

A Comparative Study of Stress and Mental Health of Working and Non-Working Women of Jammu

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ABSTRACT

Mental Health involves our emotional, psychological and social well-being. It very much effects how we think, feel, and act. It helps in handling various changes of life. It is a state of well-being of an individual which helps in realizing our potential to deal with the life in an effective manner. A person with a good mental health can work productively for his or her society. Stress is a physical, mental factor that can cause mental tension in an individual. Sometimes it causes psychological pain. Positive stress may be helpful to live a happy life. It will help in improving daily activities. It also plays an important role in motivating a person. Thus helps an individual in adapting the environment. Excessive amount of stress can cause several bodily problems. It can increase the risk of strokes, heart attacks and mental tensions. The association between mental health and stress become a focus of mental health researchers. Stress can particularly cause social and emotional changes in working women. Women in India today have started jobs outside their homes. Working women have to make an adjustment with the family members and work life. So this in turn leads to strain among working women. Mental health is an important factor in influencing an individual's various behavior. Mental pressure is a vital cause of the mental health problems. For the present research study, a sample of 100 women was taken, 50 are working women and other 50 are non-working women. Convenient sampling technique was used for collecting data and the analysis was done by using mean and t-test. The aim of the present study is to investigate the differences in stress and mental health of working and non-working women. Results revealed from this study are that there is significant differences of mental health and stress among working and non-working women. The mental health of working women is poor in comparison to non-working women and the stress among working women is higher in comparison to non-working women. There are some strategies which will prove helpful in reducing the stress and improving the mental health of women like yoga, meditation, music and they must do some exercises in their daily routine also.

I INTRODUCTION

Mental health is the ability to make adjustments in social and emotional environment. It is the ability to face and accept realities of life (Bhatia, 1982). With the advent rise in female education, women's attitudes towards stereotypical thinking the role of women is changed thus their participation in education and workplace had also increase thus Women who has to work outside their home have to make many socio-familial adjustments that can

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lead to stress and anxiety (**Jagdish& Srivastava, 1983**). Working women has different lifestyle than non-working women, many problems have association with working women. Poor mental health has a positive relation with social change, work hours etc. (**Murray, Gein& Solberg, 2003**). Gender discrimination also effects mental health of working and non-working women both. (**Khodidas, 2013**).

In recent years, it has been found that mental pressure is one of the main causes of mental health problems which arise from various conditions. During recent years the role and status of women have been tremendously changed. Stress leads to mental pressure which effects human's life to an extreme level. Stress can arise from variety of reasons. More conflicts arise with the working mother (**Cruess, Antoni, Kumar &Schneiderman, 2000**). Women has to play multiple roles in the family like a cook, a maid, a tutor, a nurse as well as to meet the demands of office work. This can cause a working women stressed and anxious (**Hashami, khurshid& Hassan, 2007**). Stress loads are high for working mothers (**Greenson, 2009**). Mental health can be defined as the ability to make adequate social and emotional adjustment to the environment on the plane of reality. In other words it is the ability to face and accept the realities of life (Bhatia,1982).The interface between the work place and family life is both stressful for the women to work outside and non-working women Was assessed by using a mental health inventory developed by (Srivastava, 1983).**Kermane (2014)** conducted a study and revealed that major factor causing stress among working women is work load, family stress. One other cause of stress among working women is inability to spend quality time with family members. **Chaudhari (2014)** studied that there is an increase in stress levels in female health care professionals due to shortage of manpower, lack of infrastructure, long emergency duty hours.**Tripathi and Bhattacharjee (2012)** conducted a study on psychological stress of working women, findings revealed that their working women are more stressed than working men. **Waldron (1980)** found that employed women are more likely to become heavy drinkers. Their mental health is more effected than the non-working women.**Khodidas (2013)** conducted a study on the mental health among working women and housewives. He revealed that housewives have shown less stress than working women and the mental health of the housewives are better than the working women. Housewives can manage their family life easily. He also concluded that children of housewives are more focused towards their goal due to proper attention of their parents especially mothers.**Cruess (2000); Field (1996)** found that women as the prime victim of stress, he found that stress level among working women is high in comparison to non-working women due to dual roles.**Jain and Gunthey (2001)** found that working women have difficulty in coping strategies to deal with dual roles effectively. They experience more anxiety, tension or hopelessness. **Kar and Somani (2015)** urbanization has increased stress and affects mental health of women. **Arber (1991)** found that about the poor mental health of women due to gender discrimination in every field. **Shadbolt (1996)** found that there is a close relationship between socio-economic factors and health of a women, he found that housewives are more stressed due to low economic status.**Fisher (1995)** found that stress is more revealed among the victims of rape, domestic violence, sexual harassment etc. thus social evils causes emotional disturbances in women's behavior.**Herman (1992)** found that women who have problems in their families and work places have poor mental

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health. He concluded that these women feel themselves weak and unsafe due to non-supportive family members or parents. **Sharma (1986)** conducted a study on the children of the working and non-working mothers. Results showed that children of non-working mothers were tender-hearted, sensitive, dependent and more protected than the working mothers. **Dr. Hemanalini (2014)** has found that women experience stress because of job insecurity and high targets. **Ansuman, Adhithya and Madhulita (2014)** found that working women have poor mental health. **Dhanabakyam and Malarvizhi (2014)** found that there is a positive relationship between stress and family difficulties among working women, thus work-family conflict increase work stress in married working women. They observed that women in professional job positions with high job demand were more prone to experience work family conflict and work stress. **Balaji (2014)** found that married women employees experience work family conflict, several factors have severe consequences for the well-being of married working women.

II RESEARCH METHODOLOGY

Objectives:

1. To find the differences of the stress among working and non-working women.
2. To assess the differences of the mental health among working and non-working women.

Hypotheses:

1. There is a significant difference of stress among working and non-working women.
2. There is a significant difference of the mental health among working and non-working women.

Sample:

In the present investigation, the size of the sample selected will be drawn by convenience sampling technique. The size of the sample selected will be 100, 50 working and 50 non-working women.

Tools:

- Mental Health Level of Working Women by Dr. Kamlesh Sharma in the year, 1996. It has 60 items. The Test-retest reliability and Split-Half reliability coefficient of the scale was found .86 and .88 respectively.
- Perceived Stress Scale by Sheldon Cohen in the year, 1983. It has 10 items. The Test-retest reliability coefficient of the scale was found .78

Variables:

1. Independent: Working and Non-Working Women
2. Dependent: Mental health and Stress.

III RESULTS:

The mean age of the working women is (M) 37.8600 years and the mean age of the non-working women is (M) 44.4200.

Table 1: Mean of marriage years of working and non-working women

Category	Mean	N	Std. Deviation
Working	15.3800	50	10.04661
Non-working	18.3200	50	9.80720
Total	16.8500	100	9.98724

Table 1 reflects the mean years of marriage is (M) 15.3800 and std. deviation is (SD) 10.04661 of the working women and mean is (M) 18.3200 and std. deviation (SD) 9.80720 of the non-working women.

Table 2 t -test revealed the results of mental health of working and non-working women

Category	Group	N	Mean	Std.deviation	T	df	Sig. 2 tailed
Mental health	Non-working women	50	67.0800	19.05292	.609	98	.001
	working women	50	65.0000	14.83652			

The result reflected in Table 2 shows that, In mental health the mean (M) is 67.0800 and standard deviation (SD) is 19.05292 of non-working women and mean (M) is 65.0000 and standard deviation (SD) is 14.83652 of working women is, $t(98) = .609$, $p < 0.05$. There is significant differences of mental health among working and non-working women. Non-working women mean on mental health was significantly greater than the mean for working women. Khodidas (2013) conducted a study on the mental health among working women and housewives. His study revealed that housewives experienced less stress than working women and the mental health of the housewives are better than the working women and housewives can manage their family life easily and also take proper care of every member of the family. He also concluded that children of housewives are more focused towards their goal due to proper attention of their parents especially mothers.

Table 3

t-test revealed the results of stress level among working and non-working women

Category	Group	N	Mean	Std.deviation	T	df	Sig. 2 tailed
Stress	Non-working Women	50	20.9600	7.09113	1.662	98	.001
	Working women	50	23.6200	9.14261			

Table 3 shows that In stress the mean(M) 20.9600 and standard deviation (SD) is 7.09113 of Non-working women and mean (M) is 23.6200 and standard deviation (SD) is 9.14261 of working women, $t(98) = 1.626$, $p < 0.05$. There is a significant differences of stress among non-working and working women. Working women mean on stress was significantly greater than the mean for Non-working women. Dudhatra and Jogsan (2012) conducted a study on working women and found that due to dual responsibility in workplace and house, working women face difficulties in meeting demands of both profession and family than non-working women.

IV DELIMITATIONS:

- 1.The present study is confined to women of Jammu city only.
- 2.The sample size of the present study is quite small, so it is difficult to generalize it with the wider population.

V CONCLUSION:

There is significant difference of stress among working and non-working women.

There is significant difference of mental health among working and non-working women.

VI IMPLICATIONS:

Today stress becomes universal phenomenon. Every person need more pleasure so this increased competition in every field of life generates stress among people. In recent years it has been studied that more and more women are coming to take on many jobs. Stress is common among the career women at work place so to manage stress in everyday lives, an individual can learn to relax and enjoy life. Most women can manage their stress by various techniques like meditation, yoga, mindfulness breathing etc. Due to stress women experience fatal diseases like cardiovascular diseases, hypertension etc. They being the prime victim especially employed women.

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Exercise is the best way to reduce stress from our daily life. We must include exercise in our daily routine to avoid emotional disturbances. Stress can be managed by Progressive muscle relaxation therapy (PMR). This therapy works excellent in reducing stress and improving mental health. Meditation, yoga and music are also beneficial in improving mental health because our brains are interconnected with our emotions and facial expressions. So, these techniques are helpful in reducing stress among working women.

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