
Stress Management : A Study On Indian Women

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ABSTRACT

Now a days stress becomes Universal phenomenon. Every person wants more and more for the attainment of pleasure, due to this competition is increased in every field of life and this competition generates stress among people. Stress is an important problem. It effect on both physical and physiological dynamics of the human body. Due to change in life style the number of person suffering from stress is increasing everyday especially in cities About 500 million people are worldwide believed to be suffering from neurotic, psychological problems.

Key words: *Stress, neurotic, psychological problems, healthy life, role of women*

Introduction:

Now a days in our India stress is very serious problem, knowingly or unknowingly each and every person suffering from stress. It causes both physical & mental disturbance in the body and it can be caused by both good and bad experiences.

Objectives of the study:

1. To identify the types of stress in Indian women. And what are the causes of stress.
2. To examine the factors responsible for the stress management.
3. To make recommendation for improving stress management.

Methodology:

Descriptive type of methodology will be followed. For the purpose of this study both primary and secondary data will be collected. Primary data will be collected from women, personal survey will be conducted, Questionnaire will be prepared, Internet search engines, Telephone will be used. Secondary data will be reviewed initially using academic abstracts, bibliography database and Internet search engines.

Review of literature:

Stress is a perceptual phenomenon resulting from a comparison between the demand on a person and his ability to cope. An imbalance in this mechanism, when coping is important, give rise to the experience of stress, and to the stress response. (Cox,1978:25)

There are different causes of Stress as Greenberg (2003) concluded that work place stress comes in forms. Stress may caused by occupational demands, role ambiguity, role conflict or role judging. Moreover illness is

another major cause stress (Burn, 1990). Smith (1989) asserted that environmental factors also can cause stress.

Stress affects in numerous ways and can result in poor attendance, excessive use of alcohol or other drugs, poor health (Monday, Noe & preneaux, 2002)

Organ & Bateman, 1989; Matteson & Ivancerich, 1987. High Level of stress results in high level of employee dissatisfaction, illness, and absenteeism.

Turner (2002) indicated that stress chemicals that stay in the body can obstruct the digestive and immune system and also deplete human energy.

Different strategies can be followed to overcome stress, Peterson (2003) found visualization , progressive muscle relaxation, spiritual growth and managing the worry

Time as techniques for dealing with stress.

The literature review is mainly focused on how an Indian women suffering from anxiety and depression. Analyzations and insinuations of such emotional, social problems are discussed in this review.

Lerner, etal, 2004; National Institute of mental Health, 2011, Wallace, 2011; wang etal, 2008. According to this, now a day's most of the organizations are trying

To cut off their personnel to the least by putting more pressure on employees and with over loading them with more work than their capacity. This is one of the anxiety stresses to working women.

Who is suffering from anxiety and depression is affected psychologically, some of the psychological effects are aggressiveness, evading societal situations, loosing

Temper, fast heart beating, clammy hands, headaches, breathing problem, high blood pressure etc.

Women can use some methods in coping with their stress. Meditating, laughing therapy, progressive relaxation, listening music, balanced diet, massage therapy, dance and music classes, and swimming classes. These Techniques will help in muscles relaxing; slowing down the heart beats, and reduce emotional problems.

Analysis and interpretation:

Various statistical tools have been employed, like frequency distribution, tabulation, mean sample variance , standard deviation , PSSI and coefficient variation for Analysis of data.

Sample size:

Sample size 30 uneducated women, 35 educated working women and 35 educated housewives persons will be taken from each category of women classified in a selected rural and urban areas.

Key words: *Stress, neurotic, psychological problems, healthy life, role of women.*

What is stress?

When the people feel stressed, their bodies react by releasing chemicals into their blood . these chemicals give people can be good thing if stress is caused by physical danger. But this can also be a bad thing, if their stress is in something emotional.

The concept of stress was first introduced in the life sciences by “Selye Hans” in 1936. It was derived from Latin word “Stringere”, it means the experience of physical hardship torture and pain. Stress was defined as any external event or internal drive which threatens to upset organism equilibrium.

Causes to Stress:-

Various causes are there for stress

a) Internal Stress:

Worrying about simple things without any reason at all is known as internal stress , people become addicted to the hurried tense of lifestyle that results from being under stress.

b) Survive / Escape Stress:

This is a common stress in all people and animals. Any one if they afraid that, someone or something may hurt physically then, their body naturally responds to survive the situation (or) escape from the situation. This is survival / escape situation.

c) Environmental Stress:

Stress raised due to noise, crowding, and pressure from work or family. This is environmental stress.

d) Over work:

This stress can be caused due to working too much at your job, school & home. This kind of stress builds up over a long period and it can affect more on the body.

How does stress affect on women

Stress can affect our body and on our mind people become tired , sick, unable to concentrate , in some situations they even suffer .

Stress affect on body

Headache

Infection

Breath lessness

Muscular twitches

Stress on body creates

Stress in emotions

Loss of confidence

Irritability

Depression

Alienation

Apathy

Stress affects on mind it on behavior

Worrying

Muddled thinking

Negativity

Hasty decisions

Mind stress causes

Accident prone

Restlessness

Smoking & drinking

Insomnia Nervous habits (nail biting pacing)

Eating & sleeping too much /less.

Stress on Indian Women

The most stressed women in the world is Indian women, nearly 88% Indian women were stressed with various reasons. In the developing countries women stressed more than developed countries.

It is important to understand the caused effect of stress as well as how to identify our own stress and ways to manage stress to overcome from the problem.



Reasons for stress:

a) Biological reasons:

Hormonal changes will occur throughout the life of women as the time negotiation, child birth, menopause, miscarriage, etc. these hormonal changes stimulate mood changes it causes depression & post pregnancy. During pregnancy, dramatic changes in hormones typically seen.

b) Socio cultural reasons:

Socio pressure also adds to biological reasons.

Socio cultural reasons like gender inequalities, early marriages, low of support from family.

Major life changes:

Girls have to move to in laws house after marriage. There they will face major changes in their life. She has to adjust with new family members & new relations. It is also are reason to feel stress mentally & physically, She have to undertake new responsibilities they are subservient to husband & in laws. They have to prepare foods for family and make kids ready for going to school, clean house etc. In addition to all these Indian women are expected to perform all the religious activities.

Relationship difficulties:

Lack of responsibilities form one partner regarding finances children, health and many other issues. Addiction of alcoholism, face book problems, long term depression (or) mental health issues, unsupportive partner during pregnancy and after the birth of baby.

Financial Problems:

This is the major problem in case of all categories of women working like maid servants , labour etc, uneducated women also taking responsibility of family due to financial problems or lack of support of husband to run the family.

In case of house wives financial freedom is not there. They depend on husbands.

Children & family:

Along with their job they have to look after children & elders in the family.

c) Socio-Political reasons:

Especially in some regions where displacements and violence is also cause for stress in due women.

d) Violence & sexual abuse:

Nearly 2/3rd married women in India are victims of domestic violence, 70% of married women are victims at beating, dowry death, harassment, mental & physical torture etc.

e) Lack of facilities:

Lack of private toilet facility in both urban & rural areas due to this women & girls are subjected to teasing, sexual harassment and violence causes to feeling of distress, suicidal thoughts, and insecurity.

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Major problems of uneducated women

1. Selective abortion
2. Dowry & bride burning
3. Domestic violence
4. Child marriages
5. In adequate nutrition
6. Status of widows

Problems of Educated women (house wives)

1. Lack of Recognition
2. In laws
3. I am just house wife syndrome
4. Financial dependency

Problems of Educated women (working women)

1. Deterioration at work place
2. No safety of working women while travelling
3. Lack of family support
4. Job insecurity
5. Absence of servants
6. Unexpected guests
7. Financial pressures
8. Trouble with in laws



Stress management techniques

Management of stress is essential to lead healthy life. All categories women have to follow stress management strategies

- (i) Meditation
- (ii) Yoga
- (iii) Exercises, Jogging & walking
- (iv) Social support
- (v) Balance diet
- (vi) Body massage
- (vii) Time
- (viii) Music & instruments

Important stress release techniques

1. Understand your stress and where its coming from
2. Clarity of values
3. Eliminate and streamline wherever you can
4. Trash perfectionism
5. Reach for realistic goals

This study was conducted among uneducated women, educated housewives; educated working women in Hyderabad city. The sample size consist of 100 respondents. The study was based on both primary and secondary sources of information, mean scores and the square were used for testing the hypothesis and interpretation of data. Personal stress source inventory (PSSI) used.

Personal stress source Inventor

In order to asses to stress of un educated women , educated and working women , housewives , personal stress source inventory was used.

The important factor for using this scale was the basic concept of stress level adopted by this scale.

Method In developing personal stress inventory (PSSI) fifteen various sources related to personal life events that are likely to produce stress in a person are located. Then these sources were given to group of judges N=100, 30 uneducated, 35 educated working women, 35 housewives.

Scoring: the scoring of PSSI is very simple. every item marked as ‘Seldom’ by the testee is given a score of 1, marked as ‘sometimes’ is given a score of 2 and marked as “frequently” a score of 3 , un marked items are given a score of zero.

<i>Uneducated Women</i>					
<i>Sl.No</i>		<i>Seldom</i>	<i>Sometimes</i>	<i>frequently</i>	<i>Total</i>
<i>1</i>	<i>Unexpected guest</i>		<i>0</i>	<i>0</i>	<i>1</i>
<i>2</i>	<i>Absent servant</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>0</i>
<i>3</i>	<i>Compulsory Socialication</i>	<i>0</i>		<i>0</i>	<i>2</i>
<i>4</i>	<i>Financial Pressure</i>	<i>0</i>	<i>0</i>		<i>3</i>
<i>5</i>	<i>Trouble with in Laws</i>				<i>6</i>
<i>6</i>	<i>Marital disagreement</i>	<i>0</i>		<i>0</i>	<i>2</i>
<i>7</i>	<i>Caring for ill family members</i>	<i>0</i>		<i>0</i>	<i>2</i>
<i>8</i>	<i>Anxiety about children future</i>		<i>0</i>	<i>0</i>	<i>1</i>
<i>9</i>	<i>Husband job insecurity</i>	<i>0</i>		<i>0</i>	<i>2</i>
<i>10</i>	<i>Husband unhealthy habit</i>	<i>0</i>	<i>0</i>		<i>3</i>
<i>11</i>	<i>Ager</i>	<i>0</i>	<i>0</i>		<i>3</i>
<i>12</i>	<i>Low self esteem</i>	<i>0</i>	<i>0</i>		<i>3</i>
<i>13</i>	<i>Unnecessary worries</i>	<i>0</i>		<i>0</i>	<i>2</i>
<i>14</i>	<i>Procrastination</i>		<i>0</i>	<i>0</i>	<i>1</i>
<i>15</i>	<i>Lack of confidence</i>	<i>0</i>	<i>0</i>		<i>3</i>

<i>Educated Women working</i>					
<i>Sl.No</i>		<i>Seldom</i>	<i>Sometimes</i>	<i>frequently</i>	<i>Total</i>
1	<i>Unexpected guest</i>	0		0	2
2	<i>Absent servant</i>	0	0		3
3	<i>Compulsory Socialication</i>	0	0		3
4	<i>Financial Pressure</i>	0	0		3
5	<i>Trouble with in Laws</i>		0		3
6	<i>Marital disagreement</i>	0		0	2
7	<i>Caring for ill family members</i>	0		0	2
8	<i>Anxiety about children future</i>	0	0		3
9	<i>Husband job insecurity</i>	0	0		3
10	<i>Husband unhealthy habit</i>	0	0		3
11	<i>Ager</i>	0	0		3
12	<i>Lowself esteem</i>	0		0	2
13	<i>Unnecessary worries</i>			0	1
14	<i>Procrastination</i>	0		0	2
15	<i>Lack of confidence</i>		0	0	1
	<i>Total</i>				

<i>Educated Women (Housewives)</i>					
<i>Sl.No</i>		<i>Seldom</i>	<i>Some times</i>	<i>frequently</i>	<i>Total</i>
1	<i>Unexpected guest</i>	0		0	2
2	<i>Absent servant</i>	0		0	2
3	<i>Compulsory Socialication</i>	0	0		3
4	<i>Financial Pressure</i>	0	0		3
5	<i>Trouble with in Laws</i>	0			2
6	<i>Marital disagreement</i>	0		0	2
7	<i>Caring for ill family members</i>	0		0	2
8	<i>Anxiety about children future</i>	0	0		3
9	<i>Husband job insecurity</i>	0		0	2
10	<i>Husband unhealthy habit</i>	0	0		3
11	<i>Ager</i>	0		0	2
12	<i>Lowself esteem</i>	0		0	2
13	<i>Unnecessary worries</i>			0	2
14	<i>Procrastination</i>	0			3
15	<i>Lack of confidence</i>	0		0	2
	<i>Total</i>				35

According to PSSI uneducated women stress level score is 34 , educated working women is 39 and educated women (housewives) sure id 35.

Working women stress is more comparatively uneducated & housewife women.

Socio-Economic Stressors on women N=100

Sl.No	Women	Uneducated 30	Educated		Frequency	x	x-X	(x-X) ²
			Working women (30)	Housewife (35)				
1	Unexpected Guest	2	8	5	15	5	18.32	335.62
2	Absence of servant	0	5	4	9	3	24.32	591.46
3	Compulsory socialization	3	3	5	11	3.66	22.32	498.18
4	Financial Pressure	15	13	15	43	14.33	9.68	33.7
5	Trouble with in laws	10	6	6	22	7.33	11.32	128.14
	Total	30	35	35	100	33.32	85.96	1587.1

$$\text{Sample variance } S^2 = \frac{(x+x)^2}{N-1} = \frac{\sqrt{1587.1} \sqrt{1587.1}}{3-1} = 793.55$$

Family and relationship stressors on women

Sl.No	Women	Uneducated 30	Educated		Frequency	X=	x-X	(x-X) ²
			Working women(30)	Housewife (35)				
1	Marital Disagreement	12	2	1	15	5.00	15.01	225.30
2	Caring of ill family members	2	8	4	14	4.60	25.41	645.67
3	Anxiety about children future	3	10	10	23	7.67	22.34	439.08
4	Husband Job Insecurity	3	5	10	18	6.00	24.01	576.48
5	Husband un helathy habit	10	5	5	20	6.67	23.34	544.76
	Total	30	30	30	90	29.94	110.11	2431.29

Psychological Stressors on women

Sl.No	Women	Uneducated 30	Educated		Frequency	X	x-X	(x-X) ²
			Working women(35)	Housewife (35)				
1	Anger	10	10	10	30	10.00	3.32	11.02
2	Low self esteem	9	5	8	22	7.33	11.32	128.14
3	Unnecessary worries	3	5	5	13	4.33	20.32	112.90
4	Procrastination	3	12	4	19	6.33	14.32	205.06
5	Lack of confidence	5	3	8	16	5.33	17.32	239.98
	Total	30	35	35	100	33.32	66.60	697.10

Sl.No		X	Sample Variance	Standard Deviation	C.V
1	Socio- Economic stressors	33.33	793.55	28.17	84.51
2	Family & Relationship Stressors	30.01	1215.645	34.87	116.19
3	Psychological Stressors	33.32	348.55	18.67	56.03

Sl. No	Women	Uneducated	Educated		Frequency	X	x-X	(x-X) ²
			Working women(35)	Housewife (35)				
1	Balance diet	0	6	7	13	4.33	11.99	143.76
2	Meditation	0	6	7	13	4.33	11.99	143.76
3	Breathing exercises & Yoga	0	6	7	13	4.33	11.99	143.76
4	Unnecessary worries	0	10	6	18	6.00	6.99	48.86
5	Environment & Fund	0	5	5	13	4.33	11.99	143.76
6	Time Management Music & Instrument	3	2	3	5	1.67	19.99	339.60
	Total	3	35	35	75	24.99		963.50

Sample variance $S^2 = \frac{(x+x)^2}{N-1} = \frac{963.5}{3-1} = \frac{963.5}{2} = 481.75$

$S = \sqrt{481.75} = 21.94$ Chi-square test observed

Total=75

$C.V = \frac{\frac{21.99}{x} \times 1w}{\frac{24.99}{x}} \times 100 = 87.99$

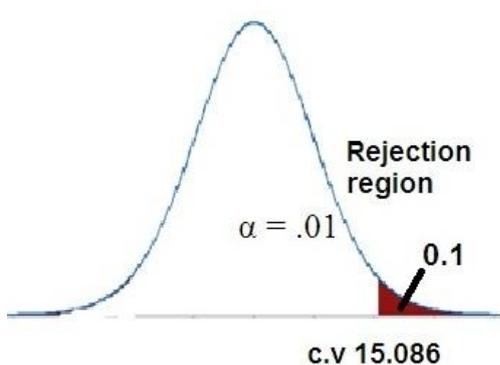
1	2	3	4	5	6
13	13	13	18	13	5

Expected					
1	2	3	4	5	6
12.5	12.5	12.5	12.5	12.5	12.5

$H_0 =$ stress is fair

$H_1 =$ stress is unfair

2. Choose level of significance



Degree freedom = (No.row-1) (No.col-1)

$= (2-1) (6-1)$

$= 1 \times 5 = 5$

3. Find critical value

$\chi^2 .010$

degree of free critical value =15.086

4. Find test statistic

$\chi^2 = \sum \frac{(O-E)^2}{E}$

$= \frac{(13-12.5)^2}{12.5} + \frac{(13-12.5)^2}{12.5} + \frac{(13-12.5)^2}{12.5} + \frac{(18-12.5)^2}{12.5} + \frac{(13-12.5)^2}{12.5} + \frac{(5-12.5)^2}{12.5}$

$\frac{0.25}{12.5} + \frac{0.25}{12.5} + \frac{0.25}{12.5} + \frac{30.25}{12.5} + \frac{0.5}{12.5} + \frac{56.25}{12.5}$

$= 0.02+0.02+0.02+2.42+0.04+4.5 = 7.02$

7.2 is less than 15.086 which is in reject area , so we can reject null hypothesis stress is fair

And we can accept stress is unfair.

Socio economic stress on women mean 33.33 , family relationship stress is 30.01 & psychological stress is 33.32

Combined mean

$$X_{123} = \frac{N_1X_1 + N_2X_2 + N_3X_3}{N_1 + N_2 + N_3}$$

$$N_1=30 \quad 30 \times 33.33 + 35 \times 30.01 + 35 \times 33.32 / 30 + 35 + 35$$

$$N_2=35 \quad = 999.9 + 1050.35 + 1166.2 / 100$$

$$N_3=35 \quad = 2061.912$$

Findings

- Major factors that affect the stress on uneducated women is illiteracy, child marriages.
- Early age pregnancy lack of family support, drinking & smoking habits of husbands
- Level of stress is low in educated housewives comparatively level of stress of educated working women.
- Health issues for women are more due to stress like heart attack , increase blood pressure hormone in balance

Suggestions

In this study I identified un educated women are not following stress management techniques because of lack of awareness

Our Government have to undertake some schemes to educate, the uneducated women like conducting camps on stress management techniques , giving advertisements in newspapers television and radio , they can educate uneducated women about stress management.

To working women management can provide fun trips , yoga , meditation and Gym facilities in the office to reduce the stress level.

1. Planning and priority

- a) Ten different issues will seen to need attention at same time.
- b) Stress management necessitates planning

2. Good sleep and meditation.

- a) Sleep regenerates cells and keep relax the tired body
- b) Meditation energizes and cleanses the mind , we have plan minimum 20 minutes of meditation of every day. This is good stress management technique.

3. Take frequent short breaks.

- a) under this it is a good think to take break once every two hours
- b) Basics eye exercise is also helpful to reduce stress level.

4. Diet Plan

- a) light frequent meals are ideal
- b) Don't skip meals
- c) Keep healthy snacks at hand

5. We have to include exercise into our routine life.

Conclusion

It is critical for work and family balancing under which married women employees struggle between their roles

Stress is unavoidable now a days it can be handled positively by co ordination with workers , proper time to management, family support improving diet , by eating well balance food, we can improve our physical fitness.

Make time for exercise meditation, yoga, listening light music , reading books, watching , we can

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