

Impact of stress management training sessions on stress control

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Abstract

Today’s complex life is full of stress. Private sector is loaded with long working hours, work pressure, role conflict and meeting the deadlines. All these issues create stress among working women. Women have dual responsibilities as they are in dual demanding role at workplace and at home. This study is an attempt to examine the impact of training sessions of stress management on females working in private sector. All the relevant data has been collected through a sample survey of 120 females working in private sector in Noida. A survey was conducted to verify the hypotheses and research framework. The data was interpreted with the help of Mean S.D and ‘t’ test. Major findings exhibit that training sessions has significant impact on the stress control among the females working in private sector.

Keywords: Private sector, stress management, working women, training sessions

Introduction

India has moved to a higher growth route. People have increased per capita income, which resulted in added pressure of work on individuals. Previously men managed work and women managed life. With the passage of time, the social as well as gender disparities of work have experienced a big change. The work participation rate for women has been steadily increasing over the last couple of decades. Women are playing an increasingly important role in the society. They are in the role of homemaking and breadwinning. Stress is inevitable in today’s complex life Stress is a state of psychological arousal that results when external demands exceed person’s capabilities. Private sector is loaded with long working hours, work pressure, role conflict and meeting the deadlines. All these issues create stress among working women. Women have dual responsibilities as they are in dual demanding role at workplace and at home.

Objectives

To evaluate the effectiveness of training sessions of stress management for stress control among working females.

Research design and methodology

The study used both primary and secondary data. For collecting primary data a well-designed structured questionnaire has been used. Keeping in the view of the objectives of the study a survey was conducted. A sample of 120 respondents were selected. Respondents were chosen on the basis of their acceptance to undergo the training session of stress management. The training period was of one month. The study was based on experimental method in non-laboratory settings. Pre-training and post-training experimental design were the two groups formed by the researcher. Out of 120 respondents 60 were selected for experimental group and rest 60 were selected for control group. The design has three stages –pre-training, training programme and post-training. The data was interpreted with the help of Mean S.D and ‘t’ test.

Hypotheses

H01: There is no significant difference in stress control of working women with and without training sessions.

H11: There is significant difference in stress control of working women with and without training sessions.

Results

Table 1: Difference between mean pre-scores for stress control for experimental and control group

Test	N	Mean	SD	SE	t- value
Pre-training	60(Experimental Group)	101.48	5.48	2.15	1.13
Pre-training	60(Control Group)	103.94	7.88		

It is clear from Table 1 that the calculated t- value for the pre-test scores of experimental and control group is 1.13, which is not significant. (Table value at 0.05 level-1.98 and at 0.01 level-2.62). It can be concluded that there is no significant difference between the pre-test scores of experimental and control group in context to training sessions for stress control.

Table 2: Difference between mean post-scores for stress control for experimental and control group

Test	N	Mean	SD	SE	t- value
Post-training	60(Experimental Group)	14.01	11.83	1.53	8.09
Post-training	60(Control Group)	1.64	1.30		

It is clear from Table 2 that the calculated t- value for the post-test scores of experimental and control group is 8.09, which is significant. (Table value at 0.05 level-1.98 and at 0.01 level-2.62). It can be concluded that there is significant difference between the post-test scores of experimental and control group in context to training sessions for stress control. The mean score of experimental group is higher than the mean score of control

group. Our null hypothesis (H01) is rejected and alternative hypothesis (H11) is accepted. So we can conclude that training session for stress management has significant impact on the stress control.

Conclusion

Female employees have more stress as they have more responsibility towards home, office and if they are married and having children then the pressure of stress will be higher. The present study is of greater importance in present days as there is high degree of stress among working females. The results revealed that training sessions for stress management can help a lot for reducing and managing stress level which in turn will help to lead a happy and balanced life as an employee and also as a homemaker.

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