

## **Comparative Analysis of Gender Based Differences in Work Life Balance, Stressors, and Quality of Life Among Small Screen Actors-A Mixed Method Approach**

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### **ABSTRACT**

This research delves into the impact of gender dynamics on work-life balance, stressors, and quality of life among small screen actors. Utilizing a mixed-method approach, data from 30 male and 30 female participants aged 20 to 50, primarily from South India, were analyzed using descriptive statistics, correlation, regression, and qualitative techniques. Results revealed notable gender-based differences in perceived stress levels, with females reporting higher stress, while work-life balance and overall quality of life showed no significant disparities between genders. The interrelation of variables found in correlation and regression analyses revealed significant associations between perceived stress, work-life balance domains, and quality of life domains. Qualitative insights underscored distinct stressors faced by each gender, with financial stress and professional uncertainty common among both male and female actors. Females encountered challenges like casting couch experiences, financial pressures, and underpayment, while males faced issues such as typecasting, importance of diversifying job roles and financial barriers for roles. Implications suggest tailored interventions to address gender-specific stressors among actors, with future research opportunities exploring the longitudinal effects of such interventions.

**Keywords:** *Small Screen Actors, Gender Dynamics, Work-Life Balance, Stressors, Quality of Life*

**S**mall screen performers are individuals primarily involved in television and digital media productions. Recognized for their roles in episodic content, these actors portray crucial characters that engage audiences and often establishing a special connection with viewers. In the ever-changing small screen industry, it becomes pivotal to understand the experiences of actors working in this profession. As gender is an important key factor for encountering of small screen actors, this study aims to focus the complex relationship between gender, professional demands, and personal well-being among the small screen actors. The profession's demands, and societal expectations, accentuate the importance of

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exploring work-life balance, stressors, and quality of life, through the lens of gender dynamics. Work-Life Balance (WLB), proposed by Kirchmeyer in 2000, refers to the achievement of satisfying experiences across various life spheres, involving the distribution of diverse resources like energy, time, and commitment. Perceived stress is an individual's thoughts or emotions concerning the level of stress they currently face or have encountered within a specific timeframe. The World Health Organization (WHO) characterizes quality of life as how individuals perceive their position in life within the cultural and value frameworks of their surroundings

### METHODOLOGY

#### *Aim*

Examining the work-life balance, stressors, and quality of life experienced by small screen actors, using a mixed-method approach specifically focusing into gender-based distinctions.

#### *Objectives*

The objective of this study is to investigate the influence of gender dynamics, specifically focusing on the impact of gender on work-life balance, stressors, and quality of life (QoL) among small screen actors. The study aims to explore the following variables:

- **Work-Life Balance:** Examine how gender shapes the management of professional commitments and personal life among small screen actors, considering specific domains such as Work Interference with Personal Life (WIPL), Personal Life Interference with Work (PLIW), and Work Personal Life Enhancement (WPLE).
- **Stressors:** Identify specific challenges and stress perceived by gender dynamics, especially unique to the entertainment industry.
- **Quality of Life (QoL):** Evaluate the overall well-being and life satisfaction of small screen actors, taking into account domains such as physical health, psychological well-being, social relationships, and environmental factors.

#### *Hypothesis*

- **Null Hypothesis:** There is no significant influence of gender dynamics on the work-life balance, stressors, and quality of life among small screen actors.
- **Alternative Hypothesis:** Gender dynamics significantly impact the work-life balance, stressors, and quality of life among small screen actors.

#### *Variables*

- **Independent variable:** Gender (female and male small screen actors)
- **Dependent variables:** Work Life Balance (WLB), Quality of Life (QoL), and Perceived Stress

#### *Research Design*

The study employed a mixed method approach –utilizing both quantitative and qualitative data for comparing the stressors, work life balance and quality of life between male and female small screen actors.

#### *Sample and Its Selection*

The study used two distinct participant selection methods: stratified sampling and purposive sampling. The population was stratified by age, encompassing early adulthood to late middle adulthood (20 to 50 years). Within each age group, an equal number of 30 males and 30

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females were purposively selected. This combined approach, facilitated a thorough comparison of males and females across a broad age spectrum from early to late middle adulthood. Participants were specifically drawn from the South Indian small screen industry, providing valuable insights into the experiences of individuals within this particular sector.

### ***Tools Used***

#### **1. WORK LIFE BALANCE SCALE**

The Work-Life Balance Scale, developed by Hayman in 2005, is a psychometric tool employed to evaluate work-life balance within organizational settings. Comprising 15 items, this scale is an adaptation of a 19-item instrument initially created by Fisher-McAuley et al. in 2003. It focuses on three primary constructs related to work-life balance: work interference with personal life (WIPL), personal life interference with work (PLIW), and work/personal life enhancement (WPLE). This model offers a holistic perspective on the dynamic relationship between professional and personal aspects in an individual's life. (Hayman -2005)

Using a 5-point Likert scale, each construct is assessed, with higher scores indicating various aspects of work-life balance. In the cases of WIPL and PLIW, elevated scores suggest lower interference, signifying a better work-life balance. Conversely, for WPLE, higher scores indicate increased levels of work/personal life enhancement, which correlates with improved work-life balance.

#### **2. PERCEIVED STRESS SCALE (PSS)**

The Perceived Stress Scale (PSS), introduced in 1983 by Cohen et al., stands as a widely employed psychological instrument for evaluating individuals' perceptions of stress. Consisting of ten items, this scale delves into the frequency of specific feelings and thoughts experienced over the last month. Respondents provide ratings on a scale ranging from "never" to "very often" for each item. The PSS assesses the perceived unpredictability, lack of control, and overload in individuals' lives, while also directly probing their current levels of experienced stress. Stressors are described as situations in an individual's life that are evaluated as causing stress (Cohen et al., 1983).

#### **3. WORLD HEALTH ORGANIZATION QUALITY OF LIFE-BRIEF (WHO QoL-BREF)**

The WHOQoL-BREF (World Health Organization Quality of Life-Brief) is a 26-item questionnaire designed to gauge an individual's quality of life. The assessment covers four key domains: physical health, psychological well-being, social relations, and environment. Utilizing a 5-point Likert scale, the questionnaire assigns higher scores to indicate a superior quality of life.

#### ***The domains:***

- **Physical Health:** This section (7 items) evaluates aspects of an individual's physical well-being, encompassing daily activities, energy levels, mobility, pain, and discomfort.
- **Psychological Health:** Focused on mental well-being, this domain (6 items) assesses self-esteem, body image, emotional states (both negative and positive), spirituality, thinking, learning, memory, and concentration.

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- **Social Relationships:** Examining social interactions and support systems, this domain (3 items) delves into personal relationships, social support, sexual activity, and satisfaction with support from friends.
- **Environment:** Evaluating an individual's physical surroundings, access to healthcare, transportation, financial resources, and opportunities for acquiring new information and skills, participation in recreational activities, home environment, physical safety, and quality of social care and activities, this domain (8 items) captures the perception of one's environment.

The questionnaire also includes two items gauging overall quality of life and general health.

### 4. SELF-MADE QUESTIONNAIRE

A comprehensive approach was employed by incorporating a mix of open-ended and closed-ended self-made questions addressing demographic details, work experience, family financial status, and work place and life experiences. This methodology was intended to maintain clarity and actively engage participants, seeking valuable insights.

#### *Procedure*

The study administered a comprehensive questionnaire comprising the Perceived Stress Scale (PSS), Work-Life Balance (WLB) scale, and WHO Quality of Life (WHO-QoL) BREF survey to a sample population selected from South India. In addition to the quantitative questionnaire, participants were also been interacted with a qualitative questionnaire. Prior to participation, informed consent was obtained from all respondents, ensuring their voluntary agreement to take part in the study. Respondents were asked to provide demographic details such as marital status, age, gender, educational qualification, and family status, while ensuring anonymity to protect confidentiality. The completion of the quantitative questionnaire took participants approximately 10 to 20 minutes, with an additional 10 to 15 minutes required for the qualitative interview.

#### *Statistical Analysis*

Descriptive statistics utilized to compare the mean and mean difference of male and female small screen actors.

T test (paired sample) employed to determine whether there is statistically significant difference between the means of two groups.

Correlation analysis, specifically Pearson correlation coefficient (2 tailed) used to understand the strength and relationship between variables (PSS, WLB AND QoL) among both male and female small screen actors.

Regression analysis used to explore predictive power of IV (PSS, WLB) and DV (QoL). Figures such as clustered column chart to represent the qualitative data obtained.

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**ANALYSIS OF RESULTS**

*Table 1 comparison of mean difference and t scores between male and female small screen actors*

DV	MEAN 1 (male)	MEAN2 (female)	Mean difference	t	df	Significant level of difference (p)
PSS	13.90	17	3.10	2.219	29	p < 0.05
WIPL	19.40	17.73	1.67	-1.388	29	p > 0.05
PLIW	7.77	8.37	0.60	.742	29	p > 0.05
WPLE	15.70	15.37	0.33	-513	29	p > 0.05
OQL	7.67	7.87	0.20	.490	29	p > 0.05
QoL D1	70.90	69.90	1.00	-210	29	p > 0.05
QoL D2	70.07	66.57	3.50	-697	29	p > 0.05
QoL D3	67.90	71.90	4.00	.575	29	p > 0.05
QoL D4	68.90	68.43	0.47	-.096	29	p > 0.05

N- MALE =30, FEMALE=30

T TEST –PAIRED SAMPLE TEST

Table 1 showing the comparison of mean difference and t scores between male and female small screen actors. The PSS (perceived stress scale) mean difference between male and female indicates that females reported significantly higher levels of perceived stress compared to males and it is statistically significant according to the paired sample t test. The mean difference between male and female in WLB (Work Life Balance –domain 1) -WIPL (Work Interference with Personal Life) indicates that male reported slightly higher scores than female. The difference in WIPL between male and female is statistically not significant. The mean difference between male and female in WLB (Work Life Balance –domain 2)-PLIW (Personal Life Interference with Work) score indicates that female reported slightly higher scores than male. The difference in WIPL between male and female is statistically not significant. The mean difference between male and female in WLB (Work Life Balance –domain 3) –WPLE (Work Personal Life Enhancement) indicates that male reported slightly higher scores than female but the difference is not statistically significant. The mean difference between male and female in QoL (Quality Of Life) –OQL (Overall Quality of Life) indicates that female reported slightly higher score than male but the difference is not statistically significant. The mean difference between male and female in QoL (Quality Of Life-domain 1) –Physical health indicates that male score is slightly higher than female. The difference is not statistically significant. The mean difference between male and female in QoL (Quality of Life-domain 2)-Psychological health indicates that male shows higher mean score than female. The difference is not statistically significant. The mean difference between male and female in QoL (Quality of Life-domain 3)-Social Relations indicates that female show statistically higher score than male but the difference is not statistically significant. The mean difference between male and female in QoL (Quality of Life-domain 4)-Environment indicates that male score slightly higher than female. But the difference is not statistically significant.

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**Table- 2 Correlation analysis of PSS, QoL Domains and WLB domains of female small screen actors**

	OQL	QoL D1	QoL D2	QoL D3	QoL D4	WIPL	PLIW	WPLE
<b>PSS</b>	-.710**	-.603**	-.699**	-.771**	-.422*	.290	.529**	-.556**
<b>OQL</b>						-.418*	-.490**	.591**
<b>QoL D1</b>						-.550**	-.523**	.810**
<b>QoLD2</b>						-.312	-.622**	.703**
<b>QoL D3</b>						-.366*	.584**	.687**
<b>QoL D4</b>						-.439*	-.357	.505**

\*\* . Correlation is significant at the 0.01 level (2-tailed).  
 \* . Correlation is significant at the 0.05 level (2-tailed).  
 Pearson Correlation  
 Sig. (2-tailed)

Table 2 showing the correlation analysis of PSS, QoL domains and WLB domains of female small screen actors. The correlation value showing strong negative correlation with PSS and OQL (Overall Quality of Life). The correlation is statistically significant. The correlation value showing moderate negative correlation with PSS and QoL D1 (Physical Health). The correlation is statistically significant. The correlation value showing moderate negative correlation with PSS and QoL D2 (Psychological Health). The correlation is statistically significant. The correlation value showing strong negative correlation with PSS and QoL D3 (social relations). The correlation is statistically significant. The correlation value showing weak negative correlation with PSS QoL D4 (Environment). The correlation is statistically significant. The correlation value showing weak positive correlation with PSS and WIPL (Work Interference with Personal Life). The correlation is not statistically significant. The correlation value showing moderate negative correlation with PSS and PLIW (Personal Life Interference with Work). The correlation is statistically significant. The correlation value showing moderate negative correlation with PSS and WPLE (Work Personal Life enhancement). The correlation is statistically significant. The correlation value showing moderate negative correlation with OQL and WIPL. The correlation is statistically significant. The correlation value showing moderate negative correlation with OQL and PLIW. The correlation is statistically significant. The correlation value showing moderate positive correlation with OQL and WPLE. The correlation is statistically significant. The correlation value showing strong negative correlation with QoL D1 (physical health) and WIPL. The correlation is statistically significant. The correlation value showing moderate negative correlation with QoL D1 (physical health) and PLIW. The correlation is statistically significant. The correlation value showing strong positive correlation with QoL D1 (physical health) and WPLE. The correlation is statistically significant. The correlation value showing weak negative correlation with QoL D2 (psychological health) and WIPL. The correlation is not statistically significant. The correlation value showing moderate negative correlation with QoL D2 (psychological health) and PLIW. The correlation is statistically significant. The correlation value showing strong positive correlation with QoL D2 (psychological health) and WPLE. The correlation is statistically significant. The correlation value showing weak negative correlation with QoLD3 (social relations) AND WIPL. The correlation is statistically significant. The correlation value showing moderate positive correlation with QoLD3 (social relations) and PLIW. The correlation is statistically significant. The correlation value showing strong positive correlation with QoLD3 (social relations) and WPLE. The correlation is statistically significant. The correlation value showing negative correlation with QoL D4 (environment) and WIPL. The correlation is statistically significant. The correlation value showing negative correlation with QoL D4

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(environmental) and PLIW. The correlation is not statistically significant. The correlation value showing moderate positive e correlation with QoL D4 (environmental) and WPLE. The correlation is statistically significant.

**Table 3 Correlation analysis of PSS, QoL Domains and WLB domains of male small screen actors**

	OQL	QoL D1	QoL D2	QoL D3	QoL D4	WIPL	PLIW	WPLE
<b>PSS</b>	-.618**	-.517**	-.758**	-.489**	-.396*	.436*	.484**	-.614**
<b>OQL</b>						-.630**	-.565**	.593**
<b>QoL D1</b>						-.648**	-.720**	.561**
<b>QoL D2</b>						-.504**	-.499**	.546**
<b>QoL D3</b>						-.594**	-.770**	.532**
<b>QoL D4</b>						-.439	-.504**	.390*

**\*\*.** Correlation is significant at the 0.01 level (2-tailed).

**\***. Correlation is significant at the 0.05 level (2-tailed).

**Pearson Correlation  
Sig. (2-tailed)**

Table -3 is showing Correlation analysis of PSS, QoL Domains and WLB domains of male small screen actors. The correlation value showing strong negative correlation with PSS and OQL (Overall Quality of Life). The correlation is statistically significant. The correlation value showing strong negative correlation with PSS and QoL D1 (Physical Health). The correlation is statistically significant. The correlation value showing strong negative correlation with PSS and QoL D2 (Psychological Health). The correlation is statistically significant. The correlation value showing moderate negative correlation with PSS and QoL D3 (social relations). The correlation is statistically significant. The correlation value showing weak negative correlation with PSS QoL D4 (Environment). The correlation is statistically significant. The correlation value showing moderate positive correlation with PSS and WIPL (Work Interference with Personal Life). The correlation is statistically significant. The correlation value showing strong positive correlation with PSS and PLIW (Personal Life Interference with Work). The correlation is statistically significant. The correlation value showing strong negative correlation with PSS and WPLE (Work Personal Life enhancement). The correlation is statistically significant. The correlation value showing strong negative correlation with OQL and WIPL. The correlation is statistically significant. The correlation value showing strong negative correlation with OQL and PLIW. The correlation is statistically significant. The correlation value showing strong positive correlation with OQL and WPLE. The correlation is statistically significant. The correlation value showing strong negative correlation with QoL D1 (physical health) and WIPL. The correlation is statistically significant. The correlation value showing strong negative correlation with QoL D1 (physical health) and PLIW. The correlation is statistically significant. The correlation value showing moderate positive correlation with QoL D1 (physical health) and WPLE. The correlation is statistically significant. The correlation value showing moderate negative correlation with QoL D2 (psychological health) and WIPL. The correlation is statistically significant. The correlation value showing moderate negative correlation with QoL D2 (psychological health) and PLIW. The correlation is statistically significant. The correlation value showing moderate positive correlation with QoL D2 (psychological health) and WPLE. The correlation is statistically significant. The correlation value showing strong negative correlation with QoLD3 (social relations) AND WIPL. The correlation is statistically significant. The correlation value showing strong

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negative correlation with QoLD3 (social relations) and PLIW. The correlation is statistically significant. The correlation value showing moderate positive correlation with QoLD3 (social relations) and WPLE. The correlation is statistically significant. The correlation value showing moderate negative correlation with QoL D4 (environment) and WIPL. The correlation is statistically significant. The correlation value showing strong negative correlation with QoL D4 (environment) and PLIW. The correlation is statistically significant. The correlation value showing moderate positive correlation with QoL D4 (environment) and WPLE. The correlation is statistically significant.

**Table-4 -Regression analysis of QoL domains predicted by Perceived Stress Scale (PSS) – Female sample**

Model	R	R square	Adjusted R square	F change	Significant F change
<b>OQL</b>	.710	.504	.486	28.445	<.001
<b>QoL D1</b>	.603	.363	.340	15.968	<.001
<b>QoL D2</b>	.699	.488	.470	26.696	<.001
<b>QoL D3</b>	.771	.594	.580	40.988	<.001
<b>QoL D4</b>	.422	.178	.149	6.000	.020

**Predictor(constant)-PSS**

Table 4 showing regression analysis of QoL domains predicted by PSS on female sample. The model with PSS as the predictor explains 50.4% of the variance in OQL (moderate to strong relationship), 36.3% of the variance in QoL D1 (moderate relationship), 48.8% of the variance in QoL D2 (moderate to strong relationship), 59.4% of the variance in QoL D3 (strong relationship) and these are significant (p<0.01). The model with PSS is the predictor explains 17.8% of the variance in QoL D4 (weak relationship) and significant (.020) but weaker compared to other domains.

**Table-5 -Regression analysis of QoL domains predicted by WLB Domains – Female sample**

Model	R	R square	Adjusted R square	F change	Significant F change
<b>OQL</b>	.615	.378	.307	5.274	.006
<b>QoL D1</b>	.843	.711	.678	21.327	<.001
<b>QoL D2</b>	.726	.526	.472	9.635	<.001
<b>QoL D3</b>	.700	.490	.431	8.317	<.001
<b>QoL D4</b>	.558	.312	.233	3.929	.019

**Predictor(constant)-WIPL, PLIW, WPLE (multiple regression)**

Table-5 showing Regression analysis of QoL domains predicted by WLB domains on female sample. The model explains 37.8% of the variance in OQL (moderate relationship), 71.1% of the variance in QoL D1 (strong relationship), 52.6% of the variance in QoL D2 (moderate relationship), 49.0% of the variance in QoL D3 (moderate relationship) and all are statistically significant. The model explains 31.2% of the variance in in the QoL D4 domain (moderate relationship) and statistically significant but weaker compared to other domains.



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**Table-6 -Regression analysis of QoL domains predicted by Perceived Stress Scale (PSS) – male sample**

<b>Model</b>	<b>R</b>	<b>R square</b>	<b>Adjusted R square</b>	<b>F change</b>	<b>Significant F change</b>
<b>OQL</b>	.618	.382	.360	17.307	<.001
<b>QOL D1</b>	.517	.268	.241	10.226	.003
<b>QOL D2</b>	.758	.574	.559	37.778	<.001
<b>QOL D3</b>	.489	.239	.212	80815	.006
<b>QOL D4</b>	.396	.157	.126	5.196	.030

**Predictor(constant)-PSS**

Table 6 showing Regression analysis of QoL domains predicted by Perceived Stress Scale (PSS) –male sample. The model with PSS explains 38.2% of the variance in OQL (moderate relationship), 26.8% of the variance in QoL D1 (moderate relationship), and 57.4% of the variance in QoL D2 (strong relationship),. All are statistically significant. The model with PSS explains 23.9%of the variance in QoL D3 (moderate relationship), the significance predicts the extremely high F (p-0.06) may be a result of extreme variability in the data. The model with PSS explains 15.7% of the variance in QoL D4 (weak relationship) and statistically significant but the relationship is weaker compared to other domains.

**Table-7 -Regression analysis of QoL domains predicted by WLB Domains – male sample**

<b>Model</b>	<b>R</b>	<b>R square</b>	<b>Adjusted R square</b>	<b>F change</b>	<b>Significant F change</b>
<b>OQL</b>	.706	.499	.441	8.619	<.001
<b>QOL D1</b>	.769	.591	.544	12.545	<.001
<b>QOL D2</b>	.609	.371	.299	5.119	.006
<b>QOL D3</b>	.785	.616	.572	13.905	<.001
<b>QOL D4</b>	.532	.283	.200	3.420	.032

**Predictor(constant)-WIPL, PLIW, WPLE (multiple regression)**

Table 7 showing Regression analysis of QoL domains predicted by WLB Domains – male sample. The model explains 49.9% of the variance in OQL (moderate relationship), 59.1% of the variance in QOL D1 (strong relationship), 37.1% in QoL D2 (moderate relationship). All are statistically significant. The model explains 61.6% of the variance in QoL D3 (strong relationship) and highly significant. The model explains 28.3%variance in the QoL D4 (moderate relationship) and it is statistically significant.

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*Qualitative data analysis*

**Figure 1 Comparison of demographic variables between male and female small screen actors**

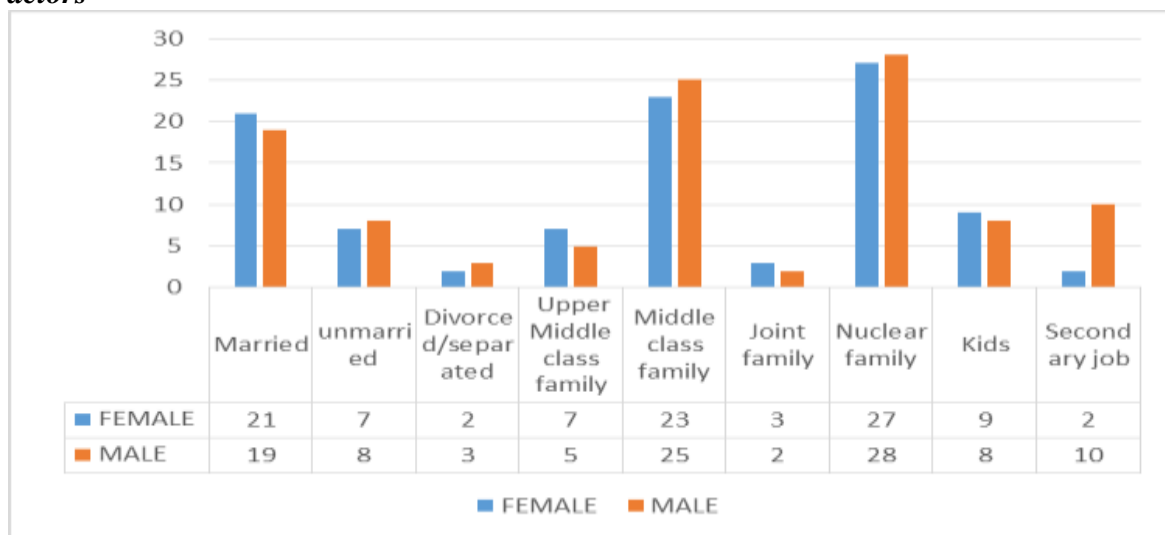


Figure 1 showing the comparison of demographic variables between male and female small screen actors. Each bars represents the number of respondents falling into each category of male and female. The demographic variables included the marital status (married, unmarried, divorced), family socioeconomic status (Upper middle class, middle class family), family structure (joint family, nuclear family), number of respondents with kids, and number of respondents who has secondary job than acting profession.

**Figure 2 comparison of common stressors identified in qualitative interview of male and female small screen actors**

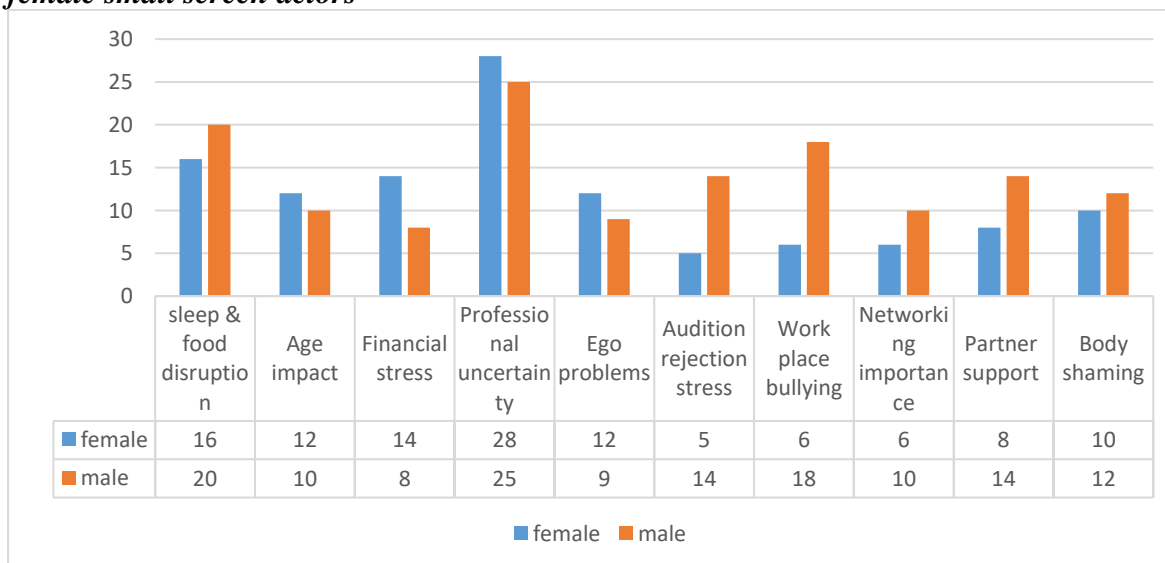


Figure-2 showing the comparison of common stressors identified in qualitative interview of male and female small screen actors. The bar chart compares the frequency of the common stressors identified for both genders. Both genders experience disruptions in sleep & food patterns with slightly more in males reporting the issue. Male actors experience more age related factors compared to females. Both genders experience financial stress but more females to be affected according to the chart. More male actors reported uncertainty in

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profession compared to females. A higher number of males reported facing ego related issues at workplace from the senior technicians and actors. A higher number of male reported experiencing stress due to rejection in auditions. A higher number of females reported facing bullying or harassment at workplace. Both genders acknowledged the importance of contacts and networking is important for the stability in profession with a slightly more male recognizing the significance. Both gender acknowledged the support from their partners with slightly more female acknowledging the importance. Both male and female reported body shaming in the form of skin color, height and body structure with slightly more females experiencing it.

**Table -8 – common stressors among female small screen actors**

<b>common variables</b>	<b>Total number of mentions</b>
Casting couch	20
Under payment	10
Male dominated industry	5
Shopping for shoot	8
Travel for work	4
Lack of facilities	10
Societal pressures	9
Balancing work & family	6
Financial pressure	18

Table -8 showing common stressors among female small screen actors.it show the challenges faced by female small screen actors. The most frequently mentioned stressors include casting couch experience, underpayment, and financial pressure.

**Table -9 – common stressors among male small screen actors**

<b>common variables</b>	<b>Total number of mentions</b>
Type casting	17
Struggle for opportunities	9
Financial barrier for roles	15
Importance of varied job roles	18

Table 9 is showing common stressors among male small screen actors. Male actors frequently mentioned limited to specific roles based on their appearance or based on previous roles (type casting). male actors reported challenges in obtaining opportunities compared to female counterparts. Many male actors reported having to pay money for roles which impacts the career advancement and financial stability. Male actors highlighted the need of diversifying job roles for necessity to sustain their careers.

## **DISCUSSION**

The study aimed to conduct a gender-based comparative analysis of work-life balance, stressors, and quality of life among small screen actors, employing a mixed-method approach. Utilizing data from 30 male and female participants, the study employed descriptive statistics, t-tests, correlation, and regression analyses to explore the quantitative data, investigating the interrelationships between variables and gender-based differences. Additionally, qualitative data were analyzed using figures and tables to provide valuable insights, enhancing our understanding of the topic.

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The mean difference and t test showing that overall, females tended to report higher levels of perceived stress and quality of life across multiple dimensions compared to males, with some differences reaching statistical significance. However, the specific dimensions where these differences were observed varied. The analysis revealed significant differences between male and female small screen actors in perceived stress levels. Females reported significantly higher levels of perceived stress compared to males. However, no significant differences were observed between genders in terms of work-life balance and quality of life across various domains. This suggests that while stress levels vary between male and female actors, other aspects such as work-life balance and overall quality of life do not exhibit significant differences between genders.

After examining descriptive statistics of the data correlation analysis conducted to find out the interrelations of the variables of both female and male small screen actors. This correlation analysis helps to understand the associations between the variables, providing valuable insights into how they may influence each other and contribute to overall well-being and work-life balance in this population. Female correlation results indicates that higher level of perceived stress are associated with lower overall quality of life, poorer physical health, decreased psychological wellbeing and strained social relations. Elevated stress levels linked to less favorable environment. A minor association between higher stress level and increased work interference with personal life. Heightened stress levels also associated with greater interference in personal life and reduced work personal life enhancement. The correlation analysis between Quality of Life domains and Work Life Balance domains of female shows that higher overall quality of life associated with lower interference of work with life and personal life with work. Higher overall quality of life also associated with greater work personal life enhancement. Similar patterns been observed in the other domains of quality of life with work life balance domains. The male correlation analysis also shown various interrelation between variables. Higher stress level in male associated with lower overall quality of life, poorer physical health, psychological health and social relations. Additionally elevated stress levels also related with less favorable environment in male.in work life balance higher stress levels associated with increased interference of work with personal life, greater interference of personal life with work and reduced work personal life enhancement. Significant association observed in Quality of Life domains and Work Life Balance domains as well. Higher overall quality of life associated with reduced interference between work and personal life. Better overall quality of life associated with greater work personal life enhancement. Similar patterns been observed with other domains of quality of life with the domains of work life balance.

Correlation analysis helped to identify the strength and direction of variables and further more regression analysis conducted for understanding the extent to which variable predicts another. The correlation analysis revealed significant relationships between PSS, WLB domains and QoL domains.by incorporating PSS and WLB domains as IVs in the regression model the study further understands the extent to which PSS and WLB domains contribute to the variance of QoL domains providing a more comprehensive understanding of their relationships in both male and female small screen actors. In female PSS significantly predicts various QoL domains among female small screen actors. The findings align with the strong negative correlation observed between PSS and QoL domains in the correlation analysis. WLB domains also a significant predictor of QoL domains among females. The results reveal a better balance between work and personal life associated with higher levels of overall quality of life and specific QoL domains as strong correlations observed.IN male

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regression analysis PSS explains a significant portion of the variance in overall quality of life specifically in physical health and psychological health. Similarly, WLB domains also demonstrate strong predictive power of various aspects of QoL domains in male. These findings align with correlation results which shows significant association between PSS, WLB domains and QoL domains.

The qualitative data obtained for deeper understanding of the stressors and problems faced by the female and male small screen actors. The data provides insight for demographic details as well as common and specific variables experienced by actors of both genders. The demographic data of sample population highlights the difference in marital status, socioeconomic status, family type, parental status and secondary job engagement between male and female. There are more married females than males. More female are from middle class family compared to males. There is a slightly higher representation of upper middle-class males than females. Majority of males and females are from nuclear families. There are slightly more female with kids than male. Male have higher frequency of engagement in secondary job than female. The frequency of common stressors among male and female explains that the most frequently mentioned stressors by bot gender are financial stress and professional uncertainty. Age impact and partner support are also significant factors with higher mentions among males compared to females. Workplace bullying and networking importance reported more by females than males. Other variables such as sleep and food disruption, ego problems, audition rejection stress and body shaming also shows variations in frequency between both genders. The common stressors among female actors commonly face challenges such as casting couch experiences, underpayment, and financial pressures. The common stressors of male actors are encounter issues like typecasting, financial barriers for roles, and the importance of diversifying job roles.

### **SUMMARY AND CONCLUSION**

The comparative study of small screen actors, females reported higher levels of perceived stress compared to males, indicating that female small screen actors may face more stress in their professional lives. Thus, alternative hypothesis is aligned with the observation outcomes in PSS. However, no significant gender difference observed in work life balance and quality of life indicates both genders face similar challenges in balancing work and personal life. Correlation analysis and regression analysis revealed the interrelation of variables. Elevated stress levels associated with poorer quality of life and work life balance in both genders. Additionally qualitative data provided the demographic details and stressors experienced by male and female actors. Female reported more casting couch, underpayment and financial pressures and male actors mentioned typecasting issues, financial barriers for roles and importance of diversifying jobs both genders commonly faces financial stress and professional uncertainty. In conclusion the study sheds light on the unique experiences of male and female small screen actors in their profession which needs targeted support to address gender specific stressors and promote overall wellbeing in this population.

#### ***Implications***

- Targeted interventions to improve the overall wellbeing of small screen actors can be informed by understanding the gender-specific stressors.
- The longitudinal effects of interventions tailored to address gender specific stressors among actors could be explored in future research.

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### *Suggestions*

- Implement gender specific supporting programs to address the stressors identified among male and female small screen actors.
- Promote a supportive work environment to enhance work-life balance and overall well-being.
- Provide actors with resources to effectively manage financial challenges and navigate professional uncertainties.

### *Limitations*

- Sample size limits the generalizability.
- Lack of longitudinal data limits.
- The study focus on small screen actors which limits the applicability to other entertainment sectors.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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