

# Assessment of Stress among Working Women in Selected Professionals from Belagavi Region

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## ABSTRACT

**Introduction:** As the number of employed women has increased over the past decades, women are at par with their male counterparts. The present study was conducted to compare the level of stress among working women in different professionals.

**Methodology:** This is a prospective study conducted using a questionnaire to assess the stress. Convenient sampling technique was utilized to select samples. A stress scale was prepared based on scores to assess the stress level and categorize them. The data obtained was analyzed in terms of objectives and hypothesis using descriptive statistics.

**Results:** 79 working women were enrolled in the study out of which 48.1% were from teaching professions, 13% were doctors, 13% advocates and 26% were from multiples jobs. Mean age of the respondents was  $40.56 \pm 30.05$  (range 24 to 60 yrs.). 81.01% of women's were married 17.72% were single. 43.25% of the women from all the category had excessive household work and 30.67% of them had decreased in household work.

**Conclusion:** Our study revealed that the stress level varied among different professions, which was also influenced by the various variables, which we have assessed in our study.

**Keyword:** Stress, Women, Working, Professional.

## INTRODUCTION

Right from the beginning of the civilization, human organism is subjected to stressful event; and it is self-evident that birth itself is stressful like other biological milestone such as travelling and walking. [1,2] In today's world, everybody seems to be talking about stress not only in daily conversation, but also through television, radio and newspapers. Stress is difficult to define precisely. Selye Hans first introduced the concept of stress in the life sciences in 1936. It was derived from the Latin word 'stringere'; it meant the experience of physical hardship, starvation, torture and pain. Selye Hans, 1936 defined stress as "the non-specific response of the body to

any demand placed upon it". [3-5] Lack of external support either personal or material makes a stress more severe and weakens an individual's capacity to cope with it. [6] Organizational life is quite stressful. Work pressure, tight schedules, make one's life miserable. As we all know, stress is the body's reaction to any demand made on it. [7] Perceptions of events, whether positive or negative, activate stress. It is, therefore, a highly individual affair. [3-8] Stress can be disruptive to an individual as any accident. It can lead to poor performance on the job, excessive use of alcohol or other drugs, poor attendance or even overall poor health. [9-13] In fact, there is growing evidence undue stress is related to the diseases that the

major causes of death - coronary heart disease, stroke, hypertension, diabetes, and cancer. [12-15] Women are playing a vital role in the economic and social development of the nations all over the world. Working women have a whole set of problems involving both family and professional lives. [8] Women have to play their role as a wife, a mother and an earner. They have to manage their career while maintaining traditional roles. That means for working women it is two sets of overlapping responsibilities. [6] Therefore, in addition to their traditional roles, professional roles seem to be one of the major sources of stress that working women have to face. With this background, we have designed our study to assess the stress of working women from different professionals in Belagavi region including various variables.

**METHODOLOGY**

**Sample**

This study involves women from different professional’s viz. teaching, doctors, advocates and multiple job activities considered a category of others.

All the participants of the study were individually informed about the purpose of the study and were asked to complete the questionnaires and the sample size came out to be 79.

**Variables**

The study includes various variables viz. age, marital status, profession, level of institution, experience, job demands, technology pressure, support from spouse, family, colleagues, personal satisfaction, financial independence, constructive utilization of time, negativity, and workload. This variables were framed into a sentence and given different range of scores from 1 to 3, 1 to 5 and level of degree as, agree, strongly agree and disagree that were taken into consideration for analysis, which had direct or indirect effect on the level of stress.

**Statistical analysis**

The data was entered and analyzed using IBM SPSS Statistics software Inc., version 20.0 (Armonk, NY: IBM Corp.) descriptive statistics test was analyzed for all the selected variables.

Descriptive statistics	Constructive Utilization of time	Negative attitude of supervisor	Negative attitude of colleagues	Negative attitude of family
Mean	1.00	0.86	0.86	0.74
Std. Error of Mean	0.038	0.065	0.097	0.076
Median	1.00	1.00	1.00	1.00
Mode	1	1	1	1
Std. Deviation	0.232	0.351	0.844	0.661
Variance	0.054	0.123	0.712	0.436
Range	2	1	3	2
Minimum	0	0	0	0
Maximum	2	1	3	2
Sum	38	25	65	56

Table 1. Descriptive statistics of respondents with variables.

Table 2. Respondent’s degree of acceptance towards stress influencing health disorders.

Degree of acceptance	Frequency	Percent	Valid Percent	Cumulative Percent
Disagree	24	31.2	31.6	31.6
Agree	33	42.9	43.4	75.0
Strongly Agree	19	24.7	25.0	100.0
Total	76	98.7	100.0	

**RESULTS AND DISCUSSION**

The results of our study varied with respect to the variables selected. Figure 1 represents the age category of respondents from different profession. The total

percentage of marital status of individual respondents of different category is depicted in Figure 2. A total of 79 respondents were categorized into different profession as illustrated in Figure 3. Among the 79

respondents from different profession 62.3% (n=48) of the women belonged to nuclear family and 32.7% (n=29) were from joint family. 27.3% (n=21) of the women from teaching profession were from junior level, 39.0% (n= 30) from middle level and 31.3 (n=24) from senior level, however 1.3% did not responded to the query. 57.9% (n=44) of the respondents strongly agreed that they were able to meet their job demands, 39.5 % (n=30) just agreed were as 2.6% (n=2) did not agreed.23.7% (n=18) of the respondents did not felt the technology pressure/comfort, however 48.7% (n=37) and 27.6% (n=21) women experienced the technology pressure/comfort who gave their scores for strongly and just agree grades. The pressure to learn the newer software assessment gave a hike in agreed score of 53.2% (n=41), 33.8% (n=26) strongly agreed and 11.7% (n=9) disagreed. Personal satisfaction was assessed in which 49.4 % (n=38) respondents disagreed, 37.7% (n=29) agreed and 11.7% (n=9) strongly agreed. Similarly, 59.7% (n=46) had financial independents and 40.3% (n=31) had to struggle for financial independency. Table 1 represents the descriptive statistics of negative variables. The effect of stress on human health and disorders experienced among the respondents is shown in Table 2. Increase and decrease work pressure among the respondents of different profession is depicted in Figure 4. Nowadays stress has becomes universal occurrence. [16] Every person wish for attainment of pleasure, due to this competition is increased in every field of life and this competition generates stress among people no doubt the competition is must but we do not ignore its result in the recent years as more and more women are coming to take on many jobs. [17,18] The positive attitude noticed from the colleagues, supervisor and family is shown in Figure 5. Stress is common among the professionals at workplace.

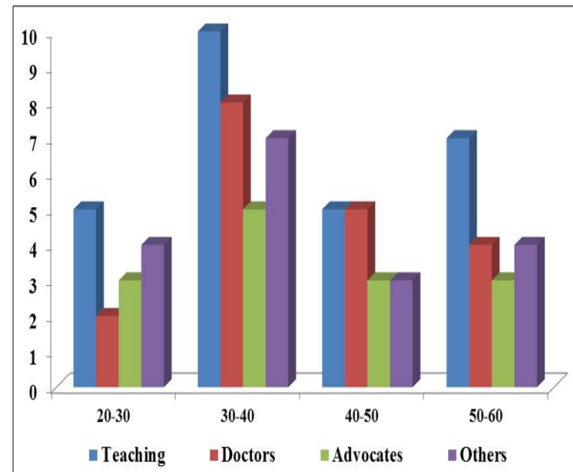


Figure 1. Age category of respondents from different profession.

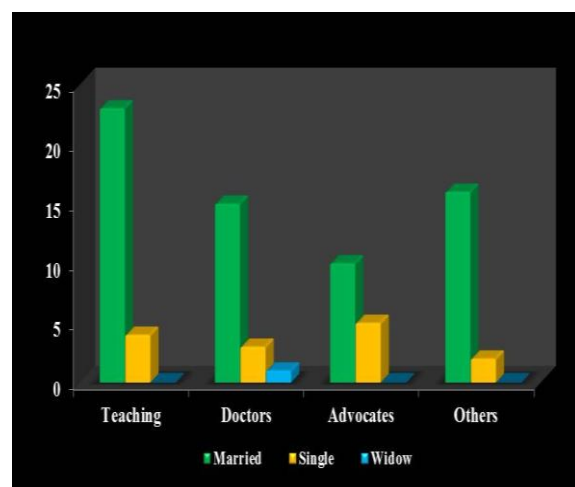


Figure 2. Marital status of respondents from different category.

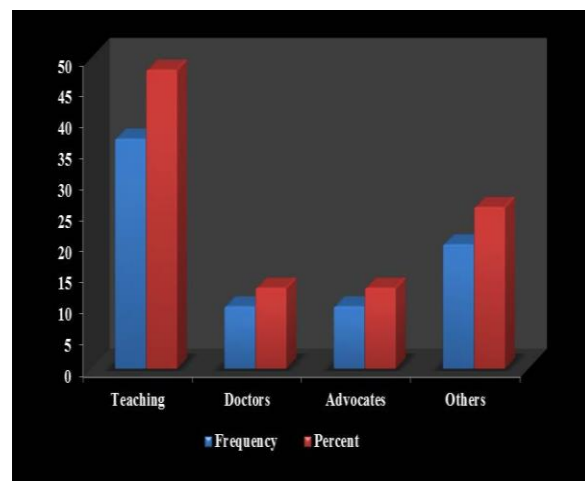


Figure 3. Frequency and percentage of respondents categorized with respect to profession.

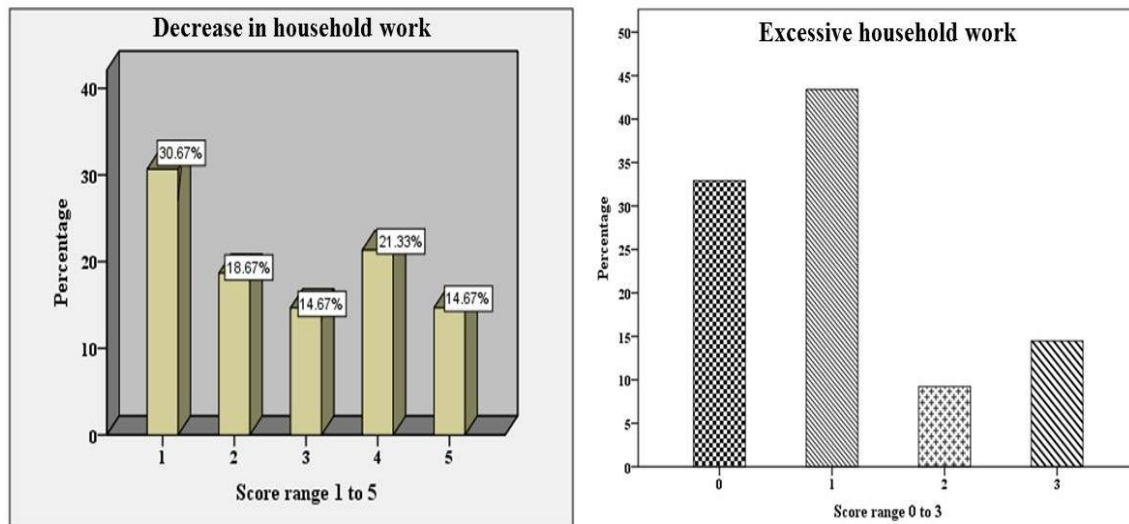


Figure 4. Assessment of Increase and decrease in household work.

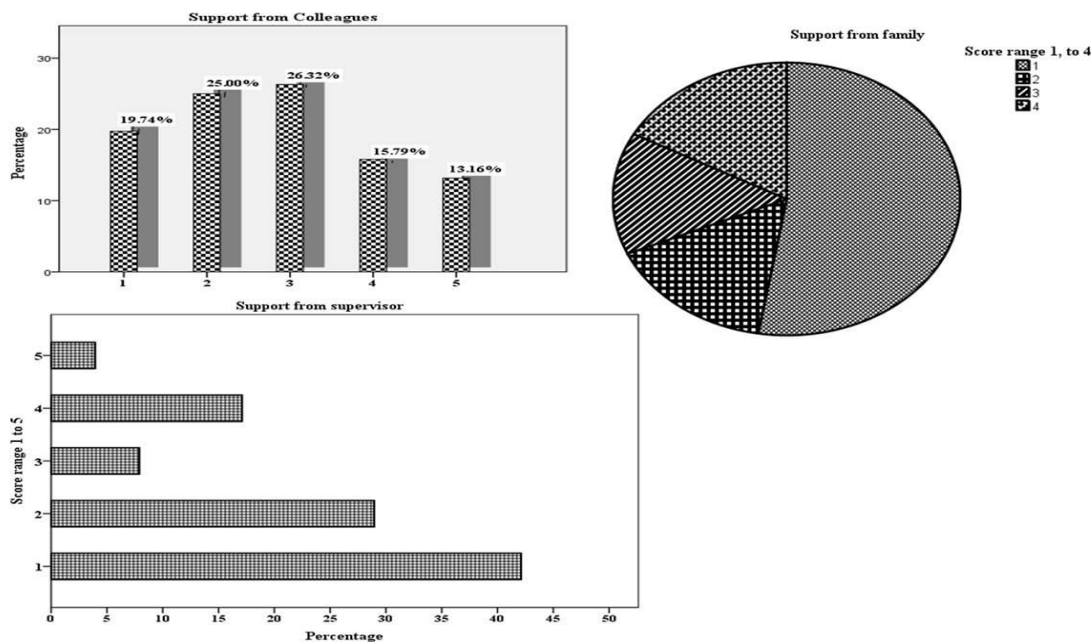


Figure 5. Positive attitude and support in professional.

## CONCLUSION

In the present study, we conclude from the results of respondents revealed that many women can successfully manage stress in everyday lives, individual can learn to relax and enjoy life. Further, to manage stress is to prevent it. This may not be always possible. Therefore, the subsequent best things are to reduce stress and make life easier. For these purpose different stress management techniques like meditation, hypnosis, guided imagery, muscle relaxation, mindfulness breathing etc. should be used.

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