# Stress among Unmarried Professional Girls

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## ABSTRACT

In psychology stress is a feeling of strain and pressure. The present era is a era of mental work and problems related to mental works are also increasing. Now days, girls are also carrier oriented and they have a tendency to work out of home town and are living without their families. The aim of the present study is to study the difference of the stress level and coping between two groups – unmarried professional girls living with family and unmarried professional girls living without family. The second aim is to find out the positive effect of emotional and social support in both the groups. The Holmes and Rahe stress scale (1967) developed by Holmes and Rahe is used to measure the level of stress. Purposive sample of 60 unmarried professional girls were selected from different professional areas of Jaipur city,,(Rajasthan),with two categories, 30 staying with family and 30 staying alone without family. Means, S.D.s and 't' values were computed to find out the difference between both the groups. The 't' value for this study is 1.66 and this was not found significant means although there is difference on the level of stress perceived by both the groups but this difference is not significant. In follow up study it was found that the sample which was staying alone was not actually alone they developed their own support system around them in the city away from family and this affected the results of this study.

*Keywords: Stress, Professional Girls*

**S**tress is our response to events that disrupts, or threatens to disrupt, our physical or psychological functioning. In psychology stress is a feeling of strain and pressure. Unfortunately stress is a common part of life as begin the new millennium. Selye was the first to describe the term "stress" as a state produced within an organism subjected to a stimulus perceived as a threat. According to Selye (1956) stress is "any external event or internal drive which threatens to upset the organism equilibrium." Social stress is stress that stems from one's relationships with others and from the social environment in general. A person experiences stress when he or she does not have the ability or resources to cope when confronted to an external stimulus (stressor), or when they fear they do not have the ability or resources. Having support around can help ward off stress. Stress at workplace also an important aspect of stress and this is a commonality throughout the world in

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every business, for some workers changing the work environment relieves work stress. Making the environment less competitive between employees decreases some amount of stress. Stress management can be complicated and confusing because there are different types of stress- acute stress , episodic acute stress and chronic stress. Acute stress is the most common form of stress it comes from demands and pressure of the recent past and anticipated demands of the near future. In episodic acute stress they seem perpetually in the clutches of acute stress. Chronic stress remains for a long time period even sometimes people get used to it. Our body cannot distinguish between stress and fear. When put under stress, it adopts the flight or fight mode. If an able to do either, it remains in abortive overload. Typical physical symptoms of stress are sweating, palpitations, flushing, muscle tension, chest tightness, headache, frequent urination.

 Iwaski, Bartlet, O'Neil (2005) found about coping stress among aboriginal women and men with diabetes in winipeg. Sveinsdottir, Biering, Ramel (2006) explored what factors contribute to work related stress among Icelandic nurses working within and outside the hospital environment. Leilaanie Lu (2008) had a cross sectional study which aimed to determine the interaction between situational,factors, role stressors, hazard exposure and personal factors among nurses consisting most of females. Holmgren, Ivanoff, Bjorkelund, Hensing (2009) studied to show an association between , on the one hand work related stress and on the other hand illness symptoms and sick-leave. Chaaya, Osman, Naasaan, Mahfood (2010) conducted a study to evaluate the validity of the Arabic translation of the Cohen perceived stress scale (PSS-10) in pregnant and postpartum women. Kossek, Pichler, Bodner and Hammer(2011) developed a model integrating research on relationship between employee perceptions of general and work-family-specific supervisor and organizational support and work family conflict. Slopen , Glynn, Buring, Lewis (2012) concluded that high strain and active jobs, but not job insecurity were related to increased to CVD risks among women. Allen, Johnson, Saobe, Cho, Dumani, Evans (2012) used meta-analysis to comprehensively summarize the relationship between dispositional variables and both directions of work family conflict.Brannan, Dienner, Mohr, Mortazavi and Stein (2013) examined the relationship between perceived social support and components of subjective well being among college students. Illangasekare, Burke,  Chander, and Gielen (2014) studied on depression and social support among women living with the substance abuse ,violence and HIV/AIDS syndemic. Banigan, Bell, Basu, Laforce and Harris(2015) examined the impact of workplace attributes on changes in depressive symptoms among working women with young children between 6 and 24 months of age. Sperlich and Geyer (2015) explored the contribution of social and family related factors to women's experience of an effort –reward imbalance in household and family work.

## RATIONALE

Now a day the mental work and mental problems are increasing and stress is also increasing among all. At present scenario girls is also so many carriers oriented alike to boys, for this they also living without family. The tendency to work out of the home town or city is also increasing among them. So the present study is very relevant and very important in it we studied the effect of family support on stress management and coping skills among unmarried professional girls. This

study differentiates between two groups – unmarried professional girls living with family and unmarried professional girls living without family or lonely.

## OBJECTIVES

1. To study the difference of the stress level and coping between two groups – unmarried professional girls live with family and unmarried professional girls living without family.
2. To find out the positive effect of emotional and social support in both the group.

### Hypotheses

1. The level of stress would be higher among unmarried professional girls living without family than unmarried professional girls living with family.
2. The strong emotional and social support as perceived by both types of groups would be reducing the perceived level of stress.

### Variables-

  **A.** Independent variable with two levels
    1. Unmarried professional girls living with family.
    2. Unmarried professional girls living without family.
  **B.** Dependent variable – the level of stress perceived by both the groups.

## METHODOLOGY

### Sample

The sample consisted of 60 unmarried professional girls with two categories , 30 professional girls staying with family and 30 staying away from their families, with age range 25-30 years, belonging to middle social economic status of jaipur city. Samples are from different areas of professions like banking, education, corporate. Purposive sampling technique was employed in this study.

### Measurement Device

The Holmes and Rahe Questionnaire is used in the present study to measure the level of stress. This scale consisted 41 items related to stress.

SCORING- To use the scale, simply add up the values for all of the listed life events that have occurred to subject within the past year. A total of 150 or less is good suggesting a low level of stress. If score is 150 to 299, he/she has 50% chances of getting sick in the near future score of 300 or more indicates the chances are about 80%.

### Research Design

Two group designs were used in this study. It presents a lay out for research. Sample size was 60, in which 30 staying with family and 30 living without family.

*Procedure*

To obtain answer to research question 30 girls were taken from hostels, paying guest facilities and independent livings. 30 girls were taken from living or staying with family. Questionnaire was administered on samples to study the effect of family. Collection of data was an essential part of a research; findings of the study depend on the data. Questionnaires were used to collect the research data. Answer sheets of the measures were filled carefully by subjects. A short unstructured interview was also used after completion of the questionnaire on the basis of which got help in interpreting the results. After completion of the administration the subjects were thanked for their support and giving their valuable support.

*Statistical Analysis*

Means, S.D. and 't' values were computed to find out the difference between both the groups unmarried professional girls living with family and living without family.

## RESULTS AND DISCUSSION

| | Group | N | MEAN | S.D. | t Value | Level Of Significance |
|---|---|---|---|---|---|---|
| HOLMES And RAHE QUESTIONNAIRE | Living with family | 30 | 69.96 | 32.98 | 1.66 | N.S. |
| | Living independently | 30 | 85.76 | 40.43 | | |

Results shown in the table indicates the stress level with HOLMES and RAHE questionnaire between two groups of unmarried professional girls living with family and unmarried professional girls living independently. The mean value of living with family is 69.96 and the mean value of independent living girls is 85.76. The t value is 1.66 which is not significant and so it discards the hypothesis that both groups would significantly differ on their stress level, girls living with family would have less stress and living independently would have more level of stress.

On the basis of above results we conclude that both the groups were not significantly different on their perceived stress level. It discards the first hypothesis that there would be significant difference between both the groups on their perceived level of stress.

The second hypothesis the strong emotional and social support as perceived by both types of the groups would reduce the perceived level of stress proved by results. Some girls living independently also perceived low level of stress, that affected the first hypothesis, because although they living alone but had developed good friend circle or had relatives who provided them strong and intense social and emotional support. Now a day's increased use of mobile phones

and social sites also provided a chance to girls connecting with family and friends despite of physical distance they don't feel emotional distance.

As a conclusion we may say that although living alone definitely is a stressful situation but emotional and social support in any form may reduce the level of stress or perceived level of stress.

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