

Role of occupational stress among working woman”

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Abstract:-The aim of the present study was to measure the occupational stress among working woman in different professions. 415 working married female employees of different occupation were included in the study. Occupational stress index by A.K. Shrivastava et. al (1984) was administered on the respondents. F-test (F-ratio) was applied to see the significance of difference between the groups. The result revealed that level of occupational stress is affected by nature of occupations or professions in married female employees and also occupational stress of those working in BSNL is highest and school teacher is lower.

Keywords:-occupational stress, professions, working woman.

Introduction:-Today times have seen dramatic changes in the traditional society of India. Many Women are demanding new options for career and house hold responsibilities. They want to relieve their husbands from the sole responsibility of providing for the family unit economically and derive a sense of accomplishment or fulfillment. Today's working Women 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, show skill and intelligence and be a competent as male on a job. It may be assumed that woman engaged in different type of professions may differ in the types of role occupational stress they are facing. Job stress can be defined as the harmful physical and emotional responses that occur when the requirement of the job do not match the capabilities, resources, or need of the worker. Job stress can lead to poor health and even injury. Occupational stress is stress of work. It occurs when there is a discrepancy between the demands of the environment/workplace and an individual ability to carry out and complete these

demands. The stress can trigger emotional disorders and some others problems ability to enjoy any aspect of living. Physical or psychological disorders. Associated with an occupational environment and manifested in symptoms such as extreme. Anxiety, cramps, headaches and digestion problems. Many studies are correlated:- kirckcaldy and G. siefen 1991, tharakan 1992, J Langan 1995, rout 1999, e.x. yang, L. wang 2009 etal. Hirio, takashi 1996 worked on “job stress and social support at working woman on life stress and social support-related to parity in woman.” Mary. Ann, methews, kuller (1997)

Method:-

Objective:-The main objective of this research work was measure the level of occupational stress among married woman working woman in different professions.

Hypotheses:-There would be no occupational stress difference in married working in different occupations.

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

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

Tool:-Occupational stress index (OSI)

By

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

Procedure:-The data were collected 415 married working woman in different occupations and test were administered. Individually. On the test booklet was given to the respondent after making proper rapport, so that. The respondent was confident that the test results would be used only. For the research work as such she answered

according to her thinking about the matter being asked. The respondents were thanked for their participation.

Statistics used:-Mean, SD. And (F-Ratio) F test Analysis of Variance were used in this study.

Result and discussion:-the analysis of variance on occupational stresses has been done as given below:-

Table 1:-comparative results of occupational stresses of employees of different occupations.

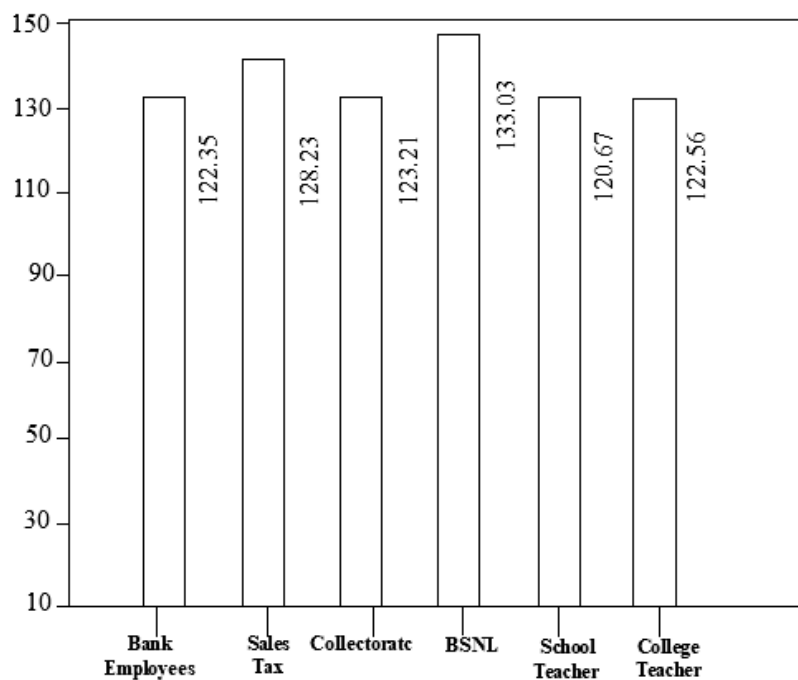
Occupations	N	Mean	S.D.
Bank Employees	40	122.35	18.23
Sales tax	75	128.23	16.53
Collectrate	75	123.21	16.39
BSNL	75	133.03	15.83
School teachers	75	120.67	15.72
College teachers	75	122.56	17.00

Table:-2

Source of variation	d.f.	Sum of squares	Mean square	F-Ration	P Value
Between	5	7965.87	1593.17	5.86	<0.01
Among groups	409	111267.93	272.05		

Above tables shows that obtained 'F' ratio value is 5.86 is more than 3.06 the minimum significance table value at 0.05, as such there is statistically significant difference in occupational stress among employees of different occupations. Above results shows that there is difference in occupational stress in female married employees of different occupation. Level of occupational stress is affected by nature of occupational or professions in married female employees. The occupational stress of those working in BSNL is highest and that of school teachers is lower. That results shows by the chart in the below:-

Occupational stress of working Woman of different occupations.



Conclusion:- on the basis of the result we can concluded that occupational stress among married working woman of different occupations. Since the value of F ratio is statistically significant and also occupational. Stress of those workin in BSNL is highest and that of school teacher is lowest.

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