



Article : MENTAL STRESSES SYMPTOMS OF WORKING WOMEN

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Abstract

The purpose of the research to find out the symptoms of working women's mental stress. The sample consists 32 working women from various educational institutions. The sample is collected by random method. Type 'A' and 'B' is personality test and mental stress symptom test by Dr. K. M. Jadhav used for data collection. The result shows that Type A and Type B women's are significantly differ on mental stress symptoms. The mean of behaviour of symptoms for type 'A' is 61.60 and S. D. 13.13 and the mean of type B is 53.86 and S. D. 10.09. The 't' value is 3.39 which is significant at .01 level. The type A and B women's are not differ significantly on physiological symptoms. The 't' value is .80 On the other hand symptoms to lead the mental stress of both types are differ significantly. The 't' value is 4.29 which is significantly at .01 level.

Introduction :-

Adjustment of any person is depended upon his personality. No two persons are resemble with each other. They differ in their personality. Intelligent, Calm, Social, Emotional, Short-tempered are the adjectives which state the traits in the personality.

'Personality' is the word borrowed from Greek Latin. In Latin "Persona" means mask.

Norman Munn, Allport, Woodworth, Mitchel, Kreshmer, Sheldon, Carl Jung, Enyanzk had studied about Personality. Meir Freedman and Rozen-Mann (1959) had studied personality he has stated Type A & Type B Personality .

1) Type 'A' Personality :-

Type A persons are aggressive, competitive, attacking, anger, always making hurry, time bound and ambitions. They always make hurry in their any type of work. They are always alert, anxious, responsible and show opposition to decentralization. They observe more stress.

These people are susceptible to Heart Problems, High Blood Pressure and Heart Attack.

2) Type 'B' of Personality:-

Persons belonging to this type are calm, responsible, patient, emotionally calm, lacking aggressiveness and ready to decentralize authority.

Stress :-

Nowadays stress becomes universal phenomenon. Every person wants more and more for the attainment of pleasure, due to this competition is increased in every field of life and this competition generates stress among people no doubt the competition is must but we don't ignore its result in the recent years as more and more women are coming to take on many jobs.

But these women executives facing various challenges, one is stress and stress is one cause of coronary heart disease. Stress is common among the career women at workplace. Nowadays the percentage of coronary heart disease is increased among women executives (WHO-2002) the main causes are work related stress, value conflict, type of work, standard of living, nutrition, lack of physical exercise. So that these women facing the other problems like overweight, body ache, and psychosomatic disorders. These women working in under stress because of they have to perform various roles. The expectation are high from women's if they working as executives. They have the pressure of balancing work and family. All these factors influence in health-William (1991) and weib (1991) suggest about the health problem of career women. Bluementhol (1995) also investigated the job

stress affect on health. Sudan (1998) remarks that psychomatic disorders are increasing rapidly.

Definition of Personality:-

- 1) Allport (1937) :- Personality is the dynamic organization within an individual of those Psychophysical system's that determine his unique adjustment to his environment.
- 2) Allport (1961) :- Personality is the dynamic organization within the individual of those Psychophysical system's that determine his characteristics behavior and thought.

Hypothesis:-

- 1) Type 'A' Working Women shows more mental stress symptoms.
- 2) Type 'B' Working Women shows less mental stress symptoms.
- 3) Type 'A' Working Women shows more physical stress symptoms.
- 4) Type 'B' Working Women shows less physical symptoms.
- 5) Working Women from 'A' type indicates more symptoms which lead them towards mental stress.
- 6) Working Women from 'B' type shows less symptoms which lead them towards mental stress.

Selection of Sample:-

The Researcher has selected 42 working women for the present research. These women are working as a teacher in Arts, Commerce and Science College, B.Ed. College, D.Ed. College, Nursing College and High School. Women are selected from these branches randomly. The Age group of these women is 22 to 40.

Branch	Total No. of Teacher
Higher Secondary School	07
Junior College	04
Senior College (A.C. & S)	23
Nursing College	03
D. Ed. College	03
B. Ed. College	02
	42

Tools of Researcher:-

1) Personality Test by Dr. K. M. Jadhav – Test retest reliability is .75. This test has face validity.

Statistical Analysis:-

Table No. 1

Mean and S.D. of symptoms of Mental Stress behavior of Type ‘A’ and Type ‘B’ working women.

Type of Personality	Mean	S. D.
‘A’ Type	61.60	13.13
‘B’ Type	53.86	10.09
‘t’ Value	3.39	Significant of 0.01 Level

Table No. 2

Mean and S.D. physical symptoms of Type ‘A’ and Type ‘B’ working women.

Type of Personality	Mean	S. D.
‘A’ Type	43.80	10.06
‘B’ Type	38.71	7.61
‘t’ Value	0.80	Not Significant

Table No. 3

Mean and S.D. of symptoms leading to stress of Type 'A' and Type 'B' working women.

Type of Personality	Mean	S. D.
'A' Type	32.00	5.69
'B' Type	27.71	3.95
't' Value	4.29	Significant of 0.01 Level

Discussion:-

Study of Working Women's symptoms regarding Mental Stress of Type 'A' and Type 'B' personalities. Observation of the researcher are as follows:-

Table No. 1 - Shows that Mean of symptoms of mental stress behavior of Type 'A' working women is 61.60 and S.D. 13.13.

Mean of Type B is 53.86 and S. D. 10.09. The "t" value is significant at .01 level which is 3.39.

Table No. 2 – Shows mean of working women from Type 'A' of mental stress on physical symptoms behavior is 43.80 and S. D. is 10.06

Mean of symptoms of mental stress physical symptom of Type 'B' working women is 38.71 and S. D. 7.61

The "t" value of the difference between mean of physical symptoms of mental stress of working women is not significant which is 0.80.

Table No. 3 – Shows Mean and S.D. of Type 'A' working women mental stress is 32.00 and S. D. 5.69.

Mean of symptoms leading to stress of Type 'B' working women is 27.71 and S. D. 3.95

The “t” value of the difference between the mean of symptom leading the working women towards mental stress is 4.29 and it is significant at the level of 0.01.

In short, the research shows that Type ‘A’ women’s are showing more stressful symptoms than Type ‘B’. On the other hand on physical symptoms both groups are not showing difference because the age group is below 40 years. Most of women’s problems increasing after 40 years.

Conclusion:-

- 1) The “t” value 3.39 of Type ‘A’, Type ‘B’ working women’s is significant.
- 2) On physical symptoms both groups are not significant.
- 3) Both groups show difference on leading symptoms towards stress.

Limitation of the Research:-

- 1) As the sample selected for study is form the Shardanagar Campus Baramati, Dist. Pune. only so generalization of the above conclusion is not possible.
- 2) Sample of the study is only from teaching group so the results are not applicable to other profession.

Further Instruction:-

- 1) The present research will be helpful to study symptoms of mental stress working at various fields.
- 2) This study will be beneficial for comparative study of working women’s self respect and self concept from Rural and Urban area.
- 3) Study will be useful to compare self respect and self concept of married and unmarried women.

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Selection of Sample

Branch	Total No. of Teacher
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