

**IMPACT OF STRESS OF FAMILY AMONG WORKING
AND NONWORKING PARENTS: A PSYCHOLOGICAL
STUDY**

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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 government 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 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.

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 behavior 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 parents' attitude, children's' attitude and teachers' 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 behavior. Family stress leads 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 results 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 OF THE STUDY

- 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 of working and non-working parents separately.

HYPOTHESIS OF THE STUDY

- 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 of 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 Kurukshetra, Karnal and Yamuna Nagar. 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.

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 ways 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	SD	SEM	SED _M	t Value
Government 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	Insignificant
AXB	1725.5	2	862.75	.058	Insignificant
Within	800404.3	54	14822.301		

INTERPRETATION

Table 2 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 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
AXB	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 Government 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.

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