

**A COMPARATIVE STUDY TO ASSESS THE STRESS AND COPING
AMONG WORKING WOMEN IN A PUBLIC AND PRIVATE SECTOR
AT KOMARAPALAYAM IN NAMAKKAL DISTRICT**

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ABSTRACT

Stress is an inseparable part of human existence. It affects all individuals rich and poor, literate and illiterate, both men and women and young and the old alike across the developed and developing nations. Stress and its effects on humans has been well understood and attempts are constantly being made to promote the well being of them by organizing stress management programs at periodic intervals in both Governmental and Non Governmental sectors. Stress management has acquired particular importance in the Twenty First century mainly due to two important reasons. In the present era in industrialized countries, the majority of women work outside the home, either part-time or full-time. Working

women with children living at home differ from women with no children and from their own working spouses or partners living in the same home in several ways.

KEYWORDS: Stress, women, Public and private sector.

MATERIALS AND METHODS

In order to find out the feasibility of the tool and the study was conducted among 10 working women who had fulfilled the sampling criteria in the manner, with which the final study would be done. The pilot study revealed that the study was feasible. Data was analysed to find out the suitability of the statistical method to be used in the major study. It was found

that the study was feasible among the working women. The average time taken to conduct data from one working women was 25 minutes.

PROCEDURE FOR DATA COLLECTIONS

Formal approval was obtained from the Higher authorities of Public and Private sector at Komarapalayam. The data was collected for 4 weeks in the month of March 2015 from the working women in public and private sector in Komarapalayam. Women were selected into the study based on sample selection criteria. The entire population was included. Initial rapport was established and the purpose of the study was explained to them. Confidentiality of the information shared was ensured. After obtaining the informed consent, the questionnaire was administered to the Working women. The tool was checked for computation.

Data analysis enables the investigator to reduce, summarize, organize, evaluate and communicate numerical information. The data collected from subjects were edited, compiled and analyzed. SPSS version 10 was used to analyze the data. A probability value less than 0.05 were considered significant.

Demographic variables were described by using frequency and percentage distribution. Data on stress and coping were tested using Frequency and percentage distribution and Unpaired 't' test. Correlation between stress and coping were tested using coefficient correlation. Association between stress coping and selected factors was tested using unpaired t test, F test and linear regression.

OBJECTIVES OF THE STUDY

- To compare stress among working women in public and private sector at Komarapalayam.
- To compare the coping strategies among working women in public and private sector at Komarapalayam

RESULTS**TABLE- .1** Frequency and percentage distribution of working women in relation to their demographic variables.

S.No	DEMOGRAPHIC VARIABLES	PUBLIC SECTOR N=60		PRIVATE SECTOR N=40	
		NO	%	NO	%
1	Marital Status Married	59	98.3	38	95.0
	B. Widow/Widower	1	1.7	1	2.5
	C. Single	0	0	1	2.5
	D. Separated	0	0	0	0
2	Educational Status Under graduates	35	58.3	20	50
	B. Post graduates	25	41.6	20	50
3	No. of dependence >4	43	71.6	18	45
	4 and above	17	28.3	22	55
4	Family Type Nuclear family	44	73.3	31	77.5
	Joint family	16	26.7	7	17.5
	Extended family	0	0	2	5.0
5	Work Experience More than 10 years	41	68.3	22	55.0
	5-9 years	13	21.7	16	40.0
	< 5 years	6	10.0	2	5.0
6	Type of occupation Teachers	20	33.3	20	50
	Bank workers	12	20	4	10
	Clerical workers	28	46.6	16	40

Table-1 Show the frequency and percentage distribution of working women in relation to their background variables.

Regarding marital status majority of the working women (59), 98.3% in public sector and in private sector (38) 95.5%, 1.7% in both public and private sector were widower respectively.

Regarding educational status, 35(58.3%) were undergraduates, 25 (41.6%) were post graduates among the women in public sector. Whereas 20(50%) were undergraduates and 20(50%) were post graduates among the private sector.

Based on their dependence 43(71.6%) were comes under the category of >4 and 17(28.3%) were comes under the category of 4 and above among the women in public sector. Category of >4 and 22(55%) were at the category of 4 and above among the women in private sector.

Regarding the type of family, (44) 73.3 % in public sector and (31) 77.5% in private sector were living in nuclear family and (16) 26.7% in public and (7) 17.5% in private sector were living as joint family, where as (2) 5% in private sector living as extended family.

It was inferred that majority of working women 68.3% in Public sector, 55% in private sector have more than 10 years of work experience, 21.7 % in public sector, 40% in private sector have work experience for 5 to 9 years, 10 % in public, 5 % in private sector have work experience for less than 5 years.

Regarding their occupation 20(33.3%) were teachers. 12(20%) were bank workers, and 28(46.6%) were clerical workers among the women in public sector. Whereas 20(50%) were teachers, 12(20%) were bank workers, 28(46.6%) were clerical workers among the women in private sector.

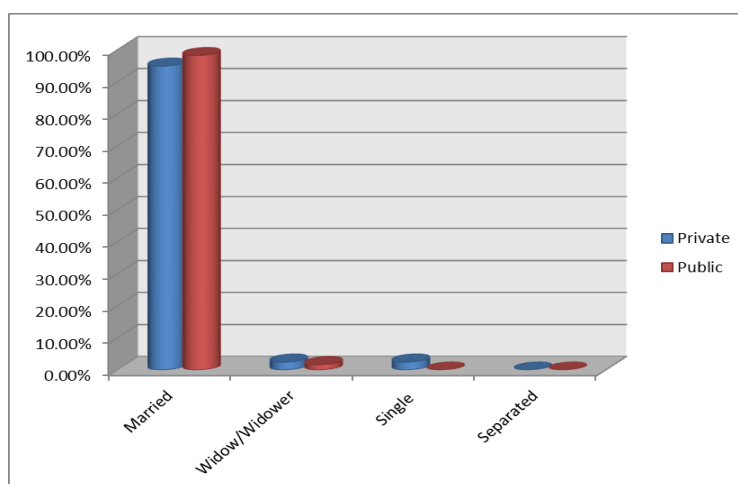


FIG 1: CYLINDRICAL DIAGRAM SHOWING THE DISTRIBUTION OF WORKING WOMEN BY THEIR MARITAL STATUS

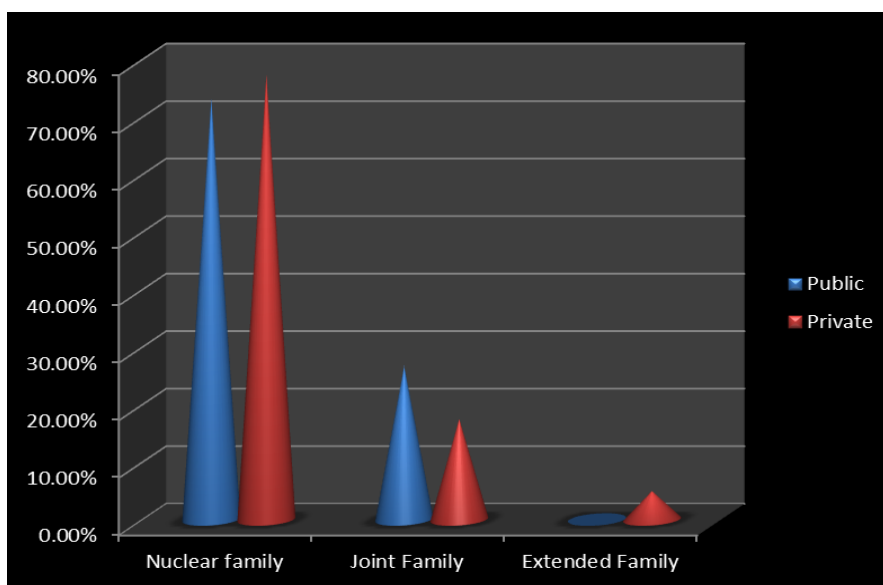


FIG 2: CONICAL DIAGRAM SHOWING THE DISTRIBUTION OF WORKING WOMEN BASED ON THEIR TYPE OF FAMILY

Table 2: Mean, Range, Standard Deviation, Mean difference and 't' value Regarding Stress among working women in public and Private Sector.

Working Women	Mean	Range	S.D.	Mean Difference	T.Value
Public Sector	9.46	0-21	5.57	0.26	0.139
Private Sector	9.72	0-28	7.27		NS (P>0.05)

Table-2 shows the mean stress scores of working women in public and private sector. The mean stress score among working women of private sector was high 9.72. The mean difference was 0.26. The obtained 't' value, $t = 0.13$ ($P > 0.05$) was not significant. Therefore null hypothesis H_0 was accepted and research hypothesis was rejected.

It was inferred that was no significant difference between stress among working women in Public and Private Sector.

Table 3: Mean, Range, Standard Deviation, Mean Difference and 't' value Regarding Stress among working Women in Public and Private Sector

Stressors	PUBLIC SECTOR			PRIVATE SECTOR			Mean Differ	T Value
	Mean	Range	S.D	Mean	Range	S.D		
Family	1.65	0-5	1.48	1.85	0-6	1.73	0.2	0.63 NS ($P > 0.05$)
Social	1.40	0-6	1.57	0.85	0-6	1.35	0.53	1.65 NS ($P > 0.05$)
Physical	2.51	0-9	2.52	2.85	0-8	2.46	0.34	0.68 NS ($P > 0.05$)
Job	0.53	0-3	0.85	0.90	0-5	1.23	0.35	1.77 NS ($P > 0.05$)
Psychological	1.25	0-5	1.66	1.10	0-5	1.42	0.18	0.48 NS ($P > 0.05$)
Economical	2.11	0-5	1.47	2.2	0-7	1.92	0.93	0.26 NS ($P > 0.05$)

Table 4: Mean, Range, Standard Deviation, Mean Difference and 't' value regarding Coping among Working Women in Public and Private Sector

Working Women	Mean	Range	S.D	Mean Difference	T value
Public Sector	65.00	36.00	8.73	3.3	1.60
Private Sector	62.00	33.00	10.11		NS (P>0.05)

Table-4: shows the mean stress scores of working women in public and private sector.

The mean coping score among working women of public sector was high 65.03. The mean difference was 3.3. The obtained 't' value, $t=1.60$ ($P>0.05$) was not significant. Therefore null hypothesis H_0 was accepted and research hypothesis was rejected.

It was inferred that there was no significant difference between coping among Working Women in Public and Private Sector.

Table 5: Linear Regression Regarding Coping among Working Women in Public and Private Sector.

Background Variables	Public Sector	Private Sector	t value	p value	B	SE B	t value	p value
	B	SE B						
Educational Qualification	0.171	2.81	1.20	(P 0.05) NS	0.407	2.84	1.53	(P 0.05) NS
No. of dependence	0.281	2.83	2.21	(P 0.05) NS	0.152	3.04	0.81	(P 0.05) NS
Type of family	0.065	2.96	2.68	(P 0.05) NS	0.251	3.95	3.10	(P 0.05) NS
Work Experience	0.09	2.55	2.14	(P 0.05) NS	0.095	2.37	0.38	(P 0.05) NS

Table 5: reveals the standardize co-efficient and 't' value regarding association between coping and selected background variables among working women in public and private sector.

However the selected background variables such as educational qualification, no of dependents, family type, work experience, did make no difference in the coping regarding work, in public and private sector women.

It was inferred that selected background variables make no difference in the stress among Working Women in public and private sector.

Summary

The researcher design adopted for the study was comparative study. Setting chosen to conduct the study was all the study was the public and private sector in Komarapalayam.

The target population in the study was the working women in public and private sector at komarapalayam.

In this study the sample size was the population of working women in the public and private sector of komarapalayam .they were 60 public and 40 private women available in all the school. The sampling technique used was stratified population .Self administered questionnaire was used to collect information on stress and coping.

Study was conducted, among 10 working women in public and private sector who were similar to the study population.

The main study was conducted in kumarapalayam among working women in public and private sector .All the sector working women fulfilling sampling criteria were included in the study. Stress was measured using a 3 point rating scale. And coping was measure using a 3 point rating scale. the data gathered were analyzed using –SPSS/version 10, and interpretation was made on the basis of the objective of the study.

FINDINGS OF THE STUDY

The findings are presented based on the the objective study.

OBJECTIVE 1: TO COMPUTER THE LEVEL OF STRESS AMONG WORKING WOMEN IN PUBLIC AND PRIVATE SECTOR AT KOMARAPALAYAM

Private sector working women were reported highly mean stress score regarding family,(1.85).physical (2.85) ,job (0.90), and economical (2.2) areas .public sector working women reported high mean stress score regarding social (1.40) and psychological (1.25)areas. However there was no significant difference regarding stress in any areas between public sector working women.

OBJECTIVE -2 TO EXPLORE THE CORRELATION BETWEEN STRESS AND COPIG STRATEGIES AMONG WORKING WOMEN IN PUBLIC AND PRIVATE AND SECTORE AT KOMARAPALAYAM.

The was no significant correlation between stress and coping among public and private sector working women, $r=-0.05$ ($p>0.05$)respectively.

OBJECTIVE -3; TO DETERMINE THE ASSOCIATION BETWEEN STRESS AND SELECTED DEMOGRAPHIC VARIABLE AMONG WORKING WOMEN IN PUBLIC PRIVATE SECTOR AT KOMARAPALAYAM.

There was no significant association between stress and background variables such as education qualification $t=1.20(p>0.05)$, no of dependent $t=2.16(p>0.05)$, current living arrangement $F=0.90(p>0.05)$, types of family $t=3.14(p>0.05)$, work experience $t=1.31(p>0.05)$ and public sector working women.

There was no significant association between stress and background $t=2.74(p>0.05)$, no dependents $t=2.74(p>0.05)$, current living arrangement $F=0.95(p>0.05)$, types of family $t=3.92(p>0.05)$, working women $t=2.10(p>0.05)$ and private sector working women.

OBJECTIVE 4-TO DETERMINE THE ASOCIATION BETWEEN COPING AND SELECTED DEMOGRAPHIC VARIABLE AMONGE WORKING WOMEN IN PUBLIC AND PRIVATE SECTOR AT KUMARAPALAYAM

There was no significant association between coping and background variable such as education qualification $t=1.20(p>0.05)$, no of dependents $t=2.68(p>0.05)$ current living arrangement $F=0.51$, types $(p>0.05)$ type of family $t=2.68(p>0.05)$, working experience $t=1.20(P>0.05)$ and public sector .

There was no significant association between stress and background variable such as education qualification $t=1.53(p>0.05)$, no of dependent $t=0.81(p>0.05)$, current living arrangement $F=0.61(p>0.50)$, types of family $t=2.68(p>0.05)$, current living arrangement $F=0.61(p>0.05)$, types of family $t=3.10(p=0.05)$, working experience $t=0.38(p>0.05)$ and private sector women.

DISCUSSION

The purpose of the study is the stress among public sector working women .the findings were discussion based on study finding.

FINDINGS 1

On comparison of stress among public and private sector at kumarapalayam Private sector working women reported high mean stress score regarding family, (1.85), physical (2.85), job (0.90) and economical (2.2) areas .public sector working women reported high mean stress score regarding difference regarding stress in any between public sector working women.

The above findings was supporting by studies done by Rajivkumar (2013),Jakkula VR(2010),where identified that working women has a stressful event.

FINDINGS 2: On comparison of coping among working women of public sector was 65.03, 62.00 respectively. the obtained 't' value $t=1.60(p>0.05)$. however there was no significant difference regarding coping between public sector working coping is high in working women.

The above findings were supported by studies done by Alan L.G & Thomas L.S(2012), Rossenkoetter M.M et al (2007), where identified coping is high in working women

FINDINGS 3-On correlation between stress and coping strategies among working women in public sector at kumarapalayam

There was no significant correlation between stress and coping among public and private working women $r=0.05(p>0.50)$ respectively.

FINDINGS 4-On the association between coping and selected demographic variable among working women in public and private sector. There was no significant associate between and background variable such as educational qualification $t=1.20(p>0.50)$, no of dependents $t=2.21(p>0.05)$, current living arrangement $F=0.51(p>0.50)$, types of family $t=3.10(p>0.50)$, work experience $t=0.38(p>0.05)$ and private sector working women.

CONCLUSION

Today 's life is full of challenges. In everyday life we come across many situations. the work of a women is a physically and mentally challenging. A working women needs to use a lot of energy in her day-to-day life with her personal and family commitments. This trends which is a routine for a women forwards a lot of stress more than ever before work is not seen as it the infinite satisfaction and fulfillment, but rather a sources of stress, discontentment and humiliation.

The perception of the effect of stress on an individual has changes. stress is not always dysfunction in nature, if positive, can prove one of the most important factors in productivity within an organization (spielberger, 1980). if not positive, stress can create a number of physical and psychological disorder among employees, and can be responsible for frustration, haste and job dissatisfaction. As a results the lack of work may cause complacency within

the organization .stress is therefore, the multidimensional, and its results depend on whether employees perceive its as a problem or a solution.

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