

## 3. Preventive Ways of Stress Management for Working Women

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### 3.1 Introduction:

In medieval period, agriculture was the main source of income. Joint family was the unit of society and the elder person in the family i.e. Karta was dealing with all the business of the family. Agriculture was the main source of their livelihood. Work was distributed and fixed according to the age and capacity of the member of the family. Women have respect but very little scope in this family structure. They were limited to cooking meals and nourish their child. Every member of the family has fixed, limited and routine work. Bread and butter were their primary need and they were happy with it. They have their limited world. There was poverty but no problem of stress in this era.

But in modern period, due to industrialization and development in information and technology world has become a small village. No doubt men and women have given equal rights. Science has given more facility to even a common man. But it create greed in every person. “Want of more and more“ is the disease of this new world. Its finally results into stress. Men, women even a small children is facing a problem of stress.

Stress at work and at home is likely to become the biggest bugbear of the 21 century. Stress has already become more common than common cold as per research. It is difficult to make an exact definition of stress but broadly speaking it is any type of change that causes physical, emotional or psychological strain. Various scholars states different definition according to their thinking and views.

- According to Richard S. Lazarus, “Stress as a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”
- According to Hans Selye, “Stress is the body’s nonspecific response to a demand placed on it.”

Some people thought that stress make bad impact on their duties. Due to burden of job and fear of loosing it, they are suffering from it. Stress is a reaction to a change or challenge. In the short term, stress can be helpful, it makes you more alert and gives you energy to get things done. But in long-term stress can lead to serious health problems. We can classified stress into two categories according to their result. Mainly positive stress and negative stress.

### **3.2 Positive stress:**

Stress is said to be positive when the situation offers an opportunity for one to gain something. Eustress means beneficial stress-either psychological, physical or biochemical, radiological. It gives motivation which is necessary for performance. Positive stress gives us spirit to achieve success, to get more financial benefits.

### **3.3 Negative Stress:**

Negative stress affects physiologically, emotionally and behaviorally which leads to several health problems. The process of physiological stress response starts from the moment the body realizes the presence of the stressor, followed by the sending of signals to the brain, and to the specific sympathetic and hormonal responses to eliminate, reduce or cope with the stress.

In this modern era of globalization, industrialization, information and technology each person apart from sex, race, caste and religion has given equal rights. Women are equally work with men in every field of life. Equal remuneration has been given for equal work.

In this busy and running life, women have to face dual responsibility i.e duties of office and work of home. As a result of this, they are suffering more stress as compare to men. It has been seen under the research that due to this stress, most of the working women are facing the problem of hurt attack, headaches, accidents, depression and anxiety, upset stomach, problem in pregnancy and in menstrual cycle etc. There are various reasons behind it, such as...

- **Working women have various responsibilities** – Women have to play various roles while doing the service or jobs. Some essential work are necessary for them to do before going to job or duty such as cleaning home, preparing lunch box for husband and children, Nurturing of children is very important for working women. They can not avoid this while doing the official job or service. They cannot take their children at the office and nobody remain available for taking care of their children. This become very difficult situation for these working women.
- **Home work of Children-** With official work and house work, women have to take care of the studies of their children and to guide them time to time. This is very important duty on them. But due to less time and other extra household work, she could not spend more time. So they worried about the study and future of their children which create more stress on them.
- **Official work-** Sometime, women have to do office work at home also. Simultaneously they have to do regular house work. This burden of workload create pressure and cause anxiety in them.
- **Relatives-** We, the Indian people follow culture, norms, rituals, customs etc...”Atithi Devo Bhav” is a well known maxim that we follow. We give to much importance to our guest and treat them very respectfully. Relatives also don’t hegitate to come once home frequently. Specially women have to give respect as well as hospitality and courtesies While doing all other works, women have to face with this difficult task. In all this type of situation they fill more stressful.

- **Other Programme-** Indian culture is very social and participation of women is part and parcel in them. So while doing all daily work, they have to attend all the other programmes like marriage ceremony, engagement, birthday etc.
- **Lack of job satisfaction** - Today is the world of struggle and competition. So most of the people have to do the job or service in which they are not interested. For meeting the needs of livelihood and other necessary things such as children's education, hospital and medicinal spendings, women also do different jobs and contribute for home. They have educational qualification but cannot get the job as they like and enough remuneration. So they didn't get satisfaction in it and become the victim of stress.
- **Career stress-** - During this period most of the economy of this world is running through the corporate sector which is private and profit based. No doubt, it has its own benefit. It mainly gives emphasis more on production in less time with minimum spending. More job opportunities for men and women are available in this sector but there is no security in job. It required maximum work in minimum time, so they could get more profit. In this fatal situation women workers suffer with more stress.

According to the National Women Health Information Center, the effect of stress on women's physical and emotional health can range from headaches to irritable bowel syndrome. In this busy life, women are facing specific effects of stress such as....

- **Eating disorders:** This may have something to do with stress levels. Like depression. This illness has been linked to low level of serotonin and is often treated with serotonin-boosting antidepressant drugs.
- **Stomach ailments:** Stress can make you reach for junk or comfort foods, or upset your stomach to the point that you feel like you can't eat. Common stress-related stomach troubles include cramps, bloating, heartburn and even irritable bowel syndrome. Depending on how you respond, these can lead to weight loss or weight gain.
- **Skin reaction:** Stress can lead to breakouts and even itchy rashes and hives in some people.
- **Emotional conditions:** From being in a blue or irritable mood to more serious mental issues like depression, your emotional health suffers when there's stress in your life. Women are better than men in hiding some emotions like anger and aggressiveness because the parts of their brains responsible for these emotions are larger than men's, but depression strikes women twice as often as men, says Rosch, adding, "The emotional effects of stress on women can range from postpartum depression after pregnancy to depression after menopause."
- **Sleep problems:** Trouble falling or staying a sleep is common in women affected by stress, and this is particularly counterproductive since a good night's sleep can help ease stress.
- **Lack of Concentration:** Stress makes it hard to focus and be effective in your responsibilities at home or work, and that can compound your problems if your stress comes from your job to begin with.
- **Heart disease:** Stress can negatively affect the entire cardiovascular system and lead to high blood pressure, stroke and heart attack.
- **Cancer:** Some studies have suggested a link between stress and the development of breast and ovarian cancer.

### **3.4 Preventive Ways of Stress:**

Stress is unavoidable nowadays. It is by product of modern era. But where there is problem, there is a solution. To handle with any problem, first of all we have to understand its origin. Stress is a psychological problem. To enhance the ability to handle the critical situation is one of the proper way to reduce stress. We can adopt following methods to minimize stress.

- **Proper time management:** Women have to play various role while doing job at office and work at home. She have to do lot of work. Proper time management is very important. It reduce the chaws of our mind which help in keeping our mind peaceful.
- **Loving the profession:** Every routine work creates boredom. It tired the nervous system resulting into dullness behavior. So if we want to be fresh and creative in our field, whether at office or home, we should have to love our work. When we are on ground, we are not tired only because we love playing.
- **Family support:** Women are more emotional as compare to male. They need mental support from their family. It creates energy in them for efficient working on field and home.
- **Encourage personal hobbies:** Hobbies are the means of self-satisfaction. It helps to relieve stress by keeping you engaged in something you enjoy. It gives you an opportunity to enhance your life. So we have to search and enjoy new hobbies like hearing music, gardening and day out with family or friends. Find fun ways to relax. Connect with family and friends and people you enjoy being around.
- **Improve your diet:** By eating well-balanced meals and skipping junk food, you can improve your physical well-being and in turn your emotional health. A healthy diet is essential for good health and nutrition. It keeps away from us various diseases such as cancer, helps in control our sugar level.
- **Utilising stress to your advantage:** Stress is after all an emotional aspect. We should have to learn to manage it properly. We should have to transform the energy produce through stress into creative work, Consider that stress provide an opportunity to improve your performance.
- **Yoga and Meditation:** Yoga is such type of exercise which consider the relation of mind and body. So we have to reserve time for exercise. Meditation and yoga is a phenomenal way of dealing with stress and depression. When one do yoga and meditation regularly, he fill fresh with positive attitude. New innovative ideas comes in mind which we can use it in our regular work.

### **3.5 Conclusion:**

Stress is a product of inability to manage the situation. Truly speaking, it is a gift of modernization, industrialization and development of information and technology. Due to this world has become a small village. The whole world is open before us which creates competition resulting into struggle and greed. No doubt, science provide facility to even a common man. But in this busy world we all forgot the roots of law of nature. Mahatma Gandhi says “Nature is capable to supply the need of all of us but unable to complete our greed”. Every person from the children to old one everybody facing the problem of Stress. Especially women are becoming the victim of it. In this modern age, they have given equal rights to men.

So dual responsibilities fall on them i.e to care, nourish their children and also look after their home and office work also. As a result most of the women are undergoing the problem of stress.

Every problem has its own solution. The first thing is that we have to understand it wholly. Stress is an emotional and psychological aspect. We can eliminate it by proper management. For this we should have to love our profession. We need our family support also. We should encourage our personal hobbies and improve our diet which help to give proper nutrition to our body and feel better, enthusiastic to us. We should do regular exercise, yoga and meditation which help in keeping our body sound and our mind peaceful.

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