

Comparison in Stress among Working Women and non-Working Women

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Abstract:

Background: Stress is a part of modern life, with increasing complexity of life, stress is likely to increase. Stress is built in the concept of role, which is conceived as the position a person occupies in a system. Stress affects not only our physical health but our mental well-being, too. To successfully manage stress in everyday lives, individual can learn to relax and enjoy life. Women in modern global world have to play a dual role as housewife and career builder.

Aim: The present investigation was conducted to compare the level of stress among the working and non-working women and to find out association of their stress with socio-demographic characteristics.

Methods: Quantitative research approach with non-experimental descriptive (comparative) research design was used. A comparative study was done at selected communities of Etawah with 65 working women and 65 non-working women, were selected by non-probability convenient sampling technique. Demographic tool and the standard tool (Perceived stress scale) were administered to working women and non-working women.

Result: The overall mean of the level of stress was 25.55 (± 8.103) for working women and 13.17 (± 7.266) for non-working women. The calculated 't' value was 9.171 which was very highly statistically significant at $P < 0.001$. There was significant association of level of stress with the demographic variable 'educational qualification', 'socioeconomic status' and 'nature of work' for working women and 'educational qualification' and 'socioeconomic status' for non-working women which was highly statistically significant at $P < 0.05$.

Conclusion: The study concluded that there was significant difference between the levels of stress among working and non-working women. The study revealed that working women need to have guidance on effective stress management measures.

Keywords: stress; perceived stress scale; working women; non-working women

Introduction

Every individual respond to stress in a unique way depends on their mental status, coping abilities, and availability of support system. Due to overabundance of stress in our modern lives, people usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience. Stress is an occasional attribute of every person's ecology. It is the pressure, tension or worry resulting from problems of meeting the challenges in life. [01] The National mental health survey, conducted in India found that current

prevalence of mental morbidity due to neurotic and stress related disorders are nearly 3.53 % in India, total represents 4.29 % in female and 2.72% in male. [02]

The working and non-working women can face different level of stress due to their personal traits, different personality trait of spouse, different cooperation level inside and outside home, different nature of work, and socio-economic level. It was found that married women performed

around 64% of the total amount of household work and that their contribution as compared to married men was particularly high when it came to work indoors (78%) and childcare (67%). Whilst on average men reported spending around 23 hours per week on childcare and 9 hours per week on housework, women reported 58 hours and 24 hours per week respectively. [03] Incompatibility between work and family life arises due to a number of factors. 'Work-family spillover' may also occur due to having to juggle multiple roles, and may result when the pressures from work have an effect on one's attitude and behaviour within the family. [04] A study showed that work stress has an influence on the quality of the parent-child interaction in such a way that women who were not happy in their jobs used harsher methods of discipline and showed less affection with their children than those mothers who were happy at work. Another found that many mothers saw their work identity, work skills and their feelings about work as affecting their family relationships and home life in a positive way. [05] It appears that working mothers, when compared to full-time housewives, are less likely to become overweight, have a better level of health and a healthier relationship. [06] Another study which was conducted on marital adjustment, stress and depression among 150 Working and Non-Working Married Women in Islamabad, Pakistan among 150. The results indicate that non-working married women were better adjusted in their married life than working married women. Along with this they also do not feel depression and stress in their married life as compared to working married women. Findings indicate that working married women who are engaged in multiple roles have to face severe stressful situations. [07] same result was also found in another studies where findings revealed significant higher stress among working women than non-working women. [8, 9]

Material And Methods:

The aim of current study was to examine the level stress among the working and non-working women at selected communities at Etawah, Uttar Pradesh and to find out association of level of stress among working and working women with their socio-demographic characteristics. A non-experimental descriptive comparative research design was utilized to achieve the purpose of this study. A convenient sampling technique was used in the study to select 130 samples (65 working, 65 non-working women). The tools used in study were socio-demographic tools, and perceived stress scale. Content validity of both tools was assessed with seven experts. Comments and suggestions were incorporated and

suggested modifications for the items were made to prepare the final draft of the tools. CVI index ranged between 0.85 to 0.95. Reliability of perceived stress scale was assessed through a pilot study among 10 working women and 10 non-working women of community Saifai, Uttar Pradesh and reliability of the Self-reported questionnaire (Perceived Stress Scale) was calculated by Guttman split half reliability, which was found to be 0.90.

Field work:

For this study, the investigator took into consideration the ethical issues. No ethical issues were raised while conducting the study. Prior to data collection, permission was obtained from the institutional ethical committee and ward member of district Etawah, Uttar Pradesh, India. An informed consent was obtained from working and non-working women. The data collection period was for one month. Everyday data was collected from 5 to 6 study participants. Data collection procedure and purpose of the study was explained and written consent was obtained. Attempts were made to establish good rapport to gain confidence and cooperation from the subjects. Questionnaire was given to the sample after explanation and time period 30-40 minutes was given for answering the questions.

Administrative design:

Ethical considerations: An official permission was obtained from the from the Institutional Ethics Committee, College of Nursing, Uttar Pradesh University and Medical Science, Saifai, and Ward member of district Etawah, Uttar Pradesh, India before conducting the study. Additional written consent was obtained from the working and nonworking women and they were assured that the information would be used for research purpose only (confidential).

Statistical design:

Statistical analysis: All collected data were organized, categorized, tabulated, entered, and analyzed by using computer SPSS, (Statistical Package for Social Sciences), soft-ware program version 15, which was applied to frequency tables, descriptive (mean and standard deviation) and inferential statistical significance and associations were assessed using t: unpaired t test (P- value that is ≤ 0.0001) and Chi-square test to detect the relation between the variables (P- value that is ≤ 0.05).

Results: Result of study was analyzed in following sections

A. Socio-demographic characteristics of sample:

<i>Socio-demographic characteristics</i>	Non-working women	Working women
	n1=65	n2=65
	F (%)	F (%)
<i>1. Age</i>		
20-30	20 (30.8)	14 (21.5)
31-40	23 (35.4)	29 (44.6)
41-50	15 (23.1)	14 (21.5)
51-60	7 (10.8)	8 (12.3)
<i>2. Religion</i>		
Hindu	35 (53.8)	36 (55.3)
Muslim	20 (30.8)	12 (18.5)
Christian	10 (15.4)	17 (26.2)
<i>3. Marital status</i>		
Married	40 (61.5)	22 (33.8)
Unmarried	25 (38.5)	43 (66.2)
Widow	0 (0)	1 (3.3)
<i>4. Educational qualification</i>		
Illiterate	22 (33.8)	13 (20)
Primary	15 (23.1)	12 (18.5)
Secondary	13 (20)	18 (27.7)
Graduate	13 (20)	10 (15.4)

<i>Post graduate</i>	2 (3.1)	12 (18.5)
5. Type of family		
<i>Nuclear</i>	18 (27.7)	16 (24.6)
<i>Joint</i>	29 (44.6)	16 (24.6)
<i>Extended</i>	18 (27.7)	33 (50.8)
6. Socioeconomic status		
<i>Lower(<1500/month)</i>	22 (33.8)	9 (13.8)
<i>Upper lower(1500-3000/month)</i>	15 (23.1)	15 (23.1)
<i>Lower middle(3000-9000/month)</i>	13 (20)	17 (26.2)
<i>Upper middle(9000-15000/month)</i>	11 (16.9)	10 (15.4)
<i>Upper(>15000-/month)</i>	4 (6.2)	14 (21.5)
7. No. of family member		
<i>One</i>	14 (21.5)	12 (18.5)
<i>Two</i>	4 (6.2)	17 (26.2)
<i>Three</i>	21 (32.3)	29 (44.6)
<i>More than three</i>	26 (40)	7 (10.8)
8. Nature of Work		
<i>Sedentary</i>	13 (20)	4 (6.2)
<i>Moderate</i>	13 (20)	11 (16.9)
<i>Heavy</i>	39 (60)	50 (76.9)
9. Servant/Maid available at home		
<i>Yes</i>	13 (20)	23 (35.4)
<i>No</i>	52 (80)	42 (64.6)

Table 1: Demographic characteristics of studied working and non-working women

Table 1 portrays that most of the working women (44.6%) and non-working women (35.4%) were belonging to 31-40 year's age group, 55.3% working women and 53.8% non-working women were belonging to Hindu religion, 66.2% working women and 61.5% non-working women were belonging to unmarried and married marital status, 27.7% working women and 33.8% non-working women were belonging to secondary and illiterate educational qualification, 50.8% working women and 44.6% non-working women were belonging to extended and joint type of family, 22.6% working women and 33.8% non-working women

were belonging to lower middle and lower socioeconomic status, 44.6% working women and 40% non-working women were belonging to three and more than three no. of family member, 76.9% working women and 60% non-working women were belonging to heavy nature of work, 64.6% working women and 80% non-working women were belonging to no servant/maid available at home.

A. Comparison of level of stress:

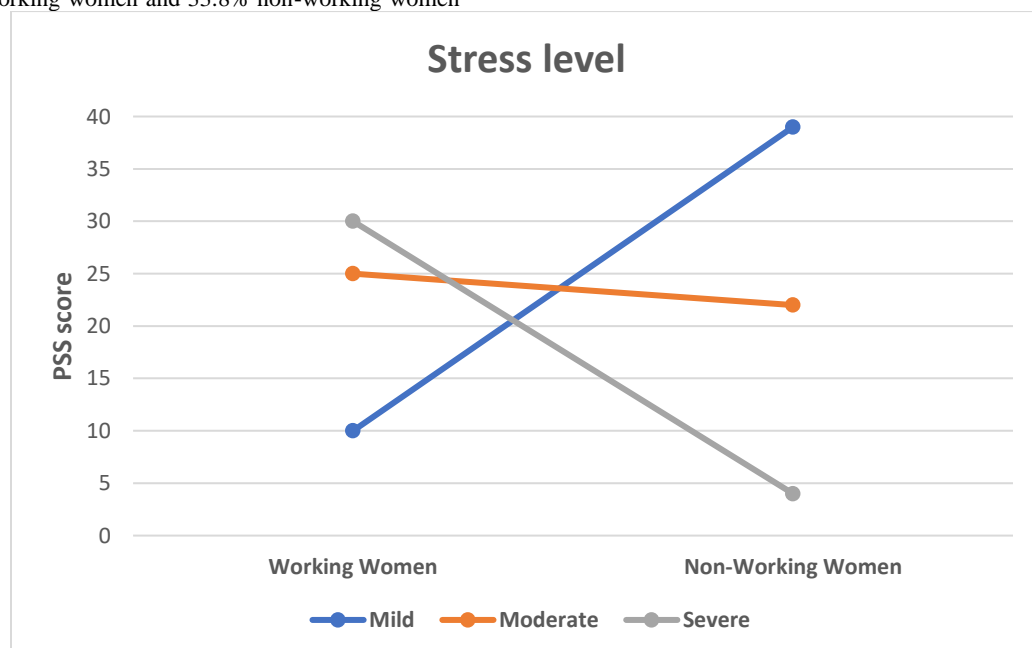


Figure 1: Line diagram showing stress level in working women and non-working women.

Figure 1 describes the total stress level in non-working women were 65 out of which 60% [39] were having low stress, 33.85% [22] were moderate stress and 6.67% [04] were high perceived stress and working

women were 65 out of which 15.39% [10] were having low stress, 38.46% [25] were moderate stress and 46.15% [30] were having high perceived stress.

	Mean	Standard deviation	't' value
Non-working women	13.17	7.266	9.171***
Working women	25.55	8.103	

Table 2: range, mean, standard deviation and 't' value ('p' value) of the working and non-working women stress level.

N = 130

*** Very highly significant at $p < 0.0001$

Table 2 reveals that mean, standard deviation, and 't' value of the working women and non-working women on their stress. The mean and standard deviation scores of the working women are 25.5 and 8.103 respectively. The mean and standard deviation score of the non-working women is 13.17 and 7.266 respectively. The 't' score obtain for the mean

difference is 9.171, which is very highly significant at $p < 0.0001$ levels. This clearly implicate that the working women have significantly higher level of stress than non-working women.

A. Association of stress with socio-demographic characteristics

S. No.	Socio-demographic Variable	Chi-square test (X ²)	Df	P Value	Chi-square test (X ²)	df	P Value
		NWW			WW		
1	Age	50.422	57	.647	60.475	66	.669
2	Religion	45.511	38	.188	50.834	44	.222
3	Marital status	17.048	19	.587	25.038	22	.295
4	Educational qualification	144.280	76	.000*	150.839	88	.000*
5	Type of family	35.825	38	.570	46.443	44	.372
6	Socioeconomic status	169.933	76	.000*	126.189	88	.005*
7	No. of family member	64.173	57	.240	69.178	66	.371
8	Nature of Work	51.165	38	.750	72.905	44	.004*
9	Servant/Maid available at home	27.986	19	.840	26.740	22	.221

Table 3: association between working and non-working women stress level and their demographic characteristics N = 130

*Highly significant at $p < 0.05$

Table 3 depicts that association of stress level in working women was significant with 'educational qualification', 'socioeconomic status' and 'nature of work' at the level of $p < 0.05$ and 'educational qualification' and 'socioeconomic status' for non-working women which was highly statistically significant at $P < 0.05$. Other selected socio-demographical variables i.e., age, religion, marital status, type of family, no. of family member and servant/maid available at home were found non-significant at $p = 0.05$ level of significance with their stress level score with working and non-working women.

Discussion:

Present study findings show that total stress level in non-working women were 65 out of which 60% [39] were having low stress, 33.85% [22] were moderate stress and 6.67% [04] were high perceived stress and working women were 65 out of which 15.39% [10] were having low stress, 38.46% [25] were moderate stress and 46.15% [30] were having high perceived stress. Association of stress level in working women was significant with 'educational qualification', 'socioeconomic status' and 'nature of work' at the level of $p < 0.05$ and 'educational qualification' and 'socioeconomic status' for non-working women which was highly statistically significant at $P < 0.05$. Other selected socio-demographical variables i.e., age, religion, marital status, type of family, no. of family member and servant/maid available at home were found non-significant at $p = 0.05$ level of significance with their stress level score with working and non-working women. The 't' score obtain for the mean difference is 9.171 which is highly significant at 0.0001 levels. This clearly implicate that the working women's have significantly very higher level of stress than non-working women.

The present study result was also supported by Harshpinder, Aujla P (2006) who examined the psychological and physiological stressors among working and non-working women. 150 samples were taken i.e., 75 working and 75 non-working women from four localities of Ludhiana city. The finding of the study shows that working women were more stressed as compared to non-working women. [10] And study of Patil M (2016) who hypothesized that the working women has more stress than the non-working women. The sample were taken from 45 working women's and 45 non-working women. The data were subjected to t test score and it was obtained by mean difference i.e., 4.46 which is very highly significant at 0.001 levels. The finding of the study reveals that the working women has more stress than the non-working women. [08]

Conclusion:

Based on study findings, it can be concluded that: working women's have significantly higher level of stress than non-working women. There was significant association of level of stress with the demographic variable 'educational qualification', 'socioeconomic status' and 'nature of work' for working women and 'educational qualification' and 'socioeconomic statuses' for non-working women which was highly statistically significant at $P < 0.05$.

The primary stressors for working women noted are the Juggling Act of Work and work Life balance including relationship & responsibilities, financial burden, pressure to meet societal standards of beauty and being staying healthy. Nurses address them by providing them proper guidance and counselling including coping strategies.

Nurses provide comprehensive support to reduce stress levels among working women by providing coping strategies i.e., Mindfulness training,

Health promotion, e.g., exercise, Cognitive behavioral therapy, Relaxation, Meditation, Personal and interpersonal skill training, Acceptance and commitment therapy, Psychosocial intervention training, spouse counseling, motivation for family support, vacation break, coping skills training, Resilience training and lastly going for Counselling, Posttraumatic stress assistance and Disability management.

The nurses collaborate with researchers and policymakers to develop effective stress reduction strategies for working women by performing Job Redesign, working time and schedules, management training, e.g. mentoring, improving communication and decision making, conflict management, peer support groups, coaching & career planning, vocational rehabilitation and by providing light environment, anti-harassment cell, regular Mental status examination checkup and schedule motivational women empowerment sessions.

Empowerment strategies that nurses are implementing to help working women cope with stress are providing Knowledge, skills and experience, Nurse-patient relationship, Support system, Spirituality (religion), self-care, focus on personal achievements of working women and motivate other women and work on positive thoughts that replace negative thinking and stressful life, and for building resilience providing them Support, Trained staff, Security measure and safety, Teamwork and in-service training, Education.

Overall studies are conducted (including stress of patient) including nursing Interventions on Patient Outcomes and have made a positive impact on overall aspects. In a study "The Influence of Nursing Interventions on Patient Outcomes: A Systematic Review" the findings from this review demonstrated the positive outcomes associated with specific nursing interventions in various healthcare settings. Implementing these interventions can improve patient out-comes, reduce stress, enhance patient safety, and contribute to better overall healthcare quality. [11]

Implication:

Nurse can play a major role in diminishing the stress level by providing education guidance and counseling to the working women and non-working women and also by creating good environment for them. Nurse researcher can be motivated to develop new strategies to prevent the stress level in working women and non-working women.

Recommendations:

On the basis of findings of the study it is recommended that:

- A similar study can be conducted in different settings i.e., communities, industries, hospitals, schools and other institutions.
- On the basis of findings of this study, a teaching program could be planned, conducted and evaluated to find out the effectiveness of the program on stress management.
- The study revealed that working women need to have guidance on effective stress management measures.

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