

Basic Coping Techniques of Stress among working women

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Abstract- Today IT workplace stress is becoming a major issue and a matter of concern for the employees and the organizations. It has become a part of life for the women employees, as life today has become so complex at home as well as outside that it is impossible to avoid stress.

Index Terms- Stress, IT

I. INTRODUCTION

Indian families are undergoing rapid changes due to the increased pace of urbanization and modernization. Indian women belonging to all classes have entered into paid occupations.

II. MULTIPLE ROLES AND PROFESSIONAL WOMEN

Super identified six common life roles. He indicated that the need to balance these different roles simultaneously is a reality for most individuals at various stages throughout their lives.

III. IMPORTANCE OF RESEARCH IN STRESS

An increasing number of articles have promoted the importance of work-life balance. This highlights the current concern within society and organizations about the impact of multiple roles on the health and well-being of professional women and its implications regarding work and family performance, and women's role in society.

Women are socialized to be the caretakers of others. More women than men have both a career outside the home and continue to try to juggle traditional responsibilities after hours. Over 70% of married women with children under the age of 18 are employed outside the home. Sociologists describe women as struggling to achieve the "male standard" at work, while trying to maintain the perfect wife and mother standards at home.

They often spend less time nurturing their own emotional and physical needs, as that might be perceived as selfish. In addition, relationship alterations or the loss of loved ones can produce empty nest or other separation syndromes.

As women progress through life's stages, hormonal balance associated with premenstrual, post-partum and menopausal changes can affect chemical vulnerability to stress and depression.

IV. HOW TO COPE WITH STRESS?

Leisure time must be considered a necessity, not just a reward for doing more. Personal time for rejuvenation will never be available unless it is planned. Prioritizing based on principle rather than demand is sometimes difficult to learn, but is critical for peace of mind.

Women should not be reluctant to ask for help. Avoid combining too many projects. Delegate if necessary. Learn to say "no."

What activities can help relieve stress?

Here are some examples of activities that can help to refresh the body and mind:

- Taking baths
- Reading
- Doing breathing exercises
- Receiving back rubs/massages
- Listening to relaxation tapes
- Writing in a journal
- Meeting with a friend
- Napping
- Walking
- Dancing
- Engaging in spiritual reflection
- Stretching
- Listening to music

Finding it hard to untangle?

Seek a little help:

- Individual psychotherapy
- Support group therapy
- Biofeedback
- Relaxation training

V. Conclusion

Most of all what is needed is the feeling of contempt and happiness. Whatever that is needed is around one. One need to find the need and fill the vacuum to be happy. In spite of all the above mentioned coping techniques, Meditation, Pranayama and the likes can be practiced to make oneself more energetic and happy. It is also observed that digital usage like using laptop late nights and social networking sites might cause more stress particularly when they are not able to manage them.

If the women is having kids then this might add more stress particularly if they are not able to manage them effectively. Kids might throw up temper tantrums. Some kids might need more attention emotionally. In such cases, if the mother is under the stress and depression, the kids get affected as well. Women is the centre of the family as they take care of everyone.

Women need to take good care of them first. Good Diet and Good Mental balance is needed. For better mental balance they should do whatever that keeps them happy. They should plan and find the time to spend at least 30 minutes for themselves and get relaxed.

Some women might opt for sabbatical in their workplace to take care of the kids. In such cases, it should be well planned that they should continue work after the sabbatical and not extend it for the sake of taking care of kids.

Few women might be in Night Shifts which is again a danger to their health both mentally and physically. They can touchbase with their employee to see if there are onsite opportunities with the client for whom they are working in the night shifts. This can bring them more change to their life and make them motivated.

The employers should also think about these factors and recognize the deserving candidates who serviced their organization for more tenure. The employers can sign an agreement with the client.

Nothing is more powerful than an idea whose time has come. We need to find new ideas and ways to help women and their empowerment.

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