



## **A STUDY ON STRESS MANAGEMENT OF WORKING WOMEN IN COIMBATORE CITY**

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### **ABSTRACT**

*In the modern world, women are playing major and a various role in their family as well as in the work place. From being a homemaker, now they have leave their footprints in each and every field of work. In the work place, they have gone through many stress but they pursue their dream career in the new generation. More conflicts arises in the working place. Stress is unavoidable on every part of employees. Majority of women has been trying to find solution to relieve from stress. It is a growing problem in work place and there are various techniques to cope up with them.*

**KEY WORDS:** *Stress, workplace stress, personal and family problems, techniques.*

### **INTRODUCTION**

The word 'stress' has been derived from the Latin word 'stringere' which means hardship, strain, adversity or affliction. It refers to anxiety, frustration, conflict, pressure.

It reflects in increased heart rate, a rise in blood pressure, muscular tension, irritability and depression."

Stress management is need for one who is suffering from high level of stress. Stress management refers to the controlling one's level of stress. Finding one's stress can help to find out what is causing stress and how much stress one can feel. Then one can take steps to reduce the stress or handle it in a better way.

### **NEED FOR THE STUDY**

Working women had more stress than man and non-working women. Effective stress management helps one to break the hold stress on their life, so they can be happier, healthier and more productive. The ultimate goal of the study is to give a balanced life, with time for work, relationship, relaxation and meet challenges upon.

### **STATEMENT OF THE PROBLEM**

The present problem is to study on stress management of working women. In the modern era, most of the working women are experiencing more stress at work. Balancing of work and family life became difficult for every women employee in any



sector. It creates a massive problem. Stress Management can enable employees to improve their family and personal life. Hence the study is aimed to find out the factors that causing stress and to enable with them proper stress management techniques.

### OBJECTIVES

- To know the source of stress of working women.
- To analyse the impact of stress of working women.
- To give the different ways in which the working women manage stress.

### RESEARCH METHODOLOGY

#### Research design:

It is a method or procedure used to collect and analyse the variables. Descriptive research design has been followed in the study.

#### Sample size:

The sample size taken for the present study is 150 respondents.

#### Sampling method:

Convenience sampling method was used for selecting the respondents.

### METHODS OF DATA COLLECTION

#### Sources of data:

- Primary data
- Secondary data

#### Primary data:

The present study is based on primary data. It is collected through questionnaire.

#### Secondary data:

Secondary data was collected from books, magazines and various websites for the study.

### Tools for analysis:

The tools used for analysis are

- Simple percentage analysis
- Chi – square test
- Anova test
- Rank analysis

### Limitations of the study:

- The investigator intended to cover only few area of stress relevant to the proposed study.
- As the study was done within a limited time, cannot able to select the large sample for study.
- The time cost factors in collected the responses as well as in conducting the research study would be the limiting factor.

### REVIEW OF LITERATURE

Julka and Mathur (2017) they discussed variables influencing work-life balance. It included work-family conflict, women in the various role, career advancement, work stress and child care. For maintaining work-life balance, some strategies and skills like planning, organising, setting limits and fulfilling well-balanced life both professionally and personally were suggested.

### ANALYSIS AND INTERPRETATION

#### Simple Percentage Analysis

#### Age:

Table 1.1 describes the age of the respondents. It is categorized as below 25 years, 26-30 years, 31-35 years and above 35 years.

**Table 1.1: Age of the respondents**

S. No.	Age	Respondents	
		Number	Percentage (%)
1	Below 25 years	32	21.3
2	26-30 years	59	39.3
3	31-35 years	37	24.7
4	Above 35 years	22	14.7
	<b>Total</b>	<b>150</b>	<b>100</b>

Sources: Primary data

### Interpretation

Table 1.1 shows that out of the total respondents taken for the study, 32 (21.3%) respondents belong to the group of below 25 years, 59 (39.3%) respondents belong to the age group of 26-30 years, 37 (24.7%) respondents belong to the age group of 31-35 years and 22 (14.7%) respondents are above 35 years.

### Inference

It is concluded that majority (39.3%) of the respondents belong to the age group of 26-30 years.

### Level of stress

Table 1.2 describes the level of stress of the respondents. It is categorized as very high, high, moderate and low.



**Table 1.2: Level of stress of the respondents**

S. No.	Level of stress	Respondents	
		Number	Percentage (%)
1	Very high	34	22.7
2	High	65	43.3
3	Moderate	48	32
4	Low	3	2
	<b>Total</b>	<b>150</b>	<b>100</b>

Sources: Primary data

**Interpretation**

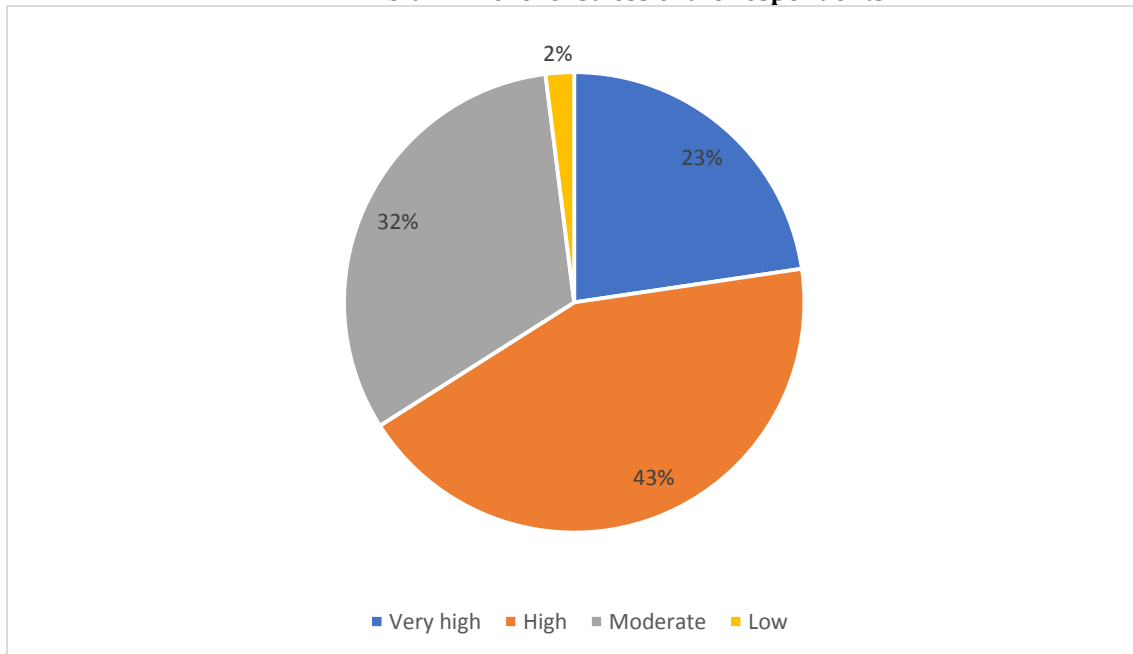
Table 1.2 shows that out of the total respondents taken for the study, 34 (22.7%) respondents stress were very high, 65 (43.3%) respondents stress were high, 48 (32%) respondents

stress were moderate and 3 (2%) respondents stress were low.

**Inference**

It is concluded that majority (43.3%) of the respondents stress were high.

**Exhibit 1.2: Level of stress of the respondents**



**Manage stress at work:** Table 1.3 describes how the persons manage stress at work. It is

categorized as exercise, meditation/yoga, get enough sleep and relaxation.

**Table 1.3: Manage stress at work of the respondents**

S. No.	Manage stress at work	Respondents	
		Number	Percentage (%)
1	Exercise	16	10.7
2	Meditation/Yoga	49	32.7
3	Get enough sleep	54	36
4	Relaxation	31	20.7
	<b>Total</b>	<b>150</b>	<b>100</b>

Sources: Primary data

**Interpretation:**

Table 1.3 shows that out of the total respondents taken for the study, 16 (10.7%) respondents were doing exercise, 49 (32.7%) respondents were doing meditation/yoga, 54 (36%) respondents were getting enough sleep and 31

(20.7%) respondents were relaxed when they were stressed.

**Inference:**

It is concluded that majority (36%) of the respondents were getting enough sleep when they were stressed.

**Chi-Square Analysis:****Relationship between age and causes of stress at work of the respondents:****Table 1.4****Relationship between age and causes of stress at work of the respondents**

Age	Causes of stress at work				Total
	Work load	Work timings	Meeting targets	Performance anxiety	
Below 25 years	8	10	7	7	32
26-30 years	8	24	22	5	59
31-35 years	10	17	6	4	37
Above 35 years	11	3	6	2	22
<b>Total</b>	<b>37</b>	<b>54</b>	<b>41</b>	<b>18</b>	<b>150</b>

To find out the association between age and causes of stress at work of the respondents, chi-square test is used and result is given below.

**Hypothesis:**

There is no significant relationship between age and causes of stress at work of the respondents.

**Chi-square test**

Factor	Calculation value	Df	Table value	Remarks
Age	20.963 <sup>a</sup>	9	16.92	Rejected

**Interpretation:**

It is clear from the above table show that, the calculated value of chi-square is less than the table value. Hence the hypothesis is rejected stating ANOVA

that there is significant relationship between age and causes of stress at work of the respondents

**Table 1.5 Causes of stress ANOVA**

		Sum of Squares	df	Mean Square	F	Sig.
Headache	Between Groups	4.735	3	1.578	1.076	.362
	Within Groups	178.924	122	1.467		
	Total	183.659	125			
Stomach pain	Between Groups	3.833	3	1.278	2.222	.088
	Within Groups	83.960	146	.575		
	Total	87.793	149			
Body pain	Between Groups	1.934	3	.645	1.179	.320
	Within Groups	79.859	146	.547		
	Total	81.793	149			
Hair fall	Between Groups	15.717	3	5.239	8.349	.000
	Within Groups	91.616	146	.628		
	Total	107.333	149			
Skin problem	Between Groups	12.964	3	4.321	7.850	.000
	Within Groups	80.370	146	.550		
	Total	93.333	149			
Nervousness	Between Groups	5.554	3	1.851	1.724	.165
	Within Groups	156.740	146	1.074		
	Total	162.293	149			
Tension	Between Groups	17.175	3	5.725	8.012	.000
	Within Groups	104.319	146	.715		



	Total	121.493	149			
Breathing problem	Between Groups	1.279	3	.426	.590	.622
	Within Groups	105.415	146	.722		
	Total	106.693	149			
Trouble in sleeping	Between Groups	1.279	3	.426	.590	.622
	Within Groups	105.415	146	.722		
	Total	106.693	149			

**Interpretation:**

From the above table, it is based on the significance level of trouble in sleeping is .622, the significance level of breathing problem is .622, the significance level of headache is .362, the significance level of body pain is .320, the significance level of nervousness is .165,

the significance level of stomach pain is .088, the significance level of hair fall is .000, the significance level of skin problem is .000 and the significance level of tension is .000.

**Inference:**

Majority of the significance level .622 belongs to trouble in sleeping.

**Rank Analysis:**

Most affected persons due to distress by the respondents:

**Table 1.6: Most affected persons due to distress by the respondents**

Factors	1	2	3	4	5	6	7	8	Total score	Ranks
<b>Children</b>	70 (560)	16 (112)	17 (102)	12 (60)	11 (44)	3 (9)	3 (6)	18 (18)	150 (911)	<b>1</b>
<b>Spouse</b>	19 (152)	38 (266)	19 (114)	11 (55)	9 (36)	13 (39)	22 (44)	19 (190)	150 (725)	<b>4</b>
<b>Friends</b>	13 (104)	30 (210)	50 (300)	14 (70)	12 (48)	15 (45)	12 (24)	4 (4)	150 (805)	<b>2</b>
<b>Relatives</b>	7 (56)	11 (77)	11 (66)	41 (205)	33 (132)	15 (45)	18 (36)	14 (14)	150 (631)	<b>5</b>
<b>Parents</b>	17 (136)	26 (182)	16 (96)	31 (155)	31 (124)	12 (36)	2 (4)	15 (15)	150 (748)	<b>3</b>
<b>Other family members</b>	4 (32)	8 (56)	19 (114)	19 (95)	17 (68)	40 (120)	23 (46)	20 (20)	150 (551)	<b>6</b>
<b>Sub ordinates</b>	3 (24)	15 (105)	9 (54)	10 (50)	17 (68)	23 (69)	44 (88)	29 (29)	150 (487)	<b>8</b>
<b>Co-worker</b>	16 (128)	6 (42)	10 (60)	13 (65)	21 (84)	29 (87)	25 (50)	30 (30)	150 (546)	<b>7</b>

**Interpretation:**

It could be observed from the table 1.6 the most affected persons due to distress has been calculated.

- According to 150 respondents, children is placed as FIRST RANK.
- According to 150 respondents, friends is placed as SECOND RANK.
- According to 150 respondents, Parents is placed as THIRD RANK.
- According to 150 respondents, spouse is placed as FOURTH RANK.
- According to 150 respondents, relatives is placed as FIFTH RANK.
- According to 150 respondents, other family members is placed as SIXTH RANK.
- According to 150 respondents, co-worker is placed as SEVENTH RANK.

- According to 150 respondents, sub ordinates is placed as EIGHTH RANK.

**Inference:**

Majority of the respondent's distress is affected towards the children as the major factor in stress, sub-ordinates is last in ranking.

**Suggestions:**

- The young age working women are more stressed than the middle and aged women.
- The young aged working women can avoid or reduce stress by sharing their problems with their parents, spouse, family members and counsellor.

**CONCLUSION**

Stress is a growing problem in the workplaces now-a-days for working women. An



individual can exhibit the high level of stress through physically, psychologically and behaviourally. It leads to many health problems. Working women generally involved simultaneously in many tasks, juggling between family and work responsibilities, which leads towards stress among them. Stress management helps them to reduce the stress and lead a healthy life.

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