

A Study of Family Stress among Non-Working Married Male and Female: A Special Reference with Rural Area of Patna

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ABSTRACT

The present age has been called the age of stress and strain. Stress is defined as “the non-specific response of the body to any demand placed upon it”. The study seeks to assess the stress level among Non-Working married Male and female. Today every individual is stress prone. It was assumed that there will be no significant difference between married male and female when family stress is taken as a dependent variable and no significant difference in family stress between non-working married male and female separately. 200 married, 100 male and 100 female were the samples for the investigation. Family stress inventory, by Dr. Abha Rani Bisht (Hindi) was used. It was found that there was no difference in family stress between in married male and female. Further concluded that there was no difference in family stress of married non-working male and female when studied separately under joint influence of sex and age.

Keywords: Stress, Non-working, Individuals, Suffering

Modern era is the era of science and technology where everyone is striving to excel in his/her field whether it is at home or at work place. In this modern era, stress has become a universal phenomenon. We all strive to maintain and actualize ourselves on both biological and Psychological levels. Our needs, motives and goals directed behaviour are directed towards this end. Success is not the essence of life and therefore while maintaining and enhancing ourselves, we are faced with obstacles internal and external. It may result in state of frustration as we have seen earlier, or more needs or valued goal may lead us to some conflicting situation, individual can be in stress for number of times in day/month or year and the amount of stress also varies. In general, Non working married male and female are more likely than working male and female to experience physical symptoms of stress, such as fatigue, irritability, headaches and depression. Women are also more likely than men to cope with job stress with unhealthy behaviors, such as poor eating habits etc.

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Concept of Stress:

Stress is difficult to define precisely. The concept of stress was first introduced in the life sciences by Selye Hans in 1936. It was derived from the Latin word 'stringere'; it meant the experience of physical hardship, starvation, torture and pain. Selye Hans, 1936 defined stress as "the non-specific response of the body to any demand placed upon it". Further, stress was defined as "any external event or internal drive which threatens to upset the organism equilibrium". Another definition given by Stephen stress has been stated as "a dynamic condition in which an individual is confronted with an opportunity, constraint or demand related to what he/she desires and for which the outcome is perceived to be both uncertain and important." According to Robbins & Sanghi. "A dynamic condition in which an individual is confronted with an opportunity, constraints, or demand related to what he or she desires and for which the outcome is perceived to be both uncertain and important." Stress affects not only our physical health but our mental wellbeing, too.

The word „Stress“ is used in at least two different ways. First it is defined as the state of psychological unrest or disequilibrium in the human beings. What to do and what not to do? How to do? And where to go? Such questions depict the stage or stage of stress, under which one is expected to act or behave in more serious situation. When an individual reaches a point where the physical processes are seriously affected, the mental processes are confused.

Concept of Family Stress:

Family stress can be defined as a real or imagined imbalance between the demands on the family and the family's ability to meet those demands. In the definition of family stress, the demands in the family are commonly referred to as stressors. A stressor is a life event or transition that happens in the family. It can be either positive or negative and can cause a change in the family's coping pattern. Benjamin Franklin said the only things a person can be sure of in this world are death and taxes. It should be noted that a third sure thing exists. This third reality is family stress and it involves change. Children change, parents change, often for the better. But you are also expected to endure those not-sopleasant life events such as death and illness in the family. Certainly, these events bring about feelings of hurt, frustration, anger, and depression. In the family we may experience marital conflict, sibling conflict, or parent-child conflict, all in response to family stress. Family stress is a state that arises from an actual or perceived demand and capacity imbalance in the family's functioning which is characterized by a multi-dimensional demand for adjustment or adaptive behaviour. Family stress lead to the maladjustment of the child and some stressful imbalance. It is problematic only when the degree of stress in the family reaches at a level that the family members become dissatisfied or show symptoms of disturbance .Boss (1998) described family stress as "a pressure on the family, it is disturbance of the family steady state. The family system is upset, pressured, disturbed and not at

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rest. Family stress, therefore, is a change in the family's equilibrium". Family stress is a social group characterized by common residence, economic, cooperation and re-production.

REVIEW OF LITERATURE

Hashmi et al. found that working married women have to face more difficulties in their lives like they experienced more stress and depression as compared to non-working married women. Sanlier & Arpaci. The studied the effect of stress on women health. Results reveal that employed women in the stress scale have a higher average score than that of the non- employed women. It has been determined that total stress scores of employed women were higher as compared to non- employed women and that there was a significant difference between women's working status and total stress scores. Employed women had higher level of stress than non- Employed women.

Statement of the Problem:

In each development stage, individual start suffering from different types of stress. Due to the complexity of life, there are many obstacles, both environmental and Personal that may interfere in proper adjustment of the child. Such obstacles place adductive demands or stress on the individual. It results in a state of stress and frustration. In modern societies life has become very fast. Everybody is over busy in order to meet the basic needs, educational needs, personal needs and social needs. People are struggling throughout the day. As a result at home or in the family, parents and children both are suffering from stress and strain.

Objective:

1. To find out the significant difference between Non-working married male and female, when family stress is taken as a dependent variables.
2. To study, the significant difference in family stress between non-working married male and female separately.
3. To study the significance of difference in family stress between Non-working married male and female separately in relation to age and sex.
4. To study the significance of differences in family stress under the joint influence of age and sex non-working married male and female separately.

Hypothesis:

1. There will be no significant difference between Non-working married male and female, when family stress is taken as a dependent variable.
2. There will be no significant difference in family stress between non-working married male and female separately.

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3. There will be no significance of difference in family stress between Non working married male and female separately in relation to age and sex.
4. There will be no significance of differences in family stress under the joint influence of age and sex from non-working married male and female separately.

METHODS AND PROCEDURES:

Sampling:

The sample of the present investigation was drawn randomly from non-working married male and female of Patna district rural area. The sample consists of 200 married male and female, 100 Non- working male and 100 non-working female.

Tool & Techniques used:

For the measurement of stress, „family stress inventory“ constructed and standardized by Dr. Abha Rani Bisht (Almora). The inventory is in Hindi.

Firstly, the scale of family stress questionnaire was distributed to male and female and then the answer books of that booklet were taken back from the male and female. After the both had completed the tasks. In this way the data was collected by permission of the respective head of the various families. The scoring of the responses of the male and female on these tests was done with the help of respective keys.

Statistical Techniques Employed:

For the purpose of arriving at meaningful result „t“ ratio and two ways analysis of variance was applied for the study of family stress among Non-Working married male and female

ANALYSIS AND INTERPRETATION OF DATA

Table 1, Table showing t-value between Non-working married male and female.

| Category | N | M | S.D | SEM | SED m | t value |
|----------|----|---------|--------|--------|-------|---------|
| Male | 28 | 381 | 81.115 | 15.61 | 18.21 | .364 |
| Female | 48 | 387.625 | 64.296 | 9.3786 | | |

Interpretation:

From the table 1, it has been defined that, t' value among Non- working married male and female come out to be .364, the said value is insignificant at 0.5 level. This indicated that Non working married male and female when compared on the basis of family stress, no significant difference was obtained.

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| Source of variation | SS | df | Ms | F-ratio | significance |
|---------------------|--------|----|-----------|---------|---------------|
| A | 5046 | 2 | 2523 | .31 | Insignificant |
| B | 19332 | 1 | 19332 | 2.43 | Insignificant |
| A×B | 1424 | 2 | 712 | .08 | Insignificant |
| Within | 429483 | 54 | 7953.3888 | | |

Interpretation:

Table 2 reveals that the value of F-ratio's has been found to be insignificant. It can be said that there is no significant difference between the male and female different levels of age of non-working married male and female between sex and age when studied separately on the scores of family stress.

Conclusions:

The following conclusions emerged out of Analysis of results:

1. There was no difference in family stress of non-working married male and female when studied separately.
2. There was no difference in family stress of Non- working married male and female when studied separately in relation to age.
3. There was no difference in family stress of non-working married male and female when studied separately under joint influence of sex and age.

Implications:

In the modern age, stress Management planning is a business, as we are now finding ourselves in the age of anxiety. It is undesirably a fact that one of the major functions for institutions is to develop the wholesome personality of the individual. Stress-Management is a precondition for a wholesome personality and achievements. A person having balanced personality is free from inhibition, inconstancies, emotional and nervous tensions, mental disorders and conflicts. It is true that stress has a great potentially for destruction, but it can also be constructive. If stress is perceived and managed poorly; it can lead to grief, disease and premature death. Family is the unit of society. It is the non-formal responsibility for child's full growth and development. Hence the families should be free from stress and strain because it is the family which helps the society in which they live psychologically stressed with both working and non-working parents as they have been the worst hit and the worst affected with almost no support or counseling from any agency. The present study has far reaching educational implications. The study in question highlight as to how and why stress prevails upon the non-working married male and female.

In the modern age, stress management planning is a big business as we are now finding ourselves in the age of anxiety. Stress has a no. of immediate effects and if the stresses are maintained, long-term behavioural, physical, emotional and cognitive affect individuals. Many people have

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developed way of coping with stress so that they are able to respond adaptively. One of the major functions of the healthy school climate is to develop wholesome personality of parents. A person having balanced personality is free from inhibitions, inconsistency financial stress and conflicts

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Conflict of Interests

The author declared no conflict of interests.

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