

77

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Study of stress and anxiety in different age group of clerical working women

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Abstract

Stress has been with us since the beginning of time. The advancement in the technology and mechanization of work is making the human life more complex and stressful. This stress can be controlled and managed by proper understanding. As per the experts opinion the factors related to job stress are depends on many factors. These stress and anxiety affect the psychological, physical health. The study was conducted in Vidharbha region of Maharashtra State, particularly Nagpur, Gondia and Bhandara Districts by survey method and analysed using suitable tools. The findings of the study are written in the result section and it is concluded that that the stress level does not vary on the basis of status and age, but is observed in the case of anxiety. However one area which needs to be highlighted is their status which is dominating than any other factors.

Keywords: Stress, anxiety, occupation, management, women

1. Introduction

Stress has been with us since the beginning of time. The advancement in the technology and mechanization of work is making the human life more complex and stressful. Behaviour under stress has come to occupy prominent place in present days. A person's working life where she actively spends about one third of her daily routine seems to be major source of satisfaction as well as stress. It has been established that consistent and high job stress puts impairing effect upon health of employees. This stress can be controlled and managed by proper understanding. To know the magnitude or intensity of stress and anxiety the collected data are to be analyzed in the scientific and statistically established way.

Work or job outside the home is one of the stressor in working women. Rapid changes in traditional values, life styles, competitiveness and industrialization are the few factors that have changed the whole environment. The outside work creating the job stress and anxiety in women who handled the role of housewife, mother and working women at a time. According to Caplan et.al. (1975) work stress is "the result of characteristics of job environment which pose a threat to the individual". It indicates that more work in short span of time or excessive demands, job over load, workers expectation from the bosses creates job stress.

As per the experts opinion the factors of stress are depends on i) Organization ii) Environment iii) Relationship at work place iv) Family factors v) Other factors and Personal. Further these factors can have different conditions within them, which are as follows. i) Organization (a) Working conditions (b) Under load or over load(c) Use of poor technology (d) Long working hours (e) Organizational culture ii) Environment: (a) Seating arrangement (b) Insufficient space (c) Illumination (lighting)(d) Load shedding (e) Ventilation (f) Storage facilities iii) Relationship at work place (a)Relation with boss (b) Relation with subordinate(c)Relation with colleague (d)Relation with management iv) Family factors (a) Family environment (b)Expectation of other family members (c) Life style (d) Standard of living (e)Attitudes towards job v) Other factors (a) Career development(b)Job insecurity (c) Salary structure vi) Personal (a) Rigidity in nature (b)Non flexibility (c) Bossing nature (d) Communication problem(e) Team working

Therefore it is necessary to study whether professional life put extra stress and anxiety on women. Do these stress and anxiety affect the psychological, physical health? To determine the relation among the stress, anxiety, psychological health, physical health, profession etc. this study is taken up as an exploratory study.

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This study is done to investigate the causes of stress and anxiety, in home as well as work place due to house hold activities, resources, environment, and interpersonal relations. The findings of the study, suggestion would help in overcoming the stress and anxiety among the working women and improve the working condition. Considering all the above mentioned parameters this study has been selected.

Today's working women have a whole new set of problems involving both family and professional lives. Therefore it is necessary to study whether professional life put extra stress and anxiety on women. Do these stress and anxiety affect the psychological, physical health? To determine the relation among the stress, anxiety, psychological health, physical health, profession etc. this study is taken up as an exploratory study. This study is designed to investigate the causes of stress and anxiety, in home as well as work place due to house hold activities, resources, environment, and interpersonal relations.

The findings of the study, suggestion would help in overcoming the stress and anxiety among the working women and improve the working condition. Considering all the mentioned parameters this study has been selected

Methodology and Tools

The study was conducted in Vidharbha region of Maharashtra State, particularly Nagpur, Gondia and Bhandara Districts. The data were collected by implementing descriptive survey method with the help of mentioned three standardized and one developed questionnaire. The employed working women were contacted in their respective offices personally and asked for the cooperation regarding the study.

- 1) The respondents were taken into the confidence, explained and assured that the information received from them will be kept confidential and the secrecy will be maintained.
- 2) The respondents were handed over copies of the questionnaires as some of them did not have time for single sitting to complete the required information, such respondents were requested to keep ready the filled questionnaire and the questionnaires were collected back after 2 - 3 days.

Clinical observations were made at the clinic of reputed doctors. It took about half an hour to fill up the

questionnaire. There are various sampling designs which suit to different purposes of investigations. Random, stratified, quota, purposive, and the various combinations of these designs enable the researcher to select the most suitable design and apply it adequately for getting the representative sample to the proper degree of efficiency. The investigator took note of these salient features and made earnest efforts in selecting the suitable sample for her study. The study basically is a social research dealing with stress, anxiety and health conditions of WW.

It studies the behaviour of WW as a member of society and their feelings, responses, attitudes under different circumstances. In order to carry out the study following standardized tools were used. A brief account of the tools are given as (1) BBSS (Hindi Version) Dr. Abha Rani Bisht (Almora) (2) SCAT (Hindi Version) A.K.P Sinha, LNK Sinha (Patna) (3) SESS (Hindi Version) by Rajeev Lochan Bhardwaj (4) Clinical observations and interview schedule developed by the investigator.

The table 1 is showing the results which are calculated. The different abbreviations have been used to accommodate the data's in the limited space which are written at the end of the paper.

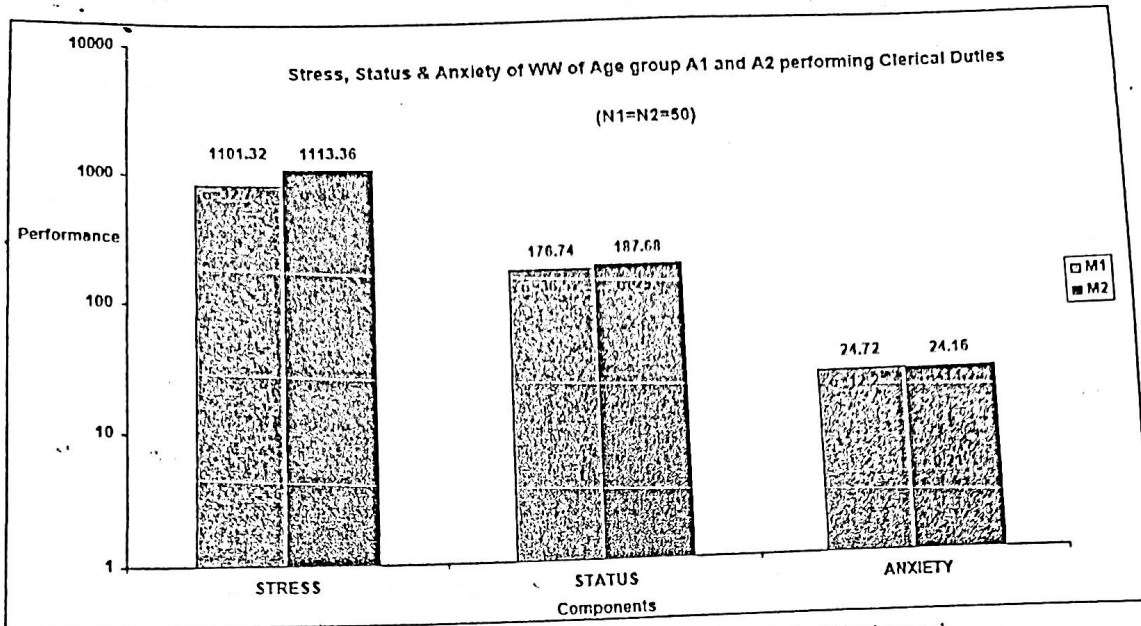
Results

After analysing the data with the proper tools and the results of the findings are tabulated in table no. 1. As per the tabulated results, it is clear that

1. The Stress-Mean-Scores of working women (WW) performing clerical duties of Age group A1 and A2 are 1101.32 and 1113.36 respectively and their 't' values is 1.81 Therefore the difference between these two Stress Mean scores is not significant at both level.
2. The Status Mean scores of WW performing clerical duties of Age group A1 & A2 are 176.74 and 187.68 respectively and their 't' values is 1.728 Hence the difference between these two Status Mean scores are not significant at both levels. It clearly shows that the WW performing clerical duties of Age group A1 & A2 do not differ significantly on the measure of status.
3. The Anxiety Mean scores of hypothesis performing clerical duties of Age group A1 and A2 are 24.72 and 24.16 respectively and their 't' values is 0.21 Hence the difference between these two Anxiety Mean scores is not significant at both levels.

Table 1: Stress, Status and anxiety wise, "t" of WW of Age group A1 and A2 performing clerical duties

S. No.	Component	Working women Performing clerical duties of						"t" value
		Age Group A1			Age Group A2			
		M ₁	σ ₁	N ₁	M ₂	σ ₂	N ₂	
1.	Stress	1101.32	32.77	50	1113.36	33.80	50	1.81
2.	Status	176.74	36.57	50	187.68	25.80	50	1.728
3.	Anxiety	24.72	12.27	50	24.16	14.20	50	0.21



Graph 1: Graphical presentations of the above findings are shown in the following graph.

Conclusion

In working women performing clerical duty has been observed that the stress level does not vary on the basis of status and age, and same finding is observed in the case of anxiety. The conclusion of this result can be manifold. However one area which needs to be highlighted is their status of being women is more dominating than any other factors.

List of abbreviations

- WW = Working women
- Age Group A1= Age group 25to 40 Years
- Age Group A2 =Age group 41to 60Years
- M₁ - Mean of sample group A1
- σ₁ - Standard deviation of sample group A1
- N₁ = Number of sample of sample group A1
- M₂ - Mean of sample group A2
- σ₂ - Standard deviation of sample group A2
- N₂ = Number of sample of sample group A2

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