



## A comparative study to assess the level of stress and coping strategies among married working and non-working women residing in selected urban areas of Dehradun, Uttarakhand

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### Abstract

**Background and Objective:** Today, with the rapid diversification of human activity, we come face to face with numerous causes of stress and the symptoms of anxiety and depression. A study was done to compare the level of stress and coping strategies among married working and non-working women in the selected urban areas of Dehradun, Uttarakhand.

**Methods:** The sample size of the research study were married fifty working women and fifty non-working women selected by non-probability purposive sampling technique. To assess the level of stress a standardized perceive stress scale was used and to determine the level of coping strategies a semi structured tool was developed.

**Results:** The findings revealed that the mean and standard deviation of the working women ( $17.06 \pm 8$ ) were found slightly higher than the mean and standard deviation of non-working women ( $14.46 \pm 7.80$ ). Whereas  $t=1.203$  which shows that there is no significant difference in the level of stress among working and non-working women. While when the comparison was made for the level of coping strategies among working and non-working women results revealed that the mean and standard deviation of the working women ( $29.16 \pm 5.577$ ) were very slightly higher than the mean and standard deviation of non-working women ( $28.24 \pm 5.612$ ). Whereas the  $t=0.644$  which depicts that there is no significant difference in the level of coping strategies among working and non-working women. Chi square revealed only the association between the stress and family monthly income of non-working women. On the other side Chi square revealed association only among working women of coping strategies with religion and family monthly income. Whereas in non-working women there was association of coping strategies with education, religion and family monthly income.

**Conclusion:** On the whole we can conclude that the both working and non-working women were having moderate level of stress and also coping moderately with the stress.

**Keywords:** Stress, coping strategies, working women, non-working women.

### Introduction

Modern world is full off hassles, deadlines, frustration and demands. For many people stress is so common place that it has become a way of life. Stress is not always bad, in some

small doses it can help you perform under pressure and motivate you to do your best.1 Stress is any situation in which a non-specific demand requires an individual to respond or take action. It involves physiological and

psychological responses. Stress can lead to negative or counterproductive feelings or threaten emotional well being. It can threaten the way a person normally perceives reality, solves problems, things in general; and a person's relationship and sense of belonging. In addition stress can threaten a person's general outlook on life, attitude towards loved one and health status. In the present era in industrialized countries, the majority of women work outside the home, either part-time or full-time. Working women with children living at home differ from women with no children and from their own working spouses or partners living in the same home in several ways.

The physical body reacts to stress in the way of non verbal action such as muscle cramps, headaches and sweaty palms. The mind impact include thoughts, opinions, judgments, beliefs and belief systems that a person has that influence the behavior. Emotions or feelings experienced lead the way one reacts to people, place and events that influence our decision. In today's society it is no longer acceptable to fight or flee from a situation and this reaction lead to damage of health. In our world of fast paced, highly competitive life styles having option is more difficult.

### **Aims and Objectives**

- 1) To assess the level of stress among working and non-working women.
- 2) To determine the coping strategies adopted for stress among working and non-working women.
- 3) To find out the association between the level of stress and coping strategies among working and non-working women with their selected demographic variables.

### **Materials and Methods**

**Research Design:** Non-experimental (comparative descriptive design)

**Setting of the Study:** Racecourse (urban area) Dehradun, Uttarakhand

**Study Population:** The target population is married working and non-working women of Dehradun, Uttarakhand and the accessible population is married working and non-working women residing in Race course, dehradun.

**Sampling Technique:** Purposive Sampling Technique

### **Inclusion Criteria**

- 1) The working and non working women who are present in the selected urban areas at the time of data collection.
- 2) The working and non working women who are in the age group between 18-55 yrs.
- 3) The working and non working women who are married.

### **Exclusion Criteria**

- 1) The working and non-working women who are not willing to participate.
- 2) The working and non-working women who are single\divorced\widow.
- 3) The working and non-working women who are above 55 yrs of age.

**Sample Size:** Fifty working women and fifty non-working women.

### **Data Collection Tool**

Socio-demographic Performa

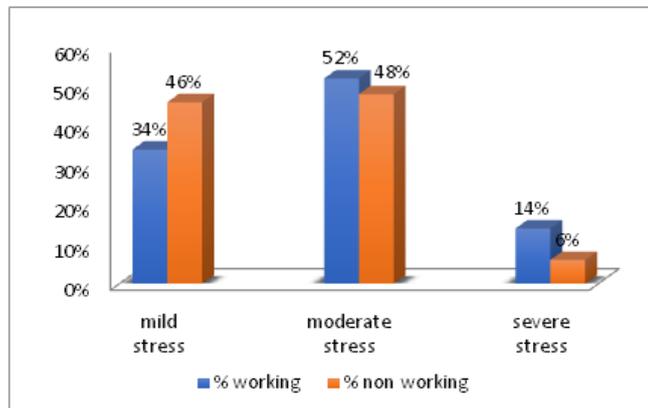
Perceived stress scale

Semi-structured coping strategy questionnaire

**Data Collection Method-** Data was collected from the month of July with a formal permission was obtained from the principal, state college of nursing and from ethical committee. In this study working and non-working women residing in urban community of Dehradun, Uttarakhand, fulfilling the purpose of the study. To collect the data from the samples questionnaire method was used in the study. The married working and non-working women were approached and the informed consent were taken after explaining the purpose of the study. A standard tool perceived stress scale was used to assess the level of stress and a semi-structured coping

strategy questionnaire was administered to assess the level of coping strategy. All the questions were developed in English by the researcher and the translation was done in Hindi. Translation of the tool from English to Hindi was done by the experts in Hindi language, and the translation was found valid.

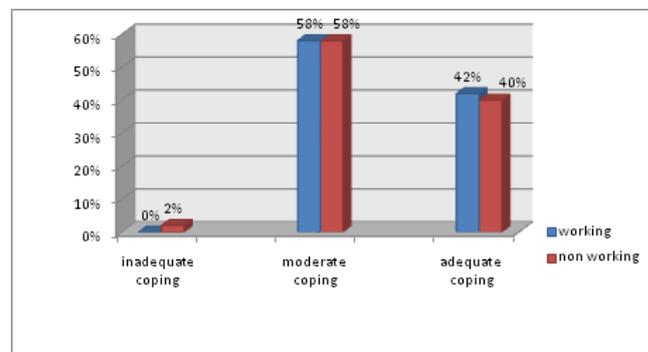
**Results**



**Fig. 1** Level of stress among working and non-working women

34% of working women were having mild stress and 52% were having moderate level of stress and only 14% were having severe level of stress whereas among non-working women 46% were having mild stress, 48% were

having moderate stress and only 6% were under severe stress. Both working and non-working women were under moderate level of stress.



**Fig.2** Level of coping strategies among working and non-working women

It depicts that among working women 0% were unable to cope with stress and 58% were coping moderately and 42% were coping adequately. On other hand among non-working women 2% were coping inadequately and 58% were coping moderately and 40% were coping adequately.

Both working and non-working were coping moderately with the stress.

**Table No.1** Comparison of level of stress among working and non-working women

Category	Range		Mean & S.D	Mean difference	Unpaired 't' test	P value
	Minimum score	Maximum score				
Working women	01	33	17.06±8	1.920	1.203	0.232
Non Working women	00	30	14.96±7.80	1.920		

df<sub>98</sub> = 1.98 at p>0.05 not significant

Table no. 1. depicts that the comparison of level of stress among working and non-working women. The findings revealed that the mean & S.D of the working women (17.06±8) were found slightly higher than the mean & S.D of non working women (14.46±7.80) and the significant difference

between the mean of the working and non-working women (1.920). Whereas t=1.203 which was smaller than the table value.

Therefore, it could be concluded that there is not any significant difference in the level of stress between working and non-working women.

**Table no.2.** Comparison of the level of coping strategies among working and non-working women

Category	Range		Mean & S.D	Mean difference	Unpaired 't' test	P value
Working women	17	40	29.16±5.577	0.720	0.644	0.521
Non Working Women	09	39	28.24±5.612	0.720		

df<sub>98</sub> = 1.98 at p>0.05 not significant

Table no.2. represents the level of coping strategies among working and non-working women. The findings revealed that the mean and standard deviation of the working women ( $29.16 \pm 5.577$ ) were very slightly higher than the mean and standard deviation of non-working women ( $28.24 \pm 5.612$ ) and the

significant difference between the mean of working and non-working women (0.720). Whereas the  $t=0.644$  which was smaller than the table value. Thus, it could be inferred that there is no significant difference in the level of coping strategies among working and non-working women.

**Table no. 3** Association between the level of stress with their selected demographic variables

Demographic variables	Working women( $X^2$ )	df	P value	Non working women( $X^2$ )	df	P value
1) Age	2.845 (NS)	6	.828	3.430 (NS)	6	.753
2) Educational Qualification	2.633 (NS)	6	.853	2.943 (NS)	6	.816
3) Religion	1.155 (NS)	2	.561	3.063 (NS)	2	.216
4) Occupation	3.754 (NS)	4	.440	0	0	0
5) Job experience	7.412 (NS)	6	.284	0	0	0
6) Family type	1.469 (NS)	2	.480	5.059 (NS)	2	.080
7) No of children	8.100 (NS)	6	.231	9.049 (NS)	6	.899
8) Family monthly income	4.468 (NS)	4	.346	11.816 (S)	4	.019

Table no.3. represents that there were no significant association between the level of stress with their selected demographic variables such as age, education, religion, occupation, job experience, type of family, no.

of children, and family monthly income excepted among non-working women there was significant association between coping strategies and family monthly income.

**Table. no.4.** Association between the level of coping strategies with their selected demographic variables

Demographic variables	Working women( $X^2$ )	df	P value	Non working women( $X^2$ )	df	P value
1) Age	3.683 (NS)	3	.298	8.419 (NS)	6	.209
2) Educational Qualification	2.701 (NS)	3	.440	14.599 (S)	6	.024
3) Religion	6.516 (S)	1	.058	10.227 (S)	2	.006
4) Occupation	1.122 (NS)	2	.571	0	0	0
5) Job experience	5.287 (NS)	3	.152	0	0	0
6) Family type	1.439 (NS)	1	.230	1.156 (NS)	2	.561
7) No of children	1.811 (NS)	3	.613	4.957 (NS)	6	.549
8) Family monthly income	0.255 (S)	2	.880	2.279 (S)	4	.685

Table no.4. shows that among working women there was only association of coping strategies with religion and family monthly income. Whereas in non-working women there was association of coping with education, religion and family monthly income.

### Discussion

To assess the level of stress among working and non-working women a standardized tool was used (Perceived stress test). The tool was distributed among both married working and non-working women residing in Racecourse, Dehradun, Uttarakhand. The method of data collection was self-administration. After collecting the data from the study participants scoring was accomplished. Then the descriptive analysis (frequency, percentage distribution, mean and standard deviation) results were obtained. Along with inferential statistics (Unpaired t-test) was done to make the comparison of level of stress between working and non-working women. Around (34%) of working women and (46%) of non-working women were having mild stress. Amid (52%) of working women and (48%) of non-working women were having moderate level of stress. Minorly only (14%) of working women and only (6%) of non-working women were having severe level of stress.

In the current study the major findings were that the comparison of level of stress among working and non-working women. The findings uncovered that the mean & S.D of the working women ( $17.06 \pm 8$ ) were found slightly higher than the mean & S.D of non working women ( $14.46 \pm 7.80$ ) and the significant difference between the mean of the working and non-working women (1.920). Whereas  $t=1.203$  which was smaller than the table value. Hence it could be inferred that there is no significant difference in the level of stress among working and non-working women.

The results were supported by the findings of the study conducted by Mohansundhari S.K to assess the level of stress among working and non working women. The data obtained were tabulated and the major finding of the study were the mean and the standard deviation of the working women was ( $38 \pm 3.48$ ) and the mean and the standard of the non working women was ( $34 \pm 3.68$ ). Hence there is no significant difference exist between the working and non working women with the level of stress.

To assess the level of coping strategies among working and non-working women a semi-structured coping strategies questionnaire were administered to the study participants. Moreover, to assess the level of coping strategies among working and non-working women descriptive analysis (frequency, percentage distribution, mean and standard deviation) and inferential statistics (Unpaired t-test) was accomplished to compare the level of coping strategies. There were no working women who were not able to cope with stress found in the study whereas, only (2%) of non-working women were coping inadequately. Nevertheless (58%) of both working and non-working women were coping moderately. Furthermore (42%) of working women and (40%) of non-working women were coping adequately.

The major findings of the comparison between the level of coping strategies among working and non-working women were that the mean & S.D of the working women ( $29.16 \pm 5.577$ ) were very slightly higher than the mean & S.D of non-working women ( $28.24 \pm 5.612$ ) and the significant difference between the mean of working and non-working women (0.720) which is very less difference. Whereas the  $t=0.644$  which was smaller than the table value.

Chi square revealed only the association between the stress and family monthly income of non- working women. No other association

found between the stress and selected demographic variables. On the other side Chi square revealed association only among working women of coping strategies with religion and family monthly income. Whereas in non-working women there was association of coping strategies with education, religion and family monthly income.

### Conclusion

Based on the findings of the present study it can be concluded that the most of the working women were having moderate level of stress and larger number of non-working women were having mild level of stress. However, both working women and non-working women were coping moderately with the stress.

The findings of the study uncovers that there is no significant difference in the level of stress and coping strategies among working and non-working women.

Results proclaimed from the study that there was no association found between stress and their selected demographic variables among working and non-working women except the association between stress and family monthly income in non-working women.

The results of the study divulged that there was association only among working women of coping strategies with religion and family monthly income. Whereas in non-working women there was association of coping strategies with education, religion and family monthly income.

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