

A Study on Stress Management of Working Women in Private School in Pavoorchatham Union

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Abstract:

According to WHO, health is a state of complete physical and social well-being and not merely the absence of disease or infirmity. In India, a large number of working women employees are facing stress. The studies conducted so far have endeavored to study the stress and related problems of the working women employees. The survey tool was engaged to analyze the data. Finally, this study accomplished the working women employee show study; they are facing managing stress in their personal and teachers. Hence, steps are provided in managing their personal advantage to reduce their stress.

Key words: *Stress, working women employees, occupation, job stress*

Introduction:

The working women employees make a responsible and talented generation. They play an imperative role in shaping human behaviors. Occupational stress among working women employees has been the year stress has become working women have over the year become a major area of discussion and uneasiness. Women stress may be defined as the experience of unpleasant emotions such as tension, pestering, disquiet, anger, and depression resulting from aspects of their work. The increasing awareness of working women employees stress stems in part from a concern from a concern that many good working women employees leave the profession because of stress in part from the mounting evidence that expanded occupational stress can precipitate bouts of physical illness. Working women employees want to work hard in order to attain good results. In the case of companies, if the work is very hard but it is a good profession, it means during these jobs some rapid physical and mental tension is there, working women employees know what to work on in order to attain good results. In an organization, the procedure is very hard to understand for their co-worker and supervisor.

In Pavoorchatram, there is an increasing number of working women (166). They are facing a lot of problems due to their personal and professional. If the problem occurs, they cannot work well. So, we must find out the reasons for the stress of women employees. Working women employees must overcome their physical and psychological tension, and then they can work in a good way. According to the HSE, the circumstances that may lead to stress include too much or too little to do, boring or repetitive work, role confusion, lack of control, lack of communication and discussion, blame culture, lack of support for individuals to develop their skills, inflexibility, bullying, and racial or sexual annoyance. Therefore, it is a felt need to conduct a programmatic study on the stress faced by women employees in Pavoorchathram.

Concept of stress:

Stress is defined either as a reaction or as an incentive; as a reaction, the meaning of stress is consubstantial with detailed changes that the human biological system is experiencing. As a stimulus, that causes these changes. The stressful events can be acute, chronic, remitting, and continue to be chronic.

Stress management techniques:

- Removing or changing the source of stress
- Altering how a person views a stressful event
- Lowering the effects that stress might have on the body.
- Learning alternative ways of coping

Limitation of study:

Stress is something that is part of normal life in that it is experienced by everyone from time to time. However, some people suffer from stress that is so frequent or severe that it can honestly impact their quality of life. Relationships with others

1. Work-related issues
2. Coping with illness
3. Life changes, such as marriage, retirement, and divorce
4. Day-to-day activities and tasks
5. Positive events such as organizing holidays or parties.
6. Juggling many roles or tasks at the same time.
7. Relationships with others

Symptoms of stress:

1. Irritability or moodiness
2. Interrupted sleep
3. Worrying or feeling of anxiety
4. Back and neck pain
5. Frequent headaches, minor to migraine
6. Upset stomach
7. Increased blood pressure
8. Changes in appetite
9. Making existing physical problems worse
10. More susceptible to cold flu and slower recovery.

Causes of stress:

1. Financial issues
2. Relationship problems
3. Health issues
4. Social problems
5. Accident
6. Major life changes
7. Social pressures academic stress

Causes of workplace stress:

1. Long hours
2. Unfairness
3. Lack of acknowledgments or rewards
4. Little or no control over workplace activities
5. Lack of job security
6. Office policies.

Statement of the problem:

Statement of the work-related stress in the private school teachers in Pavoorchathram union.

Signification of stress:

Common effects of stress. Stress symptoms can affect your body, your thoughts and feelings, and your behaviors. Knowing common stress symptoms can help you manage them. Stress that's not dealt with can lead to many health problems, such as high blood pressure, heart disease, stroke, obesity, and diabetes.

Review of literature:

In this book, "Stress Management: A Comprehensive Guide to Wellness," Greenberg and Gordan (2009) define stress management as a set of techniques and behavioral strategies that individuals can use to reduce stress, leading to better personal well-being and improved performance.

Reese and Dilogies (2016) Stress management involves a range of efforts and interventions aimed at improving an individual's ability to cope with stressful experiences. It includes activities and techniques such as relaxation exercises, time management, and problem-solving strategies.

Objectives:

1. To analyze the level of occupational stress among women employees in Pavoorchatham town
2. To identify different methods and statistical tools in percentage methods related to stress.

Area profile and methodology:

To achieve the objectives of the present study, a total of 100 employees—respondents working in functioning at Pavoorchatham town—were surveyed. The pavoorchatham private and management total school 12, primary scholl-6, medial scholl-2, higher secondary -3school total women teachers 166. Selected by using sampling methods satisfied in survey methods. The necessary primary questions were called in the study.

In the shows, in the 100% of respondents opinion stress category, 59% of respondents are having the working employees in their school teacher mild stress. 32% of respondents are having the working employees stress. 9% of respondents are having the working employees not stress happy at the working place.

In this study, out of 100% of respondents, the majority of the causes of stress among the teaching working women employees are work-related stress (44%). They were teachers in time management 18%. 15% of the respondents by the working women faced teaching stress. 12% of the working employees in discipline and motivation. 11% of respondents are working on attributes of working women in professional investment.

In this above, it shows that of the 100%, the respondents are by the working stress level of working women employees among the working atmosphere. 36% of respondents level of the need of the action planning. 22% of respondents level of the working women's need for the advice and supports. 12% of respondents other employees needs for exercise. 11% of respondents level of needs for recreation. 10% of respondents' level of working women needs of the relaxation. 9% of respondents working women need professional help to overcome the stress level of working employees needs.

Findings:

- Majority of the working women teachers of the milled stress in 59%
- The responders, by their attributes, stress working women and working employees are working in a workplace in work-related stress.
- 36% of respondents of the working women level of the need for action planning.

Suggestions:

- Support from management for teachers' development activities to enrich their knowledge by attending various training, etc.
- Social and emotional support should be made available to working women employees to the stress level.

Reference:

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www.cci.health.wa.gov.au for more handouts and resources.

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