



Analysis on the effect of environmental stress among rural women

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ABSTRACT

The study was investigated through interview schedule regarding the environmental stress among rural women. Highest mean score (5.000) for carried out the instruction was found as one of the psychological stress in the age group less than 30 year. "Self security" of rural women scored (4.20) found another reason of psychological stress. Physical stress was found non significantly correlated according to caste *i.e.* (-0.0816) whereas psychological stress identified positively significant.

INTRODUCTION

The word stress itself has a long history. It is derived from the Latin word "Stringer" which mean "draw tight", the concept of stress was first introduced in the life sciences by Hans Selye in 1936. Robert Mannyng used the word Stress in the year 1303AD. Later It was used in the 15th century as a shortened or apathetic form the "disitress" to denote abnoxious human experience (Rees, 1976).

According to oxford dictionary, stress in the 17th century meant "Hardship straits, "Adversity, or Affliction". During the late 18th century meant "force pressure, strain or strong effort" exerted upon a person organ or mental power".

Throughout the 19th and 20th century the word "stress and strain "has been described mental tension as "nervous stress and strain (Selye, 1956).

METHODS

Bijnor district is situated in west Uttar Pradesh also one of the town of U.P. Its total population is 15,80,000 having total

2787 sq.km. area. Since the study is related with the environmental factors affecting stress among rural women so existing population of the town was considered most suitable for the present study.

Multi stage sampling method was adopted for the selection of sample .the methodology adopted for the study was the questionnaire cum interview method. Total 120 respondents were selected in this study.

OBSERVATIONS AND ANALYSIS

Majority of the rural women (50%) strongly agreed the psychological stress due to having "No adequate knowledge "and only (12.50%) per cent respondents found psychological stress due to fight with husband and family members.

Less than 46 per cent respondents found under psychological stress due to "self security "(Agreed) and nearly 8.33 per cent respondents found under stress due to "Taking unpleased decision" (undecided) and Opposition for your decision (disagreed) as show in Table 1.

Majority of the rural women (70.83%) agreed the physical

Table 1 : Distribution of the Respondents on the basis of psychological stress (n=120)

Sr. No.	Particulars	Strongly agreed	Agreed	Undecided	Disagreed	Strongly disagreed	Score	Rank
1.	Taking unpleased decision	22 (18.33)	48 (40.00)	10 (8.33)	30 (20.00)	10 (8.33)	4.00	III
2.	Self security	45 (37.50)	55 (45.83)	20 (16.67)	-	-	4.20	II
3.	Opposition for your decision	20 (16.67)	80 (66.66)	10 (8.33)	10 (8.33)	-	3.91	VI
4.	Instruction are carried out	60 (50.00)	25 (20.83)	25 (20.83)	10 (8.33)	-	5.00	I
5.	No adequate knowledge	62 (51.67)	42 (35.00)	18 (15.00)	-	-	2.35	VIII
6.	Forget ness of planning	10 (8.33)	80 (66.66)	15 (12.50)	15 (12.50)	-	3.70	V
7.	Fight with husband /family	15 (12.50)	70 (58.33)	05 (12.50)	05 (12.50)	-	3.70	V
8.	Lack of interest in household work	10 (8.33)	70 (58.33)	20 (16.67)	10 (8.33)	10 (8.33)	3.50	VII

Figure in parenthesis indicates percentage

Table 2: Distribution of the respondents on the basis of physical stress (n=120)

Sr. No.	Particulars	Strongly agreed	Agreed	Undecided	Disagreed	Strongly disagreed	Score	Rank
1.	Competition of work in time	45 (37.50)	15 (12.50)	40 (33.33)	17 (14.16)	03 (8.33)	3.70	III
2.	Cancer about physical appearance	03 (8.33)	45 (37.50)	32 (16.67)	40 (33.33)	-	3.09	IV
3.	Lack of opportunity for learning skill	25 (20.83)	50 (41.66)	20 (16.66)	25 (20.83)	-	3.70	III
4.	Lack of variety in work	10 (8.33)	85 (70.83)	15 (12.50)	05 (12.50)	05 (12.50)	3.80	II
5.	To much workload	10 (8.33)	63 (52.50)	17 (14.16)	12 (10.00)	18 (15.00)	3.90	VI
6.	Behavior of family member	10 (8.33)	73 (60.83)	17 (14.16)	20 (13.00)	-	1.17	I
7.	Inability to do house work	10(8.33)	35 (24.16)	20 (16.67)	45 (37.50)	10 (8.33)	2.91	V

(Figure in parenthesis indicates percentage)

stress because of 'lack of variety of work 'and only 2.5per cent respondents found physical stress due to" competition of work in time (Table 2).

Less than 27 per cent respondents found under Physical stress due to 'concern about physical appearance" (undecided) and nearly 8.33 per cent respondents found under stress due to Behavior of family member.

Conclusion :

It was concluded that psychological factors of stress were identified the major cause as an environmental factor which affected the stress among rural women .Results indicated that less than 30 years of age were suffering from stress more as

compared to old age group. The most of the respondents belonging to joint family found suffering from stress. As income decreases the level of stress also increases stress among rural women.

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