

Level of stress among working and non-working women in Chandigarh

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Abstract—The current study was conducted to compare the level of stress and association among working and non-working women residing in sector 15, Chandigarh. Convenient sampling technique was utilized to select samples. A stress scale was prepared on the basis of scores to assess the stress level and categorize them. The data obtained was analyzed in terms of objectives and hypotheses using descriptive and inferential statistics. The study revealed that the stress level was higher in non-working women as compared to working women. There was significant association between stress level and age of the participants among both working and non-working women. The association between stress level and marital status there was Non-significant association between among working women but significant association among non-working women. The association between stress level and type of family revealed significant association among working women and Non-significant association among non-working women. The association between stress level and education level revealed Non-significant association among working women and significant association among non-working women. The association between stress level and family income revealed significant association among working women and Non-significant association among nonworking women.

Index Terms— Assess, Association, Chandigarh, Comparison, Level of stress, Non-working women, Working women

1 INTRODUCTION

Stress is simply a fact of nature, forces from the inside or outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, people usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience. The word “stress” is defined by “Oxford dictionary of psychology” as “Psychological and physical strain or tension generated by physical, emotional, social, economic or occupational circumstances, events or experience those are difficult to manage or endure.

Stress is a psychologically and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body defense kicks into high gear in a rapid automatic process known as the flight response. The signs of stress to include heart pounding in the chest, tensing of muscles, fast breathing and every sense on red alert. The mind and body are in mutual two ways integrated communication such that any turbulence in one tilts the other. The continued by saying body malfunction originally triggered by psychological forces or not, can exert a profound on mental behavior.

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Stress is an occasional attribute of every person's ecology. It is the pressure, tension or worry resulting from problems of meeting the challenges in life.

2 OBJECTIVES OF THE STUDY

The aim of study was

1. To assess the level of stress among working and non-working women.
2. To compare the level of stress among working and non-working women.
3. To find out the association between selected demographic variables.

3 HYPOTHESIS

All hypotheses will be tested at 0.05% level of significance.

H0: There will be no difference in level of stress among working and non-working women.

($\mu_1 = \mu_2$)

H1: Level of stress will be more among non-working women.

($\mu_1 < \mu_2$)

4 REVIEW OF LITERATURE

A study was conducted on, marital adjustment, stress and depression among a sample of 150 working and non-working married women of age group 18-50 years found that. working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.

A study conducted on Brigham Women's Hospital, Boston on 17415 health professional women of average 57 years of age for a period of 10 years and found that women with high job strain are 40% more likely to suffer from cardio vascular dis-

eases, including heart attacks and heart blocks. It was clearly estimated that the job in men and women positively and negatively affect health, making it important to pay attention to the stress of the job²⁶.

5 METHODOLOGY

The research approach adopted was exploratory survey which was co-relational in nature. In this study, Non-experimental research design was found to be most suitable for present study. In the present study, stress among women is the dependent variable and work status is the independent variable. The study was conducted in various working departments of Chandigarh and Sector 15, Chandigarh. The sample for this study consisted of 250 females employed in various departments residing in Sector 15, Chandigarh and 250 non-working women residing in Sector 15, Chandigarh. Convenient sampling technique was found to be appropriate and all the 500 women: 250 working and 250 non-working were selected as samples for the study. The reliability of tool was found to be 0.78 which was statistically significant. This indicates that the tool was reliable. Structured knowledge questionnaire was used to assess the level of stress among working and non-working women.

Part 1: Demographic characteristics: It included background of the subjects which includes five items such as age, marital status, type of family, educational qualifications and family income per month.

Part 2: Knowledge questionnaire: This part consisted two sections: A and B containing questionnaire related to physical health and psychological health. Total maximum score is 35 and minimum score is 0.

Section-A: Questionnaire related to physical health. This section consisted of 15 items to assess level of stress in relation to physical health. Each question consists of 2 options - 'yes' and 'no'. Each item had a score of 1 for the positive response and zero for the negative response. Maximum score is 15 and minimum score is zero

Section-B: Questionnaire related to psychological health. This section consisted of 20 items to assess the level of stress in relation to psychological health. Each question consists of two options - 'yes' and 'no'. Each item had a score of 1 for the positive response and zero for negative answer. Maximum score is 20 and minimum score is zero.

6 CONCEPTUAL FRAMEWORK

The present study is based on the modified Christie and Moore's theory of stress and health outcome. According to this theory, there are various factors such as personal factors (age, marital status and education), social support (type of family, family income) and coping skills of an individual which affects the level of stress. All these factors in turn, affect the appraisal of situation which is also dependent on working and non-working environment. If appraisal of situation is not adequate, it can result in stress among women in form of various physical and psychological symptoms. Health outcome of all these factors can be in form of depression, eating/sleeping disorders, maladjustments, decreased work efficiency, mood

disorders and so on.

7 RESULTS AND DISCUSSION

Table 1: Level of stress among working and non-working women

Scores	Stress level	Working women		Non-working women		Total	
		Frequency	%age	Frequency	%age	Frequency	%age
1-10	Mild	154	61.6	68	27.2	222	44.4
11-20	Moderate	70	28	66	26.4	136	27.2
21-30	Severe	20	8	74	29.6	94	18.8
31-35	Profound	6	2.4	42	16.8	48	9.6

The above table reveals that among working women, the highest percentage (61.6%) of women were having mild level of stress, (28%) of the participants had moderate level of stress, (8%) of the participants had severe level of stress and (2.4%) of the participants had profound level of stress.

Whereas in case of non-working women, the highest percentage (29.6%) of women were having severe level of stress, (27.2%) of the participants had mild level of stress, (26.4%) of the participants had moderate level of stress and (16.8%) of the participants had profound level of stress.

Table 2: Comparison of level of stress among working and non-working women

a) Working women				
Symptoms of psychosocial stress	Maximum possible Score	Mean score	Standard deviation	Mean Percentage
Physical Symptoms	15	2.12	2.202	14.11
Psychological Symptoms	20	3.90	3.284	19.52
Total	35	6.02	4.804	17.20
b) Non-working women				
Physical Symptoms	15	4.35	2.956	29.01
Psychological Symptoms	20	7.19	4.606	35.94
Total	35	11.54	6.993	32.97

The study shows that in working women, age of the subjects and stress levels has significant association. The calculated value of chi-square is (20.51) which is more than the tabled value (16.92) at 0.05% level of significance, with (9df). Hence,

we can conclude that age and level of stress is significantly associated with each other.

In non-working women, age of the subjects and stress level has significant association. In Non-working women, marital status and stress levels has significant association. In working women, Type of Family and stress levels has significant association. In Non-working women, Type of Family and stress levels has Non-significant association. In working women, Education Level and stress levels has Non-significant association. In Non-working women, Education Level and stress levels has significant association. The calculated value of chi-square is (32.91) which is more than the tabled value (21.03) at 0.05% level of significance, with (12df). In working women, Family Income and stress levels has significant association. The calculated value of chi-square is (49.56) which is more than the tabled value (21.03) at 0.05% level of significance, with (12df). In Non-working women, Family Income and stress levels has Non-significant association. The calculated value of chi-square is (14.87) which is less than the tabled value (16.92) at 0.05% level of significance, with (9df). Hence, we can conclude that family income and level of stress is not significantly associated with each other. The results of the current study are in accordance to the study conducted by Harshpinder and associates to investigate, Psychological and physiological effects of stress among working and non-working women of from urban areas Ludhiana found that worry and tension were reported by both categories though it was more in Non-working women than in working women. Another study supporting the results was conducted by Houston and associates on job stress, psychosocial strain and physical health problems among working and Non-working women and found that for both groups of women, more quantitative overload was associated with more tension and health problems. Greater quantitative overload was associated with Non-working women than in working women. Similar results were also found by a conducted by Soomro and associates to compare the level of depression of the non-working women and the working women found that the level of depression was much more in the non-working women than in working women.

8 RECOMMENDATIONS

On the basis of findings of the study it is recommended that:

- A similar study can be conducted in different settings i.e. communities, industries, hospitals, schools and other institutions.
- On the basis of findings of this study, a teaching program could be planned, conducted and evaluated to find out the effectiveness of the program on stress management.

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