

Level of stress among working women

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Abstract

Introduction: Stress is defined as “the non- specific response of the body to any demand placed upon it. It made use of non-probability convenient sampling in selecting the 100 working women. The sample responded to the valid and reliable instrument.

Aim: The aim of this non - experimental study is to assess the level of stress among working women.

Methods: A quantitative research approach with non-experimental research design was adopted for the present study.

Results: The study shows most (77%) working women had moderate level of stress and (20%) women had Severe level of stress and (3%) of women had mild level of stress.

Conclusion: The result shows that 77% of samples having moderate level of stress score. 20% of samples having severe level of stress score and 03% samples having mild level of stress.

Keywords: level, stress

1. Introduction

Stress is an individual's adaptive response to situation that is perceived as challenging threatening to the person well- being [1].

Modern life is full of stress. An organization become more complex. The potential for stress increases. Urbanization, industrialization & increase in scale of operations are some of reasons for rising stress. Stress is an inevitable consequence of socio-economic complex & to some extent, its stimulant as well. Stress in health psychology, a general term used refer to a range of negative perceptions & reactions experienced when pressure become too much in health psychology. Stress is typically used to refer more generally to a range negative perceptions & reactions [2].

The concept of stress & stress management is increasingly gaining recognition in literature & the globe. Oyerinde (2004) describes stress as the biological responses to events that threaten to overwhelm the individual capacity to cope satisfactory in the environment. Melinda, Ellen, Jeanne & Robert (2008) defined stress as powerful neurochemicals & hormones that prepare one for action to fight or flee one don't taken action, the stress responses can lead to health problems [3].

Stress is very much dynamic condition in which people confronted with opportunities. Constraints or demand related to what one desires & for which outcome is perceived to be both uncertain & important. Stress is associated with

constraints & demand. Two conditions are necessary for potential stress to become actual stress.

The workplace is widely regarded as a major source of stress & as such has been a significant focus of research. Work stress is of concern to both occupational & health psychologists. Entrepreneurial role stress can be defined as the harmful physical & emotional responses that occur when the requirements of the business or job do not match the capabilities, resources one needs of the entrepreneurs.

2. Methods

A quantitative research approach with non-experimental research design was adopted for the study. The research variable was stress among working women. Tool was validated by experts from selected fields. Reliability was assessed using split- half method. Samples for reliability were 10. Pilot study was found feasible.

Data Collection

- Permission for the research study was taken from the institution and hospital.
- Written consent from the sample has taken.
- The investigator assured the subjects about confidentiality of the data.
- The investigators then administer the modified stress scale questionnaire to assess the stress and asked them to tick what they felt appropriate.

3. Results

Table 1: Demographic data n=100

S. no.	Demographic Data	Frequency(f)	Percentage (%)
1	Age:		
	21-30	48	48
	31-40	52	52
2	Religion:		

	Hindu	74	74
	Christian	06	06
	Muslim	17	17
	Other	03	03
3	Education:		
	Primary	15	15
	Secondary	26	26
	Higher secondary	28	28
	Other	31	31
4	Type of family:		
	Nuclear	65	65
	Joint	35	35
	Extended	0	0
5	Occupation:		
	Nursing	30	30
	Teacher	27	27
	Clerk	18	18
	Other	25	25

Table 1 show that demographic data, divide into the age between 31-40 years shows more frequency i.e 52 times as well as percentage ie 52%. Hindu religion has high percentage than other religion i.e 74%. Among the educational level

Graduation, Nursing, D.E.D., B.E.D. nursing education was high i.e 31%. The nuclear family had more percentage ie 65%. The Nursing occupation has more percentage i.e 30%.

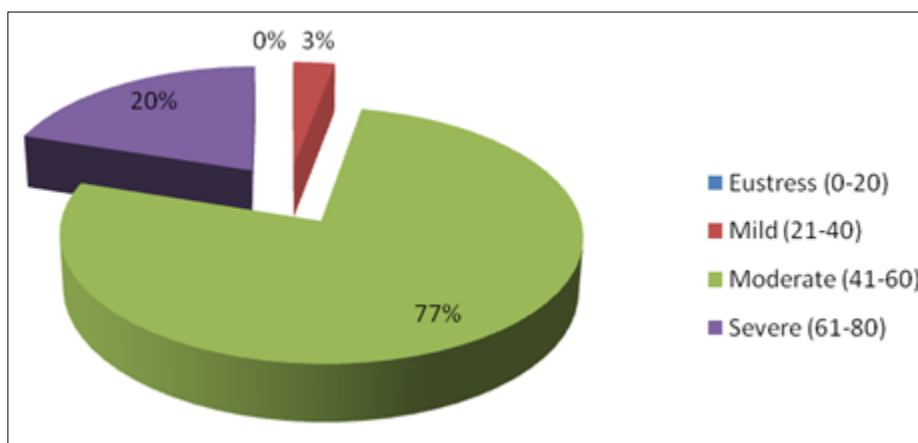


Fig 1: Stress level among working women

Figure 1:- Indicates most (77%) working women had moderate level of stress and (20%) women had Severe level of stress and (3%) of women had mild level of stress and (0%) had eustress level of stress.

Table No-3, shows that the Hindu religion working women had more stress than others religion.

Table 2: Stress level according to the age group

Age	Mild	moderate	Severe	Total
21-30	2	40	6	48
31-40	0	46	6	52
Total	2	86	12	100

Table 2, shows that the age group of 31-40 years has more stress than other age group.

Table 4: Stress level according to the education

Education	Mild	Moderate	Severe	Total
Primary	0	15	0	15
Secondary	1	15	10	26
Higher Sec	2	23	3	28
Other	0	21	10	31
Total	3	74	23	100

Table No-4, shows that other education working women had more stress than primary, secondary, higher secondary education.

Table 3: Stress level according to the religion

Religion	Mild	Moderate	Severe	Total
Hindu	2	57	15	74
Christian	0	4	2	6
Muslim	1	14	2	17
other	0	3	0	3

Table 5: Stress level according to the family

Type of family	Mild	Moderate	Severe	Total
Nuclear	1	53	11	65
Joint	3	25	7	35
Total	4	78	18	100

Table No-5, shows that women working from nuclear type of family they had, more stress.

Table 6: Stress level according to the occupation

Occupation	Mild	Moderate	Severe	Total
Nursing	0	21	9	30
Teacher	0	23	4	27
Clerk	1	14	3	18
Other	1	20	4	25
Total	2	78	20	100

Table No-6, shows that women working from nursing occupation they had more level of stress than other occupation.

4. Discussion

Section A

In study majority of the sample were in age group of 31-40 years of working women had more stress. The most of the women are from Hindu religion.

Section B

The most of the working women are residing at Swargate, Bibvewadi, Katraj, Ambegaon budruk, Dhankawadi. The stress level can affect their daily life activities.

Section C

In study most of the working women had moderate level of stress (77%). Minor percentage of the working women had severe level of stress (20%) and mild percentage of the working women had mild level of stress (03%).

Section D

There was a positive correlation between stress level and age. The age group 31 to 40 years working women had moderate stress level more than 21 to 30 years of age group.

5. Conclusion

The researchers conducted the study to assess the level of stress among working women. The result shows that 77% of samples having moderate level of stress score. 20% of samples having severe level of stress score and 03% samples having mild level of stress.

Ethical Approval

Ethical committee approval is obtained from the Ethical committee of the institution.

6. References

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