

# A study of Relationship Between Occupational Stress & Social support among working woman

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**Abstract:-**The present paper deals with the working woman in different occupations. The main purpose of the study was to measure the correlation between occupational stress and social support among working woman. 415 25-38 years were involved in this study. M.arora. 1992 et al social support scale and occupational stress index by A.K. Shrivastava (1984) were applied on the subjects. Mean S.D and correlation were used analysis of Data. The result revealed that occupations stress and social support were positively correlated school and college working woman in different occupations and also result shows BSNL, Sales Tax, Collectrate and Bank employees were Negatively correlated.

**Keywords:-** Occupations stress, Social support, working woman.

**Introduction:-**Now times have seen dramatic changes in traditional society of India. In that time working woman are expected to be an inspiring companion of her husband proficient in the care of children and able in the handling of family budget. She is also expected to pursue a career and they engaged in many type of occupations and also face many problems and they feel differ types of stress. Like occupational stress and they need to be social support. Occupational stress can be defined as the harmful physical and psychological responses that occur when the requirement of the job do not match the capabilities resources or need of the worker. Job stress candead to poor health and even injury. This type of stress of work stress on the other hand we can say occupational stress is stress of work. It is lead to be physical, emotional, social and also psychological disorders in working person's. All disorders also associated with working environment and manifested in symptoms such as extreme like as anxiety, cramps etc. A working person also need to be social support in working place. Social support is often used in a broad sense, including social integration. However social integration refers to the structure and quantity of social relationship. Such as the size and

density of networks and the frequency of interaction but also sometimes to the subjective perception of embeddedness. Social support as the individual belief that one is cared for and loved, esteemed and valued and belongs to a network of communication and mutual obligations. Some studies are cor. The present study:- shadman 1998, stamborz 2005, Marcia et al 2005, young 2010, kirkcaldy etal 1991, tharakah 1992, rout 1999, hirio et al 1996..

### **Method:-**

**Objective:-**The main objective of this research work were measure the correlation of occupation stress and social among working woman in different occupations.

### **Hypotheses:-**

- 1- There would be no relationship between occupational stress and social support among working woman of different occupations.

**Sample:-** A total number of 415 working woman in different occupations were included. The sample drawn from six occupations viz Bank (40) employees, sales-Tax office 75, collectrate office 75, BSNL working woman 75, school teacher 75 and college teacher 75, their age range were between 25-38 years. Thus purposive sampling were used in study.

**Design:-** In present study survey research design were used.

**Tool:-** (1) Occupational stress index (OSI)

By

A.K. Shrivastava and A.P. singh (1984)

(2) Social support scale

By

M. Arora and R kumar (1992)

**Procedure:-**The data were collected 415 working woman in different occupations and test were administered individually. On the test booklets was give to the respondents after making to proper rapport, so that sespondent was confident that the test. Result would be used only for the research work about the matter being asked. The respondents.were thanked for their participation.

**Statistics used:-** Mean, S.D. and correlation were used for analysis of data.

**Result and discussion:-**The analysis of result of between occupational stress and social support relationship has been done as given below:-

**Table:-1** Mean, SD, of occupational stress of female employees of defferent occupations.

Occupations	N	Mean	SD
Bank employees	40	122.35	18.23
Sales Tax	75	128.23	16.53
Collectrate	75	123.21	16.39
BSNL	75	133.03	15.83
School Teacher	75	120.67	15.72
College	75	122.56	17.00

**Table:-2** Mean, SD, of social support of female employees of different occupations.

Occupations	N	Mean	SD
Bank Employees	40	167.50	49.54
Sales Tax	75	163.61	39.72
Collectrate	75	152.53	45.39
BSNL	75	168.01	36.57
School Teacher	75	157.33	45.51
College teacher	75	168.23	37.55

**Table:-3** The results of correlation between occupational stress and social support.

Occupations	N	R	'P' Value	Category
Bank employees	40	-0.73	<0.01	High degree Negative correlation
Sales Tax "	75	-0.26	<0.05	Low definite negative correlation
Collectrate	75	-0.18	>0.05	Silent and Negligible negative correlation
BSNL	75	-0.25	<0.05	Low definite negative correlation
School teacher	75	0.37	<0.01	Low definite Positive correlation
College teacher	75	0.31	<0.01	Silent and negligible positive correlation

From the above table it is clearly show, that the correlation between occupational stress and social support are statistically significant at 0.01 Level. Bank employees have high degree of negative correlation. Salestex employees low definite negative correlation between occupational stress and social support this correlation are statistically significant at 0.05 level. Silent and negligible negative correlation between occupational stress and social support in female employees in collectrate office. BSNL employees have low definite negative correlation and it is significant at 0.05 level. But school teacher and college teacher were low definite positive and silent and negligible positive correlated respectively. Its also significant at 0.01 level.

**Conclusion:-** On the basis of the result we can concluded that occupation stress and social support high degree of negative correlation of working woman in banks, sale tax office, collectorate office, BSNL employees were negatively correclated and school teacher and college teachers were positively correlated on occupational stress and social support among working females.

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