

## **STRESS ISSUES RELATED TO WORKING WOMEN**

**Ritu Jain<sup>1</sup>, Rekha Dayal<sup>2</sup>**

Life would be simple indeed if one's needs were automatically gratified. But as we know there are many obstacles, both environmental and personal, that may interfere such obstacles place adductive demands of stress on the individual. Stress may be defined broadly as the external or internal stimulus conditions noxious or depriving, which demand very difficult adjustment. Stress basically originate in the form of an event or condition from the environment, that may be purely physical, biological, social or psychological including anticipating and imagination and that triggers a stress reaction. Occupational stress have identified a number of pressure in the work environment included physical strain, over work load, under utilization of skills, inequity and psychological stress. All these pressures and individual variables may be involved to some extent in work and family management problem.

The keen desire to uplift the standard of living, the maximum utilization of one's ability and talents the desire for free development of the self and the responsibility of easing the economic burden of life has compelled women to enter the work force. Due to this dual role she is likely to experience more inter role conflicts and stresses. A number of studies have also been undertaken during last few years but most of them focused attention of the few aspects of the problems of working women. Since stress is a psychological factor it has got the characteristic of getting influenced from the existing environment at different places. Therefore, it becomes pertinent to study the stress issues in a city like Kanpur having a complex in habitants from very poor to elite classes and thus, their stress levels are also varying. Keeping these facts in view this study has been planned and under taken with the following main objectives.

1. To study the socio economic status of the working women.
2. To study the level of Occupational and home related stresses of working women.
3. To study the relationship between the occupational stress and home stress.

### **METHODOLOGY**

This study was planned and conducted in Kanpur city. In order to analyse various issues, related to service class women, out of different segments of services, 2 professions office and teaching professionals were identified through stratified random sampling so that equal representation from major employment areas of service class women could be obtained.

Selection of offices and colleges were made on random basis. Further, 50 respondents from each profession were selected randomly. Thus, a total number of hundred respondents were identified for the investigation. Questionnaire-cum-interview method was used to collect the information. Simple mean score, correlation, percentage, likert (five point) scale were the important statistical tools for interpretation the data. This study is limited to only married women.

### **RESULTS AND DISCUSSION**

**General and Socio Econmic Profile**—Major respondents representing education sector were above 45 years of age, with monthly income of Rs. 10,000 to 15,000 possessing educational qualification of post graduate and above. While the respondents associated with office profession were mainly in the age group of below 35 years, with monthly income of Rs. 3000 to 5000 only with educational qualifications of graduate & post graduate Majority of respondents from both the

professions belonged to nuclear family. Major respondents from teaching profession were working for 4-6 hours in the office. While, respondents representing office profession were working for 6-8 hours. Kala Rani (1976) in her study observed that working hours differ according to their professions. Teachers usually have to be in the school for six hours whereas in the banks and other offices working hours are generally for 8 hours.

Work load is the main difficulty faced in the education sector whereas respondents belonging to office profession were facing physical strain Singh 1995 in his study concluded that 14% of women complain about the heavy work load, 12% complaint about physical strain.

**Table 1. Occupational stress faced by working women N=100**

S. No.	Statements	Teaching profession Mean & Rank Order	Office profession Mean & Rank Order
1.	I have to do a lot of work in this service.	3.96 (I)	4.32(I)
2.	Here my suggestions are not given attention and are not put to execution.	3.1(III)	2.7 (VI)
3.	I do not get my salary timely.	2.8(IX)	1.94 (VIII)
4.	I have to work with the people of my disliking	2.44 (V)	2.58 (VIII)
5.	The higher officers and colleagues of this organization do not care for my self respect	1.98 (XI)	2.06 (VII)
6.	I am paid less considering my hard work and volume of work.	2.3 (X)	2.32 (IV)
7.	I do my work in a tense situation.	2.32 (VII)	2.28 (V)
8.	Same of my colleagues and subordinates try to make me a failure and defame.	2.16 (III)	1.68 (IX)
9.	I have not got any respect in society due to this service.	2.36 (VI)	1.6 (X)
10.	I feel that my life is boring due to this service.	2.54 (IV)	2.06 (VII)
11.	I don't get enough time for my family, personal work and problems due to in this service.	3.48 (II)	3.78 (II)

(Figures in parentheses indicate Rank Order)

The present data revealed that for both professionals primary importance was child care, secondary is the job and lastly house work but office professionals do not give importance to house work.

**Stresses Faced by Working women**—"Lot of work" and non availability of time for family" were perceived to be the two top most occupational stresses by respondents representing both the professions Table 1.

"Decorate and manage her house more better if they are only house wife" and "tensed about child's loneliness,, these two were top most home stresses perceived by both the professionals Table 2.

**Table 2. Home stress faced by working women N=100**

S. No.	Statements	Teaching profession Mean & Rank Order	Office profession Mean & Rank Order
12.	Do you feel your child form bad habits due to your more involvement in workout side home ?	2.62 (VII)	2.48 (VII)
13.	Do you not find support from your husband in doing your household work ?	2.34 (IX)	2.3 (IX)
14.	Do you find yourself unable to do your house work and job efficiently ?	3.2 (V)	2.5 (IX)
15.	Do you feel the decorate and manage your house more better if you are only wife ?	4.18 (I)	3.66 (I)
16.	Do you not get enough support and encouragement from your in laws ?	2.84 (VI)	3.4 (III)
17.	Do you think of giving up your job on account of family tension ?	2.18 (X)	2.12 (VIII)
18.	Do you feel strain playing dual role in life ?	3.36 (IV)	3.1 (IV)
19.	Do you feel guilty consciousness when you are not able to perform dual role responsibility ?	3.58 (III)	2.76 (V)
20.	Do you always tensed about child's loneliness due to your official engagement ?	3.66 (II)	3.52(II)
21.	Do you find any problem in leading sexual life due to your dual role ?	2.52 (VIII)	2.52(VI)

(Figures in parentheses indicate Rank Order)

**Relationship Between the Occupational Stress and Home Stress**—Relationship between the occupational and home stress is positively and significantly correlated this indicates the fact that occupational stresses increases as their home stress increased Table 3.

**Table 3 : Relationship between the occupational stress and home stress**

S.No.	Statistics	Office profession	Teaching profession
1.	r	0.57770	0.52940
2.	SE	0.118	0.1224
3.	t	4.904**	4.323**

$R_{(48)}$  at 5% 0.2848       $t_{(48)}$  at 5% 2.0106

## CONCLUSION

The employment of women outside the home requires them to perform dual functions—one in the home and outside the home. The modern women seems to live under some conflict for her personality development and economic independence. From the present study it can be concluded that major stress of working women was due to “over work load,” “not getting enough time for family,” “unable to manage the house” and “tensed about her children’s loneliness”. Occupational and home stress are positively correlated.

Thus, an women have to perform many roles with the increasing complexity of the role structures.

## REFERENCES

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