

# A Study on Stress among working Women

Keerthana Ganapathy  
Reg.No : 131901056  
B.A.,L.I.B(Hons),1st Year  
Saveetha School of Law,  
Saveetha Institute of Medical  
And Technical Sciences (Simats), Chennai - 77  
Mail Id : [Keerthanaganapathy11@gmail.com](mailto:Keerthanaganapathy11@gmail.com)

Mrs. K. S. Bala Thirupura Sundari  
Assistant Professor  
Saveetha School of Law,  
Saveetha Institute of Medical  
And Technical Sciences (Simats), Chennai - 77  
Mail Id : [Balatripurasundari.Ssl@Saveetha.Com](mailto:Balatripurasundari.Ssl@Saveetha.Com)

## Article Info

Volume 82

Page Number: 14320 – 14325

Publication Issue:

January-February 2020

## Abstract

Women need to get pressure, recall cautioning signs, and create adapting abilities to keep up wellbeing in all measurements lives to deal with their family. Recollecting the association among psyche and body which causes ladies to oversee worry in the family. The reason for the exploration study was to gauge the physical and enthusiastic worry of ladies. Indian women having a place with all locales have gone into different callings which causes worry in their own and expert life. Women respect to instructive open doors is fundamentally bigger than yearly days, particularly in the cities. Women in India have demonstrated their backbone in the work area. Plus, changing jobs of working women, they have kept up the customary work of family. This examination is dedicated towards finding the underlying drivers of the current issues looked by the working women. The fundamental discoveries from this investigation of ladies were that expanded enthusiastic pressure was unequivocally connected with working status. It likewise targets discovering arrangements that have been polished somewhere else and should be received at other social fronts. To analyse the effects of stress on women. To understand the reason for the stress among women. 1772 sample size. For the purpose of the study is descriptive research is used to portray the study on stress among women. Simple random sampling method is used to collect the data.

## Article History

Article Received: 18 May 2019

Revised: 14 July 2019

Accepted: 22 December 2019

Publication: 28 February 2020

**Keywords:** Socio-Economic Stress, Psychological Stress, Family and Relationship Stress, Stress Management Strategies, occupational stress, insurance employees

## I. INTRODUCTION :

Stress is characterized as far as its physical and physiological consequences for an individual, and can be a psychological, physical or passionate strain. It can likewise be a strain or a circumstance or factor that can cause stress. Word related stress can happen when there is an inconsistency between the requests of the earth/working environment and a person's capacity to do and finish these requests. Regularly a stressor can lead

the body to have a physiological response which can strain an individual genuinely just as intellectually. An assortment of variables add to working environment stress, for example, negative remaining burden, segregation, broad hours worked, uncomfortable workplaces, absence of self-confidences, troublesome connections among collaborators and the executives, the board tormenting, provocation and absence of chances or inspiration to headway in one's aptitude

level. Stress is a pervasive and exorbitant issue in the present working environment. Around thirty three percent of laborers report elevated levels of stress. One-fourth of representatives see their occupations as the main stressor in their lives. Seventy seven percent of representatives accept the specialist has more hands on worry than an age back. Proof additionally proposes that pressure is the significant reason for turnover in associations. With the concern at the work environment, laborers will create mental and physiological dysfunctions and diminished inspiration in exceeding expectations in their position. Women in India have made some amazing progress after freedom. From only a talented homemaker, all the women's today have gained aptitudes and abilities of being a homemaker as well as being at standard with their male partners. This is the new age of ladies, who need to seek after their fantasy vocation. Be that as it may, this life isn't a luxurious situation for all. Around the world women appreciate more extensive chances and growing jobs alongside an expanded hazard for pressure. Indian women ascribed the more significant level of worry to more chances, combined with dealing with numerous roles. The point is to contemplate insights concerning stress and impacts caused because of worry among women.

## II. OBJECTIVE :

- To analyse the effects of stress on women.
- To understand the reason for the pressure among women.
- To estimate the Prevalence of pressure among women.
- To find the statistically significant factors influencing the Stress level of women.

## III. REVIEW OF LITERATURE :

- **Balsam, Kimberly. (2012)** It is fundamentally focussed on ladies in the executives and occupation of the individuals who are under pressure. Ladies

are being known as the directors of the 21st century. Authoritative arrangements, structure, culture, factors natural for the activity of the board, quantitative and subjective outstanding task at hand, administration style, profession advancement and individual qualities are the wellsprings of worry in the work environment. <https://www.jstor.org/stable/25092365>

- **Brown, Phyllis Ann. n.d (2009)** has been investigating related pressure experienced by working and non-working ladies in Hyderabad city. It was inferred that family unit obligations, conjugal alteration, youngster care issues and family connections are the wellsprings of worry for wedded working ladies. <https://www.jstor.org/stable/29708445>
- **Humphrey, James Harry (1992)**. thought about the word related pressure profile of male and female managers. It was discovered that male administrators looked at lower levels of worry than that of females. Apparently female managers are solid and steady to play out their capacities and exercises in successful manner. <https://www.jstor.org/stable/27717198>

## IV. METHODOLOGY :

For the purpose of this study, descriptive research is used to accurately portray the study on stress among women. simple random sampling method is used to collect the samples. Non doctrinal research and empirical methods are used. 1772 sample size. Independent variables are gender, age, marital status, Educational qualification, occupation, monthly income. The dependent variables are issues caused by stress and stress among working women and chi square is the research tool used in this research.

**V. ANALYSIS AND DISCUSSION :**

**NULL HYPOTHESIS:** There is no significant difference between stress creates a lot of issues and occupation of the respondents.

**ALTERNATIVE HYPOTHESIS:** There is a significant difference between stress creates a lot of issues and occupation of the respondents.

**DO YOU FEEL STRESS CREATES LOT OF ISSUES AND MENTAL DEPRESSION AMONG WOMEN?**

**Crosstab**  
Count

		DO YOU FEEL STRESS CREATES LOT OF ISSUES AND MENTAL DEPRESSION AMONG WOMEN?		Total
		YES	NO	
. OCCUPATION	GOVT.EMPLOYEE	246	128	374
	IT SECTOR	360	166	526
	PRIVATE COMPANY	289	316	605
	SELF-EMPLOYED	139	128	267
Total		1034	738	1772

**Chi-Square Tests**

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	62.746 <sup>a</sup>	3	.000
Likelihood Ratio	63.124	3	.000
Linear-by-Linear Association	37.666	1	.000
N of Valid Cases	1772		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 111.20.

**Symmetric Measures**

	Value	Asymptotic Standardized Error <sup>a</sup>	Approximate T <sup>b</sup>	Approximate Significance
Interval by Interval Pearson's R	.146	.023	6.202	.000 <sup>c</sup>
Ordinal by Ordinal Spearman Correlation	.153	.023	6.504	.000 <sup>c</sup>
N of Valid Cases	1772			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.

**INTERPRETATION:** Since p value is less than 0.05 null hypothesis is rejected. Therefore, there is no significant difference between the stress creates a lot of issues and occupation of the respondents. It shows that stress creates a lot of issues depending on the occupation.

**2.Table:**

**NULL HYPOTHESIS:**There is no significant difference between the stress on working women and occupation of the respondents.

**ALTERNATIVE HYPOTHESIS:**There is significant difference between the stress on working women and occupation of the respondents.

**DO YOU FEEL THAT WOMEN WHO ARE WORKING GET STRESS?**

**Crosstab**

Count

		DO YOU FEEL THAT WOMEN WHO ARE WORKING GET STRESS		Total
		YES	NO	
OCCUPATION	GOVT.EMPLOYEE	256	118	374
	IT SECTOR	287	239	526
	PRIVATE COMPANY	334	271	605
	SELF-EMPLOYED	139	128	267
Total		1016	756	1772

**Chi-Square Tests**

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	24.696 <sup>a</sup>	3	.000
Likelihood Ratio	25.268	3	.000
Linear-by-Linear Association	16.247	1	.000
N of Valid Cases	1772		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 113.91.

**Symmetric Measures**

	Value	Asymptotic Standardized Errors	Approximate T <sup>b</sup>	Approximate Significance
Interval by Interval Pearson's R	.096	.023	4.048	.000 <sup>c</sup>
Ordinal by Ordinal Spearman Correlation	.093	.023	3.938	.000 <sup>c</sup>
N of Valid Cases	1772			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.

**INTERPRETATION:** Since p value is less than 0.05 null hypothesis is rejected. Therefore, there is no significant difference between stress on working women and occupation .It shows that stress on working women depends on occupation .

**VI. CONCLUSION :**

The prevalence of stress in South Chennai women is slightly lesser than those found in western

culture. An effective model for the prediction of the development of Stress needs to be developed and evaluated, and interventions aimed at

reducing the incidence of Stress need further research. The fundamental discoveries from this investigation of ladies were that expanded enthusiastic pressure was firmly connected with working status. There are a couple of impediments of this examination; there might be social inclination as certain subjects would be more averse to report worry to state that Indian ladies have far and demonstrated that they can do anything and are equivalent accomplices in the development of the country. Ladies are one of the mainstays of the general public and it would be hard to envision a general public without the nearness of ladies. Presently it is the ideal opportunity for us all to comprehend the intensity of ladies. Indeed, even our legal executive and governing body has likewise acknowledged the way that ladies are one of the most significant components of society and their misuse would not be acknowledged at any expense.

#### VII. PAPERPILE :

- [1] Aziz, Mohsin. 2004. "Role Stress among Women in the Indian Information Technology Sector." *Women in Management Review*.  
<https://doi.org/10.1108/09649420410563412>
- [2] Balsam, Kimberly. 2012. "Trauma, Stress, and Resilience Among Sexual Minority Women."  
<https://doi.org/10.4324/9780203728468>.
- [3] Brown, Phyllis Ann. n.d. "Economic Stress and Depressive Symptoms among Southern African American Women: An Examination of Mediating and Moderating Factors."  
<https://doi.org/10.31274/rtd-180814-4941>.
- [4] Cuevas, Carlos A., Chiara Sabina, and Emilie H. Picard. 2015. "Posttraumatic Stress among Victimized Latino Women: Evaluating the Role of Cultural Factors." *Journal of Traumatic Stress*.  
<https://doi.org/10.1002/jts.22060>.
- [5] Davis, Telsie A., Erika Carr, and Nadine J. Kaslow. 2013. "Posttraumatic Stress Disorder, Alcohol Use, and Life Stress Among African American Women." *PsycEXTRA Dataset*.  
<https://doi.org/10.1037/e586152013-001>.
- [6] Hobfoll, Stevan E. 1986. *Stress, Social Support, and Women*. Taylor & Francis.
- [7] Humphrey, James Harry. 1992. *Stress Among Women in Modern Society*. Charles C Thomas Pub Limited.
- [8] Kendall-Tackett, Kathleen A. 2013. *Handbook of Women, Stress and Trauma*. Routledge.
- [9] Kumari, Jyoti, and Madhu Mathur. 2012. "Occupational Stress Among the Women Teachers." *PsycEXTRA Dataset*.  
<https://doi.org/10.1037/e577212013-001>.
- [10] Lee, Anna K. 2013. "Psychosocial Stress and Cardiovascular Health Among Black Emerging Adult Women." *PsycEXTRA Dataset*.  
<https://doi.org/10.1037/e614002013-001>.
- [11] "Post Traumatic Stress Disorder Symptoms Among Women, California, 2000." 2002. *PsycEXTRA Dataset*.  
<https://doi.org/10.1037/e575942006-001>.
- [12] Rajeswari, S. M. 2008. *Stress and Attitude of Women Teachers*. Discovery Publishing House.
- [13] Sathyapriya, J., Sathyapriya J. Sathyapriya, J., Assistant Professor, Advanced Management College, 18th K. M. Bannarghatta Road, Bangalore, P Amuthalakshmi Dr, and B. Aparna B. Aparna. 2011. "Causes Of Stress And Affect Of Stress Indicators On Level Of Stress Among The Women Employees In It Sector." *Indian Journal of Applied Research*.  
<https://doi.org/10.15373/2249555x/aug2012/33>.
- [14] Scott, Christy K., Victoria H. Coleman-Cowger, and Rodney R. Funk. 2014. "Trauma and Posttraumatic Stress Disorder Among Substance-Using Women Entering Cook County Jail." *Women & Criminal Justice*.  
<https://doi.org/10.1080/08974454.2013.842518>.
- [15] Szabo, Yvette. n.d. "Cumulative Trauma, Emotion Reactivity and Salivary Cytokine Response Following Acute Stress among

- Healthy Women.”  
<https://doi.org/10.18297/etd/2795>.
- [16] Vargas-Paredes, Veronica. 2010. “Acculturative Stress and Depression Among First- and Second-Generation Mexican American Women.” *PsycEXTRA Dataset*.  
<https://doi.org/10.1037/e629242010-001>.
- [17] Winham, Katherine. n.d. “Modeling Posttraumatic Stress Disorder among Victimized Women on Probation and Parole : Examining the Impact of Childhood Victimization.”  
<https://doi.org/10.18297/etd/2081>.
- [18] Yogev, Sara. 1986. “Relationships Between Stress and Marital Satisfaction Among Dual-Earner Couples.” *Women & Therapy*.  
[https://doi.org/10.1300/j015v05n02\\_29](https://doi.org/10.1300/j015v05n02_29).
- [19] Zhang, Lili. n.d. “Stress and Coping among Women Academics in Research Universities of China.”  
[https://doi.org/10.5353/th\\_b2986624](https://doi.org/10.5353/th_b2986624).
- [20] Zinzow, Heidi, and Joan Jackson. 2007. “Attributions for Different Types of Traumatic Events and Posttraumatic Stress Among Women.” *PsycEXTRA Dataset*.  
<https://doi.org/10.1037/e517322011-557>.