



## Stress and Adjustment Among Working and Non-Working Women

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### Introduction:-

The modern age is full of turmoil and tumult. The total set of human society is being thwarted by a number of social and economic anomalies. Rapid changes in traditional values, life styles, and competitiveness are few factors that has encouraged and motivated the women for search of work outside the home. Working and Non-working women have to adjust themselves at home as well as at work place. The problems of women are combining the different roles of house wife, mother and other as an employee. Which the double work and pressure affects stress, frustration and creates a poor adjustment in her environment.

Stress is a psychological and physiological response to events that upset our personal balance. John Parry (2005) defined stress "as the adverse relation of the people to excessive pressure or other types of demand placed on them." When event makes strong demand on us we can't cope up with, we experience stress. Such demanding and threatening situation are known as stressors. Zautra (2003) found that negative is important feature of stress response and links it with emotion. Both the duration and the frequency of experienced stress are important determinant of its impact on health and illness.

The causes of stress are numerous. It may be linked to the outside factors such as the state of the world; environment is which one lives or works or the family. It may come from one's own irresponsible behavior, negative attitudes or feelings or unrealistic expectation. The causes of stress are highly individual. It depends on the personality general outlook on life, problem solving abilities, and social support system. Many different things cause stress-physical to emotional. Some causes are: - threat, fear uncertainty, cognitive dissonance, life causes, frustration, conflicts, pressure, environment and fatigue and overwork.

According to Schular (1980) "Stress as a dynamic condition in which an individual is confronted with opportunity, constraints and demand to what he or she desired and for which the outcome is perceived to be both uncertain and important. A Scultz (2006) reports stress affects million of employees but is operates in more silent and subtle way.

Adjustment is a process, which is expected to lead to a happy and contented life of a person. According to Shaffer (1961) adjustment is the process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction of their needs. Adjustment is the relationship which comes to be established between the individual and the environment. Every individual plays certain position in his social relations. He / She are trained to play his role in such a way that his maximum needs will be fulfilled. If he does not play his role properly according to standards and environment received his needs may not be fulfilled and he may get frustrated. Adjustment is the same throughout the whole life, but capacities change the type of problem change. "Adjustment" is used to describe the state of the organism, reference is made to the degree to which the organism in a state of equilibrium not only within itself but also in interaction with the environment.

Carter V.Good (1959) states that adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment.

Important issue is that of describing who are well adjusted and who

are poorly adjusted person. Adjustment is considered to involve a continuous variable, so the evaluation of individual in terms of this variable cannot be limited to extremes moreover, psychologist or for that matter even other persons fail to provide scientific and objective criteria of healthy adjustment or contrarily unhealthy adjustment. The reason is that adjustive behavior may vary with culture, situation, time, place and individual characteristics.

There are many areas of adjustment. Dr. Mohsin and Shamshad Husain has taken 4 areas of dimensions in his adjustment inventory – Home, Health, Social and Emotional. Arkoff in his book discuss that adjustment and mental health has enumerated the family, school or college, vocational and marriage as the important areas of adjustment.

Hashmi (2007) found that working married women have to face more difficulties in their lives so they experience more stress as compared to non-working women.

Sing and Sing (2005) found that excess work, less freedom, high need of motivation and working situations are powerful source of stress among working women. Therefore emotional balance adjustment process, tolerance level and other personality attributes are under great threat.

Kacchi Parvati (2014) suggested that working women are more adjusted in terms of health, social and emotional adjustment than non-working women. Hops (1972) found that non-working married women are better adjusted than working married women.

Alex roshan Anie (2015) compared that the level of adjustment of working and non working. The sample of the study constituted of 30 working and non -working women related randomly from Ernakulam district, Kerala. The results showed that working and non-working women differed significantly in their level of adjustment. Working women showed better adjustment than non- working women

### Objective:-

- To measure the level of stress and adjustment between working and non-working women.
- To compare the level of stress and adjustment between working and non-working women.

### Hypotheses:-

- There will be significant difference in stress and adjustment level between working and non-working women.
- The level of stress will be more in working women as compared to non- working women.
- The adjustment level of working women will be poor than non-working women.

### Sample:-

For the current study a sample consisted of one hundred twenty women (N=120) who were selected from different areas of Patna city of Bihar state. The sample was further divided into two categories 60 working women and 60 non- working women. Only married and middle income (income range 2 to 3 lakhs per annum) groups were selected for the research. The stratified random sampling technique was applied.

**Inclusion & Exclusion:-**

The age range of participants was from 21 to 35years. The minimum education level was matriculation.

**Tools:-**

**Stress scale** was developed by Singh (2002). This test is self-report questionnaire with 40 items. Reliability coefficient was found to be 0.82 and 0.79 respectively. Validity coefficient was found to be 0.61.

**Bell's Adjustment Inventory** was developed and Standardized by Bell (1934) and modified by Hussian and Jehan (1987). The scale consist of 124 items .High score on the inventory indicate poor adjustment and low score indicate healthy adjustment. Reliability was found to be 0.921 and validity was found to be 0.58to 0.89.

**Procedure:-**

The Stress scale and Adjustment inventory was applied on selected sample of working and non-working women from different working areas like school ,government offices, bank and from residential areas . Verbal consent was taken from the participant and they were given brief description about the purpose of data collection and were assured that the data collection from them will only be used for research purpose and will be kept confidential. Data was checked and scoring was done with the help of scoring key. Percentage, Mean, SD and 't' value was used for the statistical analysis of data.

**Result and Discussion:-**

**Table-1**

**Number and Percentage of High, Moderate and Low level of Stress among Working and Non- working women.**

Groups	Level of Stress						
	High Score (49-58 above)		Moderate Score (39-48 )		Low Score (38- less 29)		
	N	n	(%)	n	(%)	n	(%)
Working	60	0	0	5	8.33%	55	91.67%
Non-working	60	0	0	3	5%	57	95%

Table -1 showed that majority of working and non-working women had low level of stress i.e. 91.67%, 95% respectively. Working women experienced more moderate level of stress as compared to non-working women (8.33%, 5% respectively) where as high level of stress is fully absent in both groups of women.

**Table: - 2**

**Number and Percentage of Good, Moderate and Poor Level of Adjustment among Working and Non-working Women.**

Groups	Level of Adjustment						
	Good Score (0-41)		Moderate Score (42-83)		Poor Score (84-124)		
	N	n	(%)	n	(%)	n	(%)
Working women	60	45	75%	15	25%	0	0
Non- working women	60	35	58.33%	25	41.67%	0	0

Table -2 showed that working women was more in good adjustment category (75%) as compared non-working women (58.33%) on the other hand non working women showed more moderate level of adjustment (41.67) as compared to working women (25%).

**Table-3**

**Comparison between Working and Non-working Women on their Mean Stress Scores.**

Groups	N	Mean	SD	't'
Working	60	23.25	10.98	0.92 NS
Non-working	60	21.51	9.47	

NS: - Not significant

Working women and non- working women did not differ significantly on the level of stress. Mean score of working women are higher than non-working women but their difference was not statistically significant (Mean =23.25, Mean=21.51 respectively & 't'= 0.92).The results are in agreement with the findings of the earlier research Hashmi (2007).

**Table-4**

**Comparison between Working and Non-working Women on their Mean Adjustment Scores.**

Groups	N	Mean	SD	't'
Working	60	35.35	14.48	0.70 NS
Non-working	60	37.3	15..55	

NS: - Not significant

Mean score revealed that working women are better adjusted than non-working women but the mean difference was not statistically significant (Mean = 35.35, Mean = 37.3 respectively).High score on adjustment scale denote maladjustment and low score denote better adjustment. The results are in agreement with the findings of the earlier research Kacchi Parwati (2014).

**Conclusion:-**

The findings of the present study indicated that:-

- Non-working women experience more low level of stress.
- Working women had better percentage of good adjustment as compared to non- working women.
- Working women has higher stress than non-working women but the't'-ratio is not significant between both groups.
- Working women is well adjusted than non-working women but the't'-ratio is not significant.

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