

Comparative Analysis of Stress among Working and Non-Working Women

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Abstract: *The present study attempts to study Stress among working and non - working women. In this study, some qualitative analysis was done on the sample by asking them to fill out the questionnaires of the Perceived Stress Scale. The sample consisted of 150 working women and 150 non - working women. The statistical method applied to the data was a t - test and an analysis of standard correlation. In the perceived stress scale developed by Sheldon Cohen, there is a significant difference between working and non - working women on stress which shows that Working women are higher on stress than non - working women*

Keywords: Stress among women's, working women's stress, non - working women's stress, Perceived stress scale, stress comparison

1. Introduction

Stress is a physical or emotional response to a demand or challenge. The study and researcher show that women are more stressed level as compared to men there are a variety of reasons and their stress is the natural reaction to a challenging situation that causes mental or physical pain or tension

In India every year 52% of women are affected by stress there is a different type of stress that every woman faces in her life some of them are facing their childhood trauma which affects their present life stress we feel may convert into tension and our reaction because of stress we start feeling negative and somehow unconsciously our mind started thinking irrational thoughts and that's that affect our emotions and behavior, too because of stress, every woman faces negativity and hypertension in her day - to - day life stress can negatively affect us towards our surroundings when we are talking stress affects our mind, behavior, emotions, and our relationship with others relation too

There is a type of stress and stress - related disorder when stress is mild level it positively impacts us to achieve our goals or dreams it pushes us to make something new something challenging but when stress is severe and high there is some negative impact of that stress which was increasing heart rate and inviting the blood pressure to our body when our body is under stress it will release Harmon adrenaline which makes your heart beat faster and raise your blood pressure

Another factor that causes women's stress is poverty and financial issues in every situation women want to earn their own because they face financial problems in their everyday lives because managing the house and children's responsibilities makes them aware of their financial conditions and when money is not enough in their home they will going to make their money and while they are working they face job - related issue deadlines target and another commercial issue while doing the job they have still stress about their home and children too.

Long - term stress can cause mood and anxiety - related disorders in women women also face issues of getting pregnant and problems with their generational cycle there are many symptoms of stress that every woman is going through like headaches migraine body pain restlessness nervousness but There are many solutions to make our stress levels low doing medication every day makes our body relax, calm and stress - free also walking and doing exercise every day release our body happy hormones like endorphins and the foods that contain vitamin B decrease stress levels and regulate brain and nerve cells

2. Review of Literature

- 1) Working and non-working mothers: a comparative study
Usha R. Rout, Cary L. Cooper, Helen Kerslake
Women in Management Review
- 2) Handbook on Well - Being of Working Women
Astrid M. Richardsen,
Laura E. M. Traavik &
Ronald J. Burke
- 3) Stress, Working Women, and an Occupational Stress Model
Susan A. Randolph, RN, MSNView all authors and affiliations
- 4) The Impact of Stress Counselling at Work
ByCary L. Cooper, Golnaz Sadri
- 5) Individual stresses and strains in the ascent to leadership: gender, work, and family
Amy E. Smith and Deneen M. Hatmaker

Problem of Study

“A Comparative Study of Stress among working and non - working women”

Objectives of the Study

To study the level of stress among working and non - working women

Variables

- In dependent variable: Working and non - working women.
- Dependent variable: Perceived stress scale

Hypothesis

Working women will have a higher on stress than nonworking women.

Sample

The sample was drawn from working and non - working women of Kolhapur Thus 150 working and 150 non - working women (housewives) were drawn randomly Age range of women was 25 - 35 years.

Instrument

For collecting data we will use following psychometric tools
1) The Perceived stress scale
Developed by Sheldon Cohen

Statistical analysis

As the sample is large, parametric statistical tools were used for analysis. The variances for working and nonworking women on stress were equal.

Following statistical tools were used:

To test the Study of hypotheses independent sample t test was used.

Women	N	Mean	Std. Deviation	t (Sig.)
Nonworking	150	21.85	5.332	2.440 (0.05)
Working	150	23.32	5.124	

Interpretation: Working women scores are higher on stress than nonworking women.

Hypothesis stated as 'Working women will have a higher on stress level then nonworking women' is accepted.

3. Discussion

This study aims to compare the level of stress in working and non - working women stress is the Physical and emotional response to a challenge or demand researcher show that women are more stressed than men every individual faces stress in their day - to - day life we know that so many struggle challenges are there in every field in every workplace so we face the stress related situation on daily basis.

When they are married come to a new city new place new people new adjustment everything is new for her and sometimes she feels that change is scary because as we know where we grow from our childhood to college days our every little single moment as very precious for every woman and that is her comfort.

But nowadays some women have shifted to metro cities to build their careers to achieve their dreams but still face stress

there too when we are discussing working and non - working women both have stress issues with managing daily household tasks nurturing children every day and managing so many others the task is the very difficult situation the working women face nowadays

Women who face a lot of changes But when we are talking about non - working women they multitask every day managing household responsibilities to managing office target work and the routine hectic work makes them more stressed as we know when women are working they become independent and that makes her personality positive and she makes herself so proud every single day but still when she was doing through a lot of things like being wife being a mother and being a woman she have to do her basic responsibility before going to work and sometimes that's felling heart someone and make them stress too.

The research question was whether working women will have a higher stress than nonworking women on the perceived stress scale so a t - test was applied to find the significant difference Obtained value of t was 2.440 [0.05] whereas the table value of the mean is 21.85 and 23.32 and the standard deviation is 5.332 and 5.124 the difference was found statistically significant. Thus, the study shows there is a significant difference in stress between working and non - working women's. So the hypothesis working women will have a higher stress than non - working was accepted.

4. Conclusion

Thus, it can be concluded from the study that there is a significant difference between working and non - working women in stress. Communicated effectively making our priority and doing the things that make us happy like maintaining our hobbies and staying connected make our lives easier better and stress - free

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