

# Coping Strategy of Stress in Employed Women and Non Employed Women

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**Abstract-** This study is an attempt to find out the coping strategy of stress in employed women and non employed women who was 25 to 40 yrs age group. Nowadays lifestyle is very change and stress level also increases day to day life. Stress affects the physical activity. When body affects by stress that time mind is also affect and its true sound mind resides in sound body. There are two major targets of coping: changing ourselves or changing our environment. The study was conducted on 60 women, 30 were employed women as different profession and other 30 were non-employed women. For assessment brief COPE Scale used which was developed by Carver, Scheier, and Weintraub. The brief COPE Scale is a 28-item self report measure of problem-focused versus emotion-focused coping skills. t value was computed to analyze data. It is observed that employed women are more used technique of self distraction, instrumental support, behavioral disengagement, venting and positive reframing in comparison to non -employed women for coping strategies of stress.

**Index Terms-** stress, coping strategy, brief cope scale.

## I. INTRODUCTION

Nowadays lifestyle is very change and stress level also increases day to day life. Stress affects the physical activity. When body affects by stress that time mind is also affect and its true sound mind resides in sound body. A stress is any force that pushes a psychological or physical factor beyond its range of stability, producing a strain within the individual (Cooper, 1996). Every job entails stress, but some job have excessive stress, it can be direct result of job, its type responsibilities and functions. So different types of coping strategy are used by cope the stress. In the working environment the phenomena of stress and psychological pressure constitute an indispensable part of the occupational life. Stress disturbs the equilibrium of the body. It affects physically, emotionally, and mentally. When individuals experience stress or face demanding situation, they adopt ways of dealing with it, as they cannot remain in a continued state of tension. How the individual deals with stressful situations is known as 'coping'. There are two major targets of coping: changing ourselves or changing our environment. Coping refers to a person's active efforts to resolve stress and create new ways of handling new situations at each life stage (Erikson, 1959). Coping has been defined as a response aimed at diminishing the physical, emotional and psychological burden that is linked to stressful life events and daily hassles. Essentially, coping strategies are separated into emotion-focused and problem-

focused. An emotion-focused strategy emphasizes that patients try to process their emotions by acting and thinking. When patients use a problem-focused strategy, they believe that they can affect the situation that was caused by their disease or affect their resources to manage the situation, and this type of strategy is important to maintain quality of life. Emotion-focused and problem-focused coping strategies may be used simultaneously or alternately. It is therefore difficult to discriminate between them in the coping process. Marilda E. Novaes Lipp (2009) examined that level of occupational stress, quality of life, work-related stressors, and coping strategies among senior police officers and showed a clear association between high levels of emotional stress and poor quality of life among police officers. Mishra and Dixit (1995) revealed the coping styles of 300 allopathic doctors and noted that those who use effective coping (i.e. above average control style and below average escape style) are less burn out than those who use ineffective coping (i.e. above average escape style and below average control style). Upamanyu (1997) found that the sleep & relaxation, exercise, time management, diet and yoga are the best way adopted to manage stress by educated working women. Aminabhavi and Triveni (2000) reported that age, sex, coping strategies of bank employees have not influenced their occupational stress. Gaur and Dhawan (2000) examined that the relationship between works related stressors and adaptation pattern among women professionals and reported that the junior age group is significantly more active coping, greater planfulness and has more initiative as compared to middle and senior age group or level of employment status. Harshpinder and Aujla (2001) showed that working women were making more use of writing dairy, standard furniture and high fiber diet as compared to non working women. Aujla et al. (2004) found that most of the respondents in both the categories were employing various stress management techniques viz. relaxation, music, prayer, recreation with family, planning etc. Aditi and Kumari (2005) found that the stress buffering effects of friendship and social support systems seem to be a significant contributor to high levels of stress. Many researchers have been done work in this field but the basic idea of the present research study was to find out the difference between employed women and non- employed women on coping strategies of stress in different aspect of problem oriented behavior and emotion oriented behavior. **It was hypothesized that there will be significant difference in the coping strategies of stress in employed women and non-employed women.**

II. RESEARCH METHOD

SAMPLE: This study was conducted on 60 women. Out of 60, 30 were employed women as different profession and other 30 were non-employed women. In this all the participants were married and aged group were between 25 to 40 years.

TOOLS: Carver, Scheier, and Weintraub developed the COPE as a comprehensive questionnaire of 15 theoretically derived coping styles or strategies. The brief COPE Scale is a 28-item self report measure of problem-focused versus emotion-focused coping skills. The scale consists of 14 domains/subscales (self-distraction, active coping, denial, substance use, use

of emotional support, use of instrumental support, behavioral disengagement, venting, positive reframing, planning, humour, acceptance, religion, self-blame) of two items each.

PROCEDURE: After seeking the permission from the participants, data were collected by administering free version of coping scale individually. Before giving the questionnaire of the scale; it will be ensured that they will be fulfilling the criteria set for the sample selection.

III. RESULTS AND DISCUSSION

Table –I indicates the difference on 14 dimension of coping behavior of stress between both the groups.

Dimensions of coping strategies of stress	N	Mean	SD	t value	Level of significance
SD(Self Distraction)	G <sub>1</sub> (30)	1.60	.621	1.475	.004
	G <sub>2</sub> (30)	1.80	.406		
AC(Active Coping)	G <sub>1</sub> (30)	1.73	.583	.000	N.S.
	G <sub>2</sub> (30)	1.73	.449		
Denial	G <sub>1</sub> (30)	1.53	.628	1.277	N.S.
	G <sub>2</sub> (30)	1.73	.583		
SU(Substance Use)	G <sub>1</sub> (30)	.000	.000	.000	.000
	G <sub>2</sub> (30)	.000	.000		
ES(Use Of Emotional Support)	G <sub>1</sub> (30)	1.66	.606	.465	N.S.
	G <sub>2</sub> (30)	1.60	.498		
IS(Use Of Instrumental Support)	G <sub>1</sub> (30)	1.53	.730	2.834	.000
	G <sub>2</sub> (30)	1.93	.253		
BD (Behavioral Disengagement)	G <sub>1</sub> (30)	1.60	.621	1.475	.004
	G <sub>2</sub> (30)	1.80	.406		
Venting	G <sub>1</sub> (30)	1.46	.628	3.053	.000
	G <sub>2</sub> (30)	1.86	.345		
PR(Positive Reframing)	G <sub>1</sub> (30)	1.66	.606	2.222	.000
	G <sub>2</sub> (30)	1.93	.253		
Planning	G <sub>1</sub> (30)	1.80	.550	1.000	N.S.
	G <sub>2</sub> (30)	1.66	.479		
Humor	G <sub>1</sub> (30)	1.86	.507	1.077	N.S.
	G <sub>2</sub> (30)	1.73	.449		
Acceptance	G <sub>1</sub> (30)	1.66	.479	1.000	N.S.
	G <sub>2</sub> (30)	1.80	.550		
Religion	G <sub>1</sub> (30)	1.80	.550	.455	N.S.
	G <sub>2</sub> (30)	1.73	.583		
Self Blame	G <sub>1</sub> (30)	1.53	.507	1.027	N.S.
	G <sub>2</sub> (30)	1.40	.498		

N.S. = Not Significant, G<sub>1</sub> = Not Employed, G<sub>2</sub> = Employed

Table-I indicates the mean difference on different dimension of coping behavior of stress between both the groups. Results show that the mean score of G<sub>2</sub> group is 1.80 and G<sub>1</sub> is 1.60 for self distraction. G<sub>2</sub> group score is significantly greater than G<sub>1</sub> group which indicates that the employed women use self distraction technique more in comparison to unemployed women. Self distraction means surprisingly effective technique for changing mood. When persons have become upset, choose to interrupt their negative mood by engaging in something that distracts from what has upset them. Watching a movie or TV show, surfing the net, reading a book, listening to (energizing)

music, calling a friend, and exercising are good examples of the latter, while engaging in detail-oriented tasks like writing, programming, cleaning house, weeding garden, playing music or singing or otherwise being artistic, or organizing files are examples of the former.

On substance use, employed women score and non employed women score are same. It indicates that no difference between the group and they can use substance use as a coping strategies of stress.

Mean score of instrumental support of employed women (M=1.93) is significantly higher in comparison to non-employed

women (M=1.53). Instrumental Social Support means seeking assistance, information, or advice about what to do and employed women want to take instrumental support for control the stress.

Behavioral Disengagement means giving up, or withdrawing effort from, the attempt to attain the goal with which the stressor is interfering. Results show that mean difference of employed women (M=1.80) is significantly higher than the non employed women (M=1.60) which indicate that employed women use behavioral disengagement technique more than the non employed women.

On venting, mean score of employed women are 1.86 and non employed women are 1.46. It indicates that employed women are more used venting in comparison to non employed women. Venting of Emotions mean an increased awareness of one's emotional distress, and a concomitant tendency to ventilate or discharge those feelings.

Positive reframing means changing the meaning of a behavior from a negative to a positive one (Weeks & L'Abate, 1982). Table shows that mean score of employed women (M=1.93) are higher in comparison to non employed women (M=1.66), which indicates that employed women are more positive than non employed women.

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