

## *International Journal of Scientific Research and Reviews*

### **Stress Management In Women: A Case Study In Temple City of Bhubaneswar**

**Das Sanjeeb Kumar**

<sup>1</sup>Department of Botany, Regional Institute of Education (NCERT), Achrayavihar,  
Bhubaneswar-751022

Email : [sanjeebdas75@yahoo.com](mailto:sanjeebdas75@yahoo.com)/ [dassanjeebbotany75@gmail.com](mailto:dassanjeebbotany75@gmail.com)

#### **ABSTRACT:**

Stress management is pre-determined strategy for coping with psychological or emotional turmoil. Today women in the society have shown their expertise, proficiency and talents in different disciplines. The role of women in our society has changed significantly in the past three decades. Women and girls have many more opportunities and face different challenges. Women who have achieved great stature in government, industry, sports and the media have become a familiar sight. The traditional role of women is to be responsible for the efficient running of her home, it is something we need to be aware of as an additional expectation made from her. Working women have dual roles to play in the family as well as in the place of work. Hence there is a need for working women to cope up with the coming challenges where she has to justify her role in both places which creates a lot of stress in them. Therefore, every working woman should develop abilities for stress management to lead a happy and successful life. The present study is a survey study which involves a sample of 100 married women: 50 working and 50 non-working from which deductions will be made.

**KEY WORDS:** Stress Management, Married Working Women, Married Non-working Women

#### **\* Corresponding Author**

**Sanjeeb Kumar Das**

Department of Botany,

Regional Institute of Education (NCERT),

Sachivalaya Marg, Achrayavihar,

Bhubaneswar, India- 751022

Mo: 9437194035

E-mail: [sanjeebdas75@yahoo.com](mailto:sanjeebdas75@yahoo.com)/ [dassanjeebbotany75@gmail.com](mailto:dassanjeebbotany75@gmail.com)

## 1. INTRODUCTION

Stress is a person's response to a stressor such as an environmental condition or a stimulus. Stress is a body's way to react to a challenge. According to the stressful event, the body's way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. Stress typically describes a negative condition or a positive condition that can have an impact on a person's mental and physical well-being. The term stress had none of its contemporary connotations before 1920. It is a form of the Middle English distressed, derived via Old French from the Latin stringere, "to draw tight". The word had long been in use in physics to refer to the internal distribution of a force exerted on a material body, resulting in strain. In the 1920 and 1930 biological and psychological circles occasionally used the term to refer to a mental strain or to a harmful environmental agent that could cause illness. The ambiguity in defining this phenomenon was first recognized by Hans Selye (1907-1982) in 1926. In 1951 a commentator loosely summarized Selye's view of stress as something that "...in addition to being itself, was also the cause of itself, and the result of itself." In a biological context, Selye continued to define stress as "the non-specific response of the body to any demand placed upon it". In 2011 neuroscientists such as Bruce McEwen and Jaap Koolhaas believe that stress, should be restricted to conditions where an environmental demand exceeds the natural regulatory capacity of an organism based on years of empirical research.

Stress management can be defined as interventions designed to reduce the impact of stressors that an individual faces in his/her life. These can have an individual focus, aimed at increasing an individual's ability to cope with stressors. The goal of Stress Management is to help an individual manage the stress of everyday life. Many different methods may be employed, such as biofeedback meditation and massage. Counselors work with individuals in order to determine what stress management program will work best for that person.

### ***The ABC model of Stress: Thoughts influence Feelings***

Many of us are unaware that our thoughts play a large role in influencing how we feel. This is an important concept because we may not always be able to influence what happens to us but we do have a powerful influence in how we interpret "what happens to us and how we deal with it. No matter what happens to us nobody can take this away from us.

Our thoughts have a very powerful effect on our feelings and therefore on the level of stress we encounter. Not everybody exposed to a challenging event will find it stressful. Life is unfair but it is not so much the challenging event that leads to the development of stress, it is how we deal with the potential, challenging stressors.

People often believe it is external events that cause us stress but this is not totally correct. As Psychologist Doctor Richard Lazarus says 'stress resides neither in the situation nor in the person, it

depends on a transaction between the two. An individual's views, perception, beliefs and expectations play a large role in whether he/she thinks an event is stressful or not. What do our thoughts have to do with our feelings? In reality our thoughts about a challenging event will play a large role in whether we think the event is stressful and also play a role in whether we think we can cope with the event.

We tend not to pay much attention to our thoughts however our thoughts and the way we think can and do have a potential influence over our health. Research has shown, for example, that watching a horror film on television triggers the release of higher levels of stress hormones. In reality we are not at threat from a parasite, but our fearful thoughts trigger the fight/flight response. On the other hand other studies have shown that watching a relaxing comedy film, where our thoughts are less negative than in the horror film, reduces the levels of stress hormones in our blood stream. So from this we can see how our thoughts play a role in stress.

### ***A+B= C Model***

Most of us tend to think that challenging events occur and they automatically trigger the fight/ flight response, however this is not correct. There is another stage that happens after the event and influences whether the event will trigger the fight/ flight response. Dr Albert Ellis, founder of a form of talking therapy called Rational Emotive ' Behaviour Therapy identified the role that our thoughts, beliefs and self-talk play in triggering the fight/flight response. He called this the A+B= C equation.

### ***A = Activating Event***

Activating events are the triggers that cause us potential stress. There are the Life Event stressors, such as the death of a loved one, which are fortunately fairly rare. Then there are the more common stressors called Daily Hassles. Not everybody exposed to these daily hassles finds them stressful and this is partly because our individual beliefs, thoughts and perceptions about the daily hassles will determine if the event is stressful to us or not.

### ***B = Beliefs***

When we are born we come into this world with no beliefs, opinions, views or perceptions. From the moment we can talk and listen we start to learn the opinions of our parents, our peers, school etc. We automatically start to use these beliefs as a template to interpret ourselves, other people and the world in general. The problem is that other people may not necessarily have the same template, views and beliefs as us. We use our beliefs to interpret what is happening to us. These beliefs may be accurate, possible, flexible and optimistic, these types of beliefs and thinking skills can help to reduce stress, however a lot of beliefs can be in the form of automatic negative thoughts and if they are rigid, negative, inflexible and pessimistic then this can exacerbate any stress we are

under. Fortunately it is possible to change our beliefs and so reduce our stress.

### ***C = Consequences***

The final part of the  $A+B = C$  equation is Consequences. Consequences refer to the feelings that occur as a consequence of our beliefs and self-talk in response to the activating event. The consequences can be in the form of stress, anxiety, depression, anger, irritability, aggression, fear, worry, and frustration etc.

### ***One example of the $A + B = C$ equation:***

There are two people on a train that stops and is held up for 30 minutes. One of the people opens his brief case and gets on with some work and calmly waits until the train starts moving again. While the other person sits, fumes, thinks that it is disgusting and incompetent of the railway company, and that this state of affairs should not happen. The same stressor, yet two entirely different responses, one will trigger the release of stress hormones, the other response won't. Getting upset and angry didn't make the train move any-faster, and it's the individual's beliefs, thoughts and perceptions that are the key. It can be useful to break down an event such as the example above using the  $A+B=C$  equation:

Many stressful events that happen to us can be looked at in this way using the  $A+B=C$  equation to help us see how what we thought and believed about a situation led to the way we felt and the level of stress we experienced.

## **2. NEED AND SIGNIFICANCE OF THE STUDY**

In the wake of rapid social change in various aspects the role and position of women are undergoing changes at a rapid pace. Many women are employed and manage both marital life and career. They take up nontraditional roles and have developed a new outlook of life. These days, women have become more conscious of their own identity and status. Modern women know their self-worth and they wish to develop self-reliance, independence and self-respect by taking up jobs in various disciplines. Many researchers over the past years have made comparative studies of employed and unemployed women on various psychological variables and the relationships between them. Women Empowerment refers to increasing the spiritual, political, social, educational, gender, or economic strength/ capacities of women and communities. Managing stress is one of the most important areas in to which women have to cope up.

In this study the researcher focuses on answering the questions of comparing married working women and non working women in managing various stressful situations.

## **3. STATEMENT OF THE PROBLEM**

A study to determine the relationship of Stress Management among Married Working and Non-working Women.

### ***Operational definitions of the terms***

Stress Management: Stress management can be defined as interventions designed to reduce the impact of stressors that an individual faces in his/ her life. These can have an individual focus, aimed at increasing an individual's ability to cope with stressors.

In the present study, stress management refers to the various stressful situations that come across in the life of a woman, and the approach in which she is able to overcome them even in the midst of multiple responsibilities.

### ***Married Working Women***

In the present study married working women are those who take care of their household responsibilities as well as take up a paid job outside the home in institutions, firms, organizations. Married Non working women are those who only take care of the house hold responsibilities.

## **4. OBJECTIVES OF THE STUDY**

- To study the level of stress management in Married working women.
- To study the level of stress management in Married Non working women.
- To study the difference in the stress management among Married working and non working Women,
- To find the relationship of stress management among Married working and non working Women.

## **5. HYPOTHESES OF THE STUDY**

- There is significant difference in stress management among Married working and non working Women.
- There is significant relationship in stress management among Married working and nonworking Women.

## **6. METHODOLOGY**

The present study was a descriptive survey study. In order to meet the objectives of the study, the investigator had selected the following variables namely,

- Stress Management
- Married Working women
- Married Non working women

The sample consisted of 50 working and 50 non-working married women from different fields and backgrounds in Smart city Bhubaneswar, Odisha. A tool to measure the stress management was developed by the researcher.

The study utilized the statistical techniques such as Percentage, Frequency Distribution, 't' test and Pearson Product Moment Correlation 'r'.

## 7. ANALYSIS AND INTERPRETATION OF DATA

### *Analysis and Interpretation of Objective One :*

The first objective was to study the distribution of the level of Stress Management among married working women. A rating scale prepared by the investigator was used to collect the data. This objective was analyzed using Descriptive Statistics; namely, Mean, Median, Standard Deviation.

Variable	N	Mean	SD	Median
Stress Management among married working women	50	56.44	5.77	49

Stress Management among Married Working Women	Low	Average	High
	24%	58%	18%

From the above table it is evident that 58% of the sample is at the average level, 24% and 18% below and above the mean respectively in the area of Stress Management among Working Women.

### *Analysis and Interpretation of Objective Two :*

The Second objective was to study the distribution of the level of Stress Management among married non working women. A rating scale prepared by the investigator was used to collect the data. This objective was analyzed using Descriptive Statistics, namely, Mean, Median. Standard Deviation.

Variable	N	Mean	SD	Media
Stress Management among Married Non-working women	50	23.66	6.26	18.47

Stress Management among Married Working Women	Low	Average	High
	16%	76%	14%

From the above table, it is evident that 76% of the sample is at the average level, 16% and 14% below and above the mean respectively in the area of Stress Management among Non Working Women.

### *Analysis and Interpretation of Objective Three :*

The Third objective was to study the difference of the level of Stress Management among married working and non working women. This objective was analyzed using Descriptive Statistics, namely, Mean, Median, Standard Deviation and Bar Graph Representation. Inferential Statistics, namely 't' test was used to find whether there is any significant difference in the stress management.

To measure this objective, a hypothesis was formulated 'There is significant difference in stress management among Married working and non working Women'.

The level of significance was fixed at 0.05 levels. The theoretical value for level of significance

0.05 was 1.66. The mean, Standard Deviation and 't' value of the scores are given in table

**Table 1: Number (N), Mean (M), Standard Deviation (SD) and 't' value of the scores of Working and Non Working Married Women**

Variable	Status	N	M	SD	't' value	Result
Stress Management	Working	50	56.44	5.77	2.4	Significant at 0.05 level
	Non working	50	23.66	6.26		

### Interpretation

From the table 1 it is revealed that the obtained, 't' value of 2.4 is significant at 0.05 level. Thus the research hypothesis, "There is a significant difference in the stress Management of Working and Non Working Married Women<sup>1</sup> was accepted. Working Married Women have greater ability for Stress Management than Non Working Married Women.

### Analysis and Interpretation of Objective Four :

The fourth objective was to study the relation of the level of Stress Management among married working and non working women. This objective was analysed using Descriptive Statistics, namely, Mean, Median, and Standard Deviation. Inferential Statistics, namely, Pearson's Product Moment Correlation V test was used to find whether there is any significant correlation in the level of Stress Management.

To measure this objective, a hypothesis was formulated There is significant relationship in stress management among Married working and non working Women'. The level of significance for results obtained was fixed at 0.05 level. The theoretical value for level of significance 0.05 was 2.73. The mean, Standard Deviation and 't' value of the scores are given in table 2.

**Table 2: Number (N), Mean (M), Standard Deviation (SD) and 'r' value of the scores of working and Non Working Married Women.**

Variable	Status	N	M	SD	'r' value	Result
Stress Management	Working	50	56.44	5.77	0.15	Not
	Non working	50	23.66	6.26		Significant at 0.05 level

### Interpretation

From the table 2 it is revealed that the obtained 'r' value of 0.15 is not significant at 0.05 level. Thus the research hypothesis, "There is a significant difference in the Stress Management of Working and Non Working Married Women' was rejected. The Stress Management ability of Married working and Non Working Women are not related to each other.

## **8. MAJOR FINDINGS**

The study revealed that there is a significant difference in the stress management among the married working and non working women and they are not correlated significantly. Married Working Women have more abilities for Stress Management than married non working women.

## **9. EDUCATIONAL IMPLICATIONS**

- Changing self-talk to a less rigid, less pessimistic, more positive, thinking style will help cope more effectively and make one more able to deal with the challenges encountered.
- Non Working women should have more scope to develop their stress Management Skills and should be provided with opportunities for self growth.
- Women should 'have more autonomy and voice in the process of decision making at home and workplace.
- Programs should be chalked out so that they help women to be productive, to control their own labor, to have access to means of production and earnings.
- At the family level, women should get support and appreciation. Spouses should come forward to lend helping hand in household work and childcare.

## **10. CONCLUSION**

Being stressful is a component of one's existence. Women who have the challenging role of family and employment face many traumatic situations. A woman could manage these challenges of stress by managing them intelligently.

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