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## Role related stress among working women

P Sushma and M Sandhya Rani

### Abstract

The present study was undertaken to find the role related stress among working women those who are working in the College of Home Science, Hyderabad, Telangana. A total of 30 working women were selected for the study. A questionnaire developed by HSE (Health and Safety Executive) was used for the collection of data by using interview method. The data was analysed by using frequency, percentage and mean. The current study revealed that role related stress was faced by the working women in medium and lower level. Working women were using coping strategies like watching serials, cooking, sleeping and spending the time with grandchildren to reduce their stress levels.

**Keywords:** Role, stress, working women, coping strategies

### Introduction

Now-a-days, the working women were facing so many problems like heavy works, working for prolonged hours, not respected by the other workers and harassed by co-workers etc. These factors are leading to the stress among working women. As the number of women increased in the employment; they have to perform multiple tasks at home as well as work place (Tripathi and Bhattacharjee, 2012) [4]. Because of these many roles' women are experiencing the stress in their daily routines. Women have to manage the works at home like cooking, cleaning, washing, taking care of children, husband, in-laws etc..., and at work place, women have to perform different duties which are respected to their cadre. The balancing between these two roles was leading for stress among the working women. Generally stress is considered to be negative and it has many effects upon individual. The presence of high level of stress in an individual which affects job performance adversely and creates many types of physical, psychological and behavioural problems (Panda, S. 2018) [1].

**Physical problems:** Stress causes physical reactions, including autonomic, excitability of nerves, increased heart-rate and decrease of body temperature. A research tending suggested that high level stress in accompanied by high blood pressure and high level of cholesterol and can result in heart disease, ulcer, arthritis.

**Psychological problems:** High level of stress may be accompanied by psychological reaction such an anger, anxiety, depression, nervousness, irritability, tension and boredom depending upon the nature of stress and the capacity of individual to bear stress.

**Behavioural problems:** Because of high level of stress people shown dysfunctional behaviour such as alcoholism drug addiction, increased smoking, sleeplessness, under/over eating.

### Objectives of the study

1. To know what are the causes for the stress among the working women.
2. To identify the effect of stress on their performance levels.
3. To study the coping strategies of stress.

### Methodology

Based upon the nature of the research problem and objective of the present study. Exploratory research design was used for the study. 30 working women working in College of Home Science were selected by random sampling for the study. Purpose of this study is to find the stress levels and usage of coping strategies among the working women. For present study random sampling technique was used for the data collection. It was the standard questionnaire developed by Health and Safety Executive (Bartram *et al.* 2009) [5]. Questionnaire is having five responses scale, which contains both positive and negative statements, for positive statements responses were never, rarely, sometimes, often, always for that scoring would be 1, 2, 3, 4, 5 respectively and for negative statements responses were never, rarely, sometimes,

often always for that scoring will be 5,4,3,2,1 respectively.

### Results and discussions

According to the general information of the working women; nearly sixty per cent (56.66%) of them were under the age range of 30-40 years, followed by 41-50 years and above 50 years. Considering the monthly income of the respondents majority (76.66%) were earning Rs-10,000-20,000 followed by Rs-21,000-30,000 and above Rs-30,000. With regard to the type of the family; Majority of them were belonged to nuclear family followed by joint family. Out of total sample, majority (73.33%) were had two children followed by three children and more than three children.

### Role related stress among working women

**Table 1:** Stress related score earned by the respondents

Stress level	Frequency	Percentage (%)
Low	22	73
Medium	8	27
High	0	0
Total	30	100%

Table 1 reveals that twenty seven per cent of the women were facing medium level stress and three fourth (73 %) were facing low level stress. This might be due to the reason that most of the working women using coping strategies to overcome their work related stress. The present study was parallel with the study conducted by Arumugam *et al.* (2015)<sup>[2]</sup> whereas study conducted by Sharma and Nair (2015)<sup>[3]</sup> revealed that above sixty per cent of the respondents were experience stress regularly and often.

**Table 2:** Usage of coping strategies

Coping strategies	Yes		No	
	Frequency	%	Frequency	%
	8	26.66	22	73.33

The data from the above table 2 represents that nearly thirty per cent of the working women were using coping strategies like watching serials (T.V), cooking, sleeping, spending the time with grandchildren. The present study findings were on par with the findings of the study conducted by Sharma and Nair (2015)<sup>[3]</sup>, who also found that working women were using various kind of coping strategies like watching T.V, meeting relatives/friends etc.

### Conclusion

Now-a-days working women were experiencing stress related to various aspects at their work place as well as home. The current study concluded that only one third of the working women were moderately facing role related stress and also experiencing a few number of health problems because of using various coping strategies like watching T.V, spending time with their grand-children and cooking.

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