been ignored.

### **1.3 Future employment scenario**

Various studies indicates that psychological variables can determine the future employment status. Individuals are more likely to be unemployed in the future if they report higher levels of self blame, lower levels of optimism, utilize poor coping strategies (Leana and Feldman, 1995) have little job seeking support from family and friend (Wanberg, Watt and Rumsey, 1996). The psychological consequences of unemployment are not homogeneous. There is a considerable variation from person to person among those who suffer the severity of the psychological impact of unemployment. The literature reveals several theoretical approaches to the experience of unemployment.

Employment promotes well being by providing people with a time structure, social contacts, collective purpose, a sense of identity and regular activity (Jahoda, 1992,1986,1984). These five categories of experience termed as important adjuncts to the manifest consequence of earning a living. When people are unemployed they are deprived of access to above categories of experience.

### **1.4 Unemployment and gender**

In earlier times female unemployment has received little attention. Hammarstrom's (1994) work with Swedish young adults shows that girls are more likely to use periods of unemployment positively than boys. Similarly, Rapoport (1982) concluded that women have greater experience in structuring non-work time. Gallie *et al.*, (1995) found that the mean activity score of unemployed men was little lower than employed men. Among women, however, the pattern was reversed with the unemployed showing slightly higher scores than the employed. Men and women differ in activity patterns. There were differences in the type of activities men and women engaged. Men are more likely to spend time going to parties, etc. while women were more likely to visit others and have people around at their homes. Men's activities may have been more costly and therefore, particularly vulnerable to be curtailed in unemployment. For women the key resource may have been time rather than money. Unemployment facilitates slightly higher level of activity. Further, unemployed males and females spent more time on passive forms of leisure than their employed counterparts. Prolonged unemployment leads to multi-dimensional disadvantage which involves the dissociation from the society (Room *et al.*,1993). Frey *et al.*, (1995) mentioned that unemployment is not only a social problem for society, but also a tragedy for individual unemployed people, it is also a violation of fundamental children's right, the right to meaningful present which lead to meaningful future.

There is a strong linkage between unemployment and mental health, which provides sense of meaning and purpose to life. The removal of the purpose of life sometimes lowers the quality of life. War and Jackson (1984) have consistently revealed that the negative impact of unemployment on the affective well being of middle aged men. The financial demands of middle age are higher as many of them have growing children in their families. Middle-aged men's social position is also strongly affected by unemployment. Their uncertainty about the future produces ambiguity, which influence the lives of all family members.

The women's unemployment can be attributed to the relatively recent entry into the labour force as well as to the traditional belief that the centrality of work is lower for women than for men (Kaufman and Feters,1980). It has therefore been assumed that women are not as traumatized by joblessness as men, who are generally considered to be primary wage earners. The few existing studies on women's unemployment restrict themselves to specific issues such as strategies for coping with the problem (Bartell and Bartell, 1985; Nowak and Snyder, 1983).

In recent times, however, there have been far reaching changes in women's work patterns and orientations, which may affect their attitudes toward unemployment. Moreover, changes in women's employment have been accompanied and possibly caused by rise in their level of education. Thus, women have begun to cross stereotyped gender lines and enter masculine careers such as executive management, medicine and law (Goh, 1991; Jacobson,1994; Kulick, 1990). These developments are associated with the changes in women's general life and career orientation which have brought them closer to men (Dunn, 1997; Izraeli,1994).

Previous research has assumed that women's are family oriented and that men tend to focus on careers (Erikson, 1968). However, subsequent studies have begun to question the core role model which suggest that members of each sex focus on a specific domain and maintain distinct life orientations (Baruch and Barnett, 1986; Farrell and Rosenberg ,1981; Pleck,1985). Recent findings suggest that young educated women express even more commitment to both work and home than males (Sverko and Super, 1990). The growing proportion of employed women, and the rise in their level of education has led to the emergence of new family patterns such as dual career families, in which both partners are committed to work and family (Lewis, 1992). Research

has pointed out increasing similarities in attitude toward work and work related values among educated men and women (Ezell, 1993). Similarly, Carmen and Nielson (1997) found that male and female college students have long-term career goals.

### **1.5 Unemployment and health**

Cross-sectional and longitudinal studies on the health effects confirm that unemployed people generally experience higher levels of depression, anxiety, and low self-esteem. Fryer and Warr (1984) reported that unemployed young lowers the cognitive and problem-solving ability in a study of unskilled and semi-skilled unemployed men.

Mental health changes of unemployed youth were typically described in terms of increased anxiety, depression, insomnia, irritability, lack of confidence, listlessness and nervousness. Unemployed people also described a worsening of psychosomatic conditions such as headaches, high blood pressure and ulcers. Fagin and Little (1984) concluded that health problem play an important role in adjustment to unemployed life. A depressive picture is characterized by feeling of sadness, hopelessness, self-blame, inability to communicate feelings, feeling constantly tired, suicidal tendency, abuse of alcohol, and cigarettes etc. People are known to be unfazed by changes in the technology. They feel uncertain and insecure in getting the jobs (Rushkoff, 1996).

## **II. RATIONALE OF THE STUDY**

It was aimed in the study that the perceived level of stress of unemployed has profound effect on their self-concept. These human consequences resulting from unemployment causes stress, depression, anxiety, stigma and the unemployed perceive themselves to be social inferiors. Individuals are more likely to be unemployed in the future, if they report higher levels of self blame, lower levels of optimism, utilize poor coping strategies have little job seeking support from family and friend. Prolonged high unemployment poses a serious threat to the society.

Unemployment and its consequences are the worst social problems facing the world today. The biggest numbers of unemployed are young people. The Eastern Vidharbha region (viz., Chandrapur, Gadchiroli, and Bhandara districts) of Maharashtra experiences the lower employment rate than the rest of the state. This study focuses on the perceived level of stress and the coping style of the unemployed people. Young people are found to be confused by the changes in technologies as they thrive in uncertainty and insecurity. Finding a job is rare event of the unemployed. Many unemployed are unhappy who are often in poor physical and mental health. Failing to find a job may lead to feeling of guilt.

### **2.1 Objectives**

The objectives of the project are:

1. To assess the impact of unemployment and the life stress of young people.
2. To examine the effect of unemployment on the part of the males and females.
3. To assess the perceived feeling of life stress of postgraduate and undergraduate females.

### **2.2 Problems**

1. Does the life stress affect the unemployed people?
2. How do the males and females differ in their perception of life stress?
3. How does they perceive the long-term unemployedness in their life.
4. Does education affects the life stress of the unemployed females.

### **2.3 Hypotheses**

1. The stress experienced by the male unemployed is higher than that of female unemployed.
2. Men will search more intensively for employment than women.
3. The females who possess higher levels of education feel more stressful than the females with lower education.

## **III. METHODOLOGY**

The study was conducted in the Eastern Vidarbha region i.e., Chandrapur, Gadchiroli and Bhandara districts. The sample was chosen through purposive sampling method and the break up of sample is as follows. The study was carried out during January, 2006 to October, 2006.

Sr. No.	Places	Males	Females	Total
1	Chandrapur	59	67	126
2	Gadchiroli	25	36	61
3	Bhandara	36	17	53
4	Total	120	120	240

### 3.1 Measures

Subjects were asked to sit comfortably, relax and describe the most stressful event. By stressful we mean a situation that was difficult or troubling for you during your encounter or experience fill the questionnaire accordingly.

#### 3.1.1 Bhist Battery of Stress Scale by Dr. Abha Rani Bhist

This instrument measures different types of stressors. The various types of stressors which are measured by this instrument is frustration, conflict, pressure and anxiety, which measures 13 types of stressors while only one scale which serve the purpose of vocational stress was used in the study.

The frustration items are based on delays, lack of resources, losses, and failure. Conflict items show three types of conflict i.e., approach- approach conflict, approach-avoidance conflict, and double-approach avoidance conflict. Pressure items are on competitive achievement, sustained concentration of efforts and rapid changes. The worry items of anxiety are on conscious concern about consequences, negative expectation and negative self-evaluation. The emotionality items of anxiety are on uneasiness and nervousness.

#### 3.1.2 Scoring

Five-point scale was thought appropriate which takes into account the average category. So far, two continua are taken into consideration one is frequency along with items are located in terms of frequency (i.e., always, often, sometimes, rarely and never). Other is the quantity along with items are located in terms of quantity (i.e., very much, much, so-so, little, and not at all).

The scoring is as follows for positive statement, if 'always' was marked on the frequency then the raw score 4 was assigned. If 'often' is marked then 3 score were given while the least never was assigned a score of zero. Accordingly, the total score for frequency were treated as the total frustration frequency score. For the negative items the scoring was reversed. Similarly for getting the total quantity, the same procedure as mentioned above was followed to get the total quantity score. This is how the total frequency of stress, total quantity of stress and the sum of it gives total amount of stress score.

### 3.2 Procedure

The inventory was administered to the subjects for the purpose of collecting data. They were required to mention their names, educational qualifications, socio-economic status and other information for the analysis purpose. The measures were administered individually and sometimes-small group sessions conducted. It was administered on college students studying in undergraduate and postgraduate departments, which took one hour to complete the measure.

### 3.3 Research design

The present study is aimed at examining the effect of three major variables, viz., male - female, total amount of stress of the unemployed youth. The scales of stress are granted the status of dependent variables while male and female, total amount of stress are treated as independent variables. The diagnostic research design was used in the entire research work.

## IV. RESULTS

In order to verify hypotheses 1 and 2, it was decided to examine the influence of total amount of stress on the part of males and females by employing a 2 x 2 factorial design. The total amount of stress was identified as one independent variable, while males and females as the other. The purpose of employing this design was to find out how the above two variables were likely to exert their impact, both individually and in interaction with each other.

While creating the fourfold table involved in the 2 x 2 factorial design, the entire sample of 240 unemployed was first subdivided into males and females groups. Thereafter, within each group, the scores on the relevant scale of Bhist Battery Scale for stress, indicating stress level of the unemployed, were arranged in a

descending order. Starting with the highest score, 60 cases were counted off in order to segregate those subjects whose scores belonged to the upper half of the distribution of the total amount of stress. These subjects constituted the high stress sub-group. The remaining 60 cases, belonging to the lower half of the distribution constituted the low stress sub-group. Thus, within each group of males and females, it was possible to identify the 'high stress' and 'low stress' sub-groups. The formation of these subgroups and the fourfold table is presented in figure 1.

		Total amount of stress		
		Low	High	
Male's	Males & low total stress (N= 60) 1	Males & high total stress (N= 60) 2	Total males (N=120)	
Female's	Females & low total stress (N=60) 3	Females & high total stress (N=60) 4	Total females (N=120)	
Total low stress (N=120)		Total high stress (N=120)		Total sample (N=240)

**Figure 1: Scheme showing formation of subgroups in a 2 x 2 Factorial design.**

The next step was to compute means and standard deviations of scores indicating the extent of stress, both overall and specific, for the four sub-groups, viz., Males - low stress (Gr.1), Males - high stress (Gr.2), Females - low stress (Gr.3) and Females - high stress. Also, means and standard deviations of the scores for males (Gr.1+ Gr.2; N=108) and females (Gr.3 + Gr.4; N=108) as well as high stress (Gr.1 + Gr.3; N=108) and low stress (Gr.2 + Gr.4; N=108) groups were computed. All these means and standard deviations pertaining to the aforesaid groups have been shown in Table 1.

The stress inventory and the results presented in Table 1 shows that the means of males (M=78.43 and M=79.62) for frustration (Frequency and Quantity) is higher than the females (M=76.14 and M=75.84). This however, indicates that the unemployed males feel more frustrated than the females. The scores of conflict also shows similar trend for males (M=26.71, M=27.70) are higher than the females (M=25.54, M=25.37). The pressure scale i. e., how much pressure they experience regarding their employment was studied. The frequency and quantity of males (M=70.26, M=71.26) is higher than the females (M=68.54, M=67.88). Similarly, anxiety level was found to be higher in males (M=50.66, M=51.55) than females (M=47.86, M=47.43). The total stress for frequency and quantity reflects the same trend, as males (M=226.07, M=230.13) are higher than the females (M=218.08, M=216.33). The above means for frustration, conflict, pressure and anxiety shows significant difference between males and females. It can be concluded further that there is a gender difference in the perception of stress.

The total score for various scales of stress inventory also shows the similar trend. The male's frustration (M=158.05), conflict (M=54.41), pressure (M=141.53) and anxiety (M=102.21) are more than the female's frustration (M=151.98), conflict (M=50.91), pressure (M= 136.22) and anxiety (M=95.29), respectively. The 't' ratios in Table 2 for frustration (t=2.40, p<.05), conflict (t=2.45, p<.05), pressure (t=1.98, p<.05), anxiety (t=3.78, p<.01) and total amount of stress (t=2.99, p<.01) shows the significant difference between males and females.

The above trends are confirmed by analysis of variance and 'F' ratios presented in Table 2 is significant. The 'F' ratios for frustration (F=5.78, p<.05), conflict (F=6.02, p<.05), pressure (F=3.94, p<.05), anxiety (F=14.36, p<.01) and total amount of stress (F=8.95, p<.01) respectively. This indicates that there is a gender difference in the perception of stress, supporting hypothesis 1.

The point biserial coefficient of correlations for males and females were found to be significant (Table 3) for frustration (r =0.15, p<.05), conflict (r =0.16, p<.05), pressure (r =0.13, p<.05), anxiety (r =0.23, p<.01) and total amount of stress (r =0.19, p<.01). The above result indicates the trend in the favoured direction.

The 't' ratios of contrast groups in Table 5 show significant difference for frustration, conflict, pressure and anxiety supporting hypothesis 1.

The pressure items of stress inventory are based on competitive achievement and sustained concentration. The efforts put by the males are higher than females. The mean for males ( $M=141.53$ ) is higher than the females ( $M=136.22$ ) indicating the lower levels of stress which was also confirmed by the significant 't' ratio ( $t=1.98, p<.05$ ) and 'F' ratio ( $F=3.94, p<.05$ ). Similarly, the contrast groups for the pressure scale of Table 5 shows significant difference indicate the trend in the desired direction. The males therefore, can search intensively for job than the females supporting hypothesis 2.

The females with higher education i.e., post graduates was found to be more career oriented than the females with lower education i.e., under graduates (Table 5). The vocational stress experienced by the females with post graduation was higher for frustration ( $M= 158.18$ ), conflict ( $M=53.70$ ), pressure ( $M=142.44$ ), anxiety ( $M=100.02$ ) and total stress ( $M=454.36$ ) While the undergraduate females are found to be lower in frustration ( $M= 146.57$ ), conflict ( $M=50.14$ ), pressure ( $M=133.94$ ), anxiety ( $M=91.53$ ) and total stress ( $M=422.18$ ) indicating the trend in the positive direction.

The 't' ratios for frustration ( $t=3.11, p<.01$ ), pressure ( $t=2.13, p<.05$ ), anxiety ( $t=2.86, p<.01$ ) and total stress ( $t=2.93, p<.01$ ) have been significant while the conflict ( $t=1.71, n.s.$ ) did not turned out to be significant. Thus, the above results supports hypothesis 3.

## **V. DISCUSSION**

The result of hypothesis 1 was found in favourable direction. The perception of males for stress was higher than the female counterpart. Males feel more frustrated than the females because of the demands, which are made by the society. The conflicts experienced by the males are also higher as what can be the future course of action was undecided. The pressure regarding getting a job and the anxiety level of the unemployed male is more than the females. The males experience excessive stress than the females (figure 4). Similarly, the quantity of stress experienced by unemployed was higher than the frequency of experienced stress events. In the present study, the 't' ratios and 'F' ratios were found to be significant indicating the trend in predicted direction and supports hypothesis 1.

The employment opportunities available to millions of young people are limited, making it inevitable that youth remain dependent on their families for a longer period of time. Unless the potential of young people can be used in a productive way, neither youth nor economies as a whole will face a bright future. Young people without a decent income cannot support themselves. Therefore, they are more likely to stay within the family much longer than the family can afford. The extended financial burden ruins the chance of family as a whole to get out of poverty and sometimes hampers the chances of younger family member's access to education. An inability to find employment creates a sense of vulnerability, uselessness and idleness among young people and can increase the attraction of engaging in illegal activities. The International Labour Organization (ILO) is strengthening its commitment to facilitate, coordinate and provide technical guidance under integrated programme of work for youth employment.

Young women and men are the world's greatest asset for the present and future, but they also represent a group with serious vulnerabilities. In recent years, increasing global unemployment has hit young people hard and youth are faced with high levels of economic and social uncertainty. Compared to adults, the youth of today are more than three times as likely to be unemployed. Often, their full potential is not realized because they do not have access to decent and productive work. Joblessness among young people is indeed a problem, but equally worrying. Young workers are more likely to find themselves working long hours, on short-term and informal contracts, with low pay and little or no social protection.

The pressure scale of stress inventory includes their sustained efforts to be employed. The means and the 't' ratio and 'F' ratio turned out to be significant. Accordingly, the 't' ratio of the contrast group indicates the trend in the positive direction for hypothesis 2. The intensity of the male unemployed is higher and they search the job more intensively than the females. The study conducted by Lewis (1992) mentioned that the males are still considered as the main providers of the family.

The post graduate females experience more vocational stress than the undergraduate females. The significant 't' ratios for frustration reveals that the females with higher education feels frustrated to be unemployed in future. The 't' ratio of pressure also indicate the similar trend. The anxiety of highly educated females is higher than the lower educated females. The total amount of stress of post graduate females turned to be significant, while the conflict scale of the stress inventory was not found significant. The above results, however, support hypothesis 3.

The changes in womens employment have been caused by rise in their level of education. Thus, women have begun to enter masculine careers such as executives, medicines etc (Goh,1991; Jacobson, 1994; Kulik, 1990). Many studies conducted in various countries shows that young educated women express more commitment to both work and family. Carmen and Nielson (1997) in their research have concluded that males and females have similar long term goals.

## VI. MAJOR FINDINGS

The research has great deal of applicability:

1. The stress experienced by the males are higher than the females.
2. The long-term unemployedness leads to depression, anger and anxiety.
3. The males search the job more intensively than the females.
4. Post graduate females experience more vocational stress and anxiety than undergraduate females.

## VII. CONCLUSIONS

1. Males feel more frustrated than the females because of the demands.
2. The conflicts experienced by the males are also higher as what can be the future course of action was undecided.
3. The intensity of the male unemployed is higher and they search the job more intensively than the females.
4. An inability to find employment creates a sense of vulnerability,uselessness and idleness among young people

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Table 1: Mean, standard deviation and the results of 't' test for Stress

Sr. No	Types of of Stress		Males			Females			t
			Mean	SD	N	Mean	SD	N	
1	Frustration	Frequency	78.43	10.23	120	120.14	9.70	120	1.78***
		Quantity	79.62	9.72	120	75.84	10.71	120	2.85**
2	Conflict	Frequency	26.71	5.87	120	25.54	5.32	120	1.62***
		Quantity	27.70	6.00	120	25.37	5.35	120	3.17**
3	Pressure	Frequency	70.26	10.25	120	68.54	10.80	120	1.27***
		Quantity	71.26	10.48	120	67.68	10.98	120	2.58*
4	Anxiety	Frequency	50.66	6.82	120	47.86	7.46	120	3.04**
		Quantity	51.55	7.12	120	47.43	7.55	120	4.35**
5	Total	Frequency	226.07	28.75	120	218.08	27.54	120	2.20*
		Quantity	230.13	28.70	120	216.33	29.84	120	3.65**

\* p<.05

\*\* p<.01

\*\*\* Not significant

Table 2 One way analysis of Variance of Stress

Sr. No	Types of of Stress	Source of Variance	SS	DF	MSS	F
1	Frustration	Between	1398.16	1	1398.16	5.78*
		Within	57594.8	238	241.99	
		Total	58343.9	239		
2	Conflict	Between	465.5	1	465.5	6.02*
		Within	18399	238	77.30	
		Total	18864	239		
4	Pressure	Between	1068.48	1	1068.48	3.49*
		Within	64386.1	238	64386.1	
		Total	65454.5	239		
5	Anxiety	Between	1820.24	1	1820.24	14.36**
		Within	30158.3	238	126.71	
		Total	31978.5	239		

\* p<.05

\*\* p<.01

\*\*\* Not significant

Table 3 Point biserial Correlation among males and females

Sr. No	Females	Frustration	Conflict	Pressure	Anxiety	Total Stress
1	Frustration	0.15*				
	Conflict		0.16*			
	Pressure			0.13*		
	Anxiety				0.23*	
	Total Stress					0.19*

\* p<.05

\*\* p<.01

\*\*\* Not significant



Table 5: Mean and standard deviation of Stress scores obtained by contrast groups and results of 't' test.

Pair No.	Type of group	N	Mean	SD	t
1	Frustration				
(I)	Males - high Stress	60	172.18	12.37	14.81**
	Females - low Stress	60	138.43	12.57	
(II)	Males - low Stress	60	143.92	14.80	8.26**
	Females - high Stress	60	166.27	14.84	
2	Conflict				
(I)	Males - high Stress	60	63.18	8.50	12.11**
	Females - low Stress	60	44.87	8.05	
(II)	Males - low Stress	60	45.63	7.02	8.11**
	Females - high Stress	60	57.27	8.61	
3	Pressure				
(I)	Males - high Stress	60	156.84	15.34	14.27**
	Females - low Stress	60	120.38	12.48	
(II)	Males - low Stress	60	126.21	11.99	11.48**
	Females - high Stress	60	152.92	13.44	
4	Anxiety				
(I)	Males - high Stress	60	111.79	8.49	15.80**
	Females - low Stress	60	85.00	10.01	
(II)	Males - low Stress	60	92.63	10.82	6.97**
	Females - high Stress	60	106.13	10.40	

\* p< .05;

\*\* p< .01;

\*\*\* Not significant

Table 5: Mean, standard deviation and the results of 't' test for Stress of Females Post Graduate and Undergraduate

Sr. No	Types of of Stress	Males			Females			t
		Mean	SD	N	Mean	SD	N	
1	Frustration	158.18	19.94	61	146.57	19.08	49	3.11**
2	Conflict	53.70	10.49	61	50.14	11.15	49	1.71**
3	Pressure	142.44	20.56	61	133.94	21.01	49	2.13*
4	Anxiety	100.02	13.46	61	91.53	16.89	49	2.86**
5	Total	454.36	55.80	61	422.18	58.26	49	2.93**

\* p< .05;

\*\* p< .01;

\*\*\* Not significant