

The measurement of Stress level in working and non-working women

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Abstract: A working woman is a woman who earns a salary wages or other income through regular employment usually outside the home and also plays a role of housewife for family responsibility. A non working woman is a woman who not employed for a salary fees or wages not producing or generating income. Only play a house wife role for family responsibility. In this modern society women ritual cultural values social norms economic status changed from the ancient time. Society has a perception or agenda that working women are smarter economically valuable than non working women. In India woman worked with in a framework of family as a housewife that time stress definition was different and when a woman stepped out from home to jobs and business then a modern woman live in a two way systems and need to full perform both family as well as professional area so here the stress level is different. This study is the measurement of stress level in working and non working women. In this study we chose two group of women from Gwalior city area in M.P. first group is working women group and second is non-working women each group member is 40 – 40 total 80 member. The sample was gathered from Gwalior city women are randomly selection method for data.

Key Words: Women, disorder, salary wages, Stress.

1. INTRODUCTION:

In this world women are most wonderful & beautiful thing. We cannot imagine this world without women. Women are considered as the goddess in the Indian society from the ancient time however it is also true that they are not treated as goddess. Stress is a major psychological disorder many psychological disorders are directly connected with stress. Stress is a psychophysical condition that affects both men and women in different way. Mostly in women stress majorly affect because women are more emotionally responsive to stressful situation against men. During chronic stress in women led to many psychosomatic disease in women like sleepless, pain in body, headache, depression ,low & excessive appetite ,menses & conceive problem ,heart disease ,skin and hair disease ,etc. stress is also affect the ability of working in a person it is only depend on a person perception . Everybody has a different way to cope with stress.

2. RESEARCH DESIGN:

In this study we used a questionnaire in this questionnaire we have 35 question related to stress. Which name is Singh personal stress source inventory (SPSSI) A.K. Singh & A.K. Singh Arpna Singh (Patna). After this we applied T-test for analysis.

3. SAMPLE:

Our study sample age group is 25 to 45 year. Working women group member are involving in private or govt. job in Gwalior urban area. Non working women group member are house wife in Gwalior urban area.

4. HYPOTHESIS:

Hypothesis is a supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.

Our hypothesis is there are any no significant differences of stress level between working or non working women.

5. VARIABLES:

A characteristic number or quantity that increase or decrease over time or take different values in different situation.

In our study

Independent variable working and non working women

Dependent variable stress level

6. RESEARCH METHOD:

In this study we applied a questionnaire on 80 women (40 working and 40 non working) through personal interview. All candidates are responsive for questionnaire. In study all women are married. After applied questionnaire we used T-test for data interpretation.

Table no. 1

	Working women	Non working women
N	40	40
Mean	49	32
S.D.	16.98	10.57
D.F.	78	
T-test value	6.95	

N= number of group member.

Mean= an average value.

S.D. = significant difference.

D.F. = degree of freedom.

7. RESULT AND DISCUSSION:

We applied t-test on collective data and according to our table no. 1 the result is **there is a significant difference between stress level of working and non working women.** Working women Stress level (M=49) is higher than non working women (M=32). Our T-test value (6.95) is higher from .01=2.64 of significant value of T-table and also higher than .05=1.99 on T-table. So we can say that our hypothesis was denied and working women live stressful against non working women.

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