

IMPACT OF CAUSES OF STRESS AND STRESS MANAGEMENT AMONG WORKING WOMEN IN TAMILNADU

.Dr. THOMAS FELDMAN Student of department of Business Administration, Theivanai Ammal College for Women (Autonomous), Villupuram.

Dr.ECCLESTON, Head & Assistant Professor of Business Administration, Theivanai Ammal College for Women(Autonomous), Villupuram.

ABSTRACT

The female generation has grown more self-centered and only connects with technology. It decreases physical activity and time spent with family and friends. In this the research have find the impact of causes of stress and stress management among working women. The data gathering process includes both primary and secondary data collection, which is gathered from the appropriate sources. The primary data was gathered from 80 working Women's through questionnaire. The finding reveals that all the factors namely Headaches, Bouts of Anger, Insomnia, Restlessness, Binge Eating, Tense Muscles, Sore Neck & Back, Irritability, Fatigue, Constipation and Boredom, Depression. The result of the study is financial stress and psychological stress has been recognized as the most common sources of stress among women.

I INTRODUCTION

It has been stated that women are more stressed in today's competitive society. We obtained data on depression, suicide attempts, and certain psychiatric disorders in women. We occasionally get information on suicide, attempted suicide, depression, dropout, and a variety of other psychiatric disorders in women. Now that the situation has shifted, most of us are aware of the stressors that influence college students and are working to create an environment that encourages positive thinking in women. Individuals and other organisations have also taken steps to undertake various stress-reduction programmes.

Adolescence is a perilous stage in which young people struggle with self-organization and role uncertainty. Academic assessments, interpersonal relationships, relationship troubles, money, and job exploration are the primary sources of stress for them. Such stress is known to produce psychological, bodily, and behavioural difficulties. Taking all of these things into consideration, an attempt is made to comprehend the tension and emotional alterations of today's women. The findings of this study may lead to improved female adjustment and academic achievement.

Stress is described as a person's psychological and physiological reaction to the sense of a demand or difficulty. Women are more likely than males to suffer from stress as a result of their academic and personal lives. In today's competitive environment, women confront several hurdles, hardships, and a great deal of pressure. Students are taught how to cope with stress and how to avoid it. Stress is the way an individual or a person behaves when confronted with external or internal difficulties and obstacles. "The body processes various

systems to coordinate such adaptive responses at both the systemic and cellular levels". Because stress has a direct influence on the brain and the entire structure of the body, failing to adjust to a stressful situation can lead to brain dysfunction and physiological problems and There are also various areas of psychological difficulty, such as sadness, worry, pain, and burnout.

II REVIEW OF LITERATURE

Fitzgerald and Shillelagh (1991) investigated the link between stress and sickness in women. The research of the elements that contribute to health and sickness is one that necessarily incorporates both psychological and physiological processes. The primary goal of this study was to look at the relationships between two characteristics – burnout and disease – and a variety of personality and environmental factors.

Muddanagouda Patil (2016) investigated occupational stress among working and non-working women. Stress isn't always a bad thing. It is, nevertheless, a reaction to which various people respond differently depending on their experiences. It was determined that the sources of stress for women include domestic chores, child care concerns, and family relationships.

Antoniou et.al (2006) Females' causes of work stress and professional burnout were discovered in this study. It was shown that females suffered higher stress than males. Stress is described as "the mental and physical response that happens when the needs of the work do not meet the capabilities/potentials."

Gourie Suraj Narayan (2005) concentrated on women in management and occupational stress. It was recommended that an ecosystem strategy should focus on individual, organisational, and societal intervention to reduce stress among working women.

Adeline Broadbridge (2000) highlights the reasons of stress in female retail managers. It was suggested that educational programmes, career planning, confidence boosting, and other stress-relieving measures be implemented.

Nagina Parveen (2009) investigated occupational stress among married and single working women in Hyderabad. This survey gives useful information regarding both categories of respondents' stress levels. According to the study's findings, overall work-related stress, as evaluated by the occupational stress scale, was clearly higher in married working women than in unmarried working women.

Vemuri Swathi and M.Sudhit Reddy (2016) did a study on job stress and the factors that contribute to it among working women. The study's findings show that workplace stress is a rising issue, with a disproportionate impact on working women. Women workers report higher non-fatal, but long-term and debilitating health issues. According to the review of research, 8 working women are often involved in several chores at the same time, juggling between family and work commitments, which causes stress in them.

Sai Lakshmi and Hema.S (2016) did study on stress and its effects on women's lives. It also emphasises on how working women in the IT field are under a lot of stress, and this

article shows ways to aid, manage, and lower stress levels in their professional and home lives.

Dr. Latha Krishnan (2014) did a study to determine the impact of stress management approaches employed by working women and the various factors leading to stress among working women. This research was carried out among working women from various industries in Bangalore. The study's findings show that unexpected visitors, followed by a lack of domestic support, create significant stress among working women under socioeconomic stresses. Furthermore, worry for the future of the children and the instability of the husband's employment play a significant part in producing stress in the family and relationship. To live a stress-free life, working women must maintain a work-life balance and use stress-management techniques such as meditation and a well-balanced diet rich in entertainment and enjoyment.

A.Krithika and Dr.K.Rajam (2018) performed a study on the occupational stresses experienced by female instructors in educational institutions, as well as how they deal with these difficulties. The study's findings show that students develop knowledge and abilities during their education, and instructors serve as primary role models for their pupils. Teachers play an important part in a country's growth since they teach the next generation. In today's environment, the new word 'Occupational Stress' may be described as the damaging physical and emotional responses that arise when the job requirements do not meet the worker's talents, resources, or demands. Job stress may wreak havoc on one's health and possibly cause damage. This page contains 47 reviews from various sources from 2007 to 2017.

Harilal. A. and Santhosh V.A. (2017) performed study to identify and compare the amount of stress faced by housewives and working women in Kerala. The investigation demonstrates that working women had higher stress levels than housewives, and they both have a link between their stress levels and their family's financial situation. The research assists businesses and spouses in effectively managing women's multiple roles in work and domestic life.

III RESEARCH METHODOLOGY

The data gathering process includes both primary and secondary data collection, which is gathered from the appropriate sources. The primary data was gathered from working Women's through questionnaire. Secondary data is gathered through internet databases, books, and journals.

Sampling Method

Around 80 working women were chosen as a sample to be studied for the causes of stress and how to handle stress.

The sample approach used was convenient sampling, and data was obtained from 80 workers in the needed field of analysis based on the conveniently selected working women for the study.

IV DATA ANALYSIS AND INTERPRETATION

The respondents are from the different areas of north India, some are working and some are doing studies. The table shows that total numbers of respondent were 80. The maximum 40% of respondent belong to the age group of 21-23 years, 22.5% of respondents belongs to age group of 23-24, above 25yrs represents and 25% from >23years.

Table 1: Distribution According to Age

Age	Respondent	Percentage
Up to 20 years	20	25
21 – 22 years	32	40
23 – 24 years	18	22.5
Above 25 years	10	12.5
Total	80	100

Table 2: Monthly Income (Family) wise Distribution

Monthly Income	Respondent	Percentage
Up to Rs. 10,000	16	20
Rs. 10,001-Rs. 20,000	23	28.75
Rs. 20,001-Rs. 30,000	20	25
Rs. 30,001-Rs. 40,000	10	12.5
Rs. 50,000 and above	11	13.75
TOTAL	80	100

Majority 28.75% of respondents earn Rs.10,001-Rs.20,000, 25% of respondents earn Rs.20,001-Rs.30,000, 12.5% of respondents earn Rs.30,001-Rs.40,000, 13.75% of respondents earn up to Rs.10,000 and remaining respondents are earn above Rs.50,000.

Table 3: Distribution According to Education qualification

Education Qualification	Respondent	Percentage
Under graduate	27	33.75
Post graduate	14	17.5
Diploma	39	48.75
TOTAL	80	100

The table shows the education status, 33.75 respondents are UG education status, 17.5 respondents are PG status, 48.75 respondents are Diploma holder.

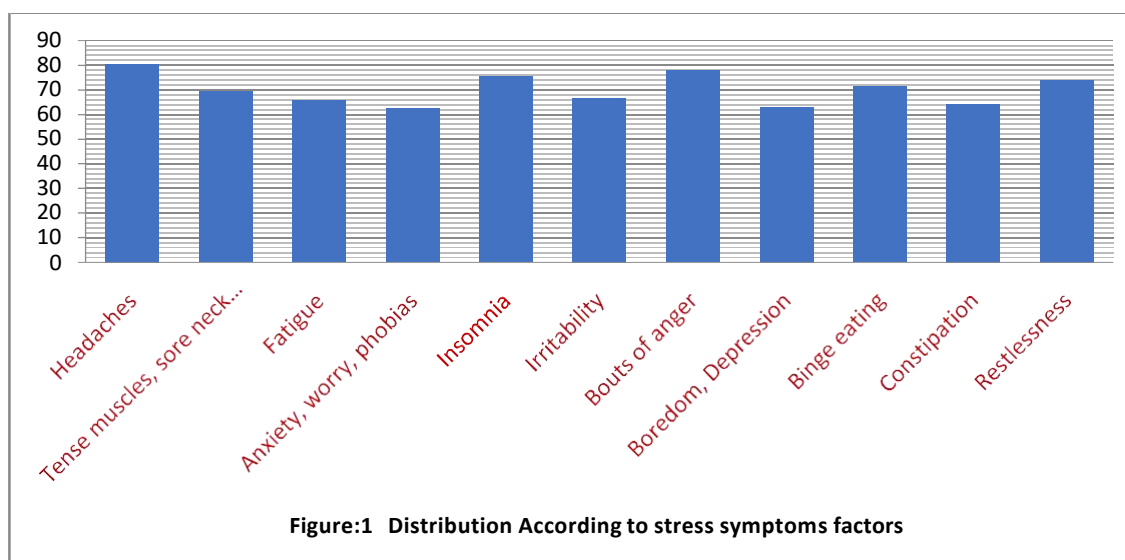
Majority 48.75% of the respondents are diploma holder, 17.5% of the respondents are post graduate, and the remaining 33.75% of the respondents are under graduate.

STRESS SYMPTOMS AMONG WOMEN

The result indicates that Womenss do experience stress and symptoms as shown in Table 4 below. The highest percentage is 80.49% suffering from Headaches followed by Bouts of anger (78.02%) and Insomnia (75.32%). It is observed that most of the Women suffering from Headaches, tension etc. The lifestyle of women consist of various desires, they want to fulfill the desires and if they are not capable to fulfill the wishes they feel somewhat stress. The levels of symptoms are toward high. Womens may be unable to concentrate on academics and sports. They isolate from family activities or peer relationships. They may have poor appetite and low immunity.

Table 4: Distribution According to Stress Symptoms Factor

SYMPTOMS	Percentage	Rank
Headaches	80.49	1
Tense muscles, sore neck and back	69.23	6
Fatigue	65.80	8
Anxiety, worry, phobias	62.50	11
Insomnia	75.32	3
Irritability	66.71	7
Bouts of anger	78.02	2
Boredom, Depression	63.01	10
Binge eating	71.37	5
Constipation	64.19	9
Restlessness	74.11	4



CAUSES OF STRESS

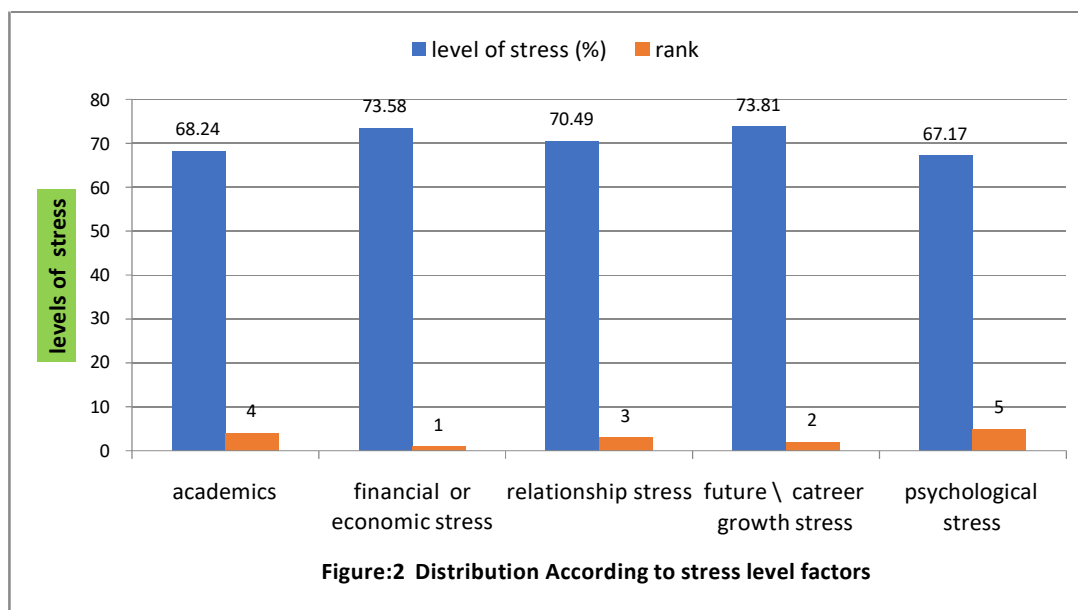
The first part of the questionnaire indicates the factor psychological stress which show the stress level 67.73% whereas highest level of stress generates due to Financial or

economic stress. The other stressor Future/Carrer Growth stress factors have 72.81%, Womens have 70.49% of Relationship stress and 68.24 having Academics stress.

The % of all stressor are high it means to maintain the life style.

Table5: Level of Stress of each kind

Kind of stress	Level of stress (%)	Rank
Academics	68.24	4
Financial or economic stress	73.58	1
Relationship Stress	70.49	3
Future / Career Growth Stress	72.81	2
Psycological Stress	67.73	5
Overall stress	70.45	

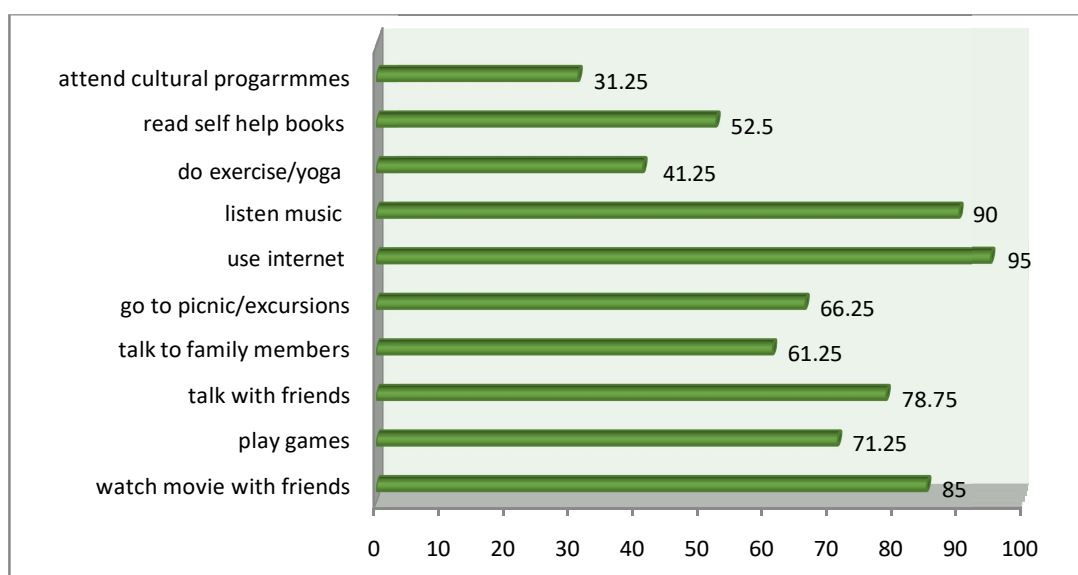


The different strategies used by the Womens to maintain the stress level according to Womens are:

- ✓ Most of the womens want to become live on social networking sites to cope up with stress (95%)
- ✓ Womens want to listen music (90%)
- ✓ Womens want to watch movie with friends(85%)
- ✓ Other strategies areTalk with friends, play games and go to picnic/eexecursions.

Table 6: Activity to Reduce Stress

Action	N	%	Rank
Watch movie with friends	68	85	3
Play games	57	71.25	5
Talk with friends	63	78.75	4
Talk to family members	49	61.25	8
Go to picnic / excursions	53	66.25	6
Use internet (social networking sites – Facebook, Google + etc) or other sites	76	95	1
Listen Music	72	90	2
Do exercise / yoga	33	41.25	9
Read self help books	42	52.5	7
Attend cultural programmes	25	31.25	10



Hypothesis Testing

To test the significant level between age and stress F test is applied. The significant result is occurred between the different age group. It shows that the all age gro p of womens have same factors of stress. There is overall significant relationship exist between different age group.

Table 7: Difference between Age Group and Stress Factor

Age	N	Mean	SD	F	P value
Up to 20 years	20	4.23	0.69	0.014	0.001
21-22 years	32	4.14	0.72		
23-24 years	18	4.01	0.77		
Above 25 years	10	3.98	0.73		

To test the significant level between income level and stress F test is applied. The significant result is occurred between the different income group. It means income affect the level of stress. There is overall significant relationship exist between different income groups.

Table 8: Difference between Monthly Income and Stress Factor

Income	N	Mean	SD	F	P value
Up to Rs. 10,000	16	3.58	0.91	0.021	0.001
Rs. 10,001-Rs. 20,000	23	3.42	0.72		
Rs. 20,001-Rs. 30,000	20	4.09	0.66		
Rs. 30,001-Rs. 40,000	10	4.23	0.31		
Rs. 50,000 and Above	11	3.23	0.42		

To test the significant level between working pattern of education. F test is applied. The significant result is occurred between the education status pattern. There is overall significant relationship exist between different income groups

Table 9: Difference between Education Qualification and Stress Factor

Education	N	Mean	SD	F	P value
Under graduate	27	4.31	0.49	0.039	0.001
Post graduate	14	4.29	0.62		
Diploma	39	3.98	0.71		

SUGGESTIONS

Because women are tomorrow's leaders, the future of any nation is strongly reliant on them; consequently, it is critical to recognise the causes, symptoms, and repercussions of stress on women. The harmful impact of stress on women is likely to represent a problem to the person, their coworkers, and society as a whole (Siegrist, 1998; Cartwright and Boyes, 2000). Womens' quality of life is jeopardised by stress (Danna and Griffin, 1999; Dyck, 2001). Some tips for reducing stress in women are as follows:

- Workshops to combat stress, as well as lectures encouraging a healthy lifestyle, have become part of the academic curriculum, inspiring women to live a healthy life. Workshops are significant because they help people recognise their own inner strength.
- Determine your personal and professional goals.
- Maintain an orderly and scheduled schedule for them.
- Organizing Your Time
- The course work should be kept up to date.
- Participate in a variety of activities.
- Keep in touch with your relatives.

- Establish positive relationships.
- Share your thoughts and troubles with someone.
- Learn about your possessions.
- Thinking positively
- Adolescents must acquire skills (academic, social, life skills)
- Adolescents should eat nutritious foods and exercise on a regular basis.
- Adolescents should take time to unwind or participate in leisure activities.
- Adolescents should get involved in extracurricular activities.

CONCLUSION

According to the survey, women are very stressed. Women are more likely to experience eating disorders, sadness, and headaches. Financial stress, and psychological stress have been recognised as the most common sources of stress among women. They want to keep the social network going, and they're doing it through leveraging technology. The second source of stress for them is professional. They are afraid about work opportunities and how they will survive in a competitive atmosphere. Women's responses were able to identify certain stress-reduction measures, such as meditation, enough sleep, socialising with friends, and therapy.

It has been noted that as the use of social media has increased, the female generation has grown more self-centered and only connects with technology. It decreases physical activity and time spent with family and friends. All of these factors contribute to stress, which raises the likelihood of depression and suicide. It is vital and recommended to young people to organise their goals in a methodical manner, to use technology responsibly, and to discuss their feelings with their loved ones.

Reference

- Fitzgerald, sheollagh, ph.D., *The University of Regina Canada*, 1991
- Muddanagouda Patil. (2016). Stress Level of Working and NonWorking Women. *International Journal of Indian Psychology*, 3(2).
- Antoniou, A., Ploumpi, A., & Ntalla, M. (2013). Occupational Stress and Professional Burnouts of women. *Scires*, 4(3), 349-355.
- Narayan, G. (2005). Women in management and occupational stress. *Agenda*, 19(65), 83-94.
- Broadbridge, A. (2000). Stress and the female retail manager. *Researchgate*, 15(3), 145-156.
- Parveen, N. (2009). Investigating occupational stress among married and unmarried working women in Hyderabad city. *Bahria Journal of Professional Psychology*, 5, 21-37.
- Lakshmi V, S., & S, H. (2016). Stress among working women in IT sector. *International Journal of Current Advanced Research*, 5(12), 1581-1586.
- Swathi, V., & Reddy, M. (2016). Stress among working women: A literature review. *IJCEM*, 19(4), 6-9.

- Krishnan, D. (2014). Factors Causing Stress among Working Women and Strategies to Cope Up. *IOSR Journal of Business and Management*, 16(5), 12-17.
- Krithika, A., & Rajam, D. (2018). Occupational stress of working women – review and concepts (with special reference to collegiate teachers in Tiruchirappalli district, Tamil Nadu, India). *IJRAR*, 5(4), 398-408.
- Harilal, A., & Santhosh, V. (2017). A comparative study on stress levels among working women and housewives with reference to the state of Kerala. *NMIMS journal of economics and public policy*, 2(1), 29-35.