

A Psychological Study on Stress among Working and Non-Working Married Women

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ABSTRACT

Stress is a part of modern life, with the increasing complexity of life, stress is likely to increase. Stress is built in the concept of role, which is conceived as the position a woman occupies in a system. Women in the modern global world have to play a dual role as a housewife and career builder. The present investigation was conducted to examine the stress among the working and non-working women. It was hypothesized that working women have more stress than non-working women. In order to verify the above hypothesis a sample of 240 women were taken. From which working women (N= 120) and non-working women (N= 120). were taken. To measure the stress, the stress scale developed by DR. Reeta Kumari (2014) was administered individually to the subjects. The data were subjected to 't' analysis and the major findings of the study reveal that working women's has more stress than non-working women. The relation between working and non-working women is found significant at 0.01 levels. Similarly, non-tribal women are having more stress than tribal women.

Keywords: *Stress, Tribal, Non-Tribal*

One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life. Husband-wife is always together and pass a large portion of their lives in each other's company. There is no doubt that the choice of marital partner is one of the most important decisions one makes in his / her lifetime. People marry for many reasons, like; love, happiness, companionship, and the desire to have children, physical attraction, or desire to escape from an unhappy situation. It involves emotional and legal commitment that is quite important in any adult life. Both are vastly different from one to another. A husband is expected to be considered as the head of the family while the wife may be expected to be the strong one, upon whom the husband can really. The couple's financial situation can be a threat to their stress. During the early years of marriage when expensive labor saving device and domestic help are most needed, the finance condition does not allow such luxuries and the wife may want her husband to share the burden of running home. Similarly in every marriage adult requires a whole new set of relation- the in-laws. They are of different ages, which often have different interests and values. If one fails to adjust them, it is likely to lead to stains in relationship with his/her

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mate. Perhaps half of the women suffering from severe stress blame the deteriorating relationships on their spouse. The possible causes can be endless. More often stress arising from marital relationships is manifested in chronic disorders such as depression, insomnia, and hypertension. There may be changes in appetite, weight or sleep patterns, memory problems or difficulty in concentrating. Marriage, in reality, is a way of living. It is not always full of roses, but its success depends upon adjustment on the part of both the partners involved. With the rise in the number of dual-career families, the adjustment and marital relationship are major challenges in most of the families. If the husbands share the responsibility of managing household affairs than a wife to learn and share the economic burden of the husband by contributing to the household income. After independence our constitution made the provision under act 15(1), 16(1) and 16(2) that the State shall not discriminate against its citizens on grounds of religion, race, caste, sex, place of birth or any of them. In chapter III of our constitution the fundamental rights are given. These rights are absolute and used by both men and women equally. The social changes have also improved the status of women.

Status of women in India

A historical study of women in India reveals that there were distinct stages of rising and fall in women's status. Women in Vedic times enjoyed a very high status. They had as many rights to enjoy life as men had. They were treated as men's friend, their co-worker and never their inferior. They had enjoyed the property rights and access to the property of her father and husband. Women in the field of intellect were men's equal. They used to share political and social problems freely with men. In Vedic period (2500 - 1500 BC) degradation started in Brahmic period (1500 - 500 BC) and it was during the period of Sutras and Epics (500 BC - 500 AD) that position of women deteriorated to a great extent due to various socio-political factors, foreign invasions and misrepresentation of the old religious texts, which continued in the period of later Smritis (500 AD - 1800 AD) (Kaur Malkit, 1988). Lack of education, child marriages, polygamy, and seclusion purdah, the prohibition of widow marriages and practice of sathi brought about a tremendous deterioration in women's position at home and in society in general. Even after the Vedic period, the position of women continued to deteriorate unchecked. Hindu Lawgiver 'Manu' had made woman entirely dependent on the man and subjected her to the authority of the father, husband, and son in the different periods of her life as a daughter, wife, and mother. His dictum was that 'for a woman there can be no freedom at any stage in life. This position of women continued throughout the Hindu period and was reinforced by Muslim masters whose customs and traditions were known for the complete subordination of women by men, considering them as inferior to men. Women went down very much in social status when British people entered India and were trying to administer the country. Women had to lead a cloistered life. They moved within the narrow sphere of looking after the daily family chores which comprised their work, life, and activity. The Indian woman was treated as an appendage of men with a distinct and meekly accepted conception of her family duties and obligations. She had not even the haziest awareness of her rights in the early years of British rule in India. The decline in Indian women's status was reflected in the customs relating to marriage, religion, and property, widowhood, dowry, role in the family, basic attitudes with respect to the social image of women etc.

The stress of working and non-working married women

Stress is an inseparable part of human existence. It affects all individuals women rich and poor, literate and illiterate, and young and the old alike across the developed and developing nations. Stress management has acquired particular importance in the Twenty-First century mainly due to two important reasons. Health is very expensive and prevention of ill health is

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potentially possible by using health promotion strategies like stress management. People adopting stress management strategies can function and contribute effectively in work, family life, and social domain, resulting in a sense of well-being and an increase of self-esteem. Lack of this can lead to various detrimental effects of stress. India being a predominantly rural country with a population of more than 1.25 billion people has access to cheap labor. In the present era in industrialized countries, the majority of women work outside the home, either part-time or full-time. Working women with children living at home differ from women with no children and from their own working spouses or partners living in the same home in several ways. Total workload increases directly with the number of children at home for women, but the rate of workload increase is two to three times as great for the working mother compared with the father. The working mothers report greater stress due to conflicting demands between paid work and responsibilities at home. Perceived control over unpaid work at home is reduced among working mothers compared with other working women or to working fathers. The effect of stress on our bodies has three routes of impact. The physical body reacts to stress in the way of non-verbal action such as muscle cramps, headaches, and sweaty palms. The mind impact includes thoughts, opinions, judgments, beliefs and belief systems that a person has that influence the behaviour. Emotion or feelings experienced to lead the way one reacts to people, place, and events that influence our decision. In today's society, it is no longer acceptable to fight or flee from a situation and this reaction leads to damage of health. In our world of fast paced, highly competitive life styles having the option is more difficult. Stress is a psychologically and physiological response to events that upset our personal balance in some way. Stress at the job can be caused by too much or too little work, time pressures and deadlines having too many decisions, fatigue from the physical strain of the work environment, excessive travel, having to cope with the changes at work and the expenses of making mistakes.

Objective

The main objectives of the study were stated as:

1. To find out the stress level of working women.
2. To find out the stress level of non-working women.
3. To compare the stress level of working and non-working women.
4. To measure the extent of the stress of married working women and non-working women.
5. To study the impact of ethnicity upon the stress level of working and non-working women

Hypothesis

Considering the objectives of the present study the following hypotheses have been formulated:

1. The extent of stress will vary among married working and non-working women.
2. There will be a significant impact of ethnicity in married working and non-working women upon stress.

METHODOLOGY

The data for the present research was collected personally through the interview method. For this study, random sampling technique was used. Personal Datasheet and another two tests Marital Stress Scale on Working and Non-working women by Kumari in 2014 was administered to working and non-working women. The entire participants were approached at their place. They were told that the purpose of the data collection is only for research and their responses would be used for research purpose only. After completion of the data

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collection, responses of each respondent on each tool were scored as per the scoring key of manual.

Sample

The sample for the study consists of 240 married women, who were selected from different places located in Ranchi city, Jharkhand. Working women belong to service classes including College professors, School teachers, A. G. Office employees, Doctors and Bank employees, etc, are taken. There are two categories of married women (Working and Non-working), two types of ethnicity (Tribal and Non-tribal),

Tools to be used in the collection of data

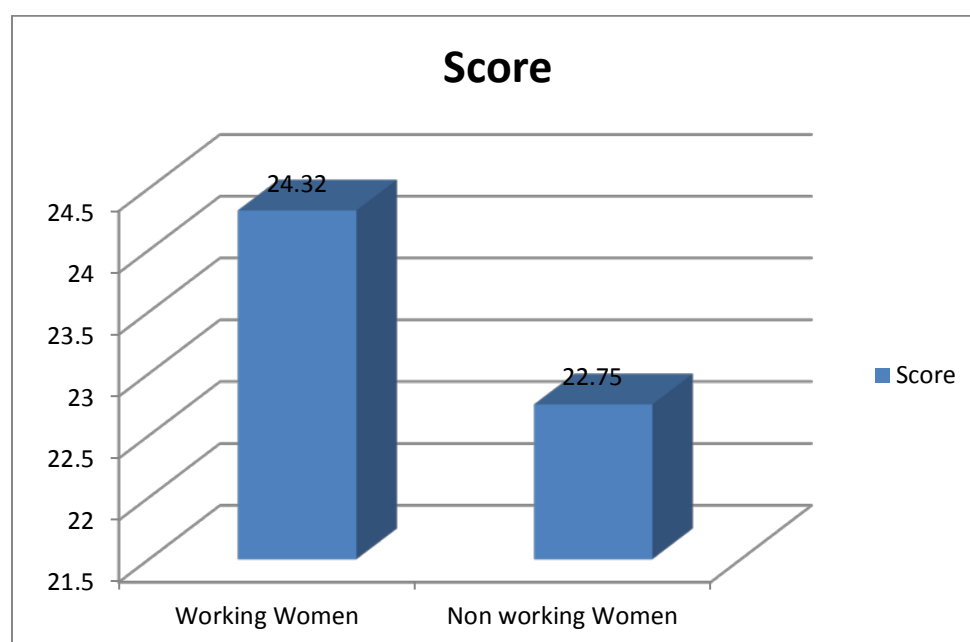
1. Personal data questionnaire
2. Marital Stress Scale on Working and Non-working women by Dr. Reeta Kumari in 2014

ANALYSIS AND INTERPRETATION OF DATA

Table: 1, Women status and extent of the stress of on marital stress Scale

S, No,	Status of women	N	Mean	S.D.	“t”	Significance
1	Working Women	120	24.32	2.32	6.02	Significant at 0.01 level
2	Non-working Women	120	22.75	1.67		

Graph – 1, Graphical representation of mean score of women status and extent of the stress of on marital stress Scale



The mean score of working women on the marital stress scale is (M= 24.32) whereas the mean score of non-working women on marital stress scale is (M=22.75) which is less than working women. They are having a significance difference at 0.01 levels. This may be caused because working women may have more stress problem than non-working women. Therefore

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working women are having poor life satisfaction than non-working women. Further, we can analyze that working women may be prone to stress because they bear the double burden of housework and a job outside the home.

Table 2, Ethnicity and Extent of stress upon women on marital stress Scale

S, No,	Ethnicity	N	Mean	S.D.	“t”	Significance
1	Tribal women	120	21.27	0.87	13.57	Significant at 0.01 level
2	Non-tribal Women	120	24.12	2.13		

Graph 2, Graphical representation of the mean score of ethnicity and Extent of stress upon women on marital stress Scale



This result reveals that the mean score of tribal women on marital stress scale is (M= 21.27) whereas mean score of non-tribal women on marital stress scale is (M=24.12) which is more than tribal women. They are having a significant difference at 0.01 levels. This may be caused because non-tribal women may have more stress problem than tribal women. Therefore non-tribal women are having poor life satisfaction than tribal women.

CONCLUSION

These findings support our hypotheses that working married women are more under stress than non-working married women. Findings indicate that working married women who are engaged in multiple roles have to face severe stressful situations. Moreover, non-tribal women are having more stress than tribal women either working or non-working. The status of women in the tribal societies is comparatively better than that of the women in general society and moreover there is no discrimination against women in a tribal culture whereas the discrimination is found in non-tribal women. The status of tribal women can be judged mainly by the roles they play in society. Their roles are determined to a large extent through the system of descent but in non-tribal society, men are the leader of the family, dominant upon the other member of family and women are generally treated as a housekeeper where they are working or not working.

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Conflict of Interest

The authors carefully declare this paper to bear not a conflict of interests

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