



“STUDY OF OCCUPATIONAL STRESS AMONG WORKING COUPLES”

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Introduction

Families are experiencing changes due to the increased pace of growth and modernization. Today females belonging to all categories have entered different professions. A person is required to perform various roles on the personal front as well as on the professional front. Man is known in society by relations. Every individual has to play various roles /characters such as son, brother, husband, father, and friend at home whereas women play roles such as daughter, wife, sister, and mother at the home front. On the professional front, she performs roles like executive, staff, worker, superior, or subordinate. All these roles demand time, effort, hard work, efficiency, and performance.

On the family front, relational roles like son, daughter, spouse, or parental role needs a higher degree of emotional involvement and personal care. On the office front, he/she requires concentration and involvement. These demands create a dilemma for individuals about which role they need to play, which may hamper / her efficiency and becomes a cause of stress. At the same time, it is seen that today men are responsible for household chores and they are flexible in a division of domestic labour. These things may cause stress for men. Most of the husbands feel that household tasks and childcare should be shared when both are earning. According to (Carole P. , 1990) “the relationship between gender, work and stress are complex”¹. Various factors contribute to the situation being worst for women. Working women started taking job / professional responsibilities outside the house but that hasn’t reduced their household responsibilities. Domestic work is still considered as ‘women’s work’. This double work has left women with more work and less time.

¹ P.Carole. (1990). *Keeping the family going, Co-operative Extension Service, Kansas State University, Kansas.* Kansas State.

Occupational Stress:

The word stress comes from the Latin word stringer,' which means 'to pull right.' This phrase was first used to describe suffering in the 17th century. Later on, the term "stress" was employed to refer to individual force, pressure, strain, or exertion.

Selye (1987) "The non-specific response of the body to any demand imposed upon it," according to the definition of stress. In 1964, Selye coined the term "stress." "Stress" is defined by him as "a collection of physical and psychological responses to unfavorable conditions or influences."² Stress, according to Selye (Selye, 1936), is a syndrome characterized by a comparable type of response of an organism to a wide range of chemical, biological, or physical stimuli.

According to Selye, stress is the syndrome of just being sick (Selye, 1936), covering the similar type of response of an organism to a wide range of chemical, biological, or physical stimuli.

Occupation-related stress can be experienced in different forms and shapes and forms. Occupation Stress is also described as Job Stress or Work-related Stress. Occupational stress can be defined as "The adverse reaction people have to excessive pressures or other types of demand placed on them." "The negative reaction that people have when they are subjected to excessive pressures or other sorts of demands." Workplace stress has negative psychological and physiological consequences." Researchers discovered that workers who are stressed have worse productivity, absenteeism, a larger frequency of accidents, lower morale, and more interpersonal conflict with co-workers and superiors after consulting several studies.

According to (N. Anderson, 1998), Schalk, and Humprey (1998), work stress has been described as an incompatibility between the individual and his or her environment.

Significance of the Study:

The study has several implications from a research and practical point of view. Occupational Stress has practical utility in modern management. The study is useful to understand Occupational Stress among working women.

The study will also be useful in knowing the level of occupational stress of the women residing in the Kalyan Dombivli Municipal Corporations area. The study will also be useful to understand the importance of occupational stress. It is also interesting to study the perception of working women about their occupational stress.

The result will be useful to train the employee in the face to minimize occupational stress. The findings of this study will also be useful for professional counseling to couples.

² Selye, 1936

Statement of the Problem:**“Study of occupational stress among working women”****Objectives of the Study:**

1. To study the relationship between Occupational Stress and Working Couples
2. To study the occupational stress among employees who are residing in Kalyan and Dombivli.
3. To study the relationship between occupational stress and various demographic variables.

Keeping in mind the objectives of the study the researcher has formulated the following null hypothesis.

H1: There is significant occupational stress among working couples.

Study of Demographic Variables:

This study intends to find out the relationship between emotional intelligence and occupational stress among working couples and Single Earning. To explore the relationship between demographic variables and emotional intelligence and occupation stress, demographic variables listed for the study by the researcher as follows:

Table-3.4.1(a): Gender

Gender	Working Couple (n1)	Working Couple (In Value)
	f	OS
Male	238	29503
Female	262	31445
Total	500	60948

Table-3.4.1(b): Gender

GENDER	Working Couple
	OS (Mean)
Male	124
Female	160
Total	122

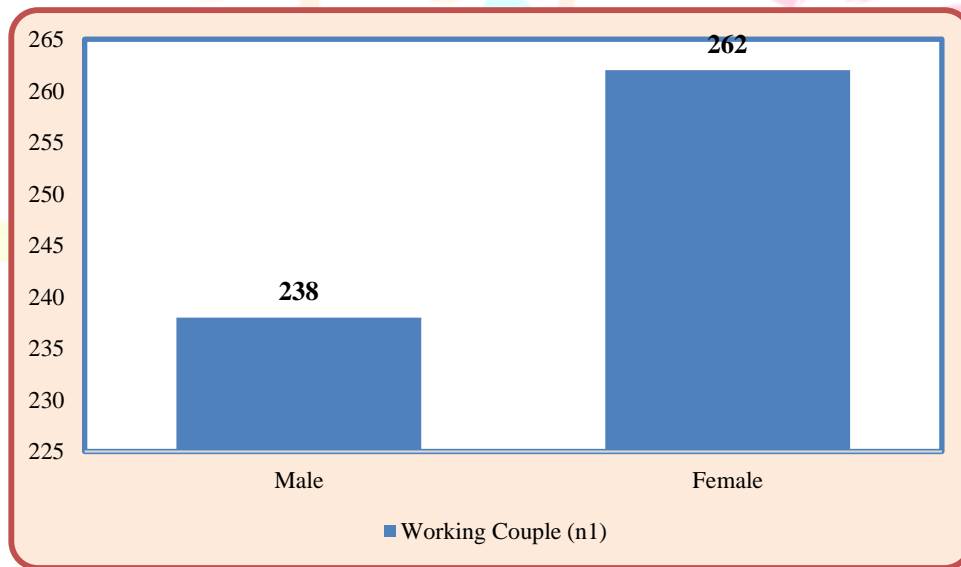


Figure -3.4.1 (a): Gender (F)

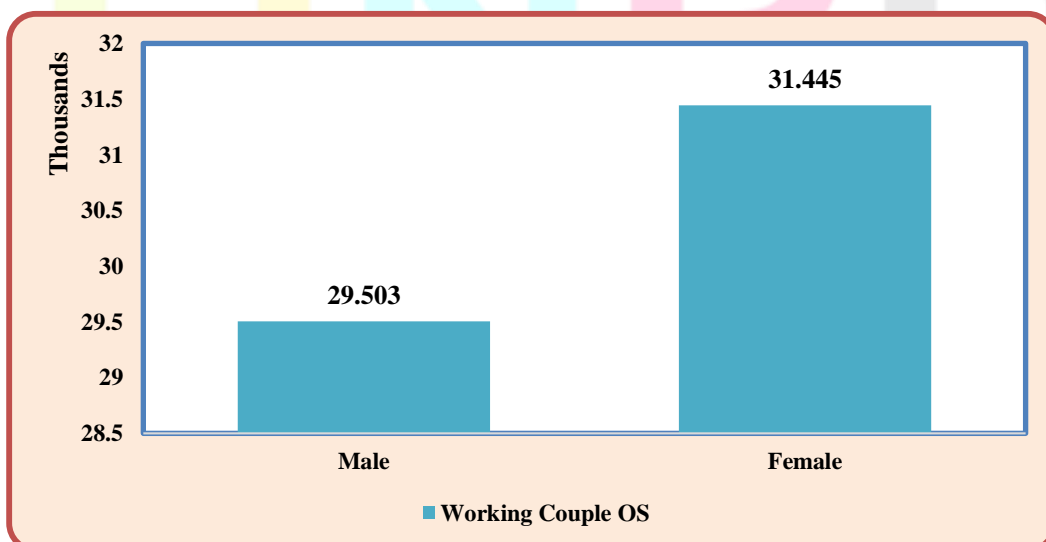


Figure -3.4.1 (b): Gender (Values in Thousands)

The average level of occupational stress among working couple respondents, the male is 124 and female 160.

The average level of occupational stress among single earning couple respondents male is 120 and females 115.

The average level of occupational stress of male respondents (541) is 121 and female respondents (459) is 118.

The average level of occupational stress of male respondents among working couples is less than female respondents but the occupational stress of male respondents among single earning couples is more than that of female respondents.

The average level of occupational stress of males (124), females (160) among working couples is more than male (120), female (115) respondents among single earning couples.

It was also observed by the researcher that the an average level of occupational stress among male respondents is more than the female respondents.

The average level of Occupational stress of male and female respondents among working couples is more than single-earning couples.

Table-3.4.2(a):Age

Age	Working Couple (n1) <i>fl</i>	Working Couple (In Value) OS
25-30 Years	167	19387
31-41 Years	110	13428
41-50 Years	151	19046
50-60 Years	72	9087
Total	500	60948

Table-3.4.2(b):Age

AGE	Working Couple
	OS (Mean)
25-30 Years	116
31-41 Years	122
41-50 Years	126
51-60 Years	126
Total	122

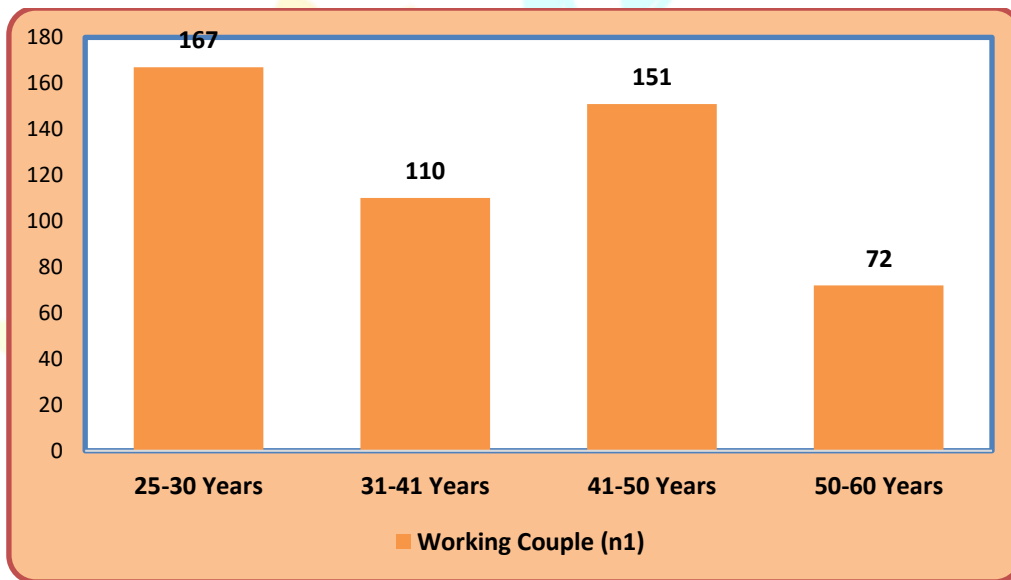


Figure -3.4.2(a): Age (F)

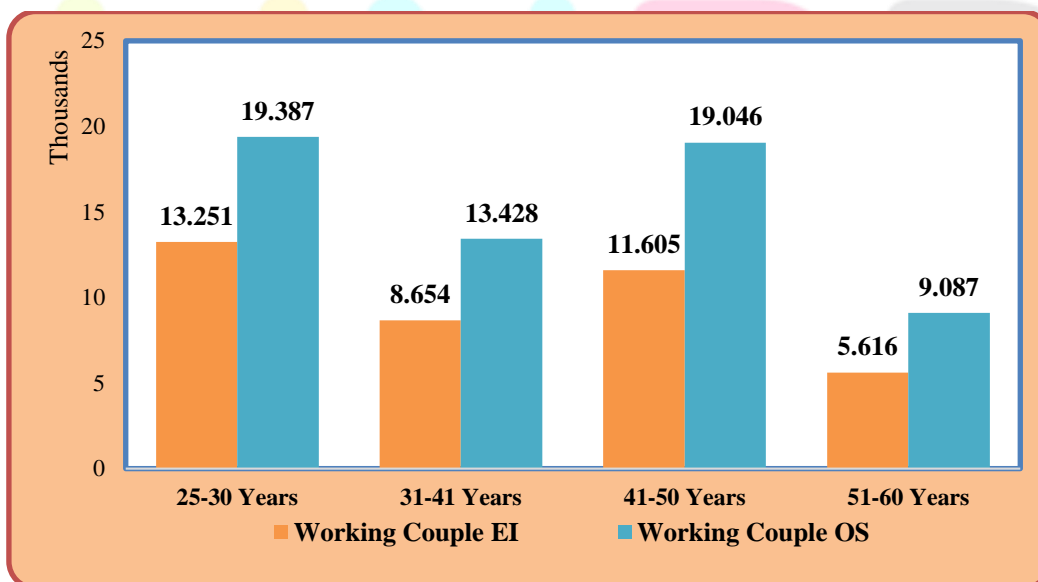


Figure -3.4.2 (b): Age (Values in Thousands)

Average Level of occupational stress among working couple respondents, age group 25- 30 years 116, 31 -40 years 122, 41- 50years 126 and 51- 60 years 126 whereas the average level of occupational stress among single earning couple respondent age group 25- 30 years, 111, 31 -40 years 116, 41- 50years 122 and 5- 60 years 119

It was observed that occupational stress increases with the age among working couples as well as single earning couple respondents.

It was observed that the average level of average occupational stress is highest in the age group 41-50 years.

Table-3.4.3(a): Hierarchy

Hierarchy	Working Couple (n1)	Working Couple (In Value)
	<i>fl</i>	OS
Manager	55	6956
Supervisor	141	17373
Clerk	135	16203
Other	169	20416
Total	500	60948

Table-3.4.3(b): Hierarchy

Hierarchy	Working Couple
	OS (Mean)
Manager	126
Supervisor	123
Clerk	120
Other	121
Total	122

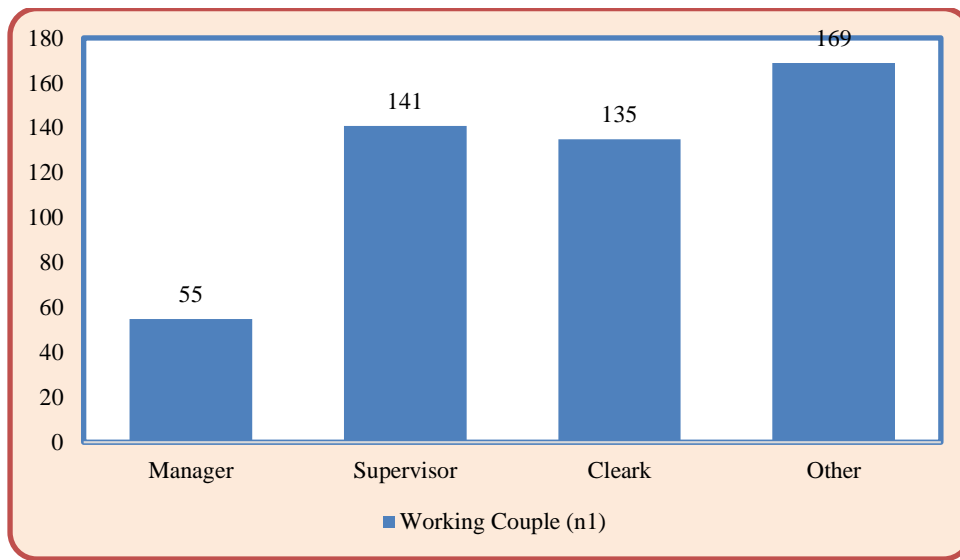


Figure -3.4.3 (a): Hierarchy (F)

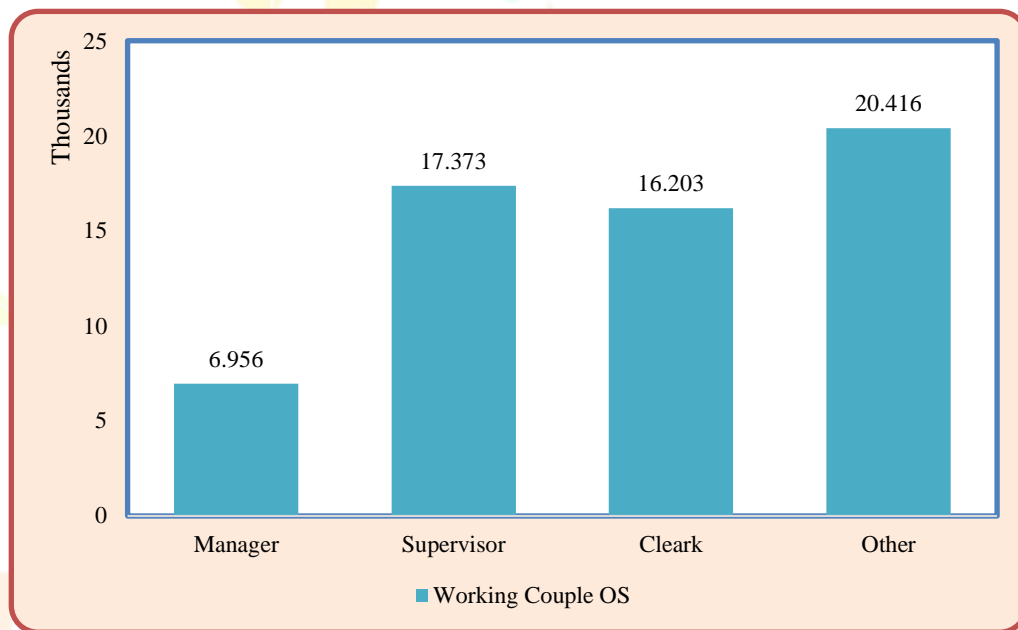


Figure -3.4.3 (b): Hierarchy (Values in Thousands)

Average Level of occupational stress among working couple respondent, Manager 126, Supervisor 123, Clerk 120 and Other 121 whereas an average level of occupational stress among single earning couple respondent Manager 120, Supervisor 107, Clerk 113 and Other 134

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Table-3.4.4(a): Responsibility in Organization

Responsibility in Organization	Working Couple (n1)	Working Couple (In Value)
	<i>fl</i>	OS
Low	112	13173
Moderate	272	34002
High	116	13773
Total	500	60948

Table-3.4.4(a): Responsibility in Organization

Responsibility in Organisation	Working Couple
	OS (Mean)
Low	118
Moderate	125
High	119
Total	122

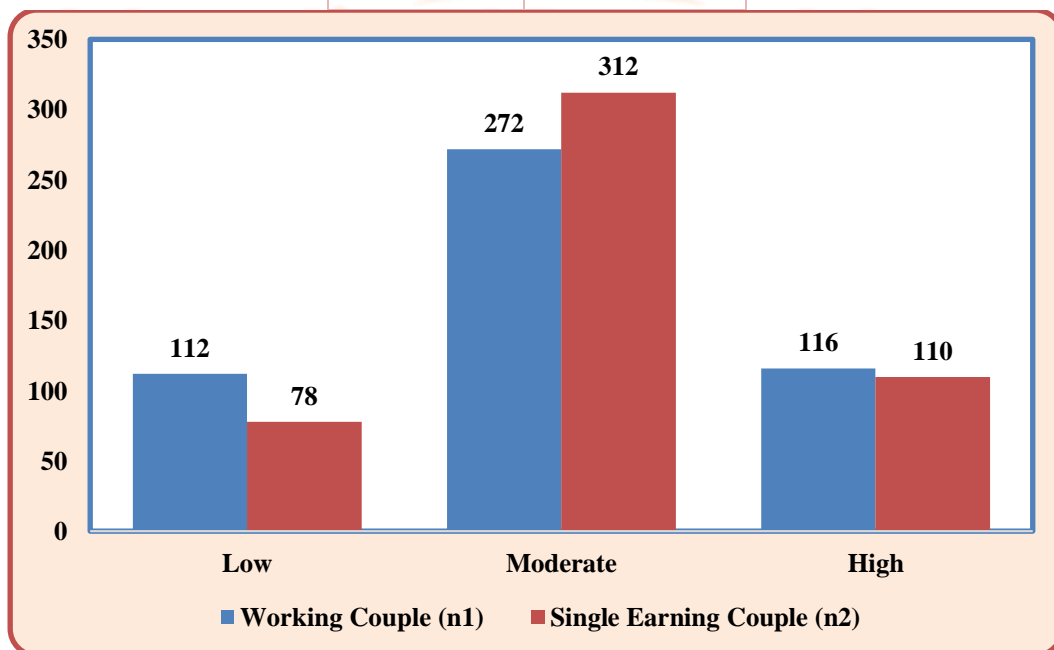


Figure -3.4.4 (a): Responsibility in Organization (F)

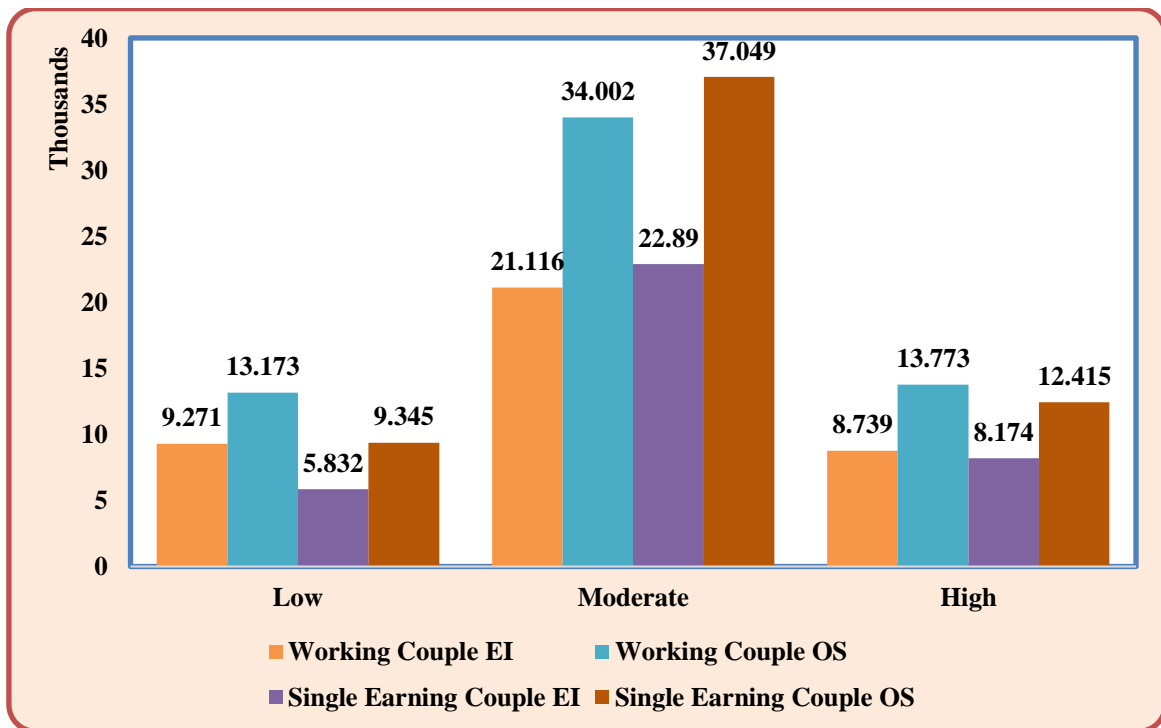


Figure -3.4.4 (b): Responsibility in Organization (Values in Thousands)

Average Level of occupational stress among working couple respondent, working with Lower responsibility 118, working with Moderate responsibility 125, and working with High responsibility 119 whereas an average level of occupational stress among single earning couple respondent working with Lower responsibility 120, working with Moderate responsibility 119, and working with High responsibility 113.

The average level of occupational stress among working couples with low, moderate, and high responsibility is more than single earning couples.

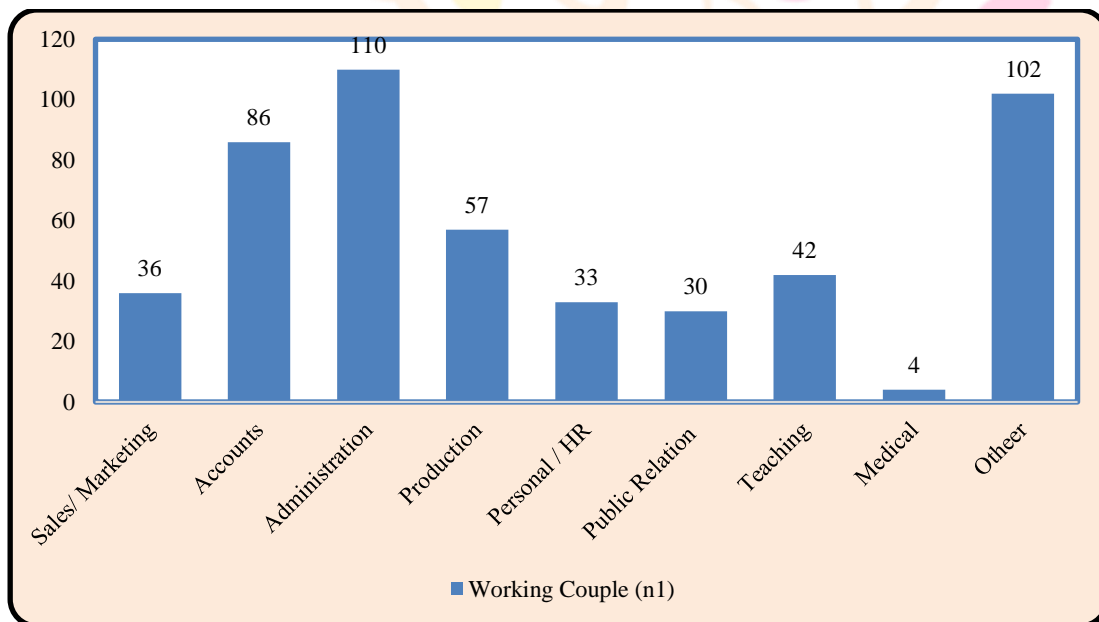
It was observed by the researcher that as responsibility increases in the organization occupational stress increases among working couple respondents.

Table-3.4.5(a): Nature of Job

Nature of Job	Working Couple (n1)	Working Couple (In Value)
	<i>fl</i>	OS
Sales/ Marketing	36	4212
Accounts	86	10626
Administration	110	13691
Production	57	7157
Personnel / HR	33	4027
Public Relation	30	3830
Teaching	42	5196
Medical	4	482
Other	102	11727
Total	500	60948

Table-3.4.5(b): Nature of Job

Nature of Job	Working Couples
	OS (Mean)
Sales/ Marketing	117
Accounts	124
Administration	124
Production	126
Personnel / HR	122
Public Relation	128
Teaching	124
Medical	121
Other	115
Total	122

**Chart -3.4.5 (a): Nature of Job (F)**

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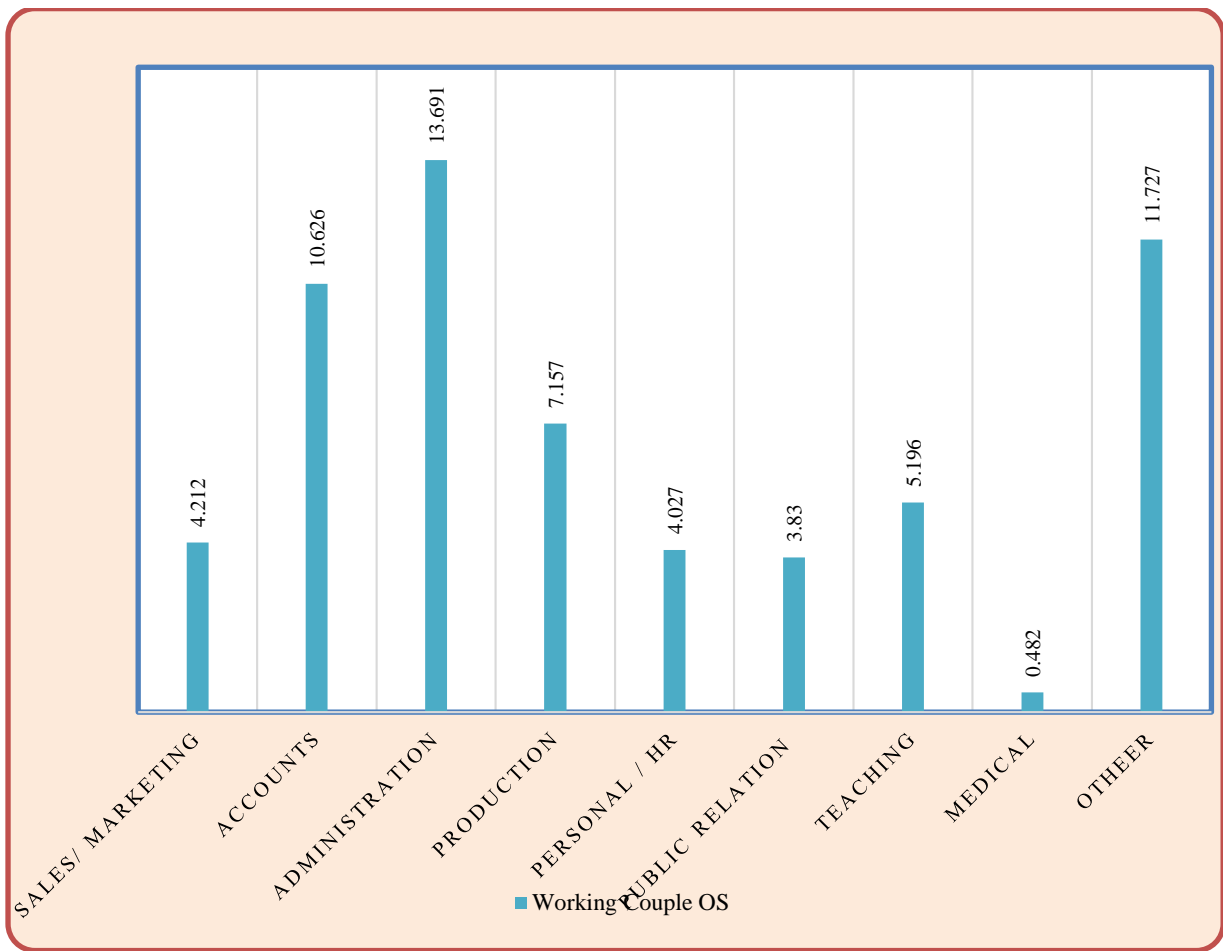


Chart -3.4.5 (b): Nature of Job (Values in Thousands)

The average level of occupational stress among working couple respondents working sales/marketing 117, Accounts / Finance 124, Administration 124, Production 126, Human Resource 122, Public Relation 128, Teachers 124, Medical field 121, and others 115 whereas Average level of occupational stress among single earning couple respondents working sales/marketing 113, Accounts / Finance 118, Administration 123, Production 115, Human Resource 113, Public Relation 109, Teachers 114, Medical field 107, and others 122.

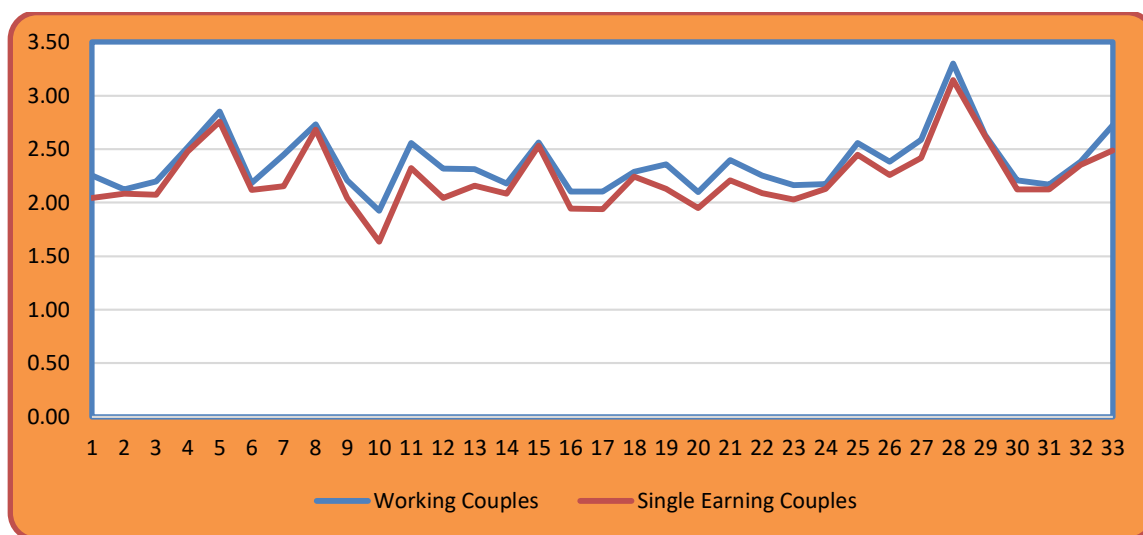
Respondents working in the field of Public relations among working couples face the highest occupational stress whereas respondents working in Administration face the lowest occupational stress.

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Table : Average Level of Response to Occupational Stress

(On 5 Point Likert Scale)

S.N.	Questions (Emotional Intelligence)	Working Couples (Mean Value)	Single Earning Couples (Mean Value)
1	I know when to speak about my problems to others.	2.25	2.04
2	When I am faced with obstacles, I remember times I faced similar obstacles and overcome them.	2.12	2.09
3	I accept t that I will do well on most things I try.	2.20	2.07
4	Other people find it easy to confide in me.	2.52	2.48
5	I find it hard to understand the non-verbal messages of other people.	2.85	2.76
6	Some of the major events of my life have led me to re-evaluate what is important and not important.	2.19	2.12
7	When my mood changes, I see new possibilities.	2.45	2.16
8	Emotions are one of the things that make my life worth living.	2.73	2.68
9	I am aware of my emotions as I experience them.	2.21	2.04
10	I expect good things to happen.	1.92	1.64
11	I like to share my emotions with others.	2.56	2.32
12	When I experience a positive emotion, I know how to make it last.	2.32	2.04
13	I arrange events others enjoy.	2.31	2.16
14	I seek out activities that make me happy.	2.18	2.09
15	I am aware of the non-verbal messages I send to others.	2.56	2.53
16	I present myself in a way that makes a good impression on others.	2.10	1.95
17	When I am in a positive mood, solving problems is easy for me.	2.10	1.94
18	By looking at facial expressions, I recognize the emotions people are experiencing,	2.29	2.24
19	I know why my emotions change.	2.36	2.13
20	When I am in a positive mood, I can come up with positive ideas.	2.10	1.95
21	I have control over my emotions	2.40	2.21
22	I easily recognize my emotions as I experience them.	2.25	2.09
23	I motivate myself by imagining a good outcome to the task I take on	2.16	2.03
24	I compliment others when they have done something well.	2.18	2.13
25	I am aware of the non-verbal messages other people send.	2.56	2.45
26	When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	2.38	2.26
27	When I feel a change in emotions, I tend to come up with ideas.	2.59	2.42
28	When I am faced with ca challenges, I give up because I believe I believe I will fail.	3.30	3.15
29	I know what other people are feeling just by looking at them.	2.63	2.62
30	I help other people feel better when they are down.	2.21	2.13
31	I use good moods to help myself keep trying in the face of obstacles.	2.17	2.13
32	I can tell how people are feeling by listening to the tone of their voices	2.38	2.35
33	It is difficult for me to understand why people feel, the way they do.	2.72	2.49



Conclusion:

Respondents working in the field of Public relations among working couples face the highest occupational stress whereas respondents working in Administration face the lower occupational stress.

It was observed by the researcher that the average level of occupational stress among single-earning couple respondents traveling by bus to reach their workplace is highest.

It was observed by the researcher that the average level of occupational stress among working couple respondents working in Private and Public Sector organizations is higher than respondents working in Government sector organizations.

It was observed by the researcher that the average level of occupational stress among single-earning couple respondents working in Government sector organizations is lower than in Private and Public sector organizations.

It was observed by the researcher that the average level of occupational stress among working couples is high..

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