



RESEARCH PAPER

Stress, anxiety and coping strategies of single earner couples- an explorative study after COVID-19

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Abstract : Being the primary financial provider, and the breadwinner at that, is not a choice, especially in these challenging times. Being a single-income household has several benefits, including the practicality of having one parent stay at home and take care of the kids, an unpredictable employment market and during and after COVID-19 phase, it was noticed that there is increase in stress and anxiety among individuals. The present study is to find out the prevalence of stress and anxiety among the single earners and the methods they used to cope up with the situation which was conducted among 60 couples who were resident of Udaipur, Rajasthan. Snowball sampling method was used to and the tool was designed by the researcher which was Stress and Anxiety Inventory and a modified version of Coping Strategies Scale by (Badgular and Gir, 2014) The couples were found to have a moderate amount of stress followed by a reduced level of anxiety, and they were able to cope with the COVID-19 condition effectively.

Key Words : Anxiety, Coping strategies, COVID-19, Single earner, Stress

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