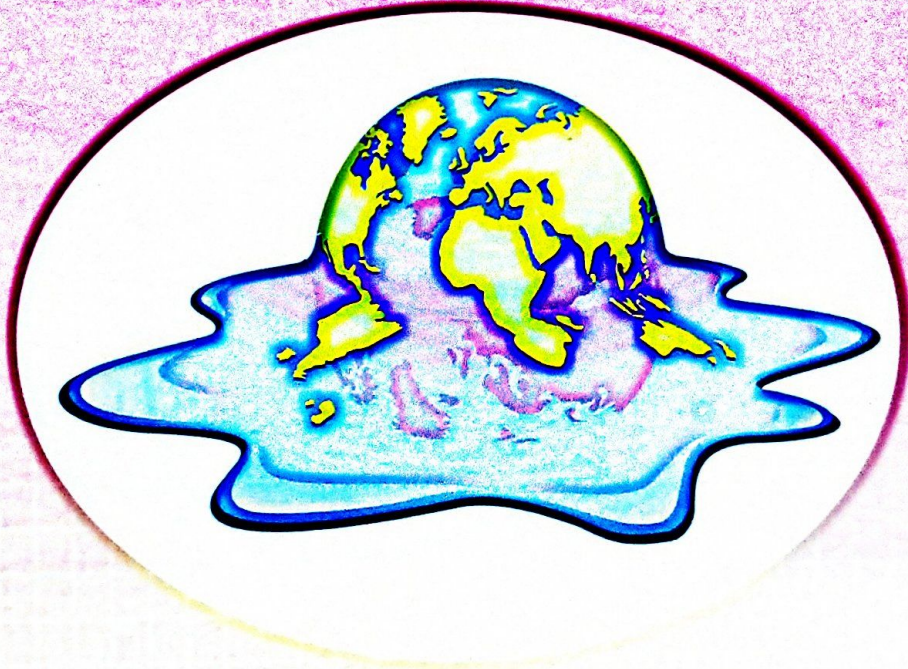




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Stress management of women, working in different fields

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Abstract -

A home is many more things for family than being a home only. To create real home from a house many things such as comfort, convenience, good health and happiness have to be provided to the member of the family. This tremendous job falls on the shoulders of the Employed or working women. Growing desire for more varied, interesting and colorful manner of life, escaping monotony and dullness of home life drives quite a number of working women who manages the home as a wage earner calls for many adjustments in family life, requiring colorful, careful planning and performing of household chores without sacrificing the harmony in family living.

The task of family management and comfortable relationship with other family members may become more difficult for employed women due to physical fatigue and nervous strain. Because of that they experience a stress. The first step in stress management is usually called as mobilization and is followed by two further steps called respectively knowledge and action. The stress that women experience in daily life requirements (demands) such as preparing meals, laundry, cleaning, studying etc, has not been fully explored. Almost all women have to deal with these demands. Responses to these demands can be so stressful and anxious as to be detrimental to their health.

Key Word - Feminism, ambiguity, triggered.

Women's roles have changed much over the past some years. For example, in the 1970's it was difficult for women entrepreneur to start a business. Today, however, women represent the fastest - growing segment of business owners. Changing roles, and changes in society as a whole, have led to changes in the overall level of women's

confidence and status. As Ogilvy & Mather pointed out in a qualitative study carried out in the early 1990s, women are complex. They found that housewives, in particular, tended to suppress aspects of their personalities and desires in favour of their role as family provider, but under the surface there was a range of other personality facets fighting for recognition and satisfaction. This could be regarded partly as a reflection of need states, but arguably goes deeper than that.

When working women get stressed out, many blame her job. But women who stay at home are more likely to suffer from anxiety and to feel unhappy. Rosalind Barnett of the Wellesley College Centre for Research on women and Grace Baruch, both psychologists, studied women - never married, married with or without children, divorced working and non-working in the Boston area. There are two ways to look at women and work, says Barnett. "One way supposes that you have a limited amount of energy. Each role drains part of that energy, so the more you do, the worse off you are". But the other way is that having more roles offers women more opportunities to be challenged to feel competent and to have their work acknowledged. It also gives them more options, like having more money to hire help, to lessen the burden of housework. Filling more than one role also allows women to divide their emotional eggs among several baskets "If something is going poorly in one area," Barnett points out, "things are likely to be going better in another." Frustration doesn't seem to be related to how many roles a person takes on. Up to a point, Barnett says, the more the roles, the greater the self - esteem. "It is the family role that gives women most stress," she says. "Work is clearly not the culprit." Barnett admits that her findings can be interpreted differently. Perhaps only women with high self-esteem take on many roles, and she doesn't think every woman should continue working once she has children. She acknowledges that wearing many hats can make some women feel overloaded shorten time and pressured by the constant need to make choices. Planning, child care and day-to-day support systems play an important part in becoming a successful wife, mother and career women, It is also expressed that when women was seven years old, she often thought that her mother was the luckiest women in the world because all she was required to do was pack Tiffin's and settle down to day dreaming, reading or chatting. Some 10 years later, when

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