

## A study on occupational stress of females working in boutiques of Udaipur

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■ **ABSTRACT** : A study on occupational stress of 80 female boutique workers was conducted in Udaipur district during 2012-13. Occupational stress was assessed by occupational stress scale developed by House *et al.* (1979). The results revealed that cutting, stitching, surface embellishment, closure attachment, ironing and finishing related works were performed by female workers. Majority of respondents' encountered moderate to high occupational stress and work load stress was counted highly followed by job vs. non-job category. Near half of respondents earned less than Rs. 5000 per month and 39 per cent were illiterate and 44 per cent worked for 8-10 hours per day. Some suggestive measures were also discussed to uplift the condition of female workers including restructuring ergonomically approved working area. Psychological, physical, social and economic security should be provided to workers in order to empowering their skills and maximize their potential through networking with supporting agencies.

■ **KEY WORDS** : Occupational stress, Boutique, Ergonomic

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