

## A STUDY ON FACTORS INFLUENCING STRESS AMONG MARRIED WORKING WOMEN

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**Abstract:** The Study was on the factors influencing Stress among married Working Women. In the days of our ancestors' illness persuaded stress while in the current scenario stress stimulates illness. Stress was unique and personal in all paradigms. Stress can be a stepping stone to success or a blocking stone to deformation. The biological, physical and psychological up gradation or degradation determines the stress to be eustress or distress. Working women are pushed and pulled in different directions. The imbalance of work and family roles arise due to the number of factors, which strengthen the brunt of pressure on women. . This study attempts to describe the stressors for the stress among the existing women faculty members working in the college near Tallakullam. The design of the study was Descriptive. Questionnaire and Case Study method was used to collect relevant information from 40 women faculty.

**Keywords:** stress, eustress, distress, stimulus for stress, women.

**Introduction:** In the evolution of mankind, on the non scientific days when they lived and walked by the path of nature and reality, they enjoyed the state of wellbeing free from disease. The disease caused stress in the life stages of the human being. The present scenario had a paradigm shift where the stress which entangles the personality in this modern era creates illness which declines the health aspect both physically and psychologically. Stress was the body's way of responding to any kind of demand. It can be caused by both good and bad experiences. Stress was derived from the Latin word 'Stringi' which means 'To Be Drawn Tight'. According to Richard S. Lazarus, Stress was a feeling experienced when a person thinks that the demands exceed the personal resources and social resources the individual was able to mobilize. Stress was unique and personal. A situation may be stressful for some but challenging for other. Stress was not always necessarily harmful. Hans selye said, a stress was not necessarily something bad; it depends on how you take it. The stress of exhilarating, creative successful work was beneficial, while the stress of failure, humiliation or infection was detrimental. Stress can be positive stress; negative stress; neutral stress. Every individual should be aware on the level of stress that allows them to perform optimally in their life.

Role of women in family and carrier will always be demanding. Working women are pushed and pulled in different directions. The imbalance of work and family roles arise due to the number of factors, which strengthen the brunt of pressure on women. The study was especially concerning on the occurrence of stress due to various factors and to know the eustress and distress among the married working women. The study extends its view on the health and the relationship between the women and the children in the college and family, which hampers the social growth and psychological empowerment of them in

the family and which in turn happens to reduce the national growth in various aspects.

Identifying the stimuli for stress was often a prime factor to deal stress. Some of the most common sources of stress are survival stress, where fight and flight was a common response to danger. The internal stress was worrying about things that can do nothing about or worrying for no reason at all. Being addicted to hurried, tensed lifestyle initiates economical stress. Response to things around us, such as noise, crowd and pressure from work or family may cause environmental stress. Fatigue and overtime was a kind of stress that builds up over a long time and caused by not knowing how to manage time well or how to take time out of rest and relaxation. Stress affects both body and mind and also there was a relationship between stress, health and social support.

**Objectives:**

- To find the stimuli for the stress of the married working women.
- To know Eustress and Distress of the married working women.

**Design and Samples:** The design of the study was Descriptive. Questionnaire and Case Study method was used to collect information from 40 women faculty members working in the autonomous colleges near Goripallayam, Madurai. Findings were interpreted from percentage analysis.

**Findings and Discussions:** From the study it was observed that women above the age of 25 years were working in the college to serve the student's community. The maximum number of the work participation was found between 30-35 years. After this there was a slow decrement in the population. This reveals that the working women under goes multiple stress level, which may be considered by them as a eustress with more hope or in another way to withdraw their work participation. As the age

increases, the working participation rate decreases, which shows that the age was inversely proportional to the work participation of the respondents

The educational qualification of the respondents reveals that 90% of the respondents have gained higher educational grades more than the master degree. More empowerment in the education field ensures more hope for them in handling the stress in a more genuine way by satisfying their diversified duties at family and workplace. Their resourcefulness was apparent and each was unique. The insufficiency may create complication but the respondents are not scanty in handling the multiple roles with much efficacy. This proves that the higher education level enhances the maturity level of the respondents to face the dual role played by them in the home and college in an appropriate manner. 77.5% of the respondents can still enhance their education level to the doctorate category. Less than one fourth has entered the doctorate category and most of them have retained themselves in the intermediate stage of the educational qualification.

70% of the respondents reside in the nuclear family. This reveals the concept of individuality, self determination, and self esteem for their personal growth finds more space. The dependency on the in-laws reduces while the relationship was maintained with proper priorities. In the current scenario, the joint family system disintegrates due to various concepts of urbanization like workforce, increased economic needs, scientific and technological advancement. Responding the changes with 'fight and flight' concept, the respondent tackles the situation to its core, without exploiting the personal psyche. More than half of the population nearly 70% resides in the nuclear family. Though they have free space to move on with their own perception and an appreciable decision making trait to prove their individuality, they are overloaded with more duties which induces their physical work and mental strain. This proves that the respondents in the nuclear family that too with one or more children need abundance efficacy to complete their day-to-day routine, to take care the wellbeing of the family and the students' welfare in a more balanced way without any chaos. The joint family and nuclear family has its own pros and cons and herein this organization the maximum number of respondents resides in nuclear family while 30% of the respondents reside in the joint family.

80% of the respondent families' economic needs are satisfied by the earning of two members in the family. Most of the respondents reside in nuclear family. More than three fourth of the population has two earning members in a family and are in nuclear family. The women in this particular situation are deliberately forced by the norms to undergo multiple

tasks to satisfy the needs of the family, the organization and the society. The respondent effectively manages the time to satisfy the duties at home and then gush out to the workplace. This flying wing of the respondent signifies the stressful situations are considered to be challenging and have to be handled effectively to show off their stronger interpersonal skills to satisfy their different level of responsibilities. 2.5% of the respondent has unique responsibility to satisfy the family needs with single earning hand to meet the economic needs of the family. 5% of the respondents enjoy the economic support with more than three earning members in the family to meet the social and economic needs in the post modern era.

In the current scenario, the woman who works out of the home was rationally forced to work inside the home. The continuous fulfillment of responsibilities from dawn to dusk generates redundancy among women. This in turn generates boredom followed by strain and results in psychological setbacks. The harmonious relationship among the family members may have to experience a strain which may result in unwanted fragmentation in the family. This induces high mental stress which declines the physical and psychological health. The population in this organization receives an optimum support from their spouse which was more appreciable. This too can be critically voiced out. The Indian culture was more bounded with aesthetic senses to carry out the essence of the nature and the historical past with more creativity. The women are domesticated and are considered to be a homemaker as they are channelized as weaker sex. The women are rationalized to support, to accept, to adjust and to appreciate their spouse without any prejudiced thoughts to lead a harmonious family without any hindrance. This essence might have emerged to rationalize the spousal support to 70% among the respondents. Scanty population reveals that they never receive the spousal support to the normal functioning of the daily routine. Then few have an optional way of judging their spousal support was received rarely in the time of emergency.

In general the research was based on queries and probing the untouched and sensitive areas with more facts of contradiction and was often noted for its uncertainty. The nil suspiciousness of 87.5% of the respondent reveals the spouse with perfect trait was suspicious. This can also be revealed as the respondent may be inherited with great adjusting and adapting trait to tackle the uncertainty and unpredictability of the partners with out any suspicious thoughts. This also reveals the fact that Indian women are rationalized to support their spouses without any grudge or regression. The women with higher level of education too oblige in

the path of the tradition. It was a hard fact to digest that a survey report poses out that 85% of the married men doubts their partner in one or other way, where nil respondent doubt their spouse in this study. This shows a positive approach on the marital relation among the women although we feel a great contradiction on the reality.

The impact of stress was on the psychological wellbeing of the respondents, when the individual was over loaded with duties and responsibilities without rest and relaxation. It was found that 20% of the respondent feels mood swings, which reveals that they have multiple roles with abundance of duties responsibilities to be satisfied without willingness. When the individual was forced to work out of interest then they have mood swings as they seek an environment which satisfies their needs. When an individual was demanded to do more than the efficiency of their own, then they are said to be stressed with reduced concentration as they have nil interest to complete the task of their own. When the individual was forced and demanded to accomplish a work in which they least interest then the work shifts as work load which in turn reduces the work competency and de motivate the role play of the individual. This unfavorable criterion, where an individual was forced to work with orders was distressed and also the decision making ability wards off. Though 87.5% of the respondent never doubt their spouse; 70% of the respondent receive spousal support; 80% of the respondent have economic support must result in appreciable health status especially in psychological wellbeing. The finding on the impact of stress proves the hidden pathetic condition of the health state. 42.5% feels difficult in decision making and 37.5% undergoes reduced concentration. The enhanced interpersonal skills help the respondent to manage the diversified duties with more tenacity, in spite of the dual role in work place and home. Though they perform end less duties from dawn to dusk with endless love the inner child with in them needs comfort and recognition. The anima animus of the individual always hides the dark personality from others and exposes the brighten part to the society. The darken part represents the pent up emotions which are bottled up without proper ventilation. This bottled up emotions have to be ventilated to have a physical and psychological well being.

**Case Study I :** The woman faculty member of the college was witnessed as a sample to emphasis the topic selected. The observation and interview was made to make the case study. From the observation it was clear that the physical grooming was maintained properly by the respondent. By interviewing the respondent, the demographic profile and socio economic details were gathered. She was a single

child. From her childhood, she was grown up with more individuality with least dependency. From the childhood, she had close communication with others. The communication was neither rigid nor open. It was more moderate. The personal interest to have an independent survival urged her to withstand by herself and engage her in a job. The respondent maintains a harmonious relationship with her spouse, children and family members. Her social boundaries are restricted to few closed ones. She maintains good relationship with god rather than with friends. The peer group was found to be nil. The respondent was more introvert. She makes suggestions to herself and makes decisions. There was no inclusion of family members or friends for any discussion. The marital life too favors her. The spouse adapts to her. She too adjusts and adapt to changes, when she was convinced. The words from the respondent show her individuality and her level of confident. The child rearing was done with the support of her mother. The in laws were too co-operative but they were far away from them. The house keeping and daily routine of maintenance was done with the help of servant maid. The economic status was in more satisfied level. The respondent at times feels for her loneliness, but that never affects her wellbeing. She used to thank god for her wellbeing and consider that every event was only due to god's grace. Typically she was culturally bounded and abides by the norms of the society. Although she feels stress at time, she can manage it more positively. In the workplace she faced so many challenges and made the events as positive to her career. She works for herself and to develop the students' welfare. She never gives chance for others to overrule her. The super shade of the juniors will never hurt her. The gazing of the unqualified senior staffs and other personalities upset her. She avoids buttering and hates such personalities. She salutes for the real stuff. The words from her show the prevailing of stress in the working arena. The capacity, the resourcefulness and the courage helps her to overcome the stress successfully and manage it more effectively.

**Conclusion:** The women are forced to accept responsibilities from dawn to dusk which imposes a hectic work schedule without proper rest or relaxation. The thoughts too are rationalized. The pathetic condition can be eradicated in future by influencing the younger generation to accept responsibilities without gender bias.

Parenting plays a vital role in child rearing which was forced to evacuate by the work environment of the married working women as they were pulled and pushed in different direction to satisfy their diversified duties. The ventilation of the bottled up and pent up emotions, ward off the unwanted stressful situations which helps to maintain an

efficient and effective health state of wellbeing both physically, psychologically and spiritually. The teachers were framing the future generation to serve the national growth. This happens when the women work in a peaceful environment at family and work place.

To have an incredible India, the future generation has to be nurtured positively with resourcefulness and tenacity. This can be organized by the faculty members who are considered to play the parental role in nurturing the students with care, concern, support and empathy. More researches are ongoing in World Health Organization to determine the constraint, health hazards and threats that stimulate stress and to find out an effective way to overcome the stress of the married working women in a meaningful and successful way.

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