



## Life Satisfaction and Stress Among Working and Non Working Women

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### ABSTRACT

*The Modern Era is the Era of Depression, Dissatisfaction and stress, among them stress is the most important parameter that paralyses the human life, stress is found among the people of different Age, different education, different position and different economic background.*

*Stress can be categorized as physical stress, family stress and role stress. Stress can be different from person to person and can be different time to time in the same person and there are no measurements to measure the quantum of the stress.*

*The present paper would like to investigate the existence of stress as well as life satisfaction among working and non-working women and for that purpose, the investigator as selected a sample of 80 working women and 80 non-working women as respondents. The investigator also conducted a "T" test for comparison purpose. The result of this investigator is very clear because a significant difference was observed in physical & family stress among the respondents. But the role stress was significantly higher among working women than non working women as well as life satisfaction was better among working women than non working women.*

Stress is universal phenomenon existing among the people of different age, different education, different position and different socio-economy background, It is difficult to measure the quantum of stress among the people because of the difference of the quality and quantum and parameters and dimension of stress. However efforts are made and studies are conducted to know the level of stress and its causes among the people of the stress.

We know that stress paralyses the human life on account of which it is difficult for people suffering of stress to live the normal life. Life satisfaction and stress are interrelated with each other.

Industrialization, urbanization and career orientation among the people have brought about the social transformation. More and more women acquire the education, find out the suitable jobs for the dual purpose of career building and economic support of the family. This is the symbolic of social transformation and social change where more and more women prefer to come out of home and do the service. There are non working women also and the women, who do not come out of their homes for employment, they are non working women. It is difficult to compare the life styles of working and non working women as well as also difficult to compare the level of life satisfaction and the level of stress among them.

A number of researcher in the specific field have been conducted to measure the level of life satisfaction and stress among working and non working women and these research have given contradictory findings.

A study conducted by "Sorenson and Vebrag" says that the role conflict among the working women, the social and family responsibility role as well as the professional role create negative impact upon mental and physical health of working women because of the stress resulting from the role conflict. Research conducted by "Bear men" 1995 says that stress result among the working women on account of domestic responsibility and anxiety-neurosis which generate the stress among the working women. Family responsibility and family accountability would generate the family stress as well as the job responsibility would generate the job stress. If the working women are married having the substantial family responsibility of husband and children, then the amount of stress that is

amount of family stress would be higher. The married working women have to play a multi dimension role of wife, mother, and daughter-in law. "Ballyn" says that when the working, the place of her work is also important and if she likes the work, naturally the stress would not be there only because she has the job satisfaction and the job stress would not be generated, "Ballyn" further says that the place of work and the duration of work would effect her health researchers are also conducted to know the amount of the stress holding the good position and good status and the job. A sample of 80 working women and 80 non working women have been selected by investigator as respondents and with the help of an interview schedule, interviews were conducted by investigator of the respondents. The investigator wanted to know level of life satisfaction and the level of stress among 80 working women and 80 non working women. Rajkot is a fastly developing industrial and commercial city. Where the total number of working and non working women whatever it may be is the universe for the present study out of which 80-80 from each category have been selected as the respondents by way of simple random sampling, by the investigator and interviews were conducted with these respondents with the help of interview schedule.

Earlier, the stress measurement studies were conducted by eminent behaviour scientists to test and measure the level of family stress, job stress and role conflict stress.

Almost at the same time, life satisfaction measurement tests were also conducted by Alam and shrivatsava. These tests were conducted to measure the level of life satisfaction, from different dimensions, say, the dimension of health and hygiene, the dimension of marriage and marital life, the economic background and job satisfaction among working and non working women.

Variable	Working women		Non Working Women		Diffbet Means	T-Value
	Mean	SD	Mean	SD		
Physical stress	180.90	46.09	175.50	51.90	5.40	0.43
Family stress	265.60	34.20	278.80	44.50	13.20	1.48
Role stress	170.60	22.40	152.20	30.60	18.40	3.95**
Life satisfaction	56.83	3.28	50.84	4.53	5.99	3.44**

The above table tries to analyse the data of physical stress, family stress and role stress as well as life satisfaction among working and non working women of Rajkot city.

As far as the above results are concerned, the level of physical stress is little higher that is 180.90 among the working women than 175.50 among non working women. The level of family stress is lower that is 265.60 among working women than 278.80 among non working women. As far as the role stress is concerned, it is higher that is 170.60 among working women than 52.20 among non working women. The level of

life satisfaction is higher that is 56.83 among working women than 50.84 among non working women. In a nutshell, it can be said that the level of physical stress, role stress and life satisfaction are higher among working women than non working women.

There is always the significant difference regarding self confidence, self dependences determination and decision making among the working and non working women. And it is always found higher among working women than non working women.