Research Paper

Relationship Between the Level of Perceived Stress and Personality Traits on Housewives

Ms. Gopika A.[1], Dr. Juliana Jecinth R.B.[2]*

ABSTRACT

The present study investigated the relationship between personality traits and perceived stress among housewives. The findings revealed no connection between housewives' extraversion/ introversion qualities and perceived stress levels. However, among housewives, there was a substantial correlation between the degree of perceived stress and the qualities of neuroticism and emotional stability. This implies that housewives are more likely to feel more stress when they are more neurotic and less emotionally stable. The results of this study indicate that personality characteristics may have a big impact on how stressed out housewives are. More neurotic and less emotionally stable housewives are more likely to feel more stress than average. The ability to recognise one's own personality strengths and weaknesses in regard to stress is crucial information for housewives. Housewives who are conscious of their personality features can take action to better manage their stress.

Keywords: Housewives, Stress, Personality traits, Neuroticism, Emotional stability

Stress is a common, necessary, and inescapable aspect of life that can have both short- and long-term effects. Canadian doctors first used the term "stress" in medical vocabulary in 1936 The idea that personality has a substantial effect in how we perceive, respond to, and approach stressful situations is supported by studies conducted by scientists. Researchers have been working very hard in recent years to pinpoint the individual traits that affect how stimuli and stress reactions relate to one another. It is common knowledge that the perception of stress is influenced by the degree of fit between an individual and their environment, and that an individual only feels stressed when they consider a given circumstance to be dangerous (de Jong & Emmelkamp 2000).

Behaviour alterations such social withdrawal, depression, irritability, emotional instability, trouble sleeping, and self-medication are all symptoms of chronic stressor-related thoughts. The World Health Organisation (WHO) describes mental health as a state of well-being in which a person is able to realise their potential, manage daily pressures, create positive results at work, and contribute back to the community in which they live. Mental health is a crucial component of total health. In fact, it has been argued in a number of studies that, the social roles that are imposed by society have a detrimental effect on a person's mental health

[1]M.Sc. Clinical Psychology, JAIN (Deemed-to-be University), Whitefield, Bangalore
[2]Assistant Professor, Department of Psychology, JAIN (Deemed-to-be University), Whitefield, Bangalore
*Corresponding Author

and also that women are more vulnerable in this regard than men (Howard et al., 2017; Rosenfield & Mouzon, 2013; Vo et al., 2015; Wilhelm, 2014).

A housewife, also referred to as a homemaker, is a woman who cares for her children, purchases, prepares, and stores food for the family, purchases items the family needs for daily living, maintains and cleans the home, and makes, purchases, and/or mends family clothing while not working outside the home (a career woman). A stay-at-home mother or mum may be used to refer to a homemaker with children. Being a housewife is one of the main gender expectations that are imposed on women and can lead to mental health problems. Currently, all women are expected to complete the onerous gender role of housewife, especially in patriarchal contexts, whether or not they have a job (Vizard, 2019). Within the confines of this role, society frequently expects women to behave passively, emotionally, submissively, and selflessly (Boz et al., 2018). Women's presence and self-perception in social interactions are negatively impacted by these expectations, which are taught to children at a young age and internalised through time (Soylu & Kanc, 2015).

Studies have shown that one of the key factors influencing housewives' chronic stress is their daily to-do list. It is crucial to look into how housework affects housewives' psychological well-being (Brantley et al., 2005). Furthermore, it is emphasised that women who do not engage in paid labour outside the home are at a higher risk of developing mental health issues (Haggett, 2009). Furthermore, research has revealed that housewives have greater amounts of stress and a lower degree of life satisfaction and quality of life than working women. (Saravi et al., 2012; Panwar & Srivastava, 2019). Housewives should therefore be made aware of the relationship between these factors, taking into account the many duties that women play in the home as a source of ongoing stress and how that stress affects mental health.

According to Schacter, Gilbert, and Wegner (2009), personality is a person's defining style that doesn't change throughout the course of their life. The simultaneous activation of numerous psychological subsystems within an individual results in personality functioning as a dynamic organised whole (Mayer, 2007). The "Trait" approach to personality is credited to eminent British psychologist Eysenck (1967).

It is common knowledge that stressful life events typically precede depressive episodes, and that having many stressful life events increases the likelihood of getting depression. Individuals perceive different amounts of stress in the wake of unfavourable life events, and different people are more or less vulnerable to stress in different ways. This increases the risk of developing depressive symptoms. A high level of neuroticism is longitudinally linked to episodic stress and depressive episodes among other stress susceptibility characteristics. Higher neuroticism and decreased extraversion partially explain depressive or social anxiety, and these personality traits also account for the relationship between everyday stress and disorders of mood.

The current investigation aims to examine how housewives' reported stress levels relate to their personality characteristics.

Need for the study
Studies show that stress can influence a variety of issues related to mental health, including substance abuse, despair, and anxiousness. Additionally, it may cause medical issues like persistent pain (Thomas Broderick 2022). When their personality traits, expectations, and

perceptions are merged with those of their spouse and family members, regardless of whether or not they are employed or being at home, women find it more difficult to manage their many tasks and adapt to family requirements. Because of this tension, women will experience stress. Life is stressful on a daily basis. There are many different sources of stress. While this is going on, numerous studies show that stress is a problem for everyone these days (Dr. Manikkamma N Sultanpur 2019). Also, it is very vital to understand whether personality traits play a role in the level of stress that is handled by a housewife. This study aims to relate the personality trait to the stress level of housewife's to understand the consequence and sequence pattern of relevance.

REVIEW OF LITERATURE

Shanmukha Varalakshmi Vangara et al (2022) conducted a study on Evaluation of perceived stress and its correlation with personality traits in undergraduate students. The objective of the study was to analyze undergraduate students' perceptions of stress and determine how it relates to their personalities. Undergraduate students' perceptions of stress were assessed using the Perceived Stress Scale, while personality qualities were assessed using the Eysenck Personality Inventory Scale, and students' perceived stress levels were correlated with various personality factors. The Perceived Stress Scale was used to measure undergraduate students' perceptions of stress. The Eysenck Personality Inventory Scale was used to measure their personalities, and the perceived stress scores of the students were connected with a number of personality traits. According to this study, higher extraversion scores correlate with lower felt stress levels and higher neurotic scores with higher levels of stress. In terms of felt stress, gender variations were evident.

Jing Luo et al (2022), conducted a study on The Stressful Personality: A Meta-Analytical Review of the Relation Between Personality and Stress. The aim was to find ou the relationships between the Big Five personality traits and stress as it was measured using several conceptualizations (stressor exposure, psychological and physiological stress reactions) with a total of 1,575 effect sizes obtained from 298 participants. Overall, extraversion, agreeableness, conscientiousness, and openness were found to be negatively correlated with stress, but neuroticism was found to be favorably correlated with stress. Only neuroticism, agreeableness, and conscientiousness were associated to stressor exposure when stress was measured under several conceptualizations. While the Big Five personality qualities revealed minimal to no relationships with physiological stress response, all of the Big Five personality traits were significantly connected with psychological stress perception. Gözde Ikizer et al (2022), conducted research on Resilience matters: Explaining the relationship between personality and psychological functioning throughout the COVID-19 pandemic. The objective was to comprehend the diverse relationships between personality qualities and the COVID-19's psychological effects. Big Five personality qualities were found to be highly correlated with feelings of loneliness and stress during the epidemic, despite some of the connections being rather weak. The study shows how neuroticism, in particular, can be a risk factor for stress and loneliness in times of crisis and can help identify at-risk persons and improve psychiatric treatments during or after the COVID-19 epidemic.

METHODOLOGY
Research Questions
- What is the relationship between perceived stress and personality traits amongst housewives?
- What is the role of personality traits on the level of perceived stress?

Hypotheses
- There is a significant relationship between the level of perceived stress and extraversion/introversion traits among housewives.
- There is a significant relationship between the level of perceived stress and the neuroticism and emotional stability traits among housewives.

Sample selected
Total of 60 participants from Kerala, Karnataka and Andhra Pradesh who are married for more than 5 years were chosen for the investigation. The sampling technique used for this study is purposive sampling.

Tools used
The following tools were used for the present study. The tools were selected based on their relevance to the set aim of the study.
- The Eysenck Personality Questionnaire (EPQ) Form A
- The Stress Questionnaire

Data analysis
IBM SPSS version 29.0.1.0 was used to Analyse and calculate the data. Descriptive Statistics- Means of both the criterion group was computed and presented. Inferential Statistics was used to determine and analyses the data and was presented in tabular format.

RESULT AND DISCUSSION
Differential Analysis
The correlations between the three variables E/I (Extraversion/Introversion), N/ES (Neuroticism/Emotional Stability), and stress are shown in the table below. The sample size for each variable is 60, and the correlations are based on Pearson correlation coefficients.

Table 1 correlations of extraversion/introversion, Neuroticism/emotional with stress among housewives.

Correlations		E/I	N/ES	Stress
E/I	Pearson Correlation	1	.002	-.038
	Sig. (2-tailed)		.989	.774
	N	60	60	60
N/ES	Pearson Correlation	.002	1	.682[**]
	Sig. (2-tailed)	.989		.000
	N	60	60	60
Stress	Pearson Correlation	-.038	.682[**]	1
	Sig. (2-tailed)	.774	.000	
	N	60	60	60
**. Correlation is significant at the 0.01 level (2-tailed).				

With a value of 0.682, the correlation coefficient between N/ES and stress is moderate to strong and statistically significant (p 0.01). Inferring that higher levels of N/ES are linked to higher levels of stress in this sample, this shows a positive association between these two variables.

E/I and stress have a weak, negative correlation coefficient with a value of -0.038, which is not statistically significant (p = 0.774). This shows that in this sample, there is no correlation between these two factors.

Overall, these findings imply that N/P is the most significant factor in this sample's ability to predict stress, whereas E/I do not seem to be associated with stress. It is crucial to remember that correlation does not imply cause and effect, and other factors that were not assessed in this study might potentially be having an impact on stress levels.

Table 2 Descriptive statistics of extraversion/introversion and Neuroticism/emotional stability in relation with stress.

Descriptive Statistics						
	N	Minimum	Maximum	Mean		Std. Deviation
	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic
E/I	60	5	18	11.05	.450	3.486
N/P	60	4	24	13.37	.641	4.968
Stress	60	2	21	12.83	.621	4.812
Valid N (listwise)	60					

It's important to note that the standard error, which reveals the accuracy of the sample mean estimate, is provided for each mean. Given the relatively high sample size (N=60) and minimal standard errors in this instance, it is likely that the sample means will closely match the population averages. There are no missing data points for any of the variables in this dataset, as indicated by the "Valid N (list-wise)" value of 60.

Hypothesis 1: There is a significant relationship between the level of perceived stress and extraversion/introversion traits among housewives.

According to table 1, there is no statistically significant relationship between the level of perceived stress and extraversion/introversion traits among housewives. It is important to note that the absence of a correlation does not mean that there is no relationship between extraversion and stress. It is possible that the relationship between the two variables is weak or that it is not linear. For example, it is possible that extraversion is only associated with stress at very high or very low levels. More research is needed to determine the true relationship between extraversion and stress.

Hypothesis 2: There is a significant relationship between the level of perceived stress and the neuroticism and emotional stability traits among housewives.

According to the table 1, there is a significant relationship between the level of perceived stress and the neuroticism and emotional stability traits among housewives. 0.682 is regarded as a moderate to strong correlation, or correlation coefficient. Accordingly, stress and N/ES have a substantial association. It's conceivable that those with high N/ES levels are more susceptible to stressful circumstances. They could be more prone to engage in conflict or take on demanding or difficult occupations, for instance.

SUMMARY AND CONCLUSION

The study's primary goal was to understand the level of perceived stress in housewives in relation to their personality traits. The research questions proposed were, what influences the degree of perceived stress and what influences the relationship between perceived stress and personality factors among housewives. In order to confirm or disprove the given hypotheses, the results relevant to the hypotheses are studied and discussed. For the hypotheses that were confirmed by theory, there is support, and for those that were rejected, there are potential

explanations. The constraints, ramifications, and potential research directions are also examined.

1. The present investigation measured the relationship between the level of perceived stress and the Extraversion/introversion personality traits. The results are shown in the table 4.1. It was observed that there is no significant relationship between the level of perceived stress and extraversion/introversion traits among housewives.
2. The present study measured the relationship between level of perceived stress and the neuroticism and emotional stability traits among housewives. The results are shown in the table 4.1. It was observed that there is a significant relationship between the level of perceived stress and the neuroticism and emotional stability traits among housewives.

An adverse tendency to experience negative emotions, such as worry, irritability, and anxiousness, is known as neuroticism. High neurotic individuals are more inclined to become easily agitated out by ordinary situations. Additionally, they might be more pessimistic and inclined to view the world as having only half its glass filled. Stress is a condition of mental or emotional stress that can be brought on by a number of things, including your job, your relationships, and your financial situation. Stress can show itself as a variety of symptoms, such as physical ones like headaches, stomach-aches, and muscle tightness, emotional ones like irritability, depression, and anxiety, and behavioral ones like trouble concentrating, sleep issues, and social disengagement. According to the correlation between neuroticism and stress, Stress is more likely to affect people with higher neuroticism levels. This is perhaps because they are more likely to see the bad side of things and to become easily overwhelmed by difficulties. They could be more susceptible to the physiological, mental, and behavioral effects of stress as a result. People who have emotional stability, on the other hand, are less prone to feel negative emotions and are more likely to respond to difficult situations in a cool, collected manner. They are less susceptible to stress as a result.

REFERENCES

De Jong, G. M., & Emmelkamp, P. (2000). Implementing a stress management training: Comparative trainer effectiveness. Journal of Occupational Health Psychology, 5(2), 309–320.

Wilhelm, K. (2014). Gender and mental health. Australian and New Zealand Journal of Psychiatry, 48(7), 603–605.

Boz, E., Casas, C., Georgiadis, G., Gopinath, G., Mezo, H. L., Mehl, A., & Nguyen, T. (2022). Patterns of invoicing currency in global trade: New evidence. Journal of International Economics, 136, 103604.

Vizard, T. (2019). Families and the labour market. Office for National Statistics. Retrived From: https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employm entandemployeetypes/articles/familiesandthelabourmarketengland/2019.

Boz, İ, Özçetin, E., & Teskereci, G. (2018). Becoming a mother after infertility A theoretical analysis. Current Approaches in Psychiatry, 10(4), 496–511.

Soylu, Y., & Kağnıcı, D. Y. (2015). Predicting marital adjustment according to empathic tendency, communication and conflict resolution styles. Turkish Psychological Counseling and Guidance Journal, 5(43), 44–54.

Brantley, D. (n.d.). The effects of exercise on stress. Scholarly Commons @ Ouachita. https://scholarlycommons.obu.edu/scholars_day/10.

Desperate housewives and the domestic environment in post war Britain: Individual perspectives. (2009). PubMed. https://pubmed.ncbi.nlm.nih.gov/26166918/

Kermansaravi, F., Navidian, A., Rigi, S. N., & Montazeri, A. (2012). Comparing health-related quality of life of employed women and housewives: a cross sectional study from southeast Iran. BMC Women's Health, 12(1). https://doi.org/10.1186/1472-6874-12-41

Schacter, D. L., Gilbert, D. K., Wegner, D. M., & Hood, B. M. (2016). Sensation and perception. In psychology. https://doi.org/10.1007/978-1-137-40673-6_4

Moreno, R., & Mayer, R. E. (2007). Interactive multimodal learning environments. Educational Psychology Review, 19(3), 309–326. https://doi.org/10.1007/s10648-007-9047-2

The Student's Guide to Managing Stress| Best Colleges. (n.d.). BestColleges.com. https://www.bestcolleges.com/resources/balancing-stress/

Sultanpur, M. N. (2022). Pay For Unpaid Work to Improve Women's Status. ResearchGate. https://www.researchgate.net/publication/365904987

Vangara, S. V., Kumari, A., & Kumar, D. (2022). Evaluation of perceived stress and its correlation with personality traits in undergraduate students. Asian Journal of Medical Sciences, 13(8), 127–132. https://doi.org/10.3126/ajms.v13i8.34044

Luo, J., Zhang, B., Cao, M., & Roberts, B. W. (2022). The Stressful Personality: A Meta-Analytical Review of the relation between personality and stress. Personality and Social Psychology Review, 27(2), 128–194. https://doi.org/10.1177/10888683221104002

İkizer, G. et.al. (2022). Big Five traits predict stress and loneliness during the COVID-19 pandemic: Evidence for the role of neuroticism. Personality and Individual Differences, 190, 111531. https://doi.org/10.1016/j.paid.2022.111531