

**Comparative Study**

## **A Comparative Study of Stress Between Pet Owners and Non-Pet Owners**

Sakshi Pandey<sup>1</sup>, Vishal Yadav<sup>2\*</sup>

### **ABSTRACT**

Pets have long served as loyal and compassionate companions of humanity. The human-animal interaction and attachment hold a high potential to enhance mental health and well-being. However, there is scarce research in this domain from South Asian countries. Therefore, this study explored and compared stress among pet and non-pet owners in India. This research was conducted on a sample of people aged 15-25. Simple random sampling drew 88 individuals; 44 were pet owners, and 44 were non-pet owners. A stress scale was used to measure participants' stress levels. The study followed between groups with a randomized experimental design to explore the research problem. Subsequently, an independent t-test was used for statistical analysis ( $t(86) = 4.81, p = 0.01$ ). Therefore, the study suggests a significant difference between pet and non-pet owners' stress levels. The stress level of pet owners is significantly lower than that of their non-pet owner counterparts.

**Keywords:** *Pets, Companionship, Stress, Mental health*

From a psychological perspective, stress refers to the strain or pressure that one feels emotionally (Lazarus, 2020). Like every coin has two phases, this psychological pain or stress can also propel and hamper. A small amount of stress can be propelling as it enhances our awareness and reaction towards the environment and improves motivation and athletic performance. However, extreme stress tends to cause a broad spectrum of physical and psychological damage, including a high risk of anxiety, depression, stroke, ulcers, etc (Bickford, 2005). The sources of stress can be external as well as internal. External sources relate to the environment and the situation, whereas internal factors relate to subjective perceptions and negative emotional states (Ben-Zur, 2003).

Selye (1974) has propounded two types of stress: Eustress and Distress. The root word "Eu" itself means "good", which implies that Eustress is the excellent or healthy stress that works to enhance performances. *Distress* is the stress that hinders performance and can impair psychological and physical health.

<sup>1</sup>MA Student, Department of Psychology, Delhi University

<sup>2</sup>Assistant Professor, Department of Psychology, Mahatma Gandhi Antarrastriya Hindi Vishwavidyalaya, (A Central University) Wardha Maharashtra, 442001 Email: [vishalbhu1992@gmail.com](mailto:vishalbhu1992@gmail.com)

\*Corresponding Author

**Received: January 02, 2024; Revision Received: February 16, 2024; Accepted: February 20, 2024**

## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

Stress affects individuals of all ages and backgrounds. However, the degree to which it affects an individual depends upon factors like the quality of interpersonal relations, social and familial support, responsibilities, traumatic events, and subjective evaluation of a situation. Individuals who fulfill interpersonal relations and social support and cope better with stressors—well-nourished people with an optimum amount of nutrition and quality sleep report lower stress levels (Woldetensay et al., 2018). Moreover, certain life phases pose a greater risk of stress on individuals, like adolescence, early adulthood, old age, being a single parent, working parents, or going through a period of rapid transition (National Academies of Sciences, Engineering, and Medicine [NASEM], 2019).

Although stress has become a pervasive part of our fast-paced lives, there are sources of comfort that tend to decrease it. Human-animal interaction has been one of the oldest forms of nature's contribution to human life and quality. Animals hold the potential of becoming a faithful companion and a source of comfort. They provide us with a higher opportunity for outdoor activities and socialization. Moreover, research indicates their ability to lower cortisol levels, thus lowering stress experienced by an individual (Sherman, 2012). One of the most significant evidence of their therapeutic impact is Animal-assisted therapy (AAT). It is a therapeutic intervention that aims to improve an individual's social, emotional, and cognitive functioning by including animal interaction—William Tuke, in the late 18th century, initiated AAT for the first time (Adams, 2010).

There are several instances in the history of psychology when mental health experts tried incorporating animals into therapeutic regimens. In 1999, at St. Elizabeth Hospital, the US military promoted the inclusion of dogs in therapeutic programs (Beck et al., 2012). The father of psychoanalysis, Sigmund Freud, had many dogs during his sessions and thought that the presence of dogs helps patients (especially children and adolescents) to confide better (Fine, 2010). Boris M. Levinson made a commendable contribution to AAT in 1964, who accidentally left his dog with a difficult child and later found the child confiding in the dog (Walsh, 2009). Therefore, animals and pets have contributed to human welfare in several forms and for years.

### **REVIEW OF LITERATURE**

The human-animal interaction finds its roots long back in history. Several researchers have tried emphasizing the positive impact of pets on the mental health of human beings. Watson and Weinstein (1993) investigated the relationship between distress experienced by working women and pet ownership. A sample of 84 women working in the American Medical Association was drawn. Forty-two women were cat/dog owners, and 42 were non-pet owners. The participants completed the questionnaires on anxiety, depression, and anger. The results revealed no significant difference between pet and non-pet owners on these psychological constructs. Therefore, pet ownership may be less effective for working women since they are burdened with work and get relatively less time with owned pets.

In a randomized clinical trial, 24 children with ADHD were randomly assigned to two groups. Cognitive behavioural interventions were provided to both groups for 12 weeks; however, only one group was subjected to canine-assisted therapy. The researchers also involved parents in weekly group therapy sessions and assessed the results. The findings suggest that both groups improved their social skills and decreased problematic behaviours. However, the decline in symptoms was more evident in children who received canine-assisted therapy than those who did not (Schuck et al., 2013).

## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

Certain research studies have also focused on clinical samples. Children with Autism usually struggle with social interactions and heightened arousal. However, animals can alleviate social stress to some extent. A study measured physiological arousal in autistic suffering children in four social situations: Reading silently, loud reading in the classroom, playing with peers and toys, and playing with peers and animals. The findings suggest that children's skin conductance reduced by 43% while playing with peers in the presence of animals, signifying the anxiety-alleviating effect of animals (O'Haire, McKenzie, Beck & Slaughter, 2015).

Bao (2016) aimed to study the effect of pets on the owners' mental health. The researcher used Amazon Mechanical Turk and surveyed 263 American adults. The survey analysis indicates a positive impact of pets on the well-being of individuals. Results of the study show that pet owners had a higher level of satisfaction than non-pet owners. However, the participants showed no difference in other measures of well-being like emotion regulation, need satisfaction, or personality. The study also indicates high scores of dog owners on every dimension of well-being compared to their cat owner counterparts. Moreover, the big five personality traits mediate the relation between the type of pet owned and the owner.

Brooks, Rushton, and Walker (2016) conducted semi-structured interviews based on "ego" network mapping in the northwest and south of England on 54 individuals diagnosed with long-term mental health issues. The interviews explored the relationship participants hold with the pets, their value, and the support they provide in the daily management of symptoms. Moreover, the interviews explored the role of pets as a significant force of social support. The results show that participants keep pets in the central role of their social support system. Pets also helped the participants manage the symptoms of illness by acting as a distraction and source of new activities.

A systematic review study that explored animal companionship and the support they provided to people suffering from mental health problems was undertaken. The 17 studies included in the review were published in English and were based on primary data. Moreover, the qualitative and quantitative data were synthesized to highlight the essential points regarding human-animal interaction. The review indicates the positive impact of pets on mental well-being, especially during a crisis. It also suggests a multi-dimensional role of pets in activities that help people manage the symptoms. However, the study also highlighted how the responsibilities posed by pet ownership and loss of a pet can impact mental health negatively (Brooks, Rushton & Lovell, 2018).

Schuck, Johnson, Abdullah, Stehli, Fine, and Lakes (2018) researched 80 participants diagnosed with ADHD to assess the efficacy of Animal-assisted therapy in enhancing their self-esteem. A self-perception profile was used to measure self-esteem, and a stratified Wilcoxon Signed Rank Test was used to assess pre/post-treatment differences. The results show that the scores of children in areas like scholastic competence and social and behavioral conduct were increased from the base level post-treatment.

The research conducted between 2016 and 31 August 2018 on the impact and utility of dog therapy for patients with dementia was systematically reviewed. A total of six researchers were chosen for the final analysis. They suggest that animal-assisted therapy can be an effective complementary treatment for patients with dementia. The vitality of dog therapy is specifically more for handling behavioral and psychological symptoms and, therefore, can

## **A Comparative Study of Stress Between Pet Owners and Non-Pet Owners**

be used to enhance positive treatment outcomes for people with dementia (Klimova, Toman & Kuca, 2019).

Tanaka and Saeki (2019) studied the effect of pet ownership on individuals, especially during disasters. The researchers evaluated participants' attitudes towards their pets and compared their PTSD scores. The study mainly incorporated Japanese citizens who had faced an earthquake disaster in 2011. The results show that pet owners had higher PTSD scores than non-pet owner counterparts during the disaster. However, after four years of disaster, the scores were lower in the pet owner group.

Janevic et al. (2020) conducted a study on four focus groups with a sample size of 25. The participants were dog and cat owners of more than 70 years of age undergoing cognitive behavioral therapy for pain management. The transcripts were recorded and further analyzed based on themes like physical activity, behavioral activation, sleep, distraction, etc. The results suggest a positive impact of pets on the outcome of cognitive behavioral pain management. However, certain negative aspects also come into play, like responsibilities associated with pet ownership.

In another research, Grajfoner and Wong (2021) conducted a cross-sectional study on 448 Malaysian populations, measuring psychological well-being, positive-negative emotions, resilience, and coping self-efficacy. The study findings show that pet owners have better psychological well-being and coping efficacy and experience more positive emotions. However, the other constructs had no significant difference between pet and non-pet owners. Findings also suggest that cat owners experience better well-being and more positive emotions than dogs. The study provides sound evidence for the positive impact of pets on the mental health of the Malaysian population.

Qualitative Analysis by Hawkins and Tip (2021) incorporated the experience of 109 participants (41 participants diagnosed with mental health conditions and 70 recently struggling with mental health issues) towards the impact of pets on their mental health. The qualitative data was analyzed based on themes like the benefits of pets, increased motivation, decreased anxiety symptoms, and improved social networking. One theme that encapsulated negative impact was emotional strain. The analysis suggests the potential of pets to affect mental health both directly and indirectly. The direct ways relate to physiological changes they bring (low cortisol through comfort touch), and indirect ways relate to mood elevation through humour and distraction from rumination. Pets play an active role in reducing self-harm and suicidal ideation and alleviate symptoms of anxiety and panic attacks. However, the study shows individual differences among the types of pets and, hence, in their capability to alleviate or exacerbate mental health conditions.

In an interesting single-subject action research, a male child of 18 years with emotional and behavioral problems attending a particular education school was given animal-assisted therapy. The data was collected from Rosenberg's self-esteem scale and Coppersmith's self-esteem inventory. Moreover, behaviour tracking charts were used to assess his classroom behaviour. The results suggested improved self-esteem, social skills, and classroom behaviour. Therefore, the study concludes with positive results of animal-assisted therapy on children with emotional and behavioral problems (Boe,n.d.).

## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

The studies mentioned above suggest that the efficacy of animal-assisted therapy and the impact of pets on several aspects of mental health should be explored further since the results point towards their potential to enhance positive mental health.

### *Rationale of the study*

In this developing, progressive, and highly competitive world, stress has become a pervasive part of our lives. It has intruded in almost every sphere. However, the enormous shield that helps us deal with stressors effectively is seeking emotional, social, and empathetic companionship with significant people. Such people include family, friends, relatives and even our pets. Adding pets to a family is a trend that has been around for a while. Pet parenting represents the interaction of man with nature since ancient times.

Some studies suggest the positive impact of pets and animal-assisted therapy on several aspects of mental health. Since stress is a potentially active aspect affecting mental health, this study was conducted to investigate how pet ownership affects stress levels among individuals. In this era, where stress is almost inevitable, this research aims to explore how our animal companions help to alleviate it. Moreover, the study results will help formulate strategies to alleviate stress and for other therapeutic purposes.

### *Objective of the study*

The present study aimed to explore and compare the level of stress among pet owners and non-pet owners.

### *Hypothesis*

There would be no significant difference between the level of stress experienced by non-pet owners and pet owners.

## **METHODOLOGY**

### *Variables*

- Independent variable – Pet ownership
- Dependent variable – Stress level

### *Sampling method*

Data was collected from 88 subjects (44 males and 44 females) for the study. The sample was drawn from a simple random sampling method as the subjects were selected randomly from pet and non-pet owners.

### *Participants*

The final study included 88 subjects (44 males and 44 females) aged 15-25 years. The sample was drawn from individuals belonging to urban areas and middle socioeconomic status.

### *Research Design*

The research design used for this study was between group arbitrary randomized experimental design to study the cause-and-effect relationship between pet ownership and stress.

### *Tools used*

The Stress scale was constructed by M. Singh in 2002 (Rastogi et al., 2018). was used for the study. It consists of 40 items. The response of the subject can be recorded with three

## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

alternatives, namely: "always", "sometimes", and "never". The test was standardized with the help of 80 males and 60 females aged 16-50 years. The reliability of the test is 0.82, and the validity of the test is 0.61.

### Statistics

Mean, SD and *independent t-tests* were used to assess whether or not a significant difference existed between the variables.

### Ethical Approval

The participants were duly briefed that the collected data would only be kept confidential for research purposes. It was made sure that each individual participated in the research with consent.

## RESULTS

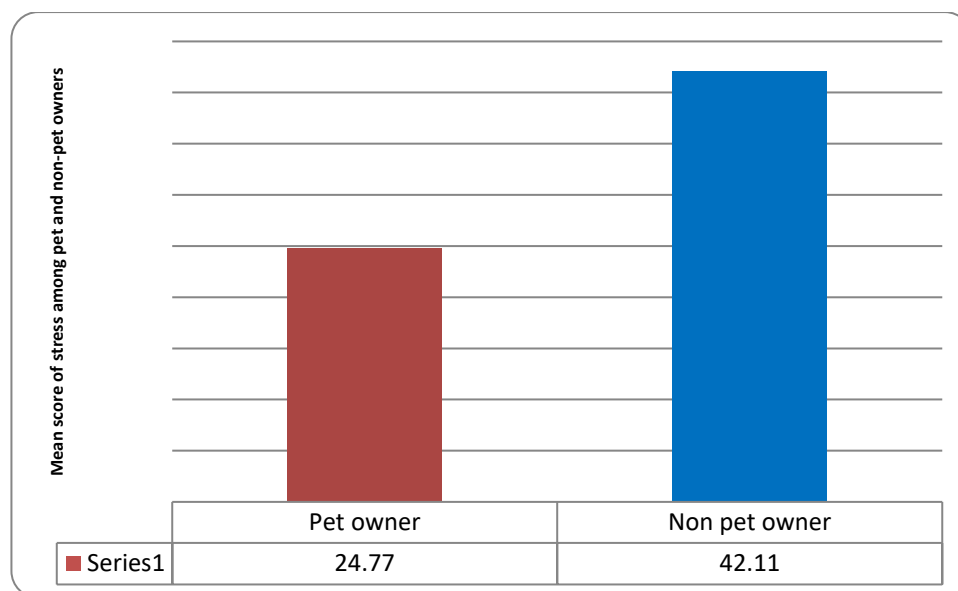
The current study aimed to investigate the effect of pet ownership on individuals stress levels. In light of previous research on animal-assisted therapy, it was hypothesized that the stress level of pet owners would be significantly lower than that of non-pet owners. The stress scores of pet owners ( $M = 24.77$ ,  $SD = 15.14$ ) and non-pet owners stress scores ( $M = 42.11$ ,  $SD = 18.47$ ). Based on Mean scores, non-pet owners had a higher stress level than pet owners (See Figure 1). The  $t$ -value is 4.81, which is significant at 0.01 levels. Therefore, the null hypothesis is rejected. Hence, we can infer that pet owners have significantly lower stress levels than non-pet owners.

Table 1 represents the Mean, standard deviation,  $t$ -value, and significance level. The calculated  $t$ -value is 4.81, which is significant at 0.01 levels. Therefore, the stress level experienced by pet owners would be significantly lower than that of non-pet owners.

**Table 1: Mean, SD and  $t$ -table for pet and non-pet owners for anxiety**

Group	N	Mean	SD	Df	$t$ -value	Level of significance
Pet owner	44	24.77	15.14	86	4.81**	0.01
Non pet owner	44	42.11	18.47	82.81		

\*\* Level of significance on 0.01.



**Figure: 1 Anxiety Mean score of pet and Non-pet owner**

### DISCUSSION

From ancient myths and religious texts to contemporary fictional stories, animals are presented as constant companions of humanity. Therefore, this research aimed to study the impact of pets on the stress level of individuals scientifically. It was hypothesized that the sample group with pets would have relatively lower stress levels than those without pets, and the results from statistical analysis also prove the hypothesis correct.

Pets affect us in a myriad of forms. They not only evoke positive emotions, but also, they are our constant companions. This companionship is confined to normal and extends to the clinical population (Brooks, Rushton & Lovell, 2018). Moreover, they serve as one of the best listeners, providing a secure presence for our emotional expression (Ians, 2013). On analyzing the results from the perspective of companionship, it can be inferred that pets are integral members of an individual social network, especially after the pandemic (Kretzler, König & Hajek, 2022). They are an immense source of love and companionship, especially for individuals living alone or in a nuclear family (Hamlett & Strange, 2021). Pet's presence provides a constant source of healthy social stimulation (National Institute of Health [NIH], 2018). A pet in the home creates an atmosphere of emotional bond and vulnerability, especially in the adolescent group, who usually think nobody understands them (Gadomski et al., 2022) and the early adult group, who suffer from the crisis relating to their transition from adolescence to adulthood. A dog, cat, or even a rabbit in a household can be regarded as an essential resource for social support. Their presence substantially reduces our perceived loneliness (Human-Animal Bond Research Institute [HABRI], 2020).

Also, the fur pets can be a source of positive emotions. Dr Berger, a physician and scientist at NIH Clinical Centre, includes awareness, intention, attention and compassion as fundamental components of mindfulness (Keng, Smoski, & Robins; 2011). All of these are things that animals bring to the table. The mere touch, hug or snuggle from one's cat, dog or rabbit may help one relax and relieve stress and anxiety (NIH, 2018). Also, pets' presence brings behavioral changes like going for walks, playing and exercising (Martins et al., 2023). Such activities help a person enhance physical activeness, helping to maintain a positive and balanced mood.

Another factor that can be active in lesser stress of pet owners is the emotional outlet a pet provides them. They are highly responsive to their owner's mood and emotional state and are good listeners who will not judge their owner. Therefore, pet owners find a better chance to confide and express their emotions than hoarding them. Finally, the main factors that led to the acceptance of the alternate hypothesis are the companionship, emotional support, and positivity that a pet brings into an individual's life, especially for adolescents and early adults.

### CONCLUSION

The present study aimed to explore and compare the stress levels among pet owners and non-pet owners and concludes that pet owners have comparatively lower stress levels than non-pet owners. Pets act as a potential source of positivity in family settings. The prime factors contributing to such results include companionship, social network enhancement, and pets' health benefits.

#### *The social implication of the research*

Excessive stress for an individual can be highly deteriorating. Therefore, low or balanced stress levels are essential to a person's psychological and physical well-being. By studying

## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

the cause-and-effect relationship between pet ownership and stress, the study explored one of the factors that can help regulate the stress of individuals. Moreover, the research contributes to the literature about pets and animal interaction with humanity. It supports the efficacy of Animal Assisted Therapy and advocates the inclusion of pets and animals in treating individuals. Since the study suggests a positive impact of pet ownership on stress levels, it indicates that pets can be a reliable source of comfort for people suffering from mental health issues like anxiety and panic disorders. Also, by alleviating stress, pets can act as potential mood buffers and distract from frequent rumination in mood disorders. Finally, the research aims to improve therapeutic strategies by incorporating pets and animals into the therapeutic regimen.

### REFERENCES

- Adams, J. M. M. (2010). The role of animals and animal-assisted therapy in stressful life transitions. *Handbook of stressful transitions across the lifespan*, 643-651.
- Bao, K. J., & Schreer, G. E. (2016). Pets and Happiness: Examining the Association between Pet Ownership and Well-being. *Anthrozoos*, 29(2), 283–296. <https://doi.org/10.1080/08927936.2016.1152721>
- Beck, C. E., Gonzales Jr, F., Sells, C. H., Jones, C., Reer, T., Wasilewski, S., & Zhu, Y. Y. (2012). The effects of animal-assisted therapy on wounded warriors in an Occupational Therapy Life Skills program. *US Army Medical Department Journal*.
- Ben-Zur, H. (2003). Happy adolescents: The link between subjective well-being, internal resources, and parental factors. *Journal of Youth and Adolescence*, 32, 67-79.
- Bickford, M. (2005). Stress in the Workplace: A General Overview of the Causes, the Effects, and the Solutions. *Canadian Mental Health Association Newfoundland and Labrador Division*, 44.
- Boe, V. R. M. (2008). Effects of Animal-Assisted Therapy on a Student with an Emotional/Behavioral Disorder. *Journal of the American Academy of Special Education Professionals*, 25, 47.
- Brooks, H. L., Rushton, K., Lovell, K., Bee, P., Walker, L., Grant, L., & Rogers, A. (2018). The power of support from companion animals for people living with mental health problems: A systematic review and narrative synthesis of the evidence. *BMC Psychiatry*, 18(1), 1-12.
- Brooks, H., Rushton, K., Walker, S., Lovell, K., & Rogers, A. (2016). Ontological security and connectivity provided by pets: a study in the self-management of the everyday lives of people diagnosed with a long-term mental health condition. *BMC Psychiatry*, 16(1), 1-12.
- Fine, A. H. (Ed.). (2010). *Handbook on animal-assisted therapy: Theoretical foundations and guidelines for practice*. Cambridge: Academic Press.
- Gadomski, A., Scribani, M., Tallman, N., Krupa, N., Jenkins, P., & Wissow, L. S. (2022). Impact of pet dog or cat exposure during childhood on mental illness during adolescence: a cohort study. *BMC Pediatrics*, 22(1). <https://doi.org/10.1186/s12887-022-03636-0>
- Grajfoner, D., Ke, G. N., & Wong, R. M. M. (2021). The Effect of Pets on Human Mental Health and Well-being during COVID-19 Lockdown in Malaysia. *Animals*, 11(9), 2689. <https://doi.org/10.3390/ani11092689>
- Hamlett, J., & Strange, J. (2021). Animals in the family mini-special issue introduction and historiographical review. *The History of the Family*, 26(2), 173–185. <https://doi.org/10.1080/1081602x.2021.1944894>



## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

- Hawkins, R., Hawkins, E. L., & Tip, L. (2021). "I Cannot Give Up When I Have Them to Care for": People's Experiences of Pets and Their Mental Health. *Anthrozoos*, 34(4), 543–562. <https://doi.org/10.1080/08927936.2021.1914434>
- Human-Animal Bond Research Institute. (2020). Social Isolation & Loneliness. *HABRI*. <https://habri.org/research/mental-health/social-isolation/>
- Ians. (2013). Are pets better listeners? [www.business-standard.com](http://www.business-standard.com). [https://www.business-standard.com/article/news-ians/are-pets-better-listeners-113052700900\\_1.html](https://www.business-standard.com/article/news-ians/are-pets-better-listeners-113052700900_1.html)
- Janevic, M. R., Shute, V., Connell, C. M., Piette, J. D., Goesling, J., & Fynke, J. (2020). The Role of Pets in Supporting Cognitive-Behavioral Chronic Pain Self-Management: Perspectives of Older Adults. *Journal of Applied Gerontology*, 39(10), 1088–1096. <https://doi.org/10.1177/0733464819856270>
- Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: a review of empirical studies. *Clinical psychology review*, 31(6), 1041–1056. <https://doi.org/10.1016/j.cpr.2011.04.006>
- Klimova, B., Toman, J., & Kuca, K. (2019). Effectiveness of the dog therapy for patients with dementia—a systematic review. *BMC Psychiatry*, 19(1), 1–7.
- Kretzler, B., König, H. H., & Hajek, A. (2022). Pet ownership, loneliness, and social isolation: a systematic review. *Social Psychiatry and Psychiatric Epidemiology*, 57(10), 1935–1957. <https://doi.org/10.1007/s00127-022-02332-9>
- Lazarus, R. S. (2020). Psychological stress in the workplace. In *Occupational stress* (pp. 3–14). CRC Press.
- Martins, C., Soares, J. P., Cortinhas, A., Silva, L., Cardoso, L., Pires, M., & Mota, M. P. (2023). Pet's influence on humans' daily physical activity and mental health: a meta-analysis. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1196199>
- National Academies of Sciences, Engineering, and Medicine. (2019). The promise of adolescence: Realizing opportunity for all youth.
- National Institutes of Health. (2022). The Power of Pets. *NIH News in Health*. <https://newsinhealth.nih.gov/2018/02/power-pets>
- O'Haire, M. E., McKenzie, S. J., Beck, A. M., & Slaughter, V. (2015). Animals may act as social buffers: Skin conductance arousal in children with autism spectrum disorder in a social context. *Developmental Psychobiology*, 57(5), 584–595. <https://doi.org/10.1002/dev.2131>
- Rastogi, R., Chaturvedi, D. K., Satya, S., Arora, N., Singh, P., & Vyas, P. (2018). Statistical analysis for effect of positive thinking on stress management and creative problem solving for adolescents. *Proceedings of the 12th INDIACom*, 245, 251.
- Schuck, S., Emmerson, N., Fine, A. H., & Lakes, K. D. (2013). Canine-assisted therapy for children with ADHD. *Journal of Attention Disorders*, 19(2), 125–137. <https://doi.org/10.1177/1087054713502080>
- Schuck, S., Johnson, H. L., Abdullah, M., Stehli, A., Fine, A. H., & Lakes, K. D. (2018). The role of animal-assisted intervention in improving self-esteem in children with attention deficit/hyperactivity disorder. *Frontiers in Pediatrics*, 6. <https://doi.org/10.3389/fped.2018.00300>
- Sherman, G. D., Lee, J. J., Cuddy, A. J., Renshon, J., Oveis, C., Gross, J. J., & Lerner, J. S. (2012). Leadership is associated with lower levels of stress. *Proceedings of the National Academy of Sciences*, 109(44), 17903–17907.
- Tanaka, A., Saeki, J., Hayama, S., & Kass, P. H. (2019). Effect of pets on human behavior and stress in disaster. *Frontiers in Veterinary Science*, 6. <https://doi.org/10.3389/fvets.2019.00113>
- Walsh, F. (2009). Human-Animal bonds II: The role of pets in family systems and family therapy. *Family Process*, 48(4), 481–499.

## A Comparative Study of Stress Between Pet Owners and Non-Pet Owners

- Watson, N., & Weinstein, M. (1993). Pet ownership about depression, anxiety, and anger in working women. *Anthrozoos*, 6(2), 135–138. <https://doi.org/10.2752/089279393787002295>
- Woldetensay, Y. K., Belachew, T., Biesalski, H. K., Ghosh, S., Lacruz, M. E., Scherbaum, V., & Kantelhardt, E. J. (2018). The role of nutrition, intimate partner violence and social support in prenatal depressive symptoms in rural Ethiopia: community-based birth cohort study. *BMC Pregnancy and Childbirth*, 18, 1-10.

### ***Acknowledgment***

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:*** Pandey, S. & Yadav, V. (2024). A Comparative Study of Stress Between Pet Owners and Non-Pet Owners. *International Journal of Indian Psychology*, 12(1), 1079-1088. DIP:18.01.101.20241201, DOI:10.25215/1201.101