

A Case Study on Stress Management of Women

¹S Padmini , ²Dr. K V Ramanamurthy , ³Dr Ch Jayasankara Prasad

¹Scholar Krishna University Machilipatnam Andhra Pradesh

²Guide Vijayanagara College of Commerce Hyderabad Telangana

³Co-guide Krishna University Machilipatnam Andhra Pradesh

Abstract: In the present changing scenario of human life especially in cities where both men and women are taking up different activities for their survival in the society. They face both physical and mental challenges which is leading to stress. They attempt to manage stress in a different ways. The general meaning of stress is a state of mental or emotional tension which is faced by all the people who are undertaking different activities for their survival. This paper mainly focuses on the stress faced by women and how do they overcome it

I. Introduction

Objectives:

- To know the various types of stress in work places faced by women.
- To find various ways in which stress is being handled.

Methodology:

Data has been collected with the help of both primary as well as secondary data.

Primary data source is through a collection of responses by preparing a questionnaire

Sample size of 200 respondents.

Secondary data sources are from articles, websites & books.

Scope:

The study is restricted only to working women.

What is stress management:

Stress management is a position of handling stress. In the present scenario people to satisfy various goals they are creating a busy schedule by which they are facing stress. It has to be handled properly so that they will not face any other problems.

Importance of stress management

No matter what is the career you have chosen, while a person is working they should know what is the importance of **stress management and how to be stress free when they feel overburden**. They should be in a position to handle so that they can produce a better quality of work which is demanded by the organizations which in turn a person can go for enjoying better quality of life..

II. Stress Management Techniques

Handling stress related to work and family is very important task in present life style of a person who is employed in one organization and it is also very important task for a person especially who is rendering their services from home. Working from home means combining work stress and family stress under the same roof which in turn leads to common stresses i.e. targets to be reached at both the ends. .

- **Know Your Triggers:** Be aware of what situations make you the most stressed, and try to avoid them if you can. When stressful situations occur, try to put them into perspective. Acknowledging that a certain situation is a trigger for you, is the first step in learning how to manage your stress.
- **Exercise:** Find time in your schedule for 15 to 30 minutes of exercise each day. Exercising will help you focus your energy and work out your frustration.
- **Meditate:** Whether you meditate at the beginning or end of your day, it is important to take a few moments for reflection. Setting aside five minutes to sit quietly and think about your goals will make you more relaxed.
- **Organize:** To put it simply, organize your life in a realistic way. Making lists and de-cluttering your space is the perfect way to remove clutter from your life.
- **Taking Vacations:** This does not have to mean setting aside a week for a journey to the Bahamas. Taking vacations from your work or other stress inducers can be as simple as going to a bed and breakfast for the weekend, or taking a day for yourself. Doing something as simple as taking a day to go to the spa and get a massage will leave you feeling rejuvenated

Health Benefits

Proper stress management and relaxation can lead to numerous health benefits. Reducing stress, by learning to think clearly and focus on your goals, leads to increased energy to do other things that you want to do, and even leads to better sleep.

Other health benefits from stress management can include:

- weight loss
- an improved immune system
- better blood pressure
- overall heart health
- better memory

All of these benefits are great individually, but when combined, they form the best health benefit of all a longer life.

III. Improved Relationships

In addition to the health benefits of stress management and relaxation, you can also enjoy the benefits of improved relationships. When you are stressed, your family feels the effects of that stress, and it is common to take out some of your anger and frustration on your family. Your family can feel like they are walking through a mine field, never knowing when your stress level will trigger an explosion of frustration. If you reduce stress and relax more, you will be happier, and in turn, your family will be happier.

Stress management and relaxation should be practiced by everyone, especially those who work from home. Reducing stress can lead to many benefits including improved health and improved relationships. Using stress management techniques like knowing your triggers, exercising, meditating, organizing and taking vacations are essential ways to de-stress and learn how to relax. We are all familiar with stress — it's a fact of life. With the rapid pace of modern living, it feels increasingly difficult to keep up. Sadly, the negative effects of stress are widespread and growing.

Our stress response is triggered when we are faced with overwhelming demands. The demands can be large or small, but it's the importance we attach to them that decides their impact. Important pressures we feel incapable of coping with result in stress, and prolonged exposure to these reactions can have an impact on physical, emotional and mental health.

Most of us feel "stressed out" at least once a month, and the majority of visits to doctors, and days off work, is for stress-related problems. But stress also can grow slowly and go unnoticed, or ignored, for years. Lack of time, information and motivation can cause it to build up until something breaks under the pressure.

With this in mind, one of the most important skills we can ever learn is the right way to manage stress. Once the skills are in place, moods become more stable, thoughts become clearer, relationships improve, and the risk of illness diminishes. It requires a commitment to you to take the necessary time and effort to learn new stress management skills. But we should all aim to develop at least one strategy to turn to when we feel our stress levels rising. Remember, relaxation and peace of mind is not reserved only for those with pots of money and masses of free time. They can be yours, too, with a little knowledge and understanding.

There are many effective on-the-spot techniques you can use in the middle of an intensely stressful situation. Practice deep breathing to provide extra oxygen for both physical and emotional well-being. Or take a break to remove yourself from the situation. If necessary, invent an excuse so you can spend a few moments by yourself. You will be able to think more clearly and get in touch with your feelings. Then you can decide what to do to lift the pressure.

To help over the long-term:

- Try to build stress-reducing activities into your life, such as exercise, relaxation and hobbies.
- Eat well and ensure you have sufficient rest and sleep to prepare yourself for the inevitable stresses of life.
- Avoid making self-critical comments.
- Become aware of your own strengths, weaknesses and needs.
- Make it a priority to get plenty of support rather than trying to cope alone.
- Write down your thoughts so they begin to make sense. Decide on priorities and look for solutions.
- Think creatively — what might another person do in your situation?
- Delegate, share responsibility, and renegotiate deadlines. Often those around you won't realize how overloaded you're feeling.
- Prepare for events as much as possible in advance, but don't try to be perfect, or expect other people and events to be perfect.
- Always seek expert advice when you experience severe physical and emotional symptoms.

- Your reactions to an event determine its impact, so it's always possible to reduce the level of pressure you feel. By knowing yourself well enough to tell when you're under stress, you can take action as soon as possible.
- The time and effort you spend relaxing and learning new stress management skills is always well-spent because of the emotional and physical health benefits it brings. If you are willing to make a change in just one area, let it be an increase in the time you spend relaxing. This is the foundation upon which all the other stress management techniques are built. Without stopping for a moment, we can't assess our current situation and gain an insight into how we're being affected, and what needs to change.

Questionnaire for Stress Management in an Organization with reference to women is as follows:

QUESTIONNAIRE:

- Q1. Is work culture supportive in your organization?
 - a. never
 - b. Often
 - c. rarely
- Q2. How often you face stress Situation in your organization.
 - a. Never
 - b. Often
 - c. Sometimes
- Q3. Most of your Stress are related to :
 - a. targets
 - b. Supervision
 - c. management
 - d. attitude
- Q4. How do you feel while working in the organization?
 - a. Great
 - b. Satisfied
 - c. Frustrated
- Q5. Have you taken leave in the past 12 months due to work related stress?
 - a. Yes
 - b. No
- Q6. Please estimate the average number of hours per week that you work (both on and off site) during term time.
 - a. 40 – 50
 - b. 50 – 60
 - c. 60 – Above
- Q7. Whom do you report / share if you have any problems in your work?
 - a. Superior
 - b. Colleagues (discussion)
 - c. Function Head
 - d. Head of HR department
 - Family member
- Q8 How do you handle Stress situations?
 - a. Optimistically
 - b. With the help of others
 - c. Depends upon level
- Q9. How often you face stress situation being taken care off?
 - a. Mostly
 - b. Rarely
 - c. Frequently
 - d. Not at all

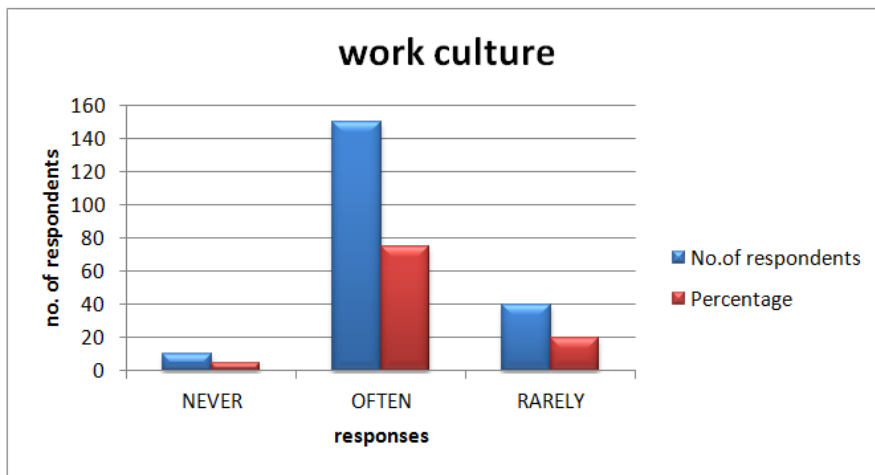
DATA ANALYSIS & INTERPRETATION

➤ Q1. Is work culture supportive in your organization?

- a. never
- b. Often
- c. rarely

TABLE1:

	NEVER	OFTEN	RARELY
No.of respondents	10	150	40
Percentage	5	75	20



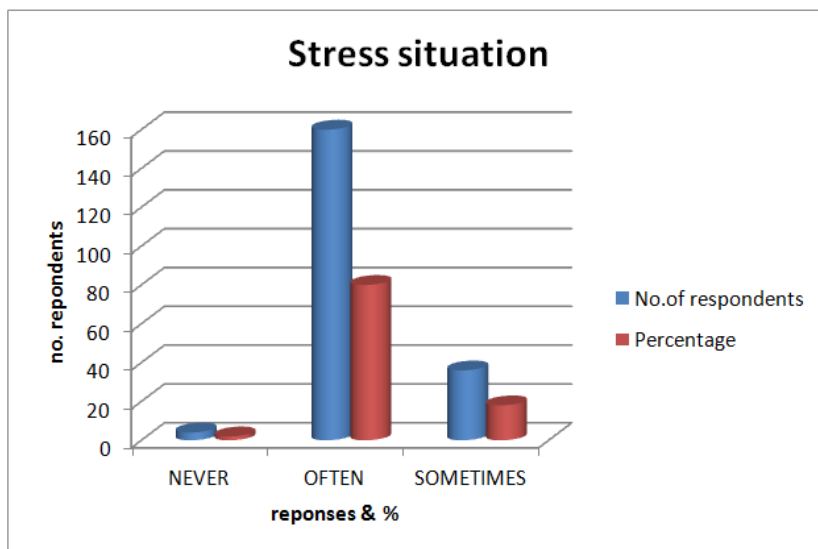
- 75% of the respondents are agreeing that their work culture is supportive
- 20% of the respondents have said that their work environment is supportive only in few cases.
- 5% of the respondents have said that their work culture is not supportive.

Q2. How often you face stress Situation in your organization.

- a. Never
- b. Often
- c. Sometimes

TABLE 2:

	NEVER	OFTEN	SOMETIMES
No.of respondents	4	160	36
Percentage	2	80	18

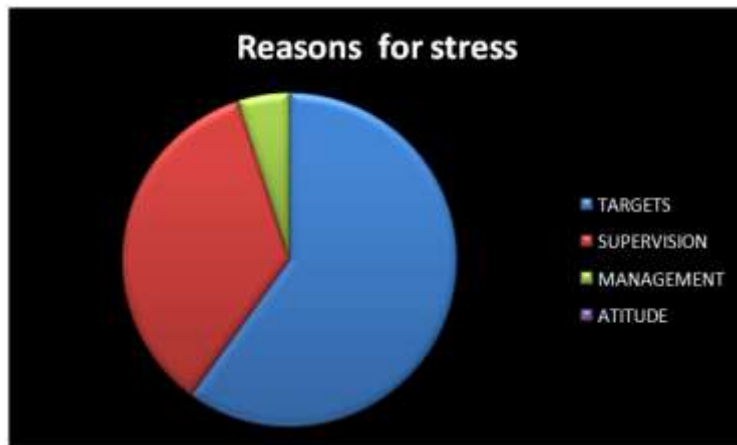


- 80% of the respondents are agreeing that they face stress Situation in your organization.
- 18% of the respondents have said that they face stress Situation in your organization sometimes only.
- 2% of the respondents have said that they never face stress Situation in your organization.

- Q3. Most of your Stress are related to :
- a. targets
 - b. Supervision
 - c. management
 - d. attitude

TABLE 3:

	TARGETS	SUPERVISION	MANAGEMENT	ATTITUDE
No.of respondents	120	70	10	0
Percentage	60	35	5	0

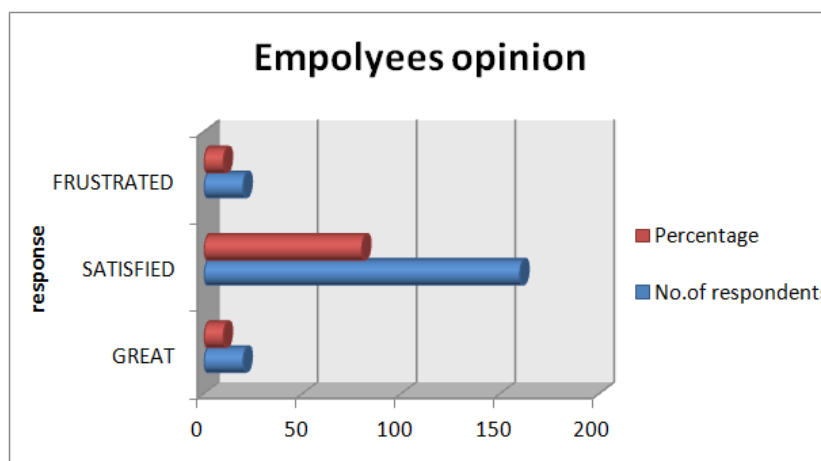


- 60% of the respondents are agreeing that they face stress due to targets to be reached.
- 35% of the respondents have said that they face stress due to supervision (superiors/dept heads).
- 5% of the respondents have said that they face due to management policy.

- Q4. How do you feel while working in the organization?
- a. Great
 - b. Satisfied
 - c. Frustrated

TABLE 4:

	GREAT	SATISFIED	FRUSTRATED
No.of respondents	20	160	20
Percentage	10	80	10

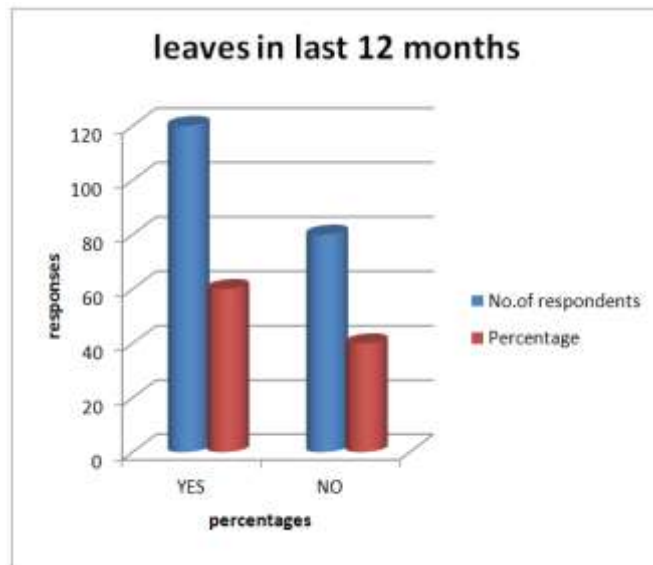


- 80% of the respondents are agreeing that they are satisfied while working in the organization
- 10% of the respondents have said that they feel great for working in the organization
- 10% of the respondents have said that they feel frustrated while working in the organization.

- Q5. Have you taken leave in the past 12 months due to work related stress?
 a. Yes
 b. No

TABLE 5:

	YES	NO
No.of respondents	120	80
Percentage	60	40

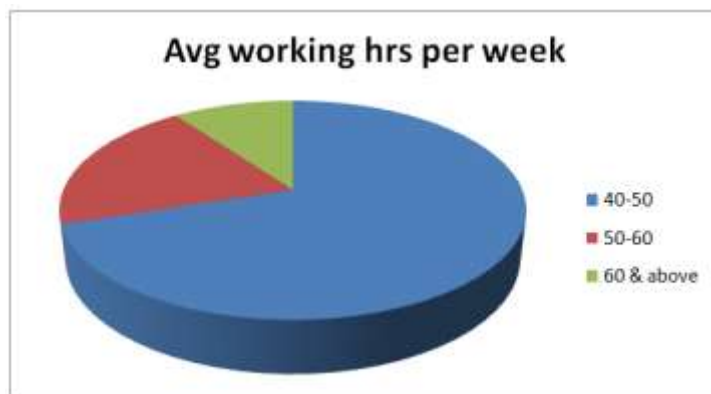


- Majority of the respondents have said that they have availed leave due to stress in past 12 months
- 80 respondents have said that they have not availed any leave due to stress in past 12 months

- Q6. Please estimate the average number of hours per week that you work (both on and off site) during term time.
 a. 40 – 50
 b. 50 – 60
 c. 60 – Above

TABLE 6:

	40-50	50-60	60 & above
No.of respondents	140	40	20
Percentage	70	20	10



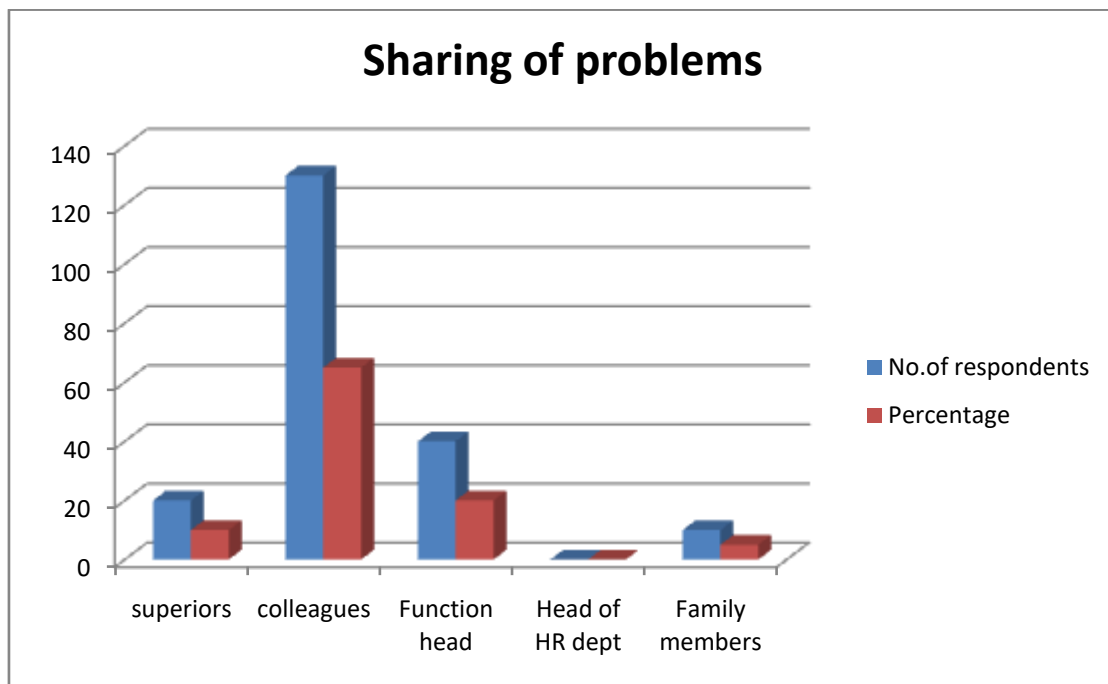
- Majority of the respondents have said that they have weekly working hours of 40-50 .
- Only 20% of respondents have said that there weekly working hours are ranging from 50-60 hours.
- 10% of the respondents have said that there weekly working hours are ranging 60 & above hours.

➤ Q7. Whom do you report / share if you have any problems in your work?

- Superior
- Colleagues (discussion)
- Function Head
- Head of HR department
- Family member

TABLE 7:

	superiors	colleagues	Function head	Head of HR dept	Family members
No.of respondents	20	130	40	0	10
Percentage	10	65	20	0	5

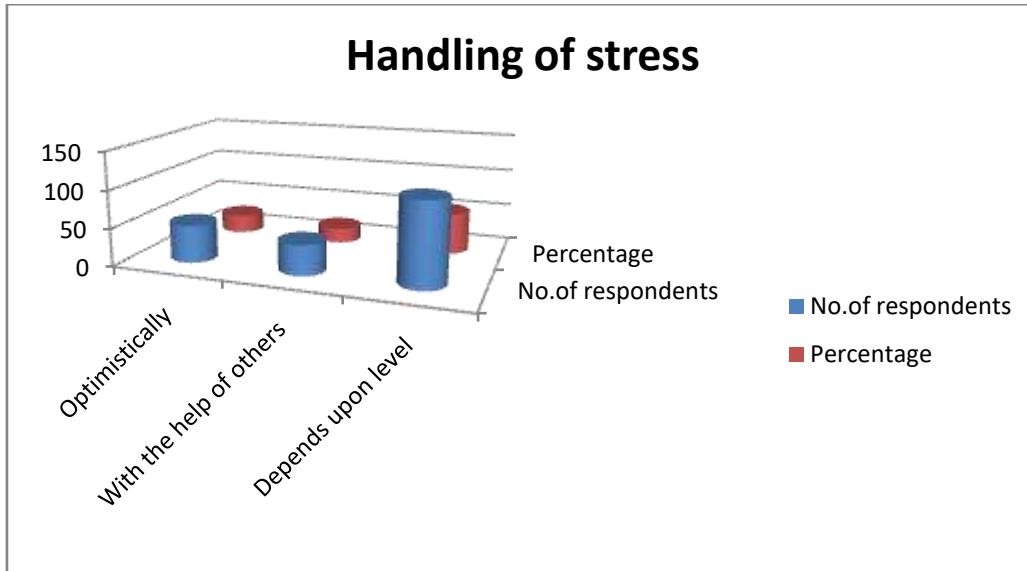


- 65% of the respondents have told that they share problems in work environment to their colleagues/friends.
- 20% respondents have told that they share problems in work environment to their functional heads.
- 10% respondents have told that they share problems in work environment to their superiors.
- 5 % respondents have told that they share problems in work environment with their family members.

8 How do you handle Stress situations?

- Optimistically
- With the help of others
- Depends upon level

	Optimistically	With the help of others	Depends upon level
No.of respondents	50	40	110
Percentage	25	20	55

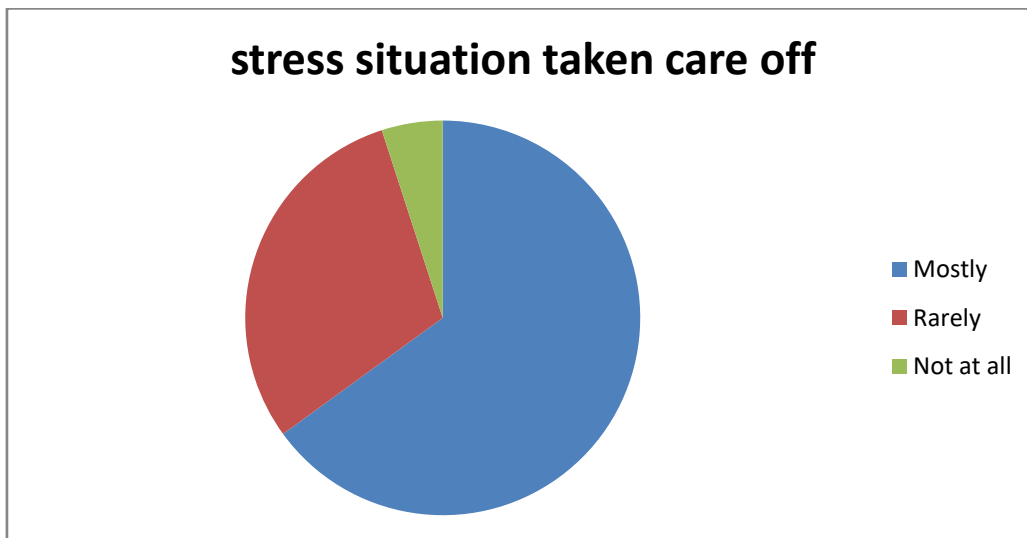


- 55% of the respondents have said that handling stress will depend upon the level of stress.
- 25% of the respondents have said that optimistically they are handling stress .
- 20% of the respondents have said that with the help of others they are handling stress

Q9. How often stress situation are being taken care off?

- Mostly
- Rarely
- Not at all

	Mostly	Rarely	Not at all
No. of respondents	130	60	10
percentage	60	35	5



- 60% of the respondents have said that mostly stress situation are being taken care off.
- 35% of the respondents have said those rarely stress situations are being taken care off.
- 5% of the respondents have said that stress situation is not at all taken care off.

Findings:

- Women are not in a position of knowing that they are in stress situation .
- Due to which they are not able to handle them in a proper way which inturn is complicating the work environment.

- Due to this they are leaving jobs in between the year without prior notice which is disturbing the work plan of the organization.
- Stress in women is mostly related to reaching targets due to which women are facing problems i.e health, family related issues. Apart from this long working hour is also a prominent problem faced by women.

IV. Conclusions

We can see that most of the women because of various reasons they are coming out from the home place to render services which in turn satisfies their goals. But because of the present situations women are facing lot of problems that are related to health issues , sexual harassment , family relations an so on. Most of the women are not in a position of coming out from the stress faced by them at various levels. They has to check out for various ways which help them in getting relief from the stress. The stress experienced by them should not be carry forward. , then they can avoid various situations.