



SOCIOLOGICAL OBSTACLES INCREASE STRESS OF WORKING WOMEN

Shilpa Kaushal

*Research scholar,
College of Home Science,
CCS HAU-Hissar (Haryana).

Mukta Gurg

Asst. Professor,
College of Home Science, C.S. Azad
University of Agriculture and technology,
Kanpur (U.P)

Veena Shahi

SMS, KVK, Vaishali (Bihar)

¹/₁₅₇₅₀ ABSTRACT ¹/₁₅₇₅₀

This paper examines the social obstacles which increased stress of working women. To achieve the objectives of the study 120 working women were selected randomly from professional categories namely teachers, engineers and doctors with 40 respondents in each category. They were interviewed with the help of interview schedule. For analysis of data percentage, mean score, rank order and correlation coefficient were computed. The result showed that the major stressors for working women were lots of work, wrong policy of office, low amount & not get salary on time and work with whom they disliked and unexpected guest, child's bad habit, loneliness and their future, traditional customs and strain due to dual role responsibilities were obstacles at home perceived by all categories of respondents with different mean scores. Due to these factors they were faced different psychological problems. Study also revealed that teachers and engineers were highly stressed due to their home and workplace environment. But doctors were not stress due to home and workplace environment

Introduction

The women are best recognized for organizing their role as professional and house maker pretty flawlessly. However, this organizing may cost them more stress than they can actually manage. It is better known as dual role stress. Stress is no doubt a psychological disease but it affects health and creates lots of physical problems. These days' women are running to doctors and browsing websites to get rid of stress and depression but nothing works really until self realization takes place in mind. The so-called multi tasking modern women are knowingly or unknowingly moving on stress due to various reasons that may be related to family, office or children which create havoc in their mind and they fall in mentally sick and develop health in critical condition. Singh (1995) and Pillai & Sen (1998) reported that only 13.7% of working women were able to harmony their dual role.

Objectives

1. To know socio-personal characteristics of selected categories of working women.

2. To assess the home, workplace environment and psychological stress of working women.
3. To find out the effect of home and workplace environment on psychological stress of working women.

Methodology

The present study was conducted in Kanpur city of Uttar Pradesh state. The sample comprised 120 women respondents from three professional namely teachers, engineers and doctors were selected randomly with 40 respondents in each categories. Data for the study was collected through personal interview method by using a self prepared interview schedule.

The interview schedule consisted two parts, one for assessing general information of respondents and their office and other part consisted specific information about assessment of home environment, workplace environment and psychological stress. The collected data was tabulated with suitable statistical tools such as percentage, mean score, rank order and correlation coefficient.

**Result and discussion-****Table 1: Profile of respondents on socio-economic variables**

	Variables	Teachers F (%)	Engineers F (%)	Doctors F (%)
Age				
	<30	7 (17.5)	7 (17.5)	6 (15)
	31-40	19 (47.5)	22(55)	19(47.5)
	41-50	11 (27.5)	11(27.5)	13(32.5)
	>50	3 (7.5)	0(0)	2(5)
	Total	40 (100)	40(100)	40 (100)
Caste				
	SC/ST	10 (25)	8 (20)	5 (12.5)
	OBC	8 (20)	9(22.5)	11(27.5)
	General	22 (55)	23(57.5)	24(60)
	Total	40 (100)	40(100)	40 (100)
Occupation of spouse				
	Service	37 (92.5)	39 (97.5)	39 (97.5)
	Business	3(7.5)	1(2.5)	1(2.5)
	Total	40 (100)	40(100)	40(100)
No. of Children				
	1C	10 (25)	11 (27.5)	8 (20)
	2C	22 (55)	27 (67.5)	31 (77.5)
	3C	7 (17.5)	2 (5)	1(2.5)
	>3C	1(2.5)	0(0)	0 (0)
	Total	40 (100)	40 (100)	40 (100)
Type of family				
	Joint	17(42.5)	27(67.5)	18(45)
	Nuclear	23 (57.5)	13(32.5)	22 (55)
	Total	40 (100)	40 (100)	40 (100)
Monthly income				
	10,000-20,000	10 (25)	3 (7.5)	0 (0)
	20,000-30,000	24 (43.5)	31(77.5)	11(27.5)
	30,000- 40,000	6 (15)	6 (15)	24 (60)
	>40,000	0 (0)	0 (0)	5 (12.5)
	Total	40 (100)	40 (100)	40 (100)
Working hours				
	4-6	22 (55)	1 (2.5)	8 (20)
	6-8	18 (45)	39 (97.5)	27 (67.5)
	Above	0 (0)	0 (0)	5 (12.5)
	Total	40 (100)	40 (100)	40 (100)

Results of the present investigation showed that majority of the working women were in the age group of 31-40 years. Maximum number of women was belonged to general category followed

by other backward caste and schedule caste. Most of respondents spouse were involved in service. Maximum number of respondents had two children followed by one. Nearly similar numbers of respondents

were belonged to nuclear and joint family. Doctors' monthly incomes were higher than other categories of respondents. Working hours varied for all categories of the respondents.

Table-2: Mean and rank wise distribution of home environment stressors according to different categories of respondents

S.no.	Statements	Teachers	Engineers	Doctors
1.	Feel burden if unexpected guest coming in your working hours.	2.95(I)	3.25(I)	3.4(II)
2.	Consider traditional customs as an evil for women's development in the society.	2.925(II)	2.925(IV)	2.925(VI)
3.	Not get enough support and encouragement from your in laws.	2.75(IV)	2.0(XII)	1.825(XIII)
4.	Not find support from your husband in doing household works.	2.675(V)	2.3(X)	3.125(III)
5.	Feel guilty when not able to perform dual role responsibility.	2.25(IX)	3.075(II)	4.2(I)
6.	Tense about your child's future.	2.825 (III)	2.425(VIII)	2.5(IX)
7.	Tense about child's loneliness due to your official engagement.	2.3(VIII)	3.25(I)	3.1(IV)
8.	Feel child have bad habits due to your more involvement in work and home.	2.375(VII)	2.825(VI)	3.0(V)
9.	Feel you can decorate and manage your house better if you are only wife.	1.875 (XII)	2.85(V)	2.7(VIII)
10.	Feel strain playing dual role in life.	2.5(VI)	3.05(XIV)	1.95(XII)

Table.2 shows that most prominent stressors for respondents of all categories were unexpected guest coming in their working hours with respective mean scores 2.95, 3.25 and 3.4. Engineers (3.075) and doctors (4.2) were felt guilty when not able to perform dual role responsibility. Other causes of stress were traditional customs an evil for women development, tense about child's future & loneliness, their bad habits due to their official engagement, and feel strain playing dual role in life.

Anjla, et, al.(2004) supported burden of unexpected guest, compulsory socialization and no support of husband were the major

causes of stress for working women. Rankin(1993) supported that child related problem and maternal guilt and kalarani (1976) stated that if women do not carry out efficiently her multiple role, suffers from guilty conscience. In such circumstances when husband and family member do not cooperate then marital friction and family tension arises which create social and psychological problems. Makowska (1995) described that work related stressors was evidently greater than stressors related to family function although the relationship between family functioning stress and well being was also significant.

Table-3: Mean and rank wise distribution of workplace stressors according to different categories of respondents

S.no.	Statements	Teachers	Engineers	Doctors
1.	Not satisfied with policies of your office.	2.775(IV)	2.375(VI)	2.775(V)
2.	Have to do lot of work in this service.	3.15(I)	3.2(I)	3.675(I)
3.	Feel your suggestion are not given attention and not put to execution.	2.3(X)	2.375(VI)	2.075(XII)
4.	Not satisfied with amount of your salary.	2.8(III)	2.975(II)	2.525(VIII)
5.	Not get salary on time.	2.725(V)	1.875(XII)	2.375(IX)
6.	Have to work with those people to whom you dislike.	3.075(II)	2.575(III)	2.875(III)
7.	Feel that your hard work and volume of work paid less considering by others.	2.625(VIII)	2.475(V)	2.55(VII)
8.	Work in tense situation.	2.7(VI)	2.475 (V)	2.8(IV)
9.	Suffer by any type of mental harassment.	2.675(VII)	2.559(IV)	2.15(XI)
10.	Think that you have to do some work unwilling owing to certain group/political pressure.	2.05(XIV)	2.55(IV)	2.725(VI)

The table.3 shows that the most prominent causes of stress, perceived by all categories of respondents were have to do lot of work with highest mean score 3.2, 3.15 and 3.675 respectively. Other causes of stress were work with people to whom they dislike, policy of office, not satisfied with amount of salary and work in tense situation with different mean scores.

Brief,et.al.(1983) supported that women tend to work many hours, often under constant deadline pressure and to be more dissatisfied with their workload. Rivera, el. al. (1997) suggested that there is a need for development of public policies as the potential to have a positive impact on their health status.

Table-4: Mean and rank wise distribution of psychological stresses according to different categories of respondents

S.no.	Statements	Teachers	Engineers	Doctors
1.	Not feel calm.	2.125(IX)	3.225(II)	2.925(IV)
2.	Feel rush and do not seem to have enough time.	2.625(III)	3.05(V)	3.15(II)
3.	Have physical aches and pain, sore back, headache, stiff neck and stomachache.	2.55(IV)	2.825(VI)	2.925(IV)
4.	Feel preoccupied, tormented or worried.	2.325(VI)	2.125(X)	2.575(V)
5.	Feel confused, my thoughts are muddled, lack concentration and cannot focus.	2.175(VIII)	2.175(IX)	2.45(VI)
6.	Not feel full of energy and keen.	2.375(V)	3.075(IV)	3.15(II)
7.	Feel great weight on my shoulder.	2.775 (I)	3.425(I)	3.5(I)
8.	Difficulty to controlling my reaction, emotions, moods or gestures.	2.2(VII)	2.7(VII)	2.3(VII)
9.	Feel stress.	2.725(II)	3.15(III)	3.05(III)
10.	Feel lonely and helpless.	1.75 (X)	2.275(VIII)	1.875(VIII)



Table.4 evident that the most prominent psychological stress which were perceived by all categories of respondents were feel great weight on their shoulder, feel rush, have physical aches and pain, sore back, headache, stiff neck and stomachache and

not feel calm with different mean score and rank. Bakhshi (2008) and Ekelof (1991) also agreed that working women had greater strain than man and they are affected by double exposures and felt great weight on their shoulder.

Table-5: Effect of home and workplace environment on psychological stress of working women

S.no.	Respondents	Value of r
1.	Teachers	0.612**
2.	Engineers	0.663**
3.	Doctors	0.214 NS

Table value of r at 5%=0.312
at 1%=0.40

This is evident from table.5 that teachers, engineers and others were highly stressed due to their home and workplace environment. But doctors have no psychological stress due to home and workplace environment. Makowska (1995) reported that work related stressors were evidently greater than that of the stressors were home function.

Conclusion- Although modern women try to balance between their home and office responsibility yet they become stressed due to over burden of work. It is concluded from the study among these professions of working women that they have nearly similar causes of problems in home and workplace environment and have similar kind of psychological stress.

Recommendations

1. Stress can be overcome by suitable planning, good time management and systematic way of working.
2. Use facilities of good crèches.
3. Share the responsibilities of household activities by husband and family members.
4. Concentrate mind through meditation and yoga.

5. Improvement of the environmental condition of home and workplace.
6. Developed good policies for working women.
7. Relaxation during weekend through recreational activities.
8. Working women should developed positive attitude towards responsibilities of work and home.

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