



STRESS AMONG WORKING WOMEN

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Abstract

Stress at work can be a real problem to the organization as well as for its worker's. It occurs when the body performs beyond his capabilities or when a person faces unusual demand. Balancing work and family roles has become a key personal and family issue for many societies. There are many facets in working women lives that subjected to stress. They deal with home and family issue as well as job stress on the daily basis.

Key Words: Stress, Work, Working Women, Family.

Introduction

Stress is anything that disrupt the route, physical or mental well being of individuals. Work place stress occur when there is an imbalance the demand and perceived pressure of the work environment and the individual ability to cope .it has become a part of life for the women employees, as life today has become so complex at home as well as outside that it is impossible to avoid stress. Stress underlies diverse condition as psychosomatic, heart disease and can be major contributors to disturbance in ones emotional, social, company and family life.

Types of stress

Neustress

Brain respond internally and externally demands. Her mind and body were aroused, but she moved along with little impact from these demand on one way or nor harmful. More and frust refers to this as Neustress.

Distress

Distress is a most common type of stress, having negative implication. Distress is normally abbreviated as stress. It divided into acute stress and chronic stress.

Symptoms of distress

1. Poor concentration
2. Short temperedness
3. Trembling hands
4. Churching stomach
5. Fuzzy thinking
6. Accelerated speech
7. Irritability
8. Tight shoulder
9. Sore lower back
10. Edginess
11. Anxiety
12. Depression

Positive stress

When you perceive a stressful situation as an opportunity that will lead to good outcome.

Stressors

Socio-Economic stressors

1. Interference of relatives and neighbors
2. Absence of servant or domestic help
3. Unexpected guest
4. Compulsory socialization
5. Financial pressure
6. Troubles with in law
7. Lack of social support.



Psychological stressors

1. Pessimistic attitude
2. Perfectionism
3. Low self esteem
4. Procrastination
5. Temperament/anger
6. Lack of assertiveness
7. Unnecessary worries

Family and relationship stressors

1. Marital disagreement
2. Rebellion teens
3. Caring for ill family members
4. Children with special needs
5. Anxiety about children's future
6. Husband's job insecurity
7. None to care children in absence
8. Husband's unhealthy habit
9. Inter generation problem

Other stressors in workplace

1. Norm of constantly giving to others
2. Discouragement of hierarchical staff interaction
3. Expectations of extra effort with minimal rewards
4. No reinforcement for suggestion on improving morale
5. Repetitive work activities
6. Minimal additional resources available for extra effort tasks
7. Lack of encouragement for professional self care
8. Discouragement of mutual participation in decision making
9. Evangelistic leadership styles
10. Policy changes unrelated to problem priority
11. Policy changes too frequent to be evaluated
12. Rigid role typing for workers
13. A belief that playfulness is unprofessional
14. Pervasive "isms"(ageism, sexism, nepotism and so on)
15. Emphasis on past successes
16. Constant shifting of ground rules for policy
17. Minimal emphasis on positive feedback
18. Minimal emphasis on comfort of environment

Stress related disorders

Distress often leads to two types of disorders physical and psychological

1. Migraine headache
2. Non cardiac chest pain
3. Rheumatoid arthritis
4. Tension head ache
5. Gastritis
6. Ulcer
7. Colitis
8. Lower back pain
9. Heart attack
10. Cancer
11. Dizzy spells
12. High blood pressure
13. Panic attack
14. Severe depression
15. Debilitating anxiety



16. Disoriented thinking
17. Lack of motivation to perform daily duty.

Models of stress

Psychosomatic model: Stress is unique in the causation of disease. Emotional stress lead to physiological stress and result in psychosomatic illness.

Adaptation model: The entire body responds to stress in an attempt to maintain or adapt to the circumstances of the event creating stress. But if the demand or the stressor continues, the adaptive capacity of the body may be exceeded and disease may result.

Social Environmental Model: Basically there are three important sectors of life in which stress originate (a) job and the organization (b) the social sector, and (c) intra psychic sector

Boucne Model: The reactions are received and analyzed by the environment which in turn bounces back signals to the individual to bring about a change either at the organismic level or at the response level.

Mental and physical stress management strategies adopted among working women

1. Meditation
2. Breathing exercise and yoga
3. Social support
4. Psychotherapy
5. Entertainment and fun
6. Balanced diet
7. Body massage
8. Time management
9. Music and instrument
10. Sleeping pill and Tranquilizers
11. Listening to music
12. Reading
13. Dancing
14. Writing in a journal

Conclusion

Stress refers to the generalized, patterned, unconscious mobilization of the body's natural ability; stress at study is a growing problem for all workers, including women. Further more, in a women levels of stress related illness are nearly twice as high as for men. Enhancing awareness can play an indirectly useful role, by leading to coping responses that are constructive rather than destructive.

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