



DETERMINING STRESS IN WORKING WOMEN - A PROSPECTIVE STUDY

Swathi V.S*, Raj Kiran K., Pujitha K., Kiranmai K and Varsha Mahato

Vignan Institute of Pharmaceutical Technology, Duvvada, Visakhapatnam

ARTICLE INFO

Article History:

Received 9th September, 2017

Received in revised form 15th

October, 2017

Accepted 14th November, 2017

Published online 28th December, 2017

Key words:

Stress, Questionnaire, Time management, Diabetes, Hypertension, Depression

ABSTRACT

Background: Stress is a condition where adaptive capability of an organism exceeds environmental demands which results in physical and psychological disturbances. Early detection of stress by developing tools is essential to prevent illness among women and for better health of future generation. **Aim:** To assess number of working women having stress. **Materials and Methods:** We conducted this prospective observational study on 50 working women on international women's day celebrations. We prepared a questionnaire, based on that we interviewed staff and noted down their response. We took permission from head of the institution prior to conducting of the study. We took consent from each participant and explained the purpose of the study. We entered the data in excel format and analysed with the help of Statistical software. **Results And Discussion:** In our study, which is conducted on 50 population, 13 members are vomited from study due to lack of interest and we found that most of the women (N=31) in age group of 21-49 years are having stress, most of the women (N=23) are suffering with moderate stress and most of the working women (N=26) who are suffering with stress are in teaching profession. we found that most of the participants having problems like lack of sharing of work and lack of trust on colleagues, lack of concentration, selfishness, thinking about work during leisure time leads to symptoms of pains (neck, head, lower back and shoulder) and psychological stress. So, there is a necessity of development and implementation of different time management plans to convert stress into Eu-stress.

Copyright©2017 Swathi V.S et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Stress is a condition where adaptive capability of an organism exceeds environmental demands which results in physical and psychological disturbances [1]. Eu-stress is a positive form of stress in which a human being take stress as a challenge and he/she will try to improve his/ her adaptability to maintain optimal health where as distress is a negative form of stress in which human being can not be able to cope up with stress due to lack of resources which leads to illness [2]. So, effect of stress depends on individual capability which varies from person to person [3]. Stress is the most common problem faced by working women in educational institutions [4] [5]. Most common reasons are long working hours, increased workload, job insecurity, lack of support, poor relationship with colleagues, no opportunity for growth and job dissatisfaction [5]. Stress can lead to insomnia, eating disorders, obesity, diabetes, heart problems (hypertension, myocardial infarction), gastrointestinal diseases (functional dyspepsia, inflammatory disease), frequent infections due to lack of immunity,

rheumatoid arthritis and psychological problems like depression [6] [7] [8] [9] [10][11][15] [12][13] [14] [16]. It also affects productivity due to absenteeism [17]. Early detection of stress by developing tools is essential to prevent illness among women and for better health of future generation [18] [19]. Different strategies like meditation, yoga, muscle relaxation techniques, mindfulness breathing, good professional relationships, and effective use of technology and time management will be helpful to prevent complications of stress [20] [21] [22] [23] [24] [25] [26]. Here we developed a questionnaire and found that number of working women are affected by stress in our institution; on the eve of international women's day.

AIM: To assess number of working women having stress

MATERIALS AND METHODS

We conducted this prospective observational study on 50 working women on international women's day celebrations. Thirteen members are vomited from study due to lack of interest. We prepared a questionnaire, based on that we interviewed staff and noted down their response. After that we separated them in to three groups based on score. We took permission from head of the institution prior to conducting of the study. We took consent from each participant and

*Corresponding author: Swathi V.S

Vignan Institute of Pharmaceutical Technology, Duvvada, Visakhapatnam

explained the purpose of the study. We entered the data in excel format and analysed with the help of SAS.9.2 software.

RESULTS

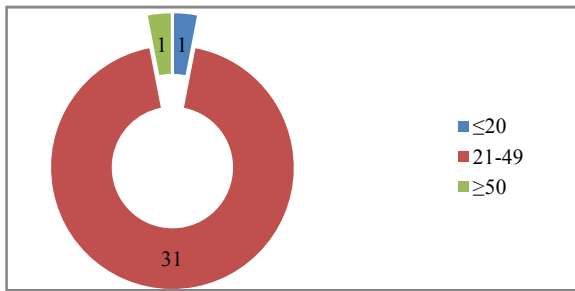


Figure 1 Age wise distribution of working women who is having stress

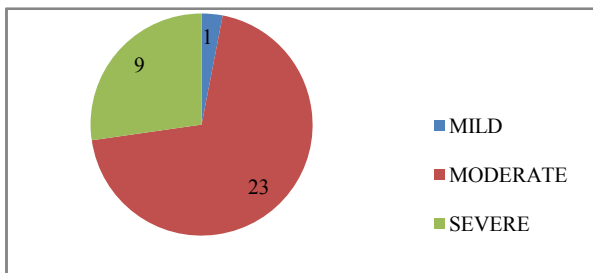


Figure 2 Distribution of working women who is having stress based on severity

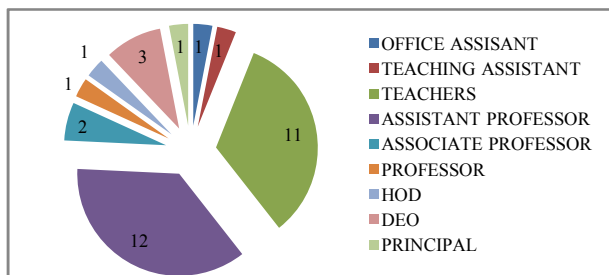


Figure 3 Designation wise distribution of working women who is having stress

Table 1 Questionnaire used to determine stress

S.No	Presentation	Frequency
1	Lack of time to spend with family members	12
2	Poor time management	19
3	Negligence	17
4	Lack of sharing work and lack of trust on colleagues	31
5	Over confidence	13
6	Worrying about simple things	11
7	Lack of self confidence	09
8	Thinking about work during leisure time	20
9	Over thinking	17
10	Feeling fatigue	10
11	Interrupting others while they are speaking	12
12	Doing things quickly	13
13	Poor appetite	14
14	Lack of patience	16
15	Short tempered for little things	15
16	Selfishness even in sports/games	24
17	Confusion in making decisions	17
18	Excoriating others	07
19	Lack of concentration	26
20	Libido/Metrorrhagia	10
21	Bruxism	07
22	Pains(neck, head, lower back and shoulder)	20
23	Poor conduct due to improper judgment	14
24	Social abuse	02
25	Lack of interest in Extracurricular activities	19

DISCUSSION

In our study, we found women in age group of 21-49 years are having stress, where as in a study conducted by Murray *et al* showed most of the persons with stress are in age group 15-44. In our study, most of the women are suffering with moderate stress, where as in a study conducted by Vijaya Lakshmi *et al* found most of the women faculty having severe stress. In our study most of the working women who are suffering with stress are in teaching profession, where as in a study conducted by De Jesus *et al*, mentioned that women teachers having higher stress when compared to other working sectors. In our study, we found that most of the participants are having problems like lack of sharing of work and lack of trust on colleagues, lack of concentration, selfishness, thinking about work during leisure time leads to symptoms of pains (neck, head, lower back and shoulder) and psychological stress, where as in a study conducted by De Jesus *et al* proved that long working hours, job insecurity, lack of supervision, poor relationship with colleagues and job dissatisfaction are main reasons of stress. Based upon our study results, we can say that most of the working women are having stress mainly due to poor time management skills which leads to physical and psychological stress which may affect growth and wellness of an individual as well as organisation. So, there is a necessity of development and implementation of different time management plans to convert stress into Eu-stress.

Acknowledgement

We are thankful to Dr. Y. Srinivasa Rao, Principal, Vignan institute of pharmaceutical technology for providing his support to conduct this study and Dr. B. Bhavani, Associate professor for her support during this study. We are thankful to all the participants in this study and students who helped us for data collection.

References

1. Cohen S, Kessler RC, Underwood-Gordon L, Strategies for measuring stress in studies of psychiatric and physical disorders, In: Cohen S, Kessler RC, Underwood-Gordon L, editors; Measuring stress: A guide for health and social scientists. Oxford: oxford university press, 1995; 3-28.
2. Selyes H. The stress of life. New York: Mc Gram Hill; 1956.
3. Lazarus RS. Psychological stress and the coping process. New York: Mc Graw Hill, 1966.
4. Vijaya Lakshmi, Navneeta, Work life balance of women faculty working in educational institutions: issues and problems, *International journal of Research in commerce, Economics and Management*, 2013; 3(4): 73-75.
5. De Jesus SN, Conboy J, A strong management course to prevent teacher distress, *The international journal of educational management*, 15(3):131-137.
6. Bhavana Sharma, Manju Nair, A qualitative study on causes and effects of stress among working women in management colleagues in Jaipur, *International journal of current advanced research*, 2015; 4(6): 152-157.
7. Reiche EM, Nunes SO, Morimoto HK, Stress, depression, the immune system, and cancer, *Lancet Oncology*, 2004; 5: 617-625.

8. Mak AD, Lvu JC, Chan Y *et al*, Dyspepsia is strongly associated with major depression and generalised anxiety disorder- a community study, *Alimentary pharmacology & Therapeutics*, 2012; 36:800-810.
9. De ca Roca-chiapas JM, solis – ortiz S, Fajardo-Aranjo M, *et al*, Stress profile, coping style, anxiety, depression, and gastric emptying as predictors of functional dyspepsia: a case-control study, *Journal of psychosomatic Research*, 2010; 68:73-81.
10. Song EM, Jung HK, Jung JM, The association between reflux esophagitis and psychosocial stress, *Digestive diseases and sciences*, 2013; 58: 471-477.
11. Song Pyo lee, In-kyung sung, Jeong Hwan Kim, *et al*, The effect of emotional stress and depression on prevalence of digestive diseases, *Journal of neurogastroenterology and motility*, 2016; 21(2).
12. Tennant C, Life stress, social support and coronary heart disease, *Australian & New Zealand Journal of psychiatry*, 1999; 33: 636-41.
13. Hafen BQ, Frandsen KJ, Karren K, *et al*, The health effects Associates; 1991.
14. Greenberg JS, Comprehensive stress management, 7th ed. New York:Mc Graw-Hill; 2002.
15. Cohen S, Tyrell DAJ, Smith Ap, Psychological stress in humans and susceptibility to the common cold in adults, *Health psychology*, 1998; 17:214-223.
16. Ellicott GR, Eisdorfer C, Stress and human health. New York. Springer publishing company; 1982.
17. Simmons SP and Simmons JC, Measuring emotional intelligence. New York: Summit publishing group; 1997.
18. Blekemolen JRM, Hulshof CTJ and Sluiter JK, The prevalence of work-related stress complaints among health care workers for the disabled participating in a worker's health surveillance programme.
19. Maryam Zarra. Mezhad, Ali Moazami-Goodarzi, Leila Hasannejad, *et al*, Occupational stress and family difficulties of working women, *Current Research in psychology*, 2010; 1(2):75-81.
20. Bhuvanewari M, A case study on psychological and physical stress undergone by married working women, *Journal of business and management*, 2013; 14(6): 38-44.
21. Sharma VK, Trakroo M, Subramanian V, Rajaje yakumar, *et al*, Effect of fast and slow pranayama on perceived stress and cardiovascular parameters in young health care students, *International Journal of yoga*, 2013; 6:104-110.
22. Phang CK, Oei TPS, From mindfulness to meta-mindfulness: Further integration of meta-mindfulness concept and strategies in to cognitive behavioral therapy. *Mindfulness*, 2013; 3:104-116.
23. Jha AP, Krompinger J, Baime MJ, Mindfulness training modifies subsystems of attention, *Cognitive, Affective, & Behavioral Neuroscience*, 2003; 7:109-119.
24. Dusek JA, Hibber PL, Buczynski B, *et al*, Long term effects of stress reduction on mortality in persons >55 years of age with systemic hypertension, *American journal of cardiology*, 2008; 95: 1060-1064.
25. Muddanagouda patil, Stress level of working and non working women, *The International Journal of Indian psychology*, 2016; 3(2).
26. K.Raj Kiran, V.S.Swathi, O.Anusha, *et al*, Drug utilization review on dengue in tertiary care hospital, 2017;7(2):43-46.

How to cite this article:

Swathi V.S *et al* (2017) 'Determining Stress in Working Women - A Prospective Study', *International Journal of Current Advanced Research*, 06(12), pp. 8198-8200. DOI: <http://dx.doi.org/10.24327/ijcar.2017.8200.1309>
