

# “A STUDY OF STRESS MANAGEMENT PRACTICES AMONG WORKING WOMEN IN SURAT CITY.”

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## Abstract

*Stress can be defined as a pressure (or) tension exerted on a material object (or) a state of mental (or) emotional strain (or) tension resulting from adverse (or) demanding circumstances. Stress can't be avoided, but one can learn how to manage it. The present study entitled "Stress Management Practices among working women in surat city" has been undertaken to assess the causes of stress, its effects, various stress management practices and the results thereof among working women. In the modern world and concomitant life style, we say, people of all age groups are affected by stress and its dreaded consequences. Both primary and secondary data have been used for the study. The primary data were collected from working women based on a Google form. And the secondary data were collected from books, periodicals and the Internet. The data collected have been classified and analyzed suitably, keeping in view the objectives of the study.*

**Keywords:** *Stress, Working Women, Stress Management Practices, cause of Stress, its effect.*

## INTRODUCTION

“STRESS: The inability to tell the difference between what is happening and what you think is happening”. - Victor Davich

In the modern world and concomitant life style, we say, people of all age groups are affected by stress and its dreaded consequences. Stress is dangerous since it interferes with the person's well being, Stressors can be physical and mentally, inside or outside generated. They can be actions, situations, and people or demands, the individual perceives to be the source of stress. The recognized causes of job stress are numerous, and these include work practice, pressure, management techniques and work environment. These pressures may be on account of external or internal factors. It occurs whenever the body has to perform responsibilities that are beyond its range and scope and it results in harm and is damaging to individuals, families, and to society at large.

Stress can weaken family and social relationships and eventually burn one out, taking a toll on health. Therefore, organizations need to recognize stress as a problem and take necessary steps to act upon it. Stress can cause poor work performance and lower employee morale. These factors, in turn, increase employee turnover rate and lesson quality of life.

## STATEMENT OF THE PROBLEM

In our fast paced world, it is almost impossible to work without stress. Pressures to perform in a demanding climate of rapid economic and technological changes cause stress. It is generally believed that stress is both an asset and a liability. If job stress is managed well up to a threshold limit, it can work in a positive manner, but, if managed awfully, it can be a killer.

## SCOPE OF THE STUDY

Stress is a common phenomenon and is present in every organization irrespective of their nature and size.

Organizations adopt their own stress management practices that help employees feel calm and overcome the difficulties experienced by them. Such stress management practices can be seen more in private sector as this sector is highly prone to stressful activities. The study again confines its enquiry to the stress management practices and related issues with focused reference to working women in any sectors.

The study purports to gather the opinion of working women regarding the stress management practices and related issues.

## OBJECTIVES

The study has been carried out with the following objectives:

1. To identify the causes of stress among working women in surat city
2. To study the stress management practices among working women in surat city.
3. To assess the effect of stress management practices among working women in surat city.

## VARIABLES USED FOR THE STUDY

1. Causes of Stress Management:-Inter personal related causes, financial related causes, Work related causes, Organizational related causes, Family related causes
2. Effects of Stress:-Anxiety, Low self esteem, Forgetfulness ,Depression ,Angry, Apathy/ worry, Insomnia, Headache ,Diabetes ,Hypertension ,Chest and back pain ,Hair loss, Upset stomach.
3. Stress Management Practices: - Stress management training, Stress control workshops, Seminar on job burnout , Supportive organizational climate, Yoga and meditation ,Close association of co-workers ,Celebrations, Technical competence.
4. Effects of Stress Management Practices:- Productivity, Interpersonal relations, Managing anger, Reduce absenteeism, Complete task on time, Reduce complaints, Reduce mistakes, Reduce labour turnover, Mental health, Physical health.

## DATA ANALYSIS AND INTERPRETATION:

As we got 54 responses through Google forms. Out of 54, 77.8% women are married and rest are unmarried. 75.9% respondents are post graduates and 20.4% respondents are graduates and rest are HSC qualified. Maximum respondents do have working hours between 30-50 hours per week. Personality traits on likert scale came out as respondents were really positive about themselves being highly confident, adaptive to changes, and also quiet sensitive about when they see a child or an animal is suffering. Majority respondents agreed about they get stress from organization related issues, family related issues as well as work related issues. Only 38.9% respondents practice stress management techniques at home. 61.1% respondents do not practice it. Those who practice stress management use prayers, listening to music and rest to bust the stress out. Respondents agreed that factors like anxiety, boredom, depression, anger and insomnia are faced by them when they were feeling stressed out. Even people got headaches and hypertension and other physical problems too due to stress. And due to stress professional and occupational life was affected too. They were found dissatisfied about the work they did, they felt irritated, nervous and angry while performing the jobs as well. They constantly thought about quitting the current job as well. And those who adopted stress management practices felt that they were healthy physically and mentally and also they could complete the task within stipulated time. They could concentrate well and reduced the absenteeism at workplace.

## LIMITATIONS OF THE STUDY:-

We can take the research at further level by checking the impact of stress on working women by applying regression and factor analysis to identify and confirm the factors causing stress on human mind. Due to pandemic it is also very limited to gather the data in digital mode so sample size could be more than the collected ones. We also have limited our study to working women which we can extend to next level.

## FINDINGS OF THE STUDY:-

- 77.8% women are married and rest are unmarried.
- 75.9% respondents are post graduates and 20.4% respondents are graduates and rest are HSC qualified.
- Maximum respondents do have working hours between 30-50 hours per week.

- Personality traits on likert scale came out as respondents were really positive about themselves being highly confident, adaptive to changes, and also quiet sensitive about when they see a child or an animal is suffering.
- Majority respondents agreed about they get stress from organization related issues, family related issues as well as work related issues.
- Only 38.9% respondents practice stress management techniques at home. 61.1% respondents do not practice it.
- On a likert scale of psychological effects of stress, 22% felt that it creates anxiety, 11% said boredom, 24% said anger, 17% said depression.

### CONCLUSION:-

We can conclude that stress is caused by many different factors' in one's life especially working women do suffer a lot from physical and mental stress. It is found in the study that one can reduce stress if he/she indulge into stress management practices like yoga, prayer, meditation etc. And one should always eliminate the means and situation which creates stress in your life.

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