

## A comparative study on stress management among woman teacher's in higher education and housewives

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### Abstract

The study was conducted to assess the stress management on Woman Teacher's in Higher Education and Housewives. The sample consist of 248 woman teachers and 248 housewives from Western Vidharbh Region consisting of five districts- Amravati, Akola, Buldhana, Washim, and Yavatmal. The self-administered questionnaire was used to compare the stress managed by the respondents. The result revealed that there is significant difference in stress managed by woman teachers in higher education and housewives thus, rejecting the null hypothesis. The respondents have however, suggested some measures for managing stress and develop healthy attitude for leading better lives and avoiding outcomes on this accounts.

**Keywords:** Stress, Stress Management

### 1. Introduction

Stress at work is a relatively new phenomenon of modern lifestyle. The nature of work has gone through drastic change over the last century and it is still changing at whirlwind speed. Profession stress or job stress poses a threat to physical health. Work related stress in the life of organized workers, consequently affects the health of organization.

Stress is a psychological and physiological reaction that takes place when one perceives an imbalance in level of demand placed on the capacity to meet that demand on individual.

The term stress was first employed in a biological context by Hans Selye in 1930's. He later broadened and popularized the concept to include inappropriate physiological response to any demand. This concept is borrowed from natural sciences and is derived from the Latin word "Stringere" which means to draw tight. In psychophysiology, stress refers to some stimulus resulting in a delectable strain that cannot be accommodated by the organism and which ultimately results in impaired health or behavior.

By the year 2020, depression is predicted to be the second most important cause of disability throughout the world among the various causes like back pain, diabetes, arthritis, heart disease, cancer etc. (WHO, 2000). The depression is most prevalent psychiatric condition which affects the women twice as compare to the men (Iowa, 2007). Since women's feeling of being deprived is more than that of the men therefore this study was undertaken to compare the level of stress among the women. In article "Teachers in the Twenty-first century: time to renew the vision" by Day (2000) focuses on the situation within the teaching profession: 'for many teachers, the last 20 years have been years of survival, rather than development. As social and economic changes have placed new demands upon and created new expectations from schools, hardly a year passes without some form of reform being mooted, negotiated or imposed in the name of raising standards (appraisal, inspection), increasing "user" participation (open enrollment, local financial).

Surveying definitions of stress, Cox (1978), has described as "three classes of definitions. Stress can be thought of as a response i.e. the stress response to an extreme stimulus; as a stimulus i.e. as the stressor itself and as an intervening variable. As commonly understood, it is the mismatch between personal resources and environmental demands that leads to the condition called "Stress".

"Stress Management is interventions designed to reduce the impact of stressors in the workplace. These can have an individual focus, aimed at increasing an individual's ability to cope with stressors. Stress Management programs can also have an organizational focus and attempt to remove the stressors in a role.

There are three different levels of stress, each of which often has its own types of symptoms. Stress is considered to be either acute, episodic acute, or chronic.

**Acute Stress:** - The moments of sharp, sudden stress are examples of acute stress. Luckily, these incidents are the easiest to overcome. The symptoms of acute stress are: brief jump in heart rate, increase in bold pressure, recovery is fast and normal activity is resumed.

**Episodic Acute Stress:** - In this situation, we seem to encounter those acute stress moments repeatedly over time. It occurs when you have multiple disasters in a short time period, such as losing your job, your house, and your good health all in the same month. Yes, the situation may be temporary, but it causes repeated episodes of acute stress before it is done. Some of the symptoms associated with acute episodic stress are: fatigue, indigestion, regular headaches.

**Chronic Stress:** - Eventually, repeated stress becomes chronic. It becomes the normal state of being instead of an occasional occurrence. When you reach this level of stress, there are a number of symptoms that can be very dangerous for your health and well-being, both at work and in your personal life. These may include: mood swing, sever temper, alcoholism, mental disorders.

**1.1 Objectives**

- To determine stress management while performing their jobs.
- To compare the stress among working women in higher education and housewives.

**Hypothesis:** - “There is difference of stress management by working women in higher education and housewives.”

**2. Research Methodology**

The study is conducted in Western Vidharbh Region i.e. in Amravati, Akola, Buldhana, Washim and Yavatmal. The sample of 248 woman teachers in higher education in SGB Amravati University and 248 housewives are participated in the study. A self-structured questionnaire is framed on the basis of stress. The age range of the sample selected for the study was from 23 to 58 years. The collected data were analyzed using statistical techniques such as mean, SD, co-efficient of variation, chi-square test. The results are tabulated and are discussed.

**3. Result and Discussion**

The present study “A Comparative Study on Stress Management among woman teacher’s in higher education and housewives”, is conducted in Western Vidharbh Region having sample of 248 women teacher in higher education and 248 housewives.

On the basis of questions asked following results are drawn regarding stress management while performing job.

1) Engaged in stress relieving program.

Women teachers and housewives are asked through questionnaire whether they engaged themselves in stress relieving program and response is shown in Table No. 1.

**Table 1:** Women teachers and housewives: - Engage in stress relieving program

Category	Mean	Std. Deviation	Co-efficient of Variation
Teachers	4	1.3	35.20%
Housewife	4	1.1	29.44%

The Table No.1 states that teachers and housewives agree (4) that they engage themselves in stress relieving and entertainment program. It is also found that the percentage of responses given by teachers (35.20%) is greater than housewives (29.44%).

2) Holistic approach to lighten or manage stress.

Women teachers and housewives are asked through questionnaire whether they choose holistic approach to lighten or manage stress and response is shown in Table No. 2.

**Table 2:** Women teachers and housewives: - Holistic approach to manage stress

Category	Mean	Std. Deviation	Co-efficient of Variation
Teachers	4	0.8	21.30%
Housewife	4	0.8	18.74%

From Table No. 2 it is clear that teachers and housewives agree (4) that they choose holistic approach to lighten/manage stress.

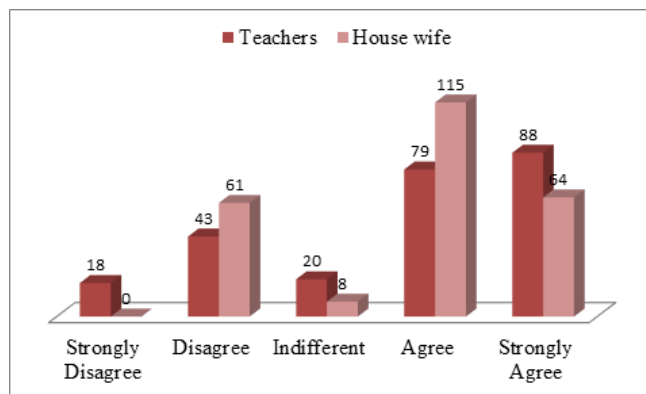
It is also found that the percentage of responses given by teachers (21.30%) is greater than housewives (18.74%). From above two tables it is clear that women teacher in higher education and housewives do manage stress while performing their duties.

3) The hypothesis of the present study “A Comparative Study on Stress Management among Woman Teacher’s in Higher Education and Housewives” is analyzed with the help of Chi-square test. As per the responses given by respondents observed and expected values are calculated. The hypothesis is tested for women teachers in higher education on following null and alternate hypothesis.

Ho = There is no significant difference of stress managed by women teachers and housewives.

H<sub>1</sub> = There is significant difference of stress managed by women teachers and housewives.

In order to test null hypothesis, we first have to calculate degree of freedom. The problem contains 5 rows and 2 columns. Hence degree of freedom will be (r-1) (c-1)=4.



**Fig 1:** Observed frequency of respondents

The above Graph No. 1 shows the comparison of observed frequencies of women teachers in higher education and housewives for stress management.

The observed and expected frequencies are presented in following tables.

**Table 3:** Observed Frequencies of Respondents

Nature of Response	Teachers	House wife	Total
Strongly Disagree	18	0	18
Disagree	43	61	104
Indifferent	20	8	28
Agree	79	115	194
Strongly Agree	88	64	152
Total	248	248	496

**Table 4:** Expected Frequencies of Respondents

Region	Teachers	House wife	Total
Strongly Disagree	9.0	9.0	18.0
Disagree	52.0	52.0	104
Indifferent	14.0	14.0	28
Agree	97.0	97.0	194
Disagree	76.0	76.0	152
Total	248.0	248.0	496

For 4 degree of freedom, the critical value of  $\chi^2$  at 0.05 level of significance is 9.49. Since the calculated value of  $\chi^2$  36.73 is greater than the critical value 9.49 ( $36.73 > 9.49$ ) with p-value is 0.000, the difference is statistically significant we reject the null hypothesis. And we conclude that there is significant difference of stress management between working women in higher education and housewives.

#### 4. Conclusion

Working women population has in the growth stage. Working women face stress in managing their personal life with work life. The present study title “A comparative study on Stress Management among women teachers in higher education and housewives” was conducted with 496 respondents. The main findings of the study show that all the respondents manage stress while performing their duties by engaging themselves in stress relieving programs and by choosing holistic approach. The stress management is also studied both for women teachers in higher education and housewives, and by using Chi-Square test it is observed that there is significant difference in stress manage by respondents, hence hypothesis accepted.

#### 4.1 Suggestions

- Women teachers should provide with facilities like T.V., satellite, computers with internet connection etc. which act as coping strategy for stress.
- Seminars, guest lecturers should be arranged for women teachers in higher education and housewives on health education so that they are able to take care of their well-being at work and home.
- Partners need to be more sensitive for women as far as their needs are concern and also help them in daily task and in taking care of children.

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