

“Impact of Coping Behaviour on Life Stress of Working Women and its Management”

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Abstract: *It is always found that women are treated as the secondary to men. The sex differences are having the policy of gender discrimination. Women are treated differently than men at workplace which so women suffer from the several mental illness as depression, anxiety, stress and so on. It is always found that women are never treated with positive attitude at workplace as comparative male. In coping policies or strategies, women are treated with the gender bias and it is resulted into anxiety, fear and depression. In many cases, it goes out of limit and medication or clinical treatments are required to come out of it. The current work focuses on the coping strategies at workplace with special reference to women employee and its management.*

Keywords: *Men, women, coping, mental illness, gender discrimination, yoga, meditation etc.*

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Introduction: It is found in many studies that the ratio of women for mental illness is more than such as epidemiology research scholar has declared their result as there are more women than men who has the prevalence of mental illness as stress, anxiety, fear, depression etc. the study has declared this ratio as 2:1(Women: Men).

The term ‘coping’ means an attempt by an individual to use cognitive and behavioural strategies which will have aim to regulate pressure, demand and emotional needs as the response against the stress.

Types of Coping Behaviour:

There is requirement of special coping skill at come out of stress at workplace such as increase the tolerance of self, try to minimize the stress full situations with keeping positive attitude at workplace, try to manage the stress of life and situation at workplace, don't combine the home stress with workplace stress. Positive approach should be there to deal with stressful situations in life.

You have told your teenager he needs to clean his bedroom. But it's been a week and clothes and trash seem to be piling up. Before heading out the door in the morning, you told him he has to clean his room after school “or else.” You arrive home from work to find him playing videos in his messy room.

If working women can manage the stress with positive approach, it will help them to feel better in physical and mental level too. Unfortunately, there is no equal treatment to all coping cell. There are main two categories of coping behaviour defined by Billings and Moos, as:

Problem Faced Coping:

The problem focused stress itself indicates that it is related to problems. In life and at workplace problems may occurs based on situations, sometimes it may be occurs due to any events. To solve the problem based of focused coping women are treated with gender discrimination as you are the women so you are not capable to solve the problem, or you can not deal with the situation because you are women. Showing them that women don't have ability to solve the critical problems is the part of Problem faced coping and this gives stress to working women at workplace.

Emotion Focused Coping:

As the problem focused stress indicates it meaning, Emotion Focused Coping also indicates its meaning. It is prejudice defined by male dominating society are that women are more emotional than man, they work with emotional approach towards any work or problem which may results into negative impact on the work. Thus, such kind of emotional distinguished behaviour is the part of emotion-focused coping. The aim of emotion-focused coping is to manage the emotions which are associated with the situation. It does not manage with the aim to change the situation.

The fact is that women are more capable to solve the problem as they deals with lots of events, situation and people at home, in the family.

Management of Life Stress:

a. Positive Thinking:

The first and foremost important activity which can reduce the stress is positive thinking towards life, every action and happening in the life. Nature has given unique Identity to everyone. No need to compare ourselves with others and there is no need to think of it. Everyone is superior. 'Yes I can do it and I am capable to do it'- is the way to think positive and live stress less life. Working women need to have positive attitude towards each and every object and they must be confident on themselves which will help to reduce the life stress occurs in her life.

b. Avoid Drinking Alcohol:

The modern era, allowed women to work at workplace. Coin has two sides, same is here, and women are working and enjoying the freedom on one side and getting stress and pain on the other side. To avoid the pain, the higher level women employees in corporate sectors are becoming addicted of drugs specially alcohol. They feel it is the solution to come out of pain. Hence, it is suggested that avoid drinking alcohol if it is has been started by working women because it is bad emotional focused coping behaviour. It never resolves the stress related problem, further it increases the conflict in the family, it may creates the financial crises and even it may give negative impact on the work and its quality is an input given by women employee to an organization.

c. Eating too Much:

In many cases, it happens that due to emotional focused coping, the stress increases and the mentally ill patients can eat too much and it is found that it is a common coping strategy. Eating too much is an unhealthy practice. It makes an individual lazy and over

weighted. Hence, better to avoid to eat too much though have the problem of either problem focused coping or emotion focused coping.

d. Pattern of Sleeping:

Many times, it happens that due to coping strategy, an individual can avoid to work or to meet anyone due to stress, anxiety and fear. It is resulted into oversleeping or sleeping late and waking late to avoid facing the day. Only for few hours, we feeling sleeping works as remedy towards the stress and anxiety occurred due to coping behaviours at workplace but as you wake up , the problems remain same. Hence, rather than over sleeping, try to face the problems of stress occurred due to coping behaviour at workplace.

e. Yoga and Meditation:

Controlling mind is the controlling body. Since ancient era, it has been proved that the practice of yoga and meditation can help to reduce the stress without medication. If extreme mental illness is there, need to concern with doctor for medication. Yoga and meditation helps to reduce the stress, it gives fresh and cool mind. Hence, the regular practice of yoga and meditation will help working women to come out of stress of life. The following image is the image of postures of Yoga with its several subtypes.



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra

Image1.2 Yoga and Meditation (source-Internet)

Image 1.2 is the image of Yoga and Meditation Posture, the way of sitting. Mind consists number of bundle of thoughts which converts into stress. Meditation can help to stop the thought process and helps to come out of grief, stress, fear and anxiety which are the symptoms of mental stress.

f. Analyse Your SWOC:

This is very important for every individual including working women to analyse self. No one can define you greater than you. No one can change you, your are the only one who can change you. These self-change needs to analyse yourself. SWOC stands for Strength, Weakness, Opportunities and Threat. Hence, every working women need to analyse

herself with the help of SWOC and know self strength and coping which will help to be keep away from mental stress of life for the life time. At working place, one must need to set the goal, define the plan and project and work accordingly for. Better to start from small goals, positive attitude and smiley face. This will help to reduce the stress of life time.

g. **To Maintain Social Support:**

Human beings are called as the social animal. No one can live without society or social group. Organization or any other workplace is nothing but a social gathering working under a roof where varieties of people with several mindsets work together. This needs to have good cooperation, coordination and communication skill to set a proper relationship with everyone. To maintain a good relationship with various social group stress management, maintaining motivation are need of current era. Working women should maintain the balance of social support. It will help to develop self-efficacy, to develop positive attitude and to find a way to come out of stress.

h. **Spirituality and Faith:**

Faith in self is faith God. There are different religions and different principles of religions. But the basic of spirituality is to have a faith on the supernatural power. In general, the term spirituality refers to search personal existence whereas faith is a doctrine. Belief on self helps to create apposite attitude while faith in God helps to develop a confidence of blessing. To produce experiences of otherworldliness and existentialism in human life, spirituality and faith work together and it allows an individual for the confront of unknown and unknowable in a personal way.

i. **Well-Being- Major Remedy to Reduce The life-Stress:**

To be good and to be polite is the best way to reduce the life stress because how you behave with other, you will get reaction -As per the principle of life- each and every action as equal and opposite reaction. This is not only theory of science but the theory of life. Your behaviour matters for the reaction that you will be getting for. People who can embrace the spiritual practices and faithful observances have been found to, can experience the higher levels of happiness. They can find effective and easy way of stress management throughout life's stressful events.

Conclusion: Thus, there are many healthy and unhealthy practices of coping strategies of coping behaviour. Healthy practices can resulted into good mental and physical health while unhealthy practices can be resulted into stress, mental illness, depression and so on. Hence, it is better to think positive, to have a positive attitude towards all events, activities and incidents happened at workplace and giving stress to the working women- no matter, it is problem focused coping or emotional focused coping. The practices of keeping clean the workplace may change your mood and keep you fresh, doing practice of yoga, engaging self in developing the skills and hobbies as drawing, wondering in the garden, giving yourself a pep talk, going for walk, doing exercise, listening music, watching the landscape photos that help you feel relaxed, looking the images to remind the people, places, and things you like more and that bring happiness in your mood, reading books, writing articles, jokes etc, healthy practices can help to manage the stress on working women occurred as an outcome of coping behaviour at workplace.

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