

Stress Management Among Educated Non –Working Women.

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ABSTRACT

Now days the non-working plays a massive role in their household, taking care of their family members compared with working women. Even though they are not employed officially it is assumed to be they are employed to their family members. Head of the family should consider them in all aspects, whatever happening in the family. stress as a pervasive force in contemporary living, this guide seeks to illuminate the unique challenges faced by non-working women and provide effective strategies for stress management. In a society where the definition of "work" is evolving, acknowledging the diverse roles and responsibilities of non-working women is crucial for fostering their well-being. In addition to this there is no study made specifically for specific area.

INTRODUCTION

In the modern life, non-working women play versatile roles as caregivers, homemakers, community contributors, and much more. Despite not being part of the conventional workforce, they are no strangers to the pressures and stressors that life can impose. Balancing familial responsibilities, societal expectations, and personal aspirations can create a delicate equilibrium that, if disrupted, may lead to stress. Understanding stress as a pervasive force in contemporary living, this guide seeks to illuminate the unique challenges faced by non-working women and provide effective strategies for stress management. In a society where the definition of "work" is evolving, acknowledging the diverse roles and responsibilities of non-working women is crucial for fostering their well-being. The importance of stress management for non-working women cannot be overstated, as the effects of unmanaged stress can seep into every aspect of their lives. From maintaining a harmonious home environment to nurturing personal growth, this guide aims to empower non-working women with practical tools and insights to navigate the complexities of their roles while maintaining mental and emotional equilibrium.

OBJECTIVE OF THE STUDY.

- To know the stress management in theoretically.

REVIEW OF LITERATURE.

Muddanagouda patil (2016) Life today includes pressure due to escalating life complexities so stress levels tend to rise. The concept of stress belongs to occupational responsibility and describes someone's ranking position inside an organizational system. All women living in today's global society need to maintain dual responsibilities between home life and career production. The research investigated stress patterns between employed women and women who did not work. This examination shows that working and non-working women have a positive connection since the current research analyzed their stress levels. The study conducted to 90 women's. Through the developed questionnaire. Paired T test were **used** to analyze the collected data. **Prabhakaran (2023)** ladies play a vital role in the working place. In the educational institution N number of women employees are working .whatever the positions they are obtaining in their organization they has to take care of their family also. This may leads to stress both physically as well as mentally. This study helps the women who is presented in the study, to identify the stressors and help them to cope up with stress. **Dr.Kamala (2020)** Any change requiring a body response leads to pressure as a biological reaction. Human bodies display the stress cycle through reactions to either environments or situations we call stressors. Not too much pressure seems necessary as well as helpful while maintaining its soundness. The research determined that working women were not different from non-working women when it comes to their ability to handle stress according to the study. Totally 50 responses were collected randomly from the various areas of study area. The structured questionnaire of Dr.Vandanakaushik and Dr.Namrata were used. The finding shows that there is no significant difference between working and non-working women. Anyways they have to manage and cope with stress in their daily routine life. **Shashi kala singh (2014)** The central research objective investigated the stress and life fulfillment levels of active and inactive female workers. Two hundred randomly selected women participated in the research including one hundred employed and one hundred unemployed. Life Satisfaction Scale by Alam & **Srivastava (1996)** and stress scale by Singh (2004) were used for data collection. Mean and standard deviation combined with „t“ test and correlation analysis made up the calculated statistics. The study findings demonstrated that working women experienced different degrees of life satisfaction and stress than non-working women. Working and non-working women demonstrated different levels of life satisfaction according to the statistical analysis ($t=5.52$). Working women showed higher satisfaction while non-working women experienced higher stress levels. This research showed that stress variables positively correlate with decreased satisfaction in life. **Vinoth kumarbharadwaj (2018)** Existing situations reveals that India maintains the highest number of professionally qualified women in the world and also has the largest work force of women and surpasses the United States with its numbers of doctors, surgeons and researchers. This research investigated how Stress affects adult female working and non-working citizens with respect to their health status as well as depression levels and their general

well-being. This research examined adult working and non-working females during November to December 2017 using a community cross sectional design. The research involved a sample selection of 150 female participants consisting of 75 teachers who worked and 75 housewives who did not work. Participants were chosen from an age range of 30 to 45 years. To measure Beck's Depression Inventory, The Perceived Stress Scale (PSS)1983, Friedman well-being scale and Leddy Healthiness Scale (Leddy, 1996) were used to measure the above variables Descriptive statistic (mean; standard deviations) t- ratios were computed to compare the two groups in terms of significance of mean differences. The research data indicates that Depression and Healthiness and Wellbeing demonstrate substantial variations between Working and Non-Working Women. The high level of depression prevalence requires immediate implementation of family and work place counseling services under a new health policy to help both active and inactive female employees. **Latha PK (2023)** Balancing and Marinating good mental health is important factor of Stress management. Stress can be caused by mental tension and worry which is caused by situation. It is Actually caused by the unfavorable situations. Stress management is very important for all the working and non-working women. Continuous stress can lead to mental health. Stress Management Two groups enable researchers to obtain beneficial insights about the independent Challenges and strategic approaches for managing Stress levels according to a study. **Pawan(2017)** The research analyzes Working and Non-Working Women in all Families. Sweet Pandey acquired 50 working women (25 from joint family and 25 from nuclear family) for random selection. The survey included 50 working women across joint and nuclear family arrangement yet he added 50 women that did not work from both joint family structures and nuclear family structures. A trial sample of 100 female participants received assessment in the study. A standard tool enabled the conduct of the study. Stress scale was used for the collection of Data. The data were analyzed statistically by using Mean, Co-relation and 't'- ratio **Manikamma N Sultanpur(2021)** Stress is Physical or mental well being of individuals. Stress is caused by the performance which is performed beyond the ability of the body. Stress is caused by within the families, Workplace, Business and many more. The Present era the level of Stress is unavoidable in life because there are many competitions and complexities in the standard of living. Stress in the house wives come when there is uncrowned, unhealthy living conditions, Conflicts and lack of inspiration within the Family Member's. As per the Study Stress is mainly caused by Overwork.

CONCLUSION AND SUGGESTIONS:

In the contemporary, fast-paced world, women encounter heightened stress levels at every life stage. External stressors, ranging from the demands of marriage, divorce, children, work, and financial pressures, contribute to this phenomenon. The perception of stress varies among individuals, with what may be a stressor for one person serving as motivation for another. Effectively managing stress involves understanding how we respond to these external pressures. Research indicates that working women

commonly face stressors such as goal attainment, overtime, work-related pressure, health issues, and tension. A solution to reduce stress in working women requires implementing stress management methods. Working women benefit from applying different relaxation methods which incorporate yoga breathing and meditation practices. Additionally, the implementation of a personalized wellness plan, integrating intervals for recovery and self-care, empowers women to navigate stress and make positive lifestyle changes. The focus should be on learning to relax and derive enjoyment from life, ultimately fostering a healthier and more resilient approach to managing stress.

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