

## Impact of Stress in Life of Employed Women in the Society

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**Abstract** -Stress is body's response to the daily events that occur in our life. Everyone experiences stress in their life. This study seeks to assess the strain level among the employed women. There are many causes of stress. Now a days female also share many of the identical sources of stress like money matters, job security and health. In the modern society roles of women often include family commitments and obligations, kids brought up and caregiving, elderly parent and work responsibilities additionally as other roles. This kind of demands increase to meet these roles, women can feel overwhelmed with time pressures and unmet obligations. They will feel a way of failure in not having the ability relationship issues. Perhaps a little more unique to women are the numerous roles they tacy to satisfy expectations for themselves and others. Oftentimes women spend longer meeting the requirements of others instead of nurturing their own needs. Women may not even recognize what their need are, If they working at high stress levels.

**Key Words:**Stress, Migraine, Obesity, Health issues, syndrome, cramping, Seasonal Affective Disorder, Hormonal Problems.

### 1.INTRODUCTION

In India its women duties like cooking, cleaning the house, washing clothes, get their children ready for school or college etc. The key burden of running the family is on the shoulders of women because men are responsible or held with few chores that are dealt outside the house. It absolutely was alright for ladies to handle all the works as long as they were homemakers. The cost of living is the main reason to force maximum number of girls to share the economic burden of family. That's the status of Indian women has undergone considerable change when put next to men. The family or a boy expecting employed women or willing to figure after the wedding. In many families, women don't have a voice in anything while in several families; the ladies may have a dominating role.

### 2. How does Stress Affect Women's Health

Stress can cause trouble sleeping and weaker immune systems. The following are the ways that affects women.

- **HEADACHES AND MIGRAINES**

Migraine may be a common disorder that affects thrice more women than men [1]. When someone stressed then their muscles tense up. Long-term tension can cause headache, migraine, and general body aches and pains. Now a days tension-type headache are significantly increased in women.

- **DEPRESSION AND ANXIETY**

Few years back female were almost twice as likely as male to have symptoms of depression [2]. Female are more likely than male to have an anxiety disorder, including post-traumatic stress disorder, panic disorder, or obsessive-compulsive disorder. Investigation of the research suggests that symptoms of stress female is high than male symptoms of stress. This can raise their risk of depression and anxiety [3].

- **HEART PROBLEMS**

High stress levels can raise blood pressure and pulse rate. Over time, hypertension can cause serious health issues like stroke and heart attacks. History of heart problems of younger women especially may be at risk of the negative effects of stress on the heart [4].

- **UPSET STOMACH**

Stomach issues like diarrhea or vomiting are the symptoms of short-term stress. Irritable bowel syndrome issues like cramping, abdominal pain, bloating worse and gas are the symptoms of long-term stress, a condition that's twice as common in women as in men [5].

- **OBESITY**

Women suffer strongly stress and weight gain when compared to men [6]. Steroid hormone called cortisol will get increased when the stress increased. This might result in overeating and fat storage.

- **PREGNANCY PROBLEMS**

Higher level stress women are having problem of getting pregnant than lower stress level women [7].

- **MENSTRUAL CYCLE PROBLEMS**

Premenstrual syndrome or irregular periods are the major problem for women who experienced long-term stress or chronic.

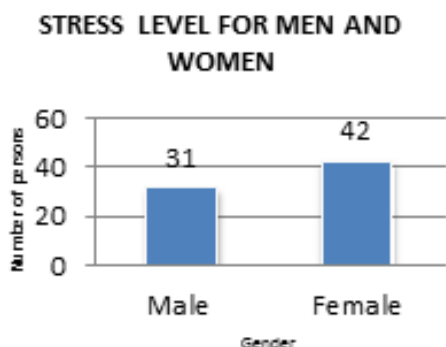
- **DECREASED SEX DRIVE**

Long-term stress women may have less sex drive when compared with lower stress levels of women.

### 3. Stress Level for Men and Women

Data was collected mainly using office on women's health, questionnaire and oral communication in particular workplace. A small survey has examined how stress affects the women's health. On the whole the report that examines the

stress has a negative impact on their mental and physical health. Out of 100 samples 50 male and 50 female. From the data collection the stress level on female was significantly high when compared to male.

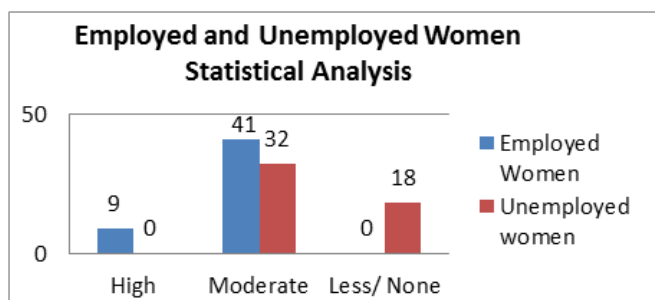


#### 4. Difficulties Faced by Employed Women

- Imbalance of work and life.
- Ego problem in family due to equal or high pay.
- Harassment in workplace.
- Less caregiving to kids.
- Less family bond.
- Discrimination at workplace.
- Health Issues are severe for shift based working women.
- Cannot attend the family functions on time due to work busy.

#### 5. Statistical Analysis of Employed and Unemployed Women

It reveals that out of 50 employed women 09 falls in the high stress category, 41 in the moderate level and none in the low level of stress. Similarly out of 50 unemployed 0 fall in the high stress category, 32 in the moderate and 18 in the low level of stress category.



#### 6. Measurement of Stress

Some of the measurement of stress among working women in various fields are given below

- Whether you feel comfortable in your work place.
- Change in work responsibility (promotion) will lead to stress.
- Whether individual confidence level help you to overcome stress
- Whether over work load in the organization will affect your personal life.

- Whether supervisor/manager/head of the department will guide employees to overcome job pressure.
- If you are overstressed will you continue to work.
- Do you work for more than 10 hours on a working day.
- Do you get less than 7 hours of sleep at night.
- Whether counseling from experts will help you to overcome stress
- “Entertainment decreases our stress” are you involved in entertaining your family after your working hours.

The above measurements are answered with three options.

- Always
- Sometimes
- Never

#### 7. Why do Women Suffer more?

Some statistics are exaggerated because females are more “sensitive”. At the same time a wide range of observations tend to verify that these disparities are valid, such as given six subsequent.

1. Hormonal differences are usually cited because the major explanation. Compared to men, women experience way more fluctuation in hormone levels that are related to symptoms of depression. Depression is so common during the menopause. Women are more apt to suffer from hypothyroidism, which is commonly related to depression.
2. Genetic predisposition for women is stronger than men.
3. Women Suffer more than men when they involved in personal relationships. Women ages between 25 to 40 were find minimum three times likely to become depressed than men.
4. Life span of women is comparatively more than men. Extreme old age women were associated with loneliness, poor physical health and other factors that predispose to depression.
5. Even male and female physicians are more apt to make a diagnosis of depression in women than men with identical complaints.
6. Disorder like Seasonal Affective Disorder (SAD syndrome) is four times high in women than men.

#### 8. To Reduce Stress at Work

- Form positive relationships. So that anyone connect with their family and friends for support.
- Start exercise 30 minutes in a day which helps to de-stress.
- Reduce sugar consumptions to avoid energy crashes. Instead of that can take more Omega-3 fatty acids.
- Aim for 8hours of sleep every night.
- Plan, Prioritize and organize the works throughout the day.
- Stay positive and don’t fear mistakes learn from others.

## 9. CONCLUSIONS

Stress may be a growing problem within the workplaces and a particular magnitude for working women. The issues due to high levels of stress will be exhibited physically, psychologically and behaviorally by any kind of person. The most serious effects of stress relate to performance. Women employees report more non-fatal but long run and disabling health problems. This described that working women generally involved simultaneously in many tasks, juggling between family and work responsibilities, which leads towards stress among them.

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