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### A study on stress level among working and non-working women

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#### Abstract

Stress is a part of modern life, with increasing complexity of life, stress is likely to increase. Stress is built in the concept of role, which is conceived as the position a person occupies in a system. Women's in modern global world have to play a dual role as housewife and career builder. The present investigation was conducted to examine the stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non-working women's. In order to verify the above hypothesis a sample of 100 women's were taken. From which working women's (N= 50) and non-working women's (N= 50). This study has found out that working women's have significantly higher level of stress than non-working women

**Keywords:** Builder, investigation

#### Introduction

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.

The term woman is usually used for an adult girl. Womanhood generally refers to the period after the age of 18 years in the life of a female. Woman is the great creation of God, a multifaceted personality with the power of benevolence, integrity, adjustability and tolerance the lives of women of current era are much different than the older days.

. On the other hand there are lots of benefits of working besides being a homemaker that it seems to be a mistake to be a stay at home mother. However the decision to be a house wife or working lady may depend on factors such as financial situation, work availability, children's age, partner support, work passion, education and health Working women can utilize their abilities and skills not only for them but for their family and society as well. Rich experiences out of the home may consist of intellectual stimulation, problem solving, and handling challenge. These experiences are the source to enhance their self-esteem, self-confidence and sense of satisfaction. They have their own income, which offers independence, security and freedom. Working women can meet the financial needs of their family in case of husband's health or marriage failure. Along with financial distress the housewives may experience lack of satisfaction, boredom and feelings of worthlessness. These problems become serious as their children get older. Enveloped up in their own lives, children assert their independence and husbands are busy with their careers. At this point in life non-working women may find the empty nest traumatic indeed, whereas working mothers with rewarding careers have ample chances for positive reinforcement outside the home. Working women have also been found to promote higher level of independence in their children as it is impossible for them to solve every problem due to their absence, so their children tend to become more independent and better problem solvers.

It is also true that multiple roles are good for women's mental health. Generally the employment has positive psychosocial effects on women either as a safe-guard against stress or as a primary source of well-being. In short, the paid jobs help to reduce depression in life; however, working women may experience work related stress that may lead to depression.

### Objective

To explore the significant difference between working and non-working women's in their stress.

### Review of Literature

Deepthi and Janghel (2015) discussed coping strategy of stress in employed women and in non-employed women. They observed that employed women use self-distraction technique (surprisingly effective technique for changing mood) more as coping strategy compared to non-employed women.

Balaji (2014) <sup>[6]</sup> studied various factors which could lead to work family conflict and the stress undergone by women employees. He concluded that married women employees experience work family conflict due to the number of hours worked outside the home, flexible or in flexible working hours, size of the family and number of dependants of the family. These factors have an severe consequences for the psychological distress and well-being of married working women.

Dr. Hemanalini (2014) <sup>[3]</sup> investigated the causes of stress that affect women in the working atmosphere in the textile industry. Majority of women stated that they are experiencing stress because of job insecurity and because of high targets.

Ansuman, Adithya and Madhulita (2014) <sup>[1]</sup> determined that maximum number of women is suffering from poor mental health. According to them home and workplace atmosphere played a major role in deciding mental health status of women. Essien and Stephen (2014) <sup>[7]</sup> observed that annual leave and getting assistance from colleagues as the most widely used organizational and personal stress coping strategies by female employees of commercial banks in Nigeria.

Dhanabakyam and Malarvizhi (2014) <sup>[5]</sup> stated there is a positive relationship between stress and family difficulties in working women. The increase in work-family conflict leads to increase in work stress and vice versa in married working women. It is observed that women in professional job positions with high job demand were more prone to experience work family conflict and work stress.

### Material and Methods

Scientific methodology is necessary for a successful study as it directly indicates words. The authenticity of the research and attempt has been made to provide the detail of techniques employed to attain this objective of a present investigation. Methodology includes techniques; devices and procedure applied for conducting the research, in this study, the respect concerning the research methodology have been categorized in the following.

### Research Design

Simple random sampling was taken for sampling. Primary and secondary data would be collected. The method of primary data was collected for the objectives of the main study on the "A Study on Stress level among working and non-working women of Sultanpur city" through interview schedule questionnaire.

**Selection of area:** The area of Sultanpur district was purposively selected because study has been easily accessible for the researcher for collection data.

**Selection of Sample Size:** Total 100 respondents were selected for the study purposively.

### Methods of Collection of Data

Survey method was adopted in order to collection of data from the selected respondent with the help of the developed questionnaire schedule. The schedule will include aspect which led to the fulfillment of the objective of this study. The schedule the following information -

1. General information.
2. Nutritional status through anthropometric measurement.
3. Dietary information.

### General Information

The general after should indicate these information such as –

**Family:** The family background means that is known how many members in the family which are male or female & which age group their belong.

**Social Economic Status:** The social economic indicate that there are literate or not their source of income.

**Anthropometric:** Anthropometric is concerned with the measurement of various of physical dimensions, home anthropometric measurement include height (mt) weight (kg) will be recorded using the procedure prescribed by WHO(2004) body mass index (BMI) calculated.

**Height:** Height of the subject was taken with the help of a measuring tape by sticking it on the wall.

**Weight:** The personal weighting machine of maximum capacity of 120 kg & and the minimum division of 0.5 kg was used to weight all the subjects & the scale was set to zero.  
BMI – BMI = Weight (kg)/Height (mt)

**Analysis of data:** The data was analyzed using talk mark method the finding have been presented form of labels tabulation of data was make comparison of each attribute in the different attributes study each group in the table express in term of frequency & percentage. The selected samples would be interviewed personally.

### Statistical analysis-

$$(\%) = \frac{n}{N} \times 100$$

(%) = Percentage

n = Sum of respondents

N. = Total number of respondents

### Result and Discussion

The data collection of the different aspect per plan was tabulated and analyzed statistically. The result from the analysis are presented and discussed in the following sequence.

**Table 4.1:** Distribution of respondents on the basis of their Income Group

Income Group	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
LOW income group	10	10	20%	20%
Middle income group	26	23	52%	46%
HIGH income group	14	17	28%	34%
total	50	50	50%	50%

Above table shows that working women 20% of respondents belonged to low income group whereas, 20% of non-working women. Whereas working women 52% of respondent belonging to middle income group while 46% of non-working women respondents. whereas working women 28% of

respondents belonging to high income group and 34% of non-working women big majority of respondents belonging to middle income group. Because they belonging to middle background.



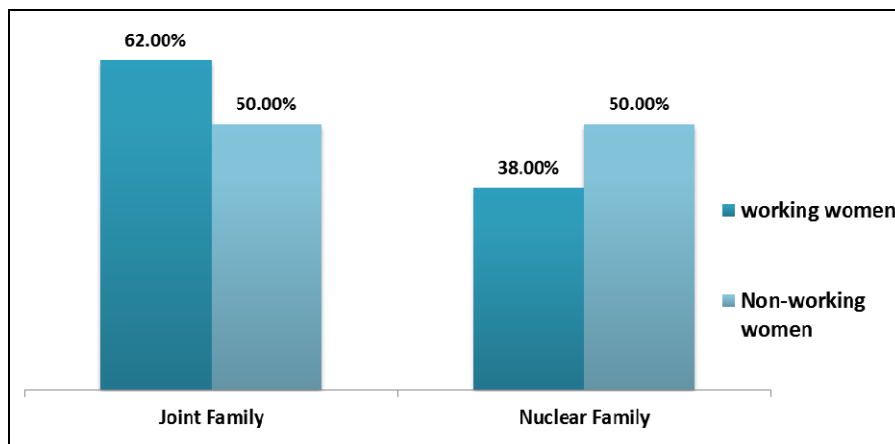
**Fig 4.1:** Distribution of respondents on the basis of their Income Group

**Table 4.2:** Distribution of respondents on the basis of their types of family

Types of Family	Frequency		Percentage	
	Working Women	Non-Working Women	Working Women	Non-Working Women
Joint family	31	25	62%	50%
Nuclear family	19	25	38%	50%
total	50	50	50%	50%

Above table shows that working women 62(%) of respondents were belonged to joint family and 50(% of non-working women. Whereas, 38(%) of respondents of working women were belonging to the nuclear family and 50(% of non-

working women. The percentages of working women respondents were higher which were belonged to nuclear family than non-working women respondents.



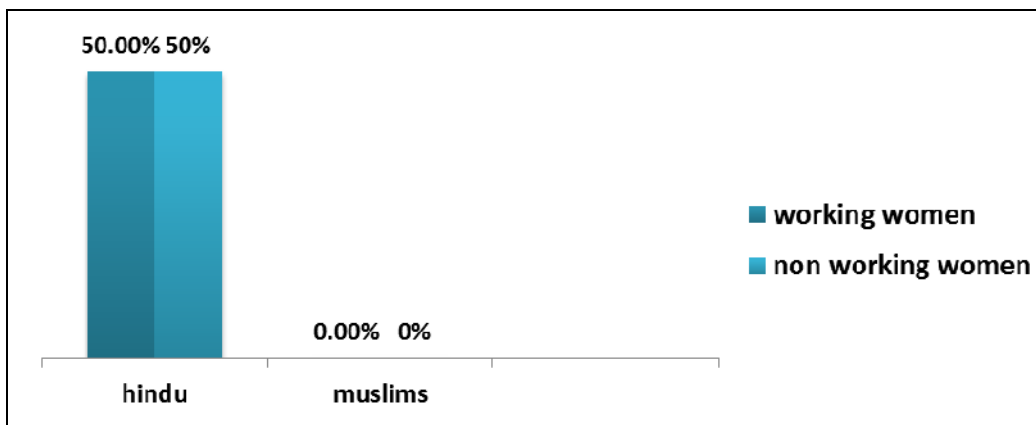
**Fig 4.2** Distribution of respondents on the basis of their types of family

**Table 4.3** Distribution of respondents on the basis of their religion

religion	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
Hindu	50	50	100%	100%
Muslims	-	-	-	-
Total	50	50	50%	50%

Above table shows that working women 100% of respondents in working women they belong to Hindu religion and in non-working women 100% of respondents in working women,

while no respondents were muslim in working and non-working women.



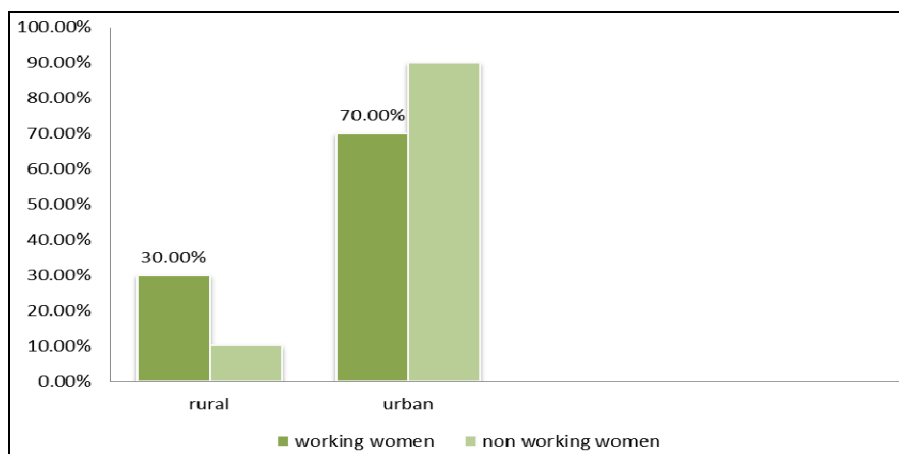
**Fig 4.3** Distribution of respondents on the basis of their religion

**Table 4.4:** Distribution of respondents on the basis of their living area

Living Area	Frequency		Percentage	
	Working Women	Non-Working Women	Working Women	Non-Working Women
Rural	15	5%	30%	10%
Urban	35	45%	70%	90%
Total	50	50	50%	50%

Above table shows that working women 30% of respondents living rural area, there were 10% of respondents in non-working women in rural area. Where as 70% respondents in

working women of urban area and 90% respondents of non-working women in urban area.



**Fig 4.4:** Distribution of respondents on the basis of their living area

**Table 4.5:** Distribution of respondents on the basis of their BMI

BMI	Frequency		Percentage	
	Working Women	Non-Working Women	Working Women	Non-Working Women
Normal weight	35	30	70%	60%
underweight	10	12	20%	24%
overweight	5	8	10%	16%
Total	50	50	50%	50%

Above table shows that working women 70% of respondents normal weight, there were 60% of respondents in non-working women in normal weight. Where as 20% respondents in working women of underweight, there were 24% respondents

of non-working women in underweight. Whereas 10% respondents in working women of overweight. There were 16% respondents in non-working women of overweight.

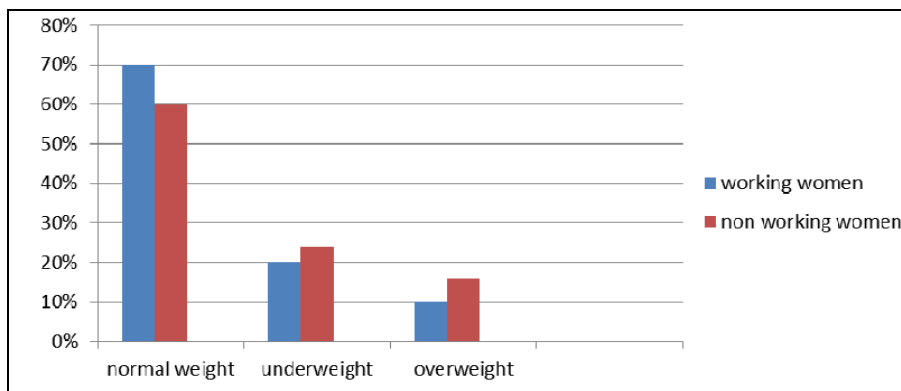


Fig 4.5: Distribution of respondents on the basis of their BMI

Table 4.6: Distribution of respondents on the basis of motivates your work.

Motive your work	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
Personal satisfaction	16	14	32%	28%
Financial independence	10	9	20%	18%
Support from family	18	22	36%	44%
Constructive utilization of time	4	5	8%	10%
If other	2	0	4%	0%
Total	50	50	50%	50%

Above table shows that working women 32% of respondents personal satisfaction, whereas, 28% of non-working women. Whereas 20% of working women respondents financial independence. While 18% of non-working women. Whereas 36% of working women of support from family. While 44% of

non-working women. Whereas 8% of working women in constructive utilization of time. While 10% of non-working women. 4% of working women of if other. While 0% of non-working women.

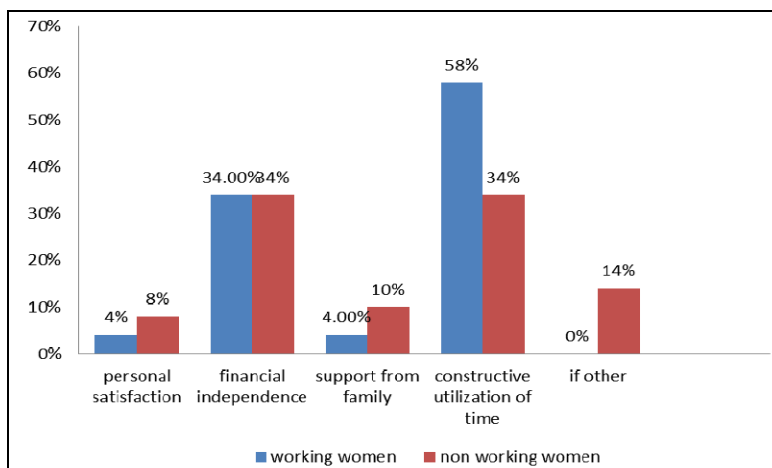


Fig 4.6: Distribution of respondents on the basis of motivate of your work.

Table 4.7: Distribution of respondents on the basis of affects you in balancing your work

Affect you in balancing your work	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
Hours of work	8	-	16%	-
overtime	6	-	12%	-
Need to work on holidays	19	-	34%	-
Working at home after office hours	10	-	20%	-
Traveling away from home	7	-	14%	-
Total	50	-	50%	-

Above table shows that working women 16% of respondents were hours of work while, 0% in non-working women, 12% of working women respondents were overtime of work while, 0% in non-working women, 34% of working women respondents were need to work on holidays whereas, 0% in non-working

women. 20% of respondents were working at home after office hours. While 0% in non-working women. 14% of working women respondents was travelling away from home. While 0% in non-working women.

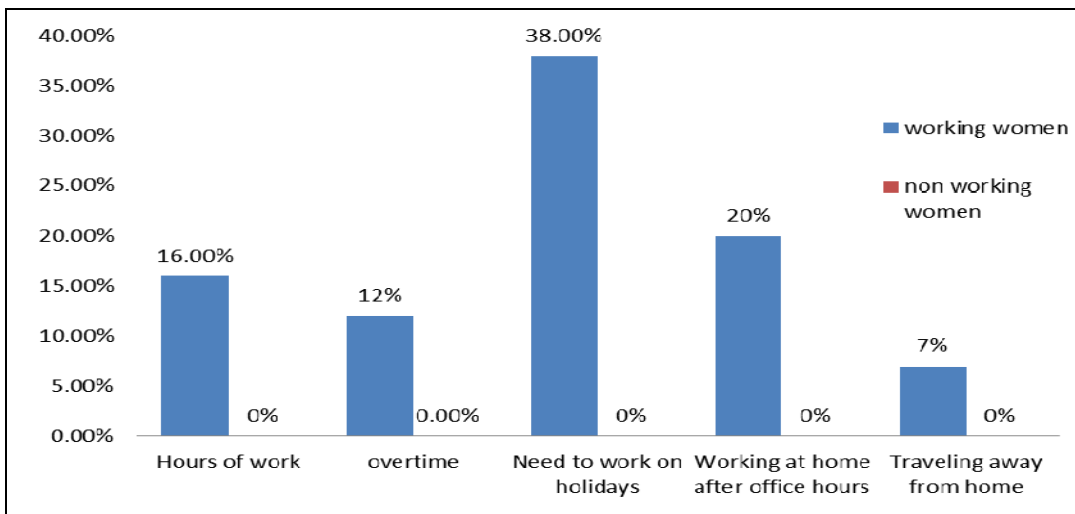


Fig 4.7: distribution of respondents on the basis of affect you in balancing your work

Table 4.8: Distribution of respondents on the basis of family commitments

Family commitments	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
More flexible working hours	4	-	8%	-
Work from home	25	-	50%	-
Time off for family emergencies and events	9	-	18%	-
Time off during school	12	-	24%	-
Job sharing	-	-	-	-
Total	50	-	50%	-

Above table shows that working women 8% of respondents were more flexible working hours whereas, 0% of respondents in non-working women, where as 50% of working women respondents work from home whereas, 0% respondents in non-working women. 18% of respondent in working women time

off for family emergencies and events. Whereas 0% respondents in non-working women. 24% respondents in working women in time off during school whereas 0% in non-working women, 0% respondents of working and non-working women in job sharing.

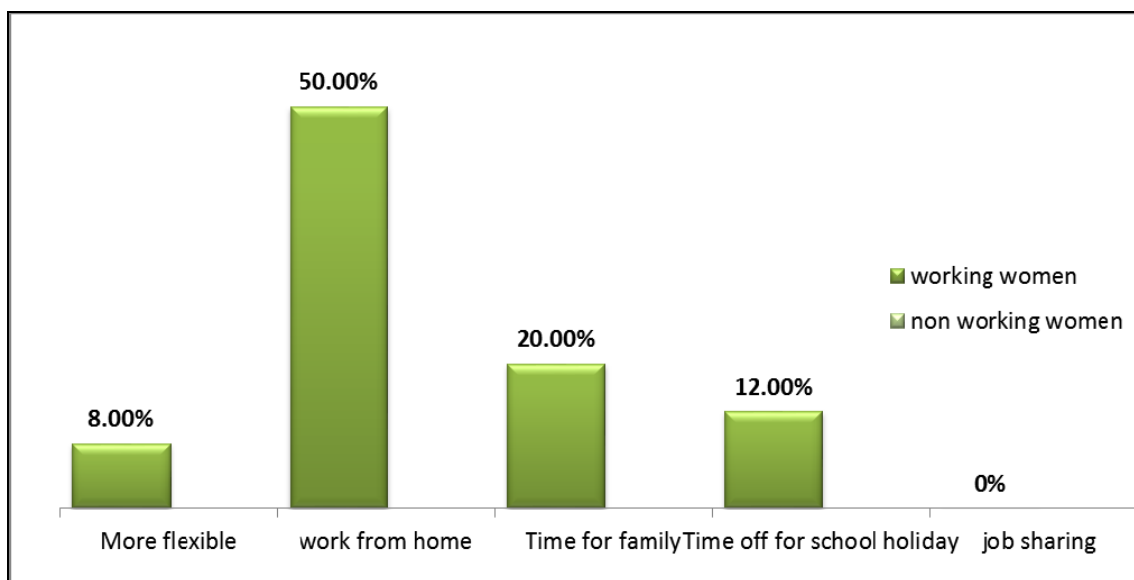


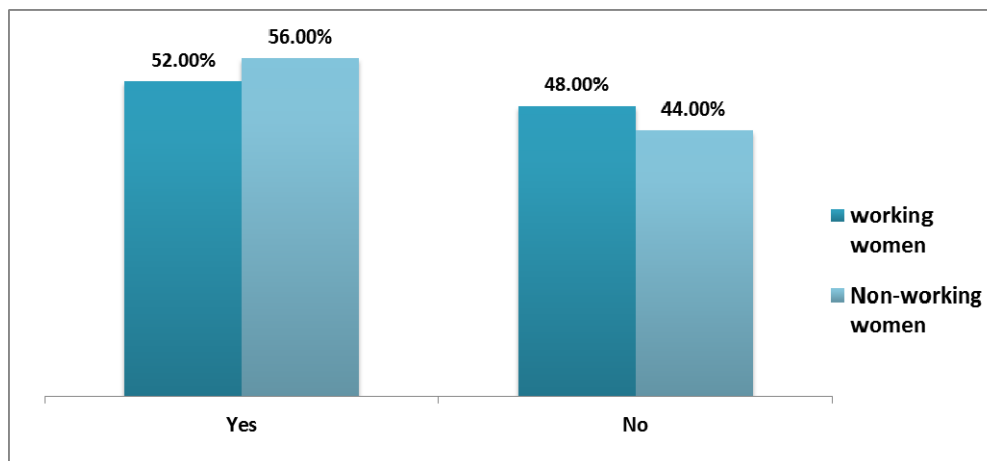
Fig 4.8: Distribution of respondents on the basis of family commitments

**Table 4.9:** Distribution of respondents on the basis of entertainment program

Entertainment program	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
Yes	26	28	52%	56%
No	24	22	48%	44%
Total	50	50	50%	50%

Above table shows that working women 52% of respondents yes while 56% of respondents non-working women. 48% of

working women respondents were no, while 44% of respondents in non-working women.



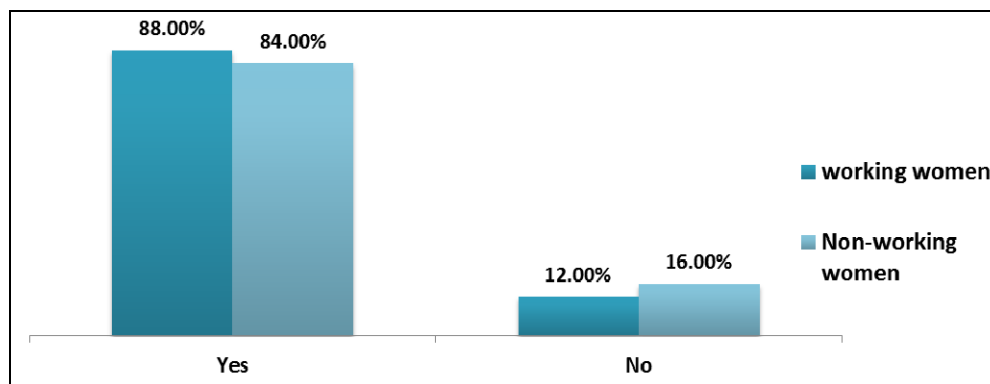
**Fig 4.9:** Distribution of respondents on the basis of entertainment program

**Table 4.10** Distribution of respondents on the basis of household work

Household work	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
Yes	44	42	88%	84%
No	6	8	12%	16%
Total	50	50	50%	50%

Above table shows that 88% working women respondents were belonging household work and while 84% in non-

working women. 12% of working women respondents were no while, 16% of respondents in non-working women.



**Fig 4.10:** Distribution of respondents on the basis of household work

**Table 4.11:** Distribution of respondents on the basis of participate in social organization

Participate in social organization	Frequency		Percentage	
	Working women	Non-working women	Working women	Non-working women
Yes	46	40	92%	80%
No	4	10	8%	20%
Total	50	50	50%	50%

Above table shows that working women 92% of respondents yes while 80% of respondent's non-working women. 8% of

working women respondents were no. while, 20% of respondents in non-working women.

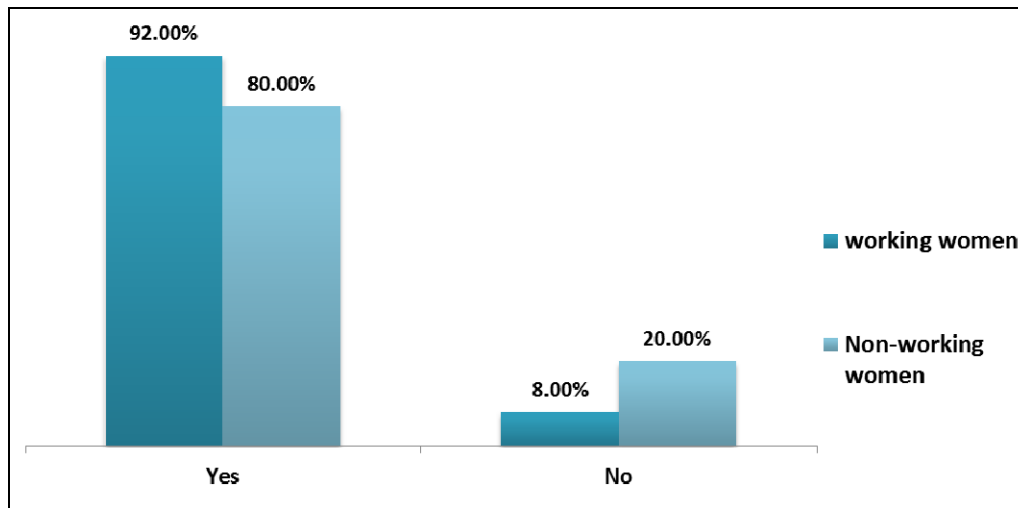


Fig 4.11 Distribution of respondents on the basis of participate in social organization

### Summary

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.

Woman is the great creation of God, a multi-faceted personality with the power of benevolence, integrity, adjustability and tolerance. The lives of women of current era are much different than the older days. They are going to expand their lives to include a career while maintaining their traditional roles. Mothers may work in an office for six to eight hours but their work does not end there. After finishing office, a mother comes home and takes care of her children, husband, and house. Her office as well as home responsibilities make a very demanding schedule.

Above table shows that working women 20% of respondents belonged to low income group whereas, 20% of non-working women. Whereas working women 52% of respondent belonging to middle income group while 46% of non-working women respondents. whereas working women 28% of respondents belonging to high income group and 34% of non-working women big majority of respondents belonging to middle income group. Because they belonging to middle background. Above table shows that working women 62(%) of respondents were belonged to joint family and 50(%) of non-working women. Whereas, 38(%) of respondents of working women were belonging to the nuclear family and 50(%) of non-working women. The percentages of working women respondents were higher which were belonged to nuclear family than non-working women respondents. Above table shows that working women 100% of respondents in working women they belong to Hindu religion and in non-working women 100% of respondents in working women, while no respondents were muslim in working and non-working women. Above table shows that working women 30% of respondents living rural area, there were 10% of respondents in non-working women in rural area. Where as 70%respondents in working women of urban area and

90%respondents of non-working women in urban area. Above table shows that working women 70% of respondents normal weight, there were 60% of respondents in non-working women in normal weight. Where as 20%respondents in working women of underweight, there were 24% respondents of non-working women in underweight. Whereas 10% respondents in working women of overweight. There were 16% respondents in non-working women of overweight. Above table shows that working women 32% of respondents personal satisfaction, whereas, 28% of non-working women. Whereas 20% of working women respondents financial independence. While 18% of non-working women. Whereas 36% of working women of support from family. While 44% of non-working women. Whereas 8% of working women in constructive utilization of time. While 10% of non-working women. 4% of working women of if other. While 0% of non-working women. Above table shows that working women 16% of respondents were hours of work while, 0% in non-working women, 12% of working women respondents were overtime of work while, 0% in non-working women, 34% of working women respondents were need to work on holidays whereas, 0% in non-working women. 20% of respondents were working at home after office hours. While 0% in non-working women. 14% of working women respondents was travelling away from home. While 0% in non-working women. Above table shows that working women 8% of respondents were more flexible working hours whereas, 0% of respondents in non-working women, where as 50% of working women respondents work from home whereas, 0% respondents in non-working women. 18% of respondent in working women time off for family emergencies and events. Whereas 0% respondents in non-working women. 24% respondents in working women in time off during school whereas 0% in non-working women, 0% respondents of working and non-working women in job sharing. Above table shows that working women 52% of respondents yes while 56% of respondent's non-working women. 48% of working women respondents were no, while 44% of respondents in non-working women. Above table shows that 88% working women respondents were belonging household work and while 84% in non-working women. 12% of working women respondents were no while, 16% of respondents in non-working women. Above table shows that working women 92% of respondents yes while 80% of respondent's non-working women. 8% of working women respondents were no. while, 20% of respondents in non-working women.



### Conclusion

In modern times, higher education facilitated women's entry into gainful employment. But now a day everyone talks about stress. Not only just high pressure executives are its key victims but it also includes laborers, slum dwellers, working women's, businessmen, professionals and even children. Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. In the fast changing world of today, no individual is free from stress and no profession is stress free. Everyone experiences stress, whether it is within the family, business, organization, study, work, or any other social or economical activity. Thus in modern time, stress in general and job stress in particular has become a part of the life and has received considerable attention in recent years. Stress is a subject which is hard to avoid. Stress is a part of day to day living. After study we conducted that stress level of working women is high but in non-working women is low.

### Limitations of Study

- The study is carried out for short period, so that time and other resources are limited to an extent.
- It was questionnaire schedule method which has its own limitations of respondent dependent information without any alternative.

### Acknowledgement

All glory to the almighty, whose blessing in the success behind this project praise pride and perfection belong to almighty. So first of all I would like to express my deepest sense of gratitude to the omniscient and omnipresent power of the universe, the almighty God.

The project would not have been possible without the support of many people. Word fails to express my sense of indebtedness and profound gratitude toward my honorable Advisor Dr. Mamta Jaiswal & co-advisor Miss. Kiran Agrahari & Co-advisor Miss Archana Singh, Faculty of Home Science, Kamla Nehru Institute of Physical and Social Science, Sultanpur for her noble advise constructive criticism and valuable suggestion. Many thanks to my honorable advisor for her innovative ideas, valuable suggestion unending inspiration enduring fortified during my study. Her continued encouragement positive attitude towards my ability made the achievements of this goal easy to tackle and complete my work in time. Idem it is rare opportunity and the proud privilege of my life to express my best regards sense of homage and gratitude to my reverent parents Mrs. Rajesh Shukla & my mother Mrs. Shail Shukla and my affectionate sister Miss. Ruchi Shukla. My family's constant inspiration, everlasting affection, their blessing sacrifices emotion, financial and moral support are the prime fact which made me capable of doing this all. From the very special corner of my heart I wish to record my indebtedness to my brother for their kind help and express my manifold thanks to Dr. Mamta Jaiswal I am also thankful to all respondents for giving me proper co-operation during the data collection.

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