

A STUDY OF STRESS AND ADJUSTMENT AMONG WORKING WOMEN IN THE WASHIM DISTRICT STATE OF MAHARASHTRA

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ABSTRACT

The present study is an attempt to find out the relation of stress tolerance and adjustment of working women. The sample for the present study consisted of 100 number of working women in different sector from Washim district in the state of Maharashtra. The subjects were randomly selected from different work places. Standardized stress and adjustment inventory used to collect data. Result was discussed using correlation. Result indicates that the working women have highly significant correlation between most of the adjustment component and stress.

KEY-WORDS:- Adjustment, Working, Women, Washim, District, State, Maharashtra

INTRODUCTION:

The term working women means who work outside of/or inside their homes to earn. In modern times, women empowerment is very important factor of our nation, women education and employment are important factor to help the women wellbeing, higher education facilitated women's entry into gainful employment. Some women are not higher educated, but today they are entering unorganized work sectors, like sales girl, house made etc., Indian women work with the framework of family system. They play significant role in household activity. Their lives are more family centered than men. In prevailing twenty first century the role of women in urban sector of society is changing rapidly. The time has come when women must come out of their homes and take part in public life. Women can play multiple roles as working women, as good house wife, as mother, and as caregivers for older parents. Meanwhile, many women find themselves doing double duty "in the workplace and at home, which contribute to their experiencing role conflict "and role overload "The work stress, lack of social support

and stressful work environments often lead to physical and psychological hazards or even contribute to worsening of existing health problems.

Adjustment and stress are important factors of all living organisms, especially in human being. The term stress refers to a person's ability to withstand stress without becoming seriously impaired. People vary greatly in overall vulnerability to stressors. Different people are vulnerable to different stressors. They may have failed to learn effective adaptive strategies for certain kinds of stressors. An individual's learning history play a crucial part in this general capacity to deal with stress. Early traumatic experiences can leave a person especially vulnerable to- or especially able to handle-certain stressors. Having a poor "track record" at handling difficult circumstances leaves one vulnerable to new challenges. Emergencies, disappointments, and other problems that one person can take in stride may prove incapacitating to another.

The concept adjustment is very common and at the same time very old. It has required different meaning with the passage of time. Many writers have defined explained the term in various ways, but it is usually accepted that the "goal of adjustment is satisfaction". It may be pointed out here that the relationship between work adjustment and adjustment to other spheres of life is closely interlinked. Adjustment is a continuous process of action in the life of human being or an organism with a definite purpose of meeting the needs of the self, and the needs of the environment, and the needs of the culture or society. The ultimate end of the process of action of the adjustment is successful survival. Adjustment in the psychological world refers to the behavior of the individual; it can be applied also to a group of people in a particular situation. That is, adjustment is a process of constant successful interaction between the individual and the environment. According to Bell, there are different dimensions of adjustment namely health adjustment, emotional adjustment, social adjustment, home adjustment and professional adjustment.

OBJECTIVE OF THE STUDY:

To Study the significant correlation between stress and adjustment of working women in the Washim District state of Maharashtra

HYPOTHESIS

There will be significant correlation between stress and adjustment of working women in the Washim District state of Maharashtra.

METHODOLOGY:

In this study Normative Survey method was use for the respective data collection. The investigator used purposive sampling technique. The sample for this study consisted of 100 numbers working women in the district Washim state of Maharashtra. Tool for data collection for this study use for the Stress Scale developed by Resmy and Sananda Raj (1999) it's scale measuring the stress level of the working women's. Identified the adjustment of working women use for adjustment Inventory originally developed by Bell and Published by Stanford university press was use for the respective data collection.

RESULT AND DISCUSSION:**Table 1.1****The correlation between adjustment and stress tolerance of working women**

	I.V	D.V.	N	Df	'r'	Sig
1	Family Adjustment	Stress	100	98	.132	NS
2	Health Adjustment	Stress	100	98	.156*	Sig at 0.05
3	Social Adjustment	Stress	100	98	.328**	Sig at 0.01
4	Emotional Adjustment	Stress	100	98	.324**	Sig at 0.01
5	Occupational Adjustment	Stress	100	98	.290**	Sig at 0.01
	Overall Adjustment	Stress	100	98	.290**	Sig at 0.01

Table value of 98 df on 0.05 Level of sig. is 196 and 0.01 level of sig. is .256

**Sig at 0.01 Level

*Sig at 0.05 Level

The significant correlation between stress and adjustment areas of Family Adjustment .132^{NS}, Health Adjustment .156*, Social Adjustment .328**, Emotional Adjustment .324**, Occupational Adjustment .290** and Overall Adjustment .290** respectively. It's indicated that, No significant relationship between the Stress and family adjustment of working women but the significant relationship between the stress and health adjustment, social adjustment, emotional adjustment, occupational adjustment and overall adjustment of working women's.

Alex Roshan Anie (2015) conducted a study "Stress and adjustment among working and non-working women: A comparative study". The results showed that working and non-working women differed significantly in their level of stress and adjustment. Non-working women were found to be more stress than working women while working

women showed better adjustment than non-working women. The study revealed that, employment has a great impact on stress and adjustment among women. The study revealed that, employment has a great impact on stress and adjustment among women. Women will have to be trained to be financially independent and self-sufficient. But this opportunity to work must be with dignity, which is reflected in equal opportunities.

Ms. Hina Ahmed Hashmi, Ms. Maryam Khurshid and Dr. Ishtiaq (2006) conducted a study of “Marital adjustment, stress and depression among working and non-working married women”. Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.

CONCLUSION:

Women are back born of family and society. Working women helps to improve the economy of family, society and nation. The study aims to find out the correlation between stress and adjustment of working women. Analysis of the collected information revealed that there is significant correlation between stress and adjustment sub variables. There will be no significant correlation between stress and family adjustment. Family members give more caring and support, it will help to improve better adjustment and stress of women workers and increase the confidence and attain better life position.

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