

**A STUDY OF FAMILY STRESS AMONG  
WORKING AND NON-WORKING PARENTS**

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**ABSTRACT:**

The present age has been called the age of stress and strain. Every individual is stress prone today, from small children to aged people. It was assumed that will be no significant difference between Govt. school teachers and private school teachers, when family stress is taken as a dependent variable and no significant difference in family stress between male and female working parents and non-working parents separately. 200 parents, 100 working and 100 non-working parents were the samples for the investigation. Family stress inventory, by Dr. Abha Rani Bisht (Hindi) was used. It was found that there was no difference in family stress between teachers working in Govt. and Private schools. Further concluded that there was no difference in family stress of working and non-working parents when studied separately under joint influence of sex and age.

**Key words:** Stress, Working and non working Individuals.

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### **Introduction:**

Life would be simple indeed if one's biological and psychological needs were automatically gratified. But as we know, there are many obstacles both environmental and personal that may interfere. Such obstacles place adductive demands or stress on the individual.

We all strive to maintain and actualize ourselves on both biological and Psychological levels. Our needs, motives and goals directed behaviour are directed towards this end. Success is not the essence of life and therefore while maintaining and enhancing ourselves, we are faced with obstacles internal and external. It may result in state of frustration as we have seen earlier, or more needs or valued goal may lead us to some conflicting situation, individual can be in stress for number of times in day/month or year and the amount of stress also varies.

### **Concept of Stress:**

It would be worthwhile to note that the stress is a Universal phenomenon affecting people across the globe. It affects people of all age group – young children, teenagers, middle age peoples etc. Today everyone is in stress whether one acknowledges it or not. Stress is the root cause of all bitterness and sickness of individuals and the society. Stress can have its many manifestations. It can be because of parent's attitude, children's attitude and teacher's attitude etc.

The word 'Stress' is used in at least two different ways. First it is defined as the state of psychological unrest or disequilibrium in the human beings. What to do and what not to do? How to do? And where to go? Such questions depict the stage or stage of stress, under which one is expected to act or behave in more serious situation. When an individual reaches a point where the physical processes are seriously affected, the mental processes are confused.

### **Concept of Family Stress:**

Family stress is a state that arises from an actual or perceived demand and capacity imbalance in the family's functioning which is characterized by a multi-dimensional demand for adjustment or adaptive behaviour. Family stress lead to the maladjustment of the child and some stressful imbalance. It is problematic only when the degree of stress in the family reaches at a level that the family members become dissatisfied or show symptoms of disturbance .Boss (1998) described family stress as “a pressure on the family, it is disturbance of the family steady state. The family system is upset, pressured, disturbed and not at rest. Family stress, therefore, is a change in the family's equilibrium”. Family stress is a social group characterized by common residence, economic, cooperation and re-production.

### **Need of the Problem:**

In each development stage, individual start suffering from different types of stress. Due to the complexity of life, there are many obstacles, both environmental and Personal that may interfere in proper adjustment of the child. Such obstacles place adductive demands or stress on the individual. It result in a state of stress and frustration. In modern societies life has become very fast. Everybody is over busy in order to meet the basic needs, educational needs, personal needs and social needs. People are struggling throughout the day. As a result at home or in the family, parents and children both are suffering from stress and strain.

### **Objective:**

- 1) To find out the significant difference between Govt. School teachers and private school teacher, when family stress is taken as a dependent variables.
- 2) To study, the significant difference in family stress between male and female working parents and non-working parents separately.
- 3) To study the significance of difference in family stress between working parents separately in relation to age and sex.

- 4) To study the significance of differences in family stress under the joint influence of age and sex fro working and non-working parents separately.

### **Hypothesis:**

1. There will be no significant difference between Govt. school teachers and private school teachers, when family stress is taken as a dependent variable.
2. There will be no significant difference in family stress between male and female working parents and non-working parents separately.
3. There will be no significance of difference in family stress between working parents separately in relation to age and sex.
4. There will be no significance of differences in family stress under the joint influence of age and sex fro working and non-working parents separately.

### **Methods and Procedures:**

#### **Sampling:**

The sample of the present investigation was drawn randomly from working and non-working parents of Hiranagar and Jammu City. The sample consists of 200 parents, 100 working and 100 non-working parents.

#### **Tool Used:**

For the measurement of stress, 'family stress inventory' constructed and standardized by Dr. Abha Rani Bisht (Almora). The inventory is in Hindi.

#### **Administration of the Tool:**

Firstly, the scale of family stress questionnaire was distributed to the parents and then the answer books of that booklet were taken back from the parents. After the parents had completed

the tasks. In this way the data was collected by permission of the respective heads of the various institutions.

The scoring of the responses of the parents on these tests was done with the help of respective keys.

### **Statistical Techniques Employed:**

For the purpose of arriving at meaningful result 't' ratio and two way analysis of variance was applied for the study of family stress among Working and non-working parents.

### **Analysis and Interpretation of Data:**

**TABLE 1**

Table showing t-value between parents working in Govt. and private school.

Category	N	M	S.D.	SEM	SED <sub>M</sub>	t value
Govt. Teachers	28	381	81.115	15.61		
					18.21	.364
Private teachers	48	387.625	64.296	9.3786		

### **Interpretation:**

From the table 1, it has been defined that 't' value among parents working in Govt. and Private schools come out to be .364, the said value is insignificant at 0.5 level. This indicated that Govt. school & private school working parents when compared on the basis of family stress, no significant difference was obtained.

**TABLE 2**

Showing summary of Analysis of Variance

Source of variation	SS	df	Ms	F-ratio	Significance
A	4000.1	2	2000.05	.134	Insignificant
B	858.8	1	858.8	.057	do
A×B	1725.5	2	862.75	.058	do
Within	800404.3	54	14822.301		

**Interpretation:**

Table 2 reveals that the value of f-ratios has been found to be insignificant. It can be said that there is no significant difference between the male and female different levels of ages of working parents and between age and sex when studied separately on the scores of family stress.

**TABLE 3**

Showing summary of Analysis of Variance

Source of variation	SS	df	Ms	F-ratio	Significance
A	5046	2	2523	.31	Insignificant
B	19332	1	19332	2.43	Insignificant
A×B	1424	2	712	.08	Insignificant
Within	429483	54	7953.3888		

**Interpretation:**

Table 3 reveals that the value of F-ratio's has been found to be insignificant. It can be said that there is no significant difference between the male and females different levels of age of non-working parents and between sex and age when studied separately on the scores of family stress.

### **Conclusions:**

The following conclusions emerged out of Analysis of results:

1. There was no difference in family stress between teachers working in Govt. and Private schools.
2. There was no difference in family stress of male and female as working as well as non-working parents when studied separately.
3. There was no difference in family stress of working and non-working parents when studied separately in relation to age.
4. There was no difference in family stress of working and non-working parents when studied separately under joint influence of sex and age.

### **Educational implications:**

In the modern age, stress Management planning is a business, as we are now finding ourselves in the age of anxiety. It is undesirably a fact that one of the major functions for institutions is to develop the wholesome personality of the individual. Stress-Management is a precondition for a wholesome personality and achievements. A person having balanced personality is free from inhibition, inconstancies, emotional and nervous tensions, mental disorders and conflicts.

It is true that stress has a great potentially for destruction, but it can also be constructive. If stress is perceived and managed poorly; it can lead to grief, disease and premature death. Family is the unit of society. It is the non-formal responsibility for child's full growth and development. Hence the families should be free from stress and strain because it is the family which helps the society in which they live psychologically stressed with both working and non-working parents as they have been the worst hit and the worst affected with almost no support or counseling from any agency. The present study has far reaching educational implications. The study in question highlight as to how and why stress prevails upon the working and non-working parents.

In the modern age, stress management planning is a big business as we are now finding ourselves in the age of anxiety. Stress has a no. of immediate effects and if the stresses are maintained, long-term behavioural, physical, emotional and cognitive affect individuals. Many people have developed way of coping with stress so that they are able to respond adaptively. One of the major functions of the healthy school climate is to develop wholesome personality of parents. A person having balanced personality is free from inhibitions, inconsistency financial stress and conflicts.

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