



## **A study on stress among Employed woman and housewives in Muzaffarpur (Bihar) and its stress Management through progressive muscle Relaxation technique (PMRT) and mindfulness Breathing:-**

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### **INTRODUCTION:-**

In this modern era ,stress has become a universal phenomenon. The concept of “stress” was first introduced by ”Selye Hans” in 1936.since the turn of the century, the status of women in India has been changing due to growing industrialization ,urbanisation ,spatial mobility and social legislation with the spread of education and awareness ,women have shifted from kitchen to higher level of professional activities.

These changes in environment has encouraged and motivated women to work outside which create stress in handling the role of both uncertain and important. stress affects not only our physical health but our mental wellbeing too. To manage stress following techniques can be applied:-

#### **1. PROGRESSIVE MUSCLE RELAXATION TECHNIQUE (PMRT):-**

Dr.Edmund Jacobson developed this technique on the concept of if one’s body is relaxed, one’s mind can not be in state of anger. He theorised that anxiety and stress lead to muscle tension, which in turn increase feelings of anxiety. By this technique we can reduce anxiety by learning how to relax the muscular tension.

#### **2. MINDFULNESS BREATHING:-**

Mindfulness training create a psychological ’space’ between one’s perception and response .This enables us to respond wisely instead of react impulsively with negative emotions.it is not only reduces stress ,but can also enhance positive emotions and quality of life.

## **REVIEW OF RELATED STUDIES:-**

Snalier and Arpaci study reveals that employed women in stress scale have a higher average score than that of non-employed women.

Hashmi et al. 2007 found that working married women have to face more difficulties in their lives like they experienced more stress and depression as compared to non-working married women.

Chaudhari et al. 2014 studied that increase in stress levels are found in female health care because of shortage of manpower ,infrastructure and long emergency duty hours and inadequate remuneration for their hard work .

## **OBJECTIVES:-**

### ***The main objectives of the study were stated as:-***

- \* To find out the stress level of employed women.
- \* To find out the stress level of unemployed women.
- \* To compare the stress level of employed and unemployed women.
- \* To see the effect of PMRT and mindfulness breathing upon stress.
- \* To compare the pre and post test result of experimental and control group of employed women after interventions.

## **HYPOTHESES:-**

### ***For the present study following hypotheses were formulated:-***

1. There would be no significant difference in the mean score of stress level among employed women and house wives.
2. There would be no significant difference in the stress level of employed women and house wives.
3. There would be no significant effect of PMRT and mindfulness breathing upon the stress level in experimental and control group of employed women.

## **METHODS:-**

### **SAMPLE**

Sample consisted of 100 educated women from Muzaffarpur (Bihar) .In which 50 were employed and 50 housewives were unemployed. The age of subjects ranges from 25-40

years with the mean age of 34.3 for employed and 28.5 from housewives .The quota sampling method used to select the sample.

**Description of the tool used:-**

For the present study single personal stress source inventory (SPSSI) was used to assess the level of stress among employed women and housewives .The test comprises of 35 items and there are three given response options for each event namely ,”seldom”, “Sometimes”, and “Frequently “. Higher the score ,the higher is the magnitude of the personal stress. The maximum score in this test is 105.

**PROCEDURE:-**

For this test all the participants were individually informed about the purpose of the study. The score of both the group is statistically analysed. The score of the both group i.e employed women and house wives were statistically analysed. After the pre-test the more stress group i.e(Employed women) were randomly divided in two equal groups of experimental and control group .The experimental group was provided with the session of PMRT and mindfulness breathing twice a week for 3 months by researcher and for rest of the days they are instructed to practise technique twice a day i.e early morning and bed time .The participants had to make a record sheet of their practise technique by filling it up regularly and were checked twice weekly which was provided by the researcher .

The control group was not provided with any intervention .After three months post –test was taken and pre-test and post-test score were statistically analysed by using t-test to the significance of difference between the groups.

**STATISTICAL ANALYSIS:-**

The data was tabulated and analysed using mean, SD and t-test. The results of analysis are presented in Table 1-3.

**TABLE 1:**

Range of scores	Qualitative Description	Employed women		Unemployed women	
		Number	Percent	Number	Percent
80 or higher	High level of stress	2	4%	0	0.1%
31-79	Moderate level of stress	48	96%	37	74%
0-30	Low level of stress	0	0%	13	26%
<b>Average</b>		<b>60.78</b>		<b>43.3</b>	

Table 1 reveals that out of 50 employed women, two falls in high stress category, 48 in the moderate and non in the low level of stress. Similarly, out of 50 unemployed, zero falls in the high stress category. 37 in the moderate and 13 in the low level of stress category.

**TABLE 2: (t-ratio showing employed Vs. unemployed women status)**

Stress Level		Employed (N=50)	Unemployed (N=50)	t	df	p*
	Mean	58.71	41.3	7.99	98	P<0.05 (Significant)
	SD	10.85	11.03			

\* =  $p < 0.05$

**TABLE 3: (Showing t-ratio of stress management among employed women's stress level between control vs. experimental group)**

		Pre-test	Post-test	t	df	p*
Stress level of control group	Number	25	25	1.69	24	P > 0.05 (Insignificant)
	Mean	54.64	53.2			
	SD	12.96	10.41			
Stress level of experimental group	Number	25	25	23.79	24	P < 0.05 (Significant)
	Mean	66.92	29.76			
	SD	6.73	2.35			

\* =  $p < 0.05$

## **RESULTS AND DISCUSSION:**

Table 1 shows the qualitative description of scores on SPSS I and among employed and unemployed women.

Table 2 shows the Mean, SD, df, and t-ratio for employed and unemployed women. From this table it is evident that mean and SD of the employed women for stress level is higher than the Mean and SD of housewives. The SD in the scores of employed women is 10.85 and for housewives are 11.03. When the same scores were put to the t-test, the value of 7.99 was obtained, which was significant at 0.05 level of significance. Here, the null hypothesis was rejected, which interprets that there is significant difference in the stress level of employed women and housewives. The stress level is high in the employed in comparison to housewives.

Table 3, showing the Mean, SD, df, and t-ratio for the experimental and control groups after the intervention. From this table it is evident that stress level among

control group of employed women before intervention (pre test) was 54.64; which were little bit higher than the post test scores 53.2. The SD of pre test was 12.96 and after post test it was 10.42. When the same scores were put to t-test, the value of 1.64 was obtained which was lower than the table values of 2.01 and 2.68 at 0.05 and 0.01 levels of significance. And, was insignificant at both the levels, so the null hypothesis was accepted, which indicates that there was no significant difference in the stress level of control group in the post test.

Table 3, also reveals that the stress level of experimental group of employed women before intervention (pre test) was 66.92, which were higher than the post test scores of 29.76. The SD of pre test was 6.73 and after post test, it was 2.35. When the same scores were put to t-test, we get 23.78, which were greater than the table values of 2.01 and 2.68 at 0.05 and 0.01 level of significance and were significant at both the level of significance. So, the null hypothesis was rejected, which indicates that after the intervention of PMRT and mindfulness, breathing, the stress level of employed women was significantly decreased from moderate level of stress to low level of stress.

### **CONCLUSION:**

To successfully manage stress in everyday lives, individual can learn to relax and enjoy life. The best way to manage stress is to prevent it. But, this may not be always possible. So, in the next best thing to reduce stress and make life easier, we can use techniques like meditation, yoga, PMRT, and mindfulness breathing.

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