



Work Related Stress Among Working Women in Coimbatore City

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ABSTRACT

Stress is the inability to cope with a real or imagined threat to one's mental, physical, emotional, and spiritual well-being which results in a series of physiological responses and adaptations. It can be caused by both good and bad experience. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. Nowadays lifestyle is very change and stress level also increases day to day life. Hence this study analyzed the stress level among working women.

KEYWORDS

Stress, Women, Problems, Causes.

Introduction

Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, high blood pressure, heart disease, and stroke. Stress will help or hinder us depending on how we react to it, the positive stress is termed as *enstress* and the negative one as *distress* (Regis 2004).

Job Stress and Women

Women may suffer from mental and the physical harassment at workplace, apart from the common job stress. Sexual harassment in the work place has been a major source of the worry for the women, since long. Women may suffer from the tremendous stress such as 'hostile work environment harassment' which is defined in the legal terms as 'offensive or intimidating behavior in the workplace' this can consist of unwelcome verbal or the physical conduct. These can be a constant source of the tension for the women in the job sectors. Also subtle discrimination at the workplace, family pressure and societal demands add to these stress factors, loss of mental concentration, anxiety stress, absenteeism, depression, substance abuse, family conflict, physical illness such as heart disease, migraine, headache, stomach problems and back problems, extreme anger and frustration.

Review of Literature

Gaur and Dhawan (2000) reported that the junior age group is significantly more active coping, greater painfulness and has more initiative as compared to middle and senior age group or level of employment status. **Nagina (2009)** found out the married working women to integrate their multiform obligation of career, household, spouse and children it is really most difficult to working women. **Maryam et al (2010)**, analyzed occupation stress and family difficulties of working women. The study found that there were significant positive relationship between levels of occupational stress and family difficulties in working women. **Sathyanarayanan and Maran (2011)**, observed that there is a variation in level of job stress depending on their marital status, years of experience and annual income and in work related stress depends upon their designation, age and inter-personal stress. **Jolly (2014)** the study found that majority of the college faculties has experienced stress because of work-home conflict, mood distur-

bance and problems arising in the work place with family.

Objectives of the Study

- To analyze how the demographical factors affect the working women.
- To investigate the working environment and the work related stress among working women.

Need of the Study

Women play important role in our family and society. Now a day's most of the women's are working in various sector and play important role in that field. So they have lot of stress in their work. Stress in the workplace is generally considered to result when condition in the work environment are difficult for individual to manage. Thus they are facing work life balance issues and increase stress burden. Stress can lead to illness and absenteeism. High stress can causes women to leave the work. So there is need to study the stress level among working women.

Scope of the Study

The study covers the working women in Coimbatore city. The factors related to the work stress have only been studied to understand work related stress among working women. The study aims at finding out the work related stress among working women.

Limitation of the Study

The study is not applicable to other areas of India. Limited number of respondents has been chosen due to time constraint and this could affect the accuracy of result to certain extent. The accuracy of the information depends upon the respondents.

Research Methodology

It is being used for clear and precise investigating and information is gathered about practical problems on a particular conjectural statements. The sampling used in this study is simple random sampling because the sample is selected with equal probability. The study is confined to Coimbatore city only. Since the population for the survey is very large and due to time limitation, a sample size is 150 taken for the survey with help of questionnaire. Survey method is employed to collect the data from the respondents and the data are collected with the help of questionnaires. Secondary data collected through various journals, books and internet which are restricted to the conceptual frame work of the paper only. To arrange and interpret the collected data the following statistical tools were used percentage method and chi-square analysis

Percentage Analysis

Table No: 1 Demographic Distribution

Age	Frequency	Percentage
31 to 35 years	42	28%
36 to 40 years	30	20%
41 & above	21	14%
Marital Status		
Single	45	30%
Married	105	70%
Family System		
Nuclear	96	64%
Joint Family	54	36%
Family Members		
1&2 members	20	10%
3&4 members	75	55%
Above 4 members	55	35%
Monthly Income		
Below 10,000	33	22%
Rs. 10,000 -20,000	60	40%
Rs.20,000-30,000	27	18%
Above 30,000	30	20%
Designation		
Business	30	20%
Government Employee	30	20%
Private Employee	51	34%
Agriculture	9	6%

Others	30	20%
Working Experience		
Below 2 years	51	10%
2-5 years	51	34%
5-10 years	33	34%
Above 10 years	15	22%
Location of Work Place		
Rural	12	8%
Urban	33	22%
Semi urban	36	24%
City	69	46%
Working Hours		
Below 6 hours per day	42	28%
7-hours per day	48	32%
8-hours per day	45	30%
Above 8- hours per day	15	10%
Same Organization		
Comfortable	41	28%
Satisfaction	53	35%
Postings	17	11%
Near To House	39	26%
Travelling Distance		
10-15 minutes	60	40%
15-30 minutes	48	32%
30-45 minutes	33	22%
More than 60 minutes	9	6%

Sources: Primary Data

Table No: 2 Job Related Causes

Job Related Causes	Lack of Job Security	Too Much Responsibility	Heavy Work-load	Little Scope for Personal Growth	Lack of Freedom	Unsatisfactory Working Condition	Lack of Clarity in Job	Monotonous, Repetitiveness and Boredom
Strongly Agree	37(25%)	33(22%)	36(24%)	29(19%)	24(16%)	15(10%)	21(14%)	18(12%)
Agree	50(33%)	63(42%)	42(28%)	70(47%)	48(32%)	42(28%)	45(30%)	66(44%)
Neither Agree or Disagree	45(30%)	36(24%)	54(36%)	30(20%)	33(22%)	51(34%)	60(40%)	30(20%)
Disagree	15(10%)	12(8%)	12(8%)	18(12%)	33(22%)	33(22%)	21(14%)	30(20%)
Strongly Disagree	3(2%)	6(4%)	6(4%)	3(2%)	12(8%)	9(6%)	3(2%)	6(4%)
Total	150(100%)	150(100%)	150(100%)	150(100%)	150(100%)	150(100%)	150(100%)	150(100%)

Sources: Primary Data

From the above table nearly 33% of the respondents are agreeing the lack of job security is causes for stress and 42% of the respondents are agree, the too much responsibilities is the causes for stress. Nearly 36% of the respondents are neither agree or disagree that of heavy workload is causes for stress and 47% of the respondents are agree that of little scope for personal growth is causes for stress. Nearly 32% of

the respondents are agreeing that of lack of freedom to make decision are causes for stress and 34% of the respondents are neither agree or disagree the unsatisfactory working condition is causes for the stress. 40% of the respondents are neither agree or disagree that lack of clarity in job assignments is the causes for stress and 44% of the respondents are agree that the monotonous, repetitiveness and boredom nature of job is the causes for stress.

Chi-Square Analysis

Table No: 3 Relationships between Experience and Monthly Income

Experience	Monthly Income				Total
	Below 10,000	Rs. 10,000 -20,000	Rs.20,000-30,000	Above 30,000	
Below 2 years	12	15	18	6	51
2-5 years	12	30	3	6	51
5-10 years	9	12	3	9	33
Above 10 years	0	3	3	9	15
Total	33	60	27	30	150

Source: Primary Data

Ho: There is no relationship between experience and monthly income.

The Pearson chi-square value is 41.836 with the df-9, p value<.000. Hence is clear that it is statistically significant at 5% level. Hence there is relationship between the experience and monthly income.

Table No: 3 Relationships between Age and Working Hours

Age	Working Hours				Total
	Below 6 Hours per day	7-Hours per day	8-Hours per day	Above 8-Hours per day	
25 To 30 years	12	15	27	3	57
31 To 35 years	9	15	12	6	42
36 To 40 years	18	6	3	3	30
41 & above	3	12	3	3	21
Total	42	48	45	15	150

Source: Primary Data

Ho: there is no relationship between age and working hours.

The Pearson chi-square value is 34.192 with the df-9, p value<.000. Hence is clear that it is statistically significant at 5% level. Hence there is relationship between the age and working hours.

Suggestions

- Women facing stress should share their ideas for managing stress with their management in order to help them to implement appropriate stress reduction programs.
- Working women can exercise regularly and get enough sleep. Make time to enjoy an activity outside the work place.
- Maintain positive attitude. This will make it easier to live and work with others. Learn about the various relaxation methods available to help ease the daily tension.
- Do activities that help you feel relaxed and content (example: taking a brisk walk, stretching or imagining your favorite place).

Conclusion

On the basis of the findings and suggestions drawn, several conclusions concerning the effects of work stress on working women in various sectors can be drawn. The working women have a lot of stress due to their work. Majority of the women's share their problems with family. The stress cannot be avoided, so it should be managed with the proper usage of management techniques. The working women should make use of techniques for managing stress like yoga, meditation, listening to music, reading books and rest for stress manage-

ment. The technique used depends upon their work schedule.

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