

**Comparative Study**

## **Comparative Analysis of Stress Management among Homemakers and Working Women in Kerala**

Latha P.K.<sup>1\*</sup>

### **ABSTRACT**

Stress management is an important factor for balancing and maintaining good mental health. Stress can be defined as a state of worry or mental tension, which is caused by any difficult situation. It is actually one of the natural human responses to unfavorable situations. But even though it is quite natural, continuous stress will lower the level of mental health. Stress management can be an important issue for both home makers and working women, as both groups face different kinds of stressors in their daily lives. A comparative study of stress management in these two groups can provide valuable insights into the unique challenges and strategies for managing stress that each group faces.

**Keywords:** *Stress, Stressor, Work life balance, Mental health, Stress management, family life management*

One difference between working women and homemakers is their level of work related stress. Working women typically face the stress of balancing family responsibilities and their work. This is really challenging if they have young children or aged parents. On the other hand, home makers may face stress in managing family responsibilities and caring for family members.

Availability of resources is another strategy for managing the stress. Working women may have access to employee assistance programs, flexible arrangements for work and some other refreshing resources for managing the stress. Home makers, however, may have fewer resources available to them and may need to rely more on self-care strategies. Home makers and working women face different kinds of stress, and therefore require different approaches to manage it effectively.

Stress is an inevitable part of modern life, and it affects individuals from all groups, homemakers and working women are vulnerable to stress due to their multiple roles and responsibilities.

**Gender Roles and Stress;** The traditional gender roles in Kerala often assign the responsibility of household chores and child - rearing primarily to women, while men predominantly engage in paid work outside the home. The division of labor can lead to

---

<sup>1</sup>Research Scholar

\*[Corresponding Author](#)

**Received: August 21, 2023; Revision Received: September 03, 2023; Accepted: September 07, 2023**

© 2023, Latha, P.K.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License ([www.creativecommons.org/licenses/by/2.0](http://www.creativecommons.org/licenses/by/2.0)), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

## Comparative Analysis of Stress Management among Homemakers and Working Women in Kerala

increased stress level among women, as they juggle multiple responsibilities simultaneously. Studies have indicated that unequal distribution of domestic work and caregiving duties contributes significantly to stress experienced by both homemakers and working women.

**Work-Related Stress;** For working women in Kerala, the challenges of balancing professional and personal commitments can be overwhelming. Research has highlighted factors such as long working hours, job insecurity, lack of work life balance, and work space discrimination as major stressors. Additionally working women also face the pressure to meet social expectations regarding their appearance, behavior, and family roles, adding to their overall stress levels.

**Socioeconomic Factors and Stress;** Factors such as income level, education, and social support, play a crucial role in stress management among homemakers and working women in Kerala. Studies have shown that women from lower socioeconomic backgrounds may face additional stress due to financial constraints, limited access to resources and lack of social support systems.

### POINTS ON COMPARATIVE STUDY

#### *Stress Among Homemakers:*

Comparing stress levels between homemakers and working women is a complex task as individual experiences and circumstances vary greatly. Its important to note that stress can be influenced by various factors, including personal preferences, support systems, work environment, and family dynamics. However here some study points as a general overview of some factors that may contribute stress among homemakers.

- 1. Role functions:** Home makers often face societal expectations to maintain a well-functioning household, take care of children or elderly family members, manage finances, and handle various household tasks. These responsibilities can be demanding and stressful, particularly if there is a lack of support or recognition for their work.
- 2. Isolation:** Homemakers may experience feelings of isolation due to spending long hours at home without much social interaction. This isolation can contribute to stress and feelings of loneliness.
- 3. Lack of Autonomy:** Homemakers may have limited control over their daily routines and activities, as they often need to prioritize the needs of their family members. This lack of autonomy can be a source of stress and frustration.
- 4. Financial Concerns:** Home makers who are financially dependent on their partners may experience stress related to financial insecurity or the lack of financial independence.

#### *Stress Among working Women:*

- 1. Work life Balance:** Juggling multiple responsibilities, such as career, household tasks, and family obligations, can be challenging for working women Balancing work and personal life can lead to time constraints and increased stress.
- 2. Job Pressure:** Working women may face stress related to job demands, deadlines, performance expectations, and career advancement. High pressure work environments can contribute to stress levels.
- 3. Double Burden:** Working women often have to manage both professional responsibilities and household tasks, which can create additional stress and time constraints.

## Comparative Analysis of Stress Management among Homemakers and Working Women in Kerala

- 4. Guilt and Strain:** Some working women may experience guilt or strain related to balancing work and family commitments. Striving to meet expectations in both areas can lead to increased stress levels.

It is essential to acknowledge that these factors are not exhaustive, and experiences vary among individuals. Furthermore, some women may be both home makers and working professionals at different stages of their lives, and their stress level can differ accordingly. Each women's Circumstances, support systems, coping mechanisms and personal resilience play a significant role in determining their stress levels.

One of the recent studies reveals one interesting fact that working women who had children reported higher levels of stress than home makers with children. This could be due to the added pressure of balancing work and parenting responsibilities.

The purpose of this study is to make aware of these two groups about managing stress, and then maintaining mental health.

### *Aims*

- To study the effect of stress both in home makers and working women.
- To make comparative study of stress management in working women and homemakers

### *Hypothesis*

- Working women are better at managing stress compared to home makers.
- Home makers are better than working women at managing stress.

## **METHODOLOGY**

### *Samples*

In this comparative analysis of 200 subjects, the samples were selected from working women of different career fields and homemakers in Kerala.

### *Tools used*

The following tools were used in this study.

**Personal data sheet;** A personal data sheet developed by the researcher was used to collect information about their stress management methods.

### **Perceived Stress Questionnaire.**

The goal of these questionnaires is to provide insight into how homemakers and Working women perceive and react to stressors in their lives. Some important concepts that are often covered in questionnaires include,

Perceived stress. This refers to the subjective perception an individual has about the level of stress they are experiencing in life,

PSS Questionnaire typically includes a set of questions designed to assess an individual's perception of stress in their life. The PSS can vary in the number of questions, but it often consists of 10 items.

PSS is a widely used tool, it's just one aspect of assessing stress. The data can provide a more comprehensive understanding of stress experiences.

## RESULTS AND DISCUSSION

	Worry	Tension	Joy	Demands	Stress Score
Working women	11.3	12.55	9.8	13.83	47.45
Homemaker	10.91	12	8.97	13.38	45.25

The results of the study indicated that both working women and homemakers experienced significant levels of stress. Working women had a higher mean score for worry (11.3) compared to homemakers (10.91), suggesting that concerns related to work and career may contribute to their stress levels. Similarly, working women scored slightly higher in the tension dimension (12.55) compared to homemakers (12), indicating that the pressures and demands of the workplace may impact their stress levels. However, homemakers reported lower levels of joy (8.97) compared to working women (9.8), suggesting that the absence of a professional career may influence their overall well-being. The mean scores for demands were higher for both groups, with working women (13.83) scoring slightly higher than homemakers (13.38).

The findings of this study highlight the significant stress levels experienced by both working women and homemakers. The slightly higher stress score among working women (47.45) compared to homemakers (42.25) may be attributed to the additional responsibilities and pressures associated with managing both work and family obligations. The demands of the workplace, including deadlines, performance expectations, and work-life balance challenges, contribute to the higher stress levels among working women. Moreover, the worry dimension for working women suggests that concerns related to job security, career advancement, and work-related conflicts may also contribute to their overall stress levels.

On the other hand, homemakers face different stressors, as indicated by their lower scores in the joy dimension. The absence of a professional career and the potential monotony and isolation associated with homemaking may impact their overall well-being and contribute to their stress levels. Homemakers also face demands related to household responsibilities, childcare, and managing family dynamics, which contribute to their stress scores.

It is crucial to acknowledge that stress is a complex and multifaceted phenomenon influenced by various factors, including personal circumstances, support systems, and individual coping strategies. Further research is warranted to explore these factors in-depth and develop targeted interventions to help both working women and homemakers manage their stress effectively.

## CONCLUSION

In conclusion, the findings of this study indicate that working women experience higher levels of stress compared to homemakers. The stress scores for worry, tension, joy, and demands were consistently higher among working women, resulting in a higher overall stress score. This suggests that the challenges and responsibilities associated with balancing work and family obligations contribute to the elevated stress levels among working women.

The higher stress levels among working women can be attributed to various factors. The demands of the workplace, including job pressures, deadlines, and career advancement

## **Comparative Analysis of Stress Management among Homemakers and Working Women in Kerala**

concerns, add significant stress to their lives. Additionally, managing work-life balance, dealing with work-related conflicts, and the potential for job insecurity contribute to the overall stress experienced by working women.

On the other hand, while homemakers also face stressors related to household responsibilities, childcare, and managing family dynamics, their stress levels were comparatively lower. The absence of a professional career and potential feelings of monotony and isolation associated with homemaking may impact their overall well-being and contribute to their stress levels. However, it is important to note that homemakers still experience significant levels of stress, emphasizing the importance of addressing stress management for both groups.

These findings highlight the need for targeted interventions and support systems to assist working women in managing their stress effectively. Employers can implement policies that promote work-life balance, provide resources for stress management, and create a supportive work environment. Additionally, societal support systems and initiatives can help alleviate the stressors faced by working women by providing affordable childcare, flexible work arrangements, and promoting gender equality.

While this study provides valuable insights into the stress levels of working women and homemakers, it is important to acknowledge that stress is a complex and multifaceted phenomenon influenced by various individual and contextual factors. Further research is needed to explore additional factors contributing to stress in these populations and to develop comprehensive strategies to address the specific stressors faced by working women and homemakers.

Regardless of whether they are homemakers or working women, both groups can benefit from stress management techniques such as deep breathing exercises, meditation and engaging in activities that promote relaxation. It is also important to remember that seeking professional help, such as therapy or counseling can be immensely beneficial in learning additional coping strategies and developing resilience.

By actively prioritizing their well-being and implementing effective stress management techniques, both home makers and working women can lead healthier, happier and more fulfilling lives. Ultimately the key lies in recognizing the importance of self - care and embracing strategies that allow for the effective management of stress in their unique situations.

## **REFERENCES**

- Chakraborty, K., Chakraborty, R., & Mukhopadhyay, S. (2020). Stress, coping strategies and mental health status among home-makers and working women: A comparative study. *Indian Journal of Public Health Research & Development*, 11(3), 849-855.
- Chowdhury, S. R. (2018). Stress Management in Working Women and Homemakers. In *The Palgrave Handbook of Women's Mental Health* (pp. 481-492). Palgrave Macmillan, Cham.
- Gupta, R., & Aggarwal, A. K. (2017). Stress management among working women: A comparative study. *International Journal of Humanities and Social Science Research*, 7(5), 34-39.

## **Comparative Analysis of Stress Management among Homemakers and Working Women in Kerala**

- Kaur, G., & Kaur, P. (2018). Stress management among working women and homemakers: A comparative study. *International Journal of Psychology and Behavioral Sciences*, 8(5), 70-77.
- Mohammadi, N., & Qaderi, R. (2017). Comparison of stress level and its sources between working and non-working women in Qazvin, Iran. *Global Journal of Health Science*, 9(3), 155.
- Suleiman, S., & Mazlan, N. H. (2019). Factors influencing stress management among working women: A review of literature. *International Journal of Academic Research in Business and Social Sciences*, 9(10), 522-533.
- Yeoh, J. W., Wong, J. C., & Yap, Y. L. (2019). The impact of job stress on the mental health of working mothers: A comparative study between single mothers and married mothers. *Journal of Women's Health Care*, 8(6), 1-7.

### ***Acknowledgement***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Latha, P.K. (2023). Comparative Analysis of Stress Management among Homemakers and Working Women in Kerala. *International Journal of Indian Psychology*, 11(3), 3043-3048. DIP:18.01.288.20231103, DOI:10.25215/1103.288