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LEVEL OF STRESS AMONG WORKING AND NON-WORKING WOMEN

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ABSTRACT

Background:

Stress can be defined as the inability to cope with a perceived threat (real or imagined) to one's mental, physical, emotional and spiritual well-being, which results in a series of physiological responses and adaptations. Women's in modern global world have to play a dual role as housewife and career builder. Women are increasingly moving out of their homes and into the work environment and the women are playing dual role in her life as a housewife and as well as a working woman. The current study was conducted to compare the level of stress among working and non-working

women. The study explores that the working women's has more stress than the non-working women's. To verify the above stated hypothesis we took a sample of 60 women. Out of it, working women were (N= 30) and non-working women were (N= 30). This study finds out that working women's have significantly higher level of stress than non-working women.

Keywords: Stress, housewife, women: working and non-working.

Introduction:

Stress is defined as the non-specific response of the body to any demand placed upon it.

Stress is a psychologically and physical response to events that upset our personal balance in some way.

The woman is placed in the difficult position of having to balance the multiple roles expected of her with the roles.

METHODOLOGY

Aim of the study

The present study aimed to assess and compare stress among working and non-working women.

Sample size

Sample of 60 respondents (30 working and 30 non-working female) from Lucknow city were included.

Design

It was cross sectional study and purposive sampling was used.

Hypotheses

There will be no significant difference in stress among working and non-working females.

TOOLS USED FOR DATA COLLECTION

- Socio-demographic data sheet (especially designed for the study)
- Perceived Stress Scale – 10 item version (Cohen & Williamson, 1983)

Description of tools:

Socio Demographic Data Sheet:

Self-designed semi-structured socio