

Role Stress of Working And Non-Working Women in Recreationa, Social and Work Life

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Abstract

The present study is aimed to study the Role stress of working and non- working women with reference to recreational, social and work life dimensions of life. Totally 200 sample (working women=100 and non- women=100) is used for the study. Researcher developed structured interview schedule is used to collect the data..The results revealed that in the domain of recreational life, majority of the respondents expressed stress in entertaining guest, participation in religious activities outside the home. With regard to arranging parties, meeting friends most of the non-working women expressed stress than working women. In the domain of social life, majority of non-working women expressed stress in participation in religious activities and social functions. In the domain of work life, majority of the working and non-working women expressed stress. With regard to coping up between family and work domain and to decide the priorities of responsibilities between job and home, most of the working women expressed stress in attending to the needs of family members, and taking frequent leaves for domestic work, going out tours there by creating problems at home and getting late for job due to domestic work.

Keywords

Working and non- working women, Role stress, recreational, social and family dimensions

Reference to this paper
should be made as follows:

Dr. Jayashree S. Reddy ,

*Role Stress of Working
And Non-Working
Women in Recreationa,
Social and Work Life,*

RJPSSs 2017, Vol. 43,
No.2, pp. 292-297,
Article No. 40 (RJ1956)

Online available at :
[http://anubooks.com/
?page_id=2012](http://anubooks.com/?page_id=2012)

Introduction

Role stress is a state of tension created by multiple demands and conflicting directions from two or more individuals in the performance of a role, resulting in anxiety. Role stress has been defined as the degree of incomparability of expectations communicated to a focal person by his role giver.

Housewives experienced more negative and positive personal stress, more personal efficacy and a lower degree of anxiety in comparison to nurses. Role efficacy were inversely related and both moderated and experience and organizational effectiveness to varying degrees at the two hierarchical level. A significant negative relationship between occupational stress and mental health was observed among women employed in different professions. More dissatisfied employees and less job involved employees experienced greater role stress. To reduce the mental stress working women used techniques like postponing certain tasks due to storage of time and changing the level of performance more frequently, while non-working women relied more on positive thinking. Unmarried working women reported high stress at work place due to group political pressure and for married women, it was due poor peer relations, group differences were not significant on other dimensions. Common and specific need patterns contributing to stress tolerance, for working and non-working women.

Review of Literature

Similar type of study is conducted by Shashi Kala Singh(2014), the aim of the study was to examine the life satisfaction and stress among working and non-working women. A sample of 200 women (100working & 100non-working) was drawn randomly from the population. Life Satisfaction Scale by Alam & Srivastava (1996) and stress scale by Singh (2004) were used for data collection. Mean, standard deviation, „t test and correlation were the statistics calculated. The results indicated that there was significant difference regarding life satisfaction and stress between working and non-working women. Results revealed that working and non-working women differed significantly on their life satisfaction ($t=5.52$). Working women were more satisfied with their life, on stress scale nonworking women have higher level stress as compared to working women. A significant negative relationship was found between life satisfaction and stress.

Women's lives are affected by the roles they assume, as well as when and in what sequence and combination they assume these roles. This study described the daily stressors and coping strategies reported by women with differing work and family role configurations. Ninety two women representing four common typologies of multiple roles (married working mothers, single working mothers, married workers

without children, and homemakers) reported daily hassles and their responses to these hassles in a health diary. The predominant type of hassles reported was related to the self, including physical and emotional symptoms, unfulfilled expectations, and doubts. The major response to hassles was doing nothing, followed by problem solving. While there were no significant differences in the incidence of daily hassles among the four groups, types of hassles and coping responses differed in rank when compared among the four groups. (Marcia Killien Rn and etal. 1987)

(Hina Ahmed Hashmi and etal. 2007) the researchers of this study were aimed at exploring the relationship between marital adjustment, stress and depression. Sample of the study consisted of 150 working and non-working married women (working married women = 75, non-working married women = 75). Their age ranged between 18 to 50 years. Their education was at least gradation and above. They belong to middle and high socio-economic status. Urdu Translation of Dyadic Adjustment Scale (2000), Beck Depression Inventory (1996) and Stress Scale (1991) were used. Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.

Method

Sample

The sample consisted or 200 women (100 working and 100 non-working women) from Kalaburagi and Bidar district of Karnataka state. All women were in the age range of 25-35 years.

Tools:

Researcher has developed and used a structured interview schedule, to collect the data related Role Stress of women in the domains of Recreational life, Social life and Job/work life.

Data Collection Procedure:

The data was collected through in-depth interview method. This method is useful in getting in depth personal information related to study in a very effective manner. Selective or convenient sampling method is applied.

Results And Discussion

The present investigation was undertaken with the objective of studying the role stress of working and non-working women in Recreational life, Social life and Job/ work life.

Role Stress of Working and Non-working Women in Recreation Life

With regard to arranging parties/ get together, meeting friends/colleagues most of the non-working women expressed stress than working women because these required systematic planning, organizing to execute things. In entertaining guests/relatives participating in religious activities outside the home both working and non-working women expressed stress because they required systematic planning, preparation of many special items etc., which will give strain to the women.

Table 1

Role stress of women in recreational life



Role Stress of Working and Non-working Women in Social Life

Majority of the working and non-working women expressed stress regarding participation in social functions and participation in religious activities, this might be due to heavy work load it needs preplanning. Majority of the respondents reported no stress regarding participation in voluntary work in the community and participation in women's club activities because of lack of interest to participate in these activities.

Table – 2

Role stress of women in social life



Role Stress of Working in Non-working Women in Job/Work Life

Both the working and non-working women expressed stress in to cope up between family and work domain and to decide the priorities of responsibilities between job and home. With regard to giving for night duties most of the working women were not at all stressful because there was no night duty for them. With regard to attending to the needs of family numbers most of the non-working women expressed no stress because it was their primary duty where as working women stress because most of the time they will spend outside of the home. Most of the non-working women expressed stress regarding taking frequent leaves for domestic work, giving out tours there by creating problems at home, getting late for job due to domestic work, because employed women had to fulfill varying demands both at home and work place.

Table – 3

Role stress of women in job/work life



Conclusion

In the domain of recreation life majority of the respondents expressed stress in entertaining guests, participation in religious entertaining guests, participation in religious activities outside the home. With regard to arranging parties, meeting friends most of the non-working women expressed stress than working women. In the domain of social life majority of the working and non-working women expressed stress in participation in religious activities and social functions. Majority of the

respondents reported no stress regarding participation in voluntary work in the community and participation in women's club activities. In the domain of job/work life majority of the respondents expressed stress into cope up between family and work domain and to decide the priorities of responsibilities between job and home, most of the working women expressed stress in attending to the needs of family members, and taking frequent leaves for domestic work, going out tours there by creating problems at home and getting late for job due to domestic work.

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