

## Stress level among working women in Chennai

■ V. MEENA AND CHITRAPRAKASH

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See end of the paper for authors' affiliations

Correspondence to :

**V. MEENA**

College of Home Science,  
Maharana Pratap University  
of Agriculture and Technology,  
UDAIPUR (RAJASTHAN) INDIA  
Email: dikshabh@gmail.com

■ **ABSTRACT** : Women need to understand stress, recognize warning signs, and develop coping skills to maintain health in all dimensions lives to manage their family. Recognizing the connection between mind and body help women manage stress in family. The main aim of the present study was to measure the physical and emotional stress of women as white collar job holders. The research design for the present study was ex-post-facto in nature. To study the problem, a univariate research design cross-sectional in nature used in this study with physical and emotional stress as dependant variable. Using purposive sampling technique one hundred white collar job holders residing in Chennai were selected. Survey method has been adopted to collect data from the respondents. General analysis revealed that majority of respondents have visual discomfort that is, 63 per cent of working women feel tiredness due to mental work. Spondylitis (39%) was prevalent among working women. It was observed that working women have a higher percentage of emotional problems such as insomnia (68%), tension (62%) due to mental disturbances. The main findings from this study of women as white collar job holders emotional stress was increased and strongly associated with working status. This study will educate the highly stressed working women to minimize their stress which will lead them to a quality life.

■ **KEY WORDS** : Stress, White collar job, Physical stress, Emotional stress, Health

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Managing a family today is a full time task in itself. Women have taken on multiple roles to adapt changes in society today. They continue meeting family responsibilities, while at the same time they have to work and try to maintain personal interests. Women can view these roles as challenges, or they can perceive them as threats. As demands increase to fulfill these roles, women often feel a sense of losing control and helplessness, making them prone to stress and burnout. Stress management is getting to be quite a big issue nowadays, so one needs to look at the reasons for stress and analyze them, to manage the family effectively. The quality of job life should not put working women in an undue stress. For many working women, stress can be a positive force in their lives, enabling them to do their best. The work load causes women to be affected from stress (Klarreich, 1990).

### ■ RESEARCH METHODS

The methodology pertaining "Stress level among white collar job holders of women" comprised of the following headings.

#### Objectives :

The basic objective, of the present study was to measure the physical stress of women working as white collar job holders and to analyze the emotional stress of women working as white collar job holders.

#### Hypothesis:

- White collar job women will significantly overcome physical stress.
- Women working as white collar job would significantly possess better way of living pattern without emotional stress.