

Training on Stress Management for Fisherwomen in Puducherry



Home Science

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ABSTRACT

Training is necessary for human resource development of any nation, communities or people. Training on stress management has been initiated among fisherwomen in Puducherry. The study was conducted in two phases. In the first phase the stress level of the respondents were assessed. In the second phase, intervention study for subsamples was organised in selected two fishermen area by the investigator using developed plan of work. Different IEC materials were used to impart knowledge and skill. The impact of the programme was evaluated using a checklist which was administered before and after the training programme. The statistical analysis of the results revealed that there was a significant improvement in the knowledge of the fisherwomen after the training programme. It is strongly suggested that fisherwomen should be given maximum opportunities to upgrade their knowledge and skill by organizing need based trainings from time to time to relive stress and to promote optimum health and well being and consequently enhancement of productivity.

Introduction

A woman is often described as the better half of man. The economic status is the real pointer in any developed society (Sathiadass *et al.*, 2005). Women have multiple roles to play in our society. Her participation in diverse occupations like agriculture, fishing, rearing livestock, horticulture, carpentry, masonry, weaving, is on par with men. This equipoise is mandatory to render justice to her domestic welfare and had to generate the needed income to sustain a family. As in agriculture, women occupy a central place in the fishing sector also. Jayaraman (2008) has stated that in a total population of 5.4 million active fishers, 3.8 million are fishermen and 1.6 million are fisherwomen. Twelve million people are directly involved in inland and marine fishing and 60 million people derive their livelihood on them (Manasi *et al.*, 2012). They are in the lowest rung of the social ladder, and are deprived of their entitlements which their counterparts in the agricultural sector enjoy (Pazhani, and Isabeela, 2010). Women who are engaged in most of the post harvest activities and management of household chores including the responsibility of feeding the whole family are getting stressed and harassed on account of low income, high physical labour and less food (The Hindu, 2013). They experience physical and psychological stress. The impact of stress on women may be severe due to the fact that they often have a more vulnerable physical and psychological health status and fewer resources to buffer the effects of stress (Sanlier and Arpacı, 2007).

Hence an attempt was made to assess the stress level and to plan, organize and improve the stress management techniques has been initiated among fisherwomen engaged in fishing activities.

The main objectives of the study were

- to assess the stress level among fisherwomen
- organize appropriate training programme on stress management

Methodology

The present study was taken up in Puducherry district. The Union Territory of Puducherry described by Pandit Jawaharlal Nehru 'India's window of French culture' consists of four settlements namely Puducherry, Karaikal, Mahe and Yanam. Puducherry and Karaikal are enclosed in Tamil Nadu where Mahe and Yanam lies in the state proximities of Kerala and Andhra Pradesh respectively. There are 15 marine fishing areas in Puducherry. The investigator selected one rural and one urban fishermen area randomly. By using multistage sampling proce-

dure, 220 samples from each area formulating a total number of 440 was taken for the study. The stress level of the respondents was assessed by using a standard, validate scale. Hence training programme on stress management was planned.

The study consisted of two phases:

Phase-I Assessing the stress level of the respondents

Phase-II Intervention study for sub-samples

Phase I – Assessing the stress level of the respondents

The stress level of all the selected respondents was assessed and it was categorized into normal, mild, moderate, severe and extremely severe.

Phase-II Intervention study for subsamples

- Selection of sub-samples
- Planning of training programme
- Organizing training programme
- Evaluation of the impact of the programme

1. Selection of sub-sample

The samples belonged to the age group of 30-50, having more than two years of experience and actively involved in fishing activities were purposively selected for this training programme. Twenty samples from each area were selected. The group consists of 20 participants for the training programme so as to give attention, also to make them to understand the concepts clearly. All together 40 respondents were selected for the training programme and the details are represented in table-1

Table.1 Details of number of respondents selected

Sl.no	Village name	No. of samples
1	Veerampattinam (Rural area)	20
2	Solainagar (Urban area)	20

2. Planning of training programme

Plan of work was formulated to organize training programme on "Stress Management" for fisherwomen in Puducherry. Table -2 describes the plan of work.

Table. 2 Plan of work on stress management

Sl.no	Topic	Content	Methods used
1	Nutrition for optimum health	Balanced diet, Nutritious recipes, Deficiency diseases Personal hygiene	Power point presentation demonstration lecture and group discussion
2	Stress management	Meaning, causes and consequences of stress, stress management techniques to relieve stress - physical exercise and meditation	Power point, lecture demonstration, group discussion, CD
3	Value added fish products	Hygienic handling of fish 10 fish produce	lecture, demonstration , booklets
4	Entrepreneurial development	Phenyl and soap oil making	lecture, demonstration, folders
5	Time management, Family counseling	Meaning, how to plan and use time effectively Family problem and solution	lecture, chat, power point presentation
6	Solid waste management	Meaning, concept, need for solid waste management	lecture, video documentary film show,
7	Legal education	Women and law	lecture and group discussion
8	Occupational health hazard and ergonomics	Health problem need for personal/equipment	Lecture

Organizing training programme

The training programme was organized for seven days by the investigator systematically to the target group according to the convenience of the sample. The training program was organized during the respondents' free time that is after 2.30pm. IEC materials were used to impart knowledge on various aspects of the training programme. Folders and booklets were distributed among them.

Evaluation of the impact of the programme

Impact of the training programme was evaluated using a checklist which consisted of statements based on the content of the training programme. It was administered to the selected respondents before conducting the training programme to find their knowledge on various concepts. The same check list was re-administered to the same sub-samples after conducting the training programme and improvement in knowledge level was assessed.

Results and Discussion**Stress level of the respondents are given in table-3****Table.3 Stress level of the rural and urban respondents**

Stress	Percentages of Respondents		
	Rural (N:220)*	Urban (N:220)*	Total (N:440)*
Normal(0-14)	3	3	3
Mild(15-180)	5	10	7
Moderate (19-25)	45	44	45
Severe (26-33)	37	33	35
Extremely severe(34+)	10	10	10

***Multiple responses**

It is obvious from the above table that in rural area, the respondents had moderate level of stress (45 percent), severe level of stress (37 percent) and extremely severe level of stress (10 percent) and mild level of stress (5 percent). In urban it was found that respondents with moderate (44percent), severe (33 percent), extremely severe (10 percent) and mild (10 percent) level of stress.

In both the areas three percent of them were normal. **Puriene et al., 2007** stated that of all, 94 percent of respondents indicated that long working hour affect their general health and also influence their psychological wellbeing.

The knowledge level was assessed using a checklist and the findings are analyzed using paired t test and the results are given in table.4

Null hypothesis: There is no significant difference in knowledge among fisherwomen before and after training programme.

Table.4 Overall Knowledge of the respondents before and after training

Aspects of Training	Before training	After training	t value
	Mean $\pm$ (Standard deviation)	Mean $\pm$ (Standard deviation)	
Nutrition for optimum health	1.38 $\pm$ 0.07	5.78 $\pm$ 0.17	15.149**
Stress management	1.02 $\pm$ 0.73	4.40 $\pm$ 0.74	18.246**
Value added fish products	1 $\pm$ 0.98	4.13 $\pm$ 0.82	15.885**
Entrepreneurial skill	1.05 $\pm$ 0.69	3.38 $\pm$ 0.70	16.553**
Time management Family counseling	1.05 $\pm$ 0.93	6.78 $\pm$ 1.07	24.675**
Solid waste management	1.18 $\pm$ 0.95	3.40 $\pm$ 0.77	12.822**
Legal awareness	1.02 $\pm$ 0.86	3.35 $\pm$ 0.86	12.187**
Occupational health hazard and ergonomics	1.23 $\pm$ 0.97	4.20 $\pm$ 0.85	12.90**
Overall score	8.92 $\pm$ 2.48	35.4 $\pm$ 2.81	40.339**

** - Significant at 1% level

Hence from the above table it can be concluded that the null hypothesis is rejected at 1% level of significance. Hence there is significant overall improvement of knowledge of rural and urban respondents after the training programme.

Conclusion

The present study has ascertained the respondents were unaware about appropriate measures for Stress Management. Training on Stress Management is one the most important factor for sound physical and mental health. Hence an interventional study for the respondents was formulated. The respondents were thus benefited in gaining knowledge. However it is highly important that the knowledge, skill and experience acquired by the respondents who took part in the training programme should be disseminated among other fisherwomen. The results of the study can be generalized to the other fisherwomen also.

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