



Comparative Study of Stress Relieving and Relaxation Techniques Used By Women Executives and Women Suffering From Stress

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Received: 03/02/2015

Revised: 02/03/2015

Accepted: 12/03/2015

ABSTRACT

Stress is a tension or pressure produced by the human beings when the mind is overloaded. It is always related to an imbalance between demands made on us. Such as emotional leads to behavioral, psychological, physiological and health related problems and it can be harmful if an individual fails to control it. The present study was conducted in Nagpur city. From the present study it was found that the age group of both the respondents were 31-40 years and they were all educated. Simple random sampling method was used to collect the data. 100 samples were selected for the data collection. The common stress has affected in behavior and feeling of tiredness, headache, weight loss, anger etc. Women adopted the different techniques to overcome stress that is Yoga, meditation, Watching TV, Drinking hot tea, etc. For the depression suffering women used regular counseling for reducing stress that helped in improving their performance in playing dual role as family earner and home maker.

Key words: Stress, Coping strategies, Relaxation techniques.

INTRODUCTION

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Stress is a part of life, a normal response to demands either emotional, intellectual, or physical. It can be positive if it keeps us alert, motivated, and ready to avoid danger. It can be negative if it becomes chronic, increasing the risk of diseases like depression, heart disease and a variety of other problems. Men and women report different reactions to stress, both physically and mentally. They attempt to manage stress in very different ways and also perceive their ability to do so and the things that

stand in their way in markedly different ways. Women are more likely than men to report that their stress levels are on the rise. They are also much more likely than men to report physical and emotional symptoms of stress. When comparing women with each other, there also appears to be differences in the ways that married and single women experience stress.

Stress has become a major concern of the modern times as it can cause harm to employee's health and performance. Stress may be defined as "A state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability or motivation to meet those demands." There are three major sources of stress: environmental, individual

and organizational. Environmental is not only caused by the factors intrinsic to job, but also influenced by the environmental or extra organizational factors. Stress results because of the individual's interaction with environment stimuli or factors such as societal or technological changes, political and economical uncertainties, financial conditions, community conditions etc.

A woman has an imperative place in person society and she has to play monotonous role in human development and success. Women may suffer from mental and physical harassment at workplaces, apart from the common job stress. Sexual harassment in workplace has been a major source of worry for women, since long. Women may suffer from tremendous stress such as hostile work environment harassment, which is defined in legal terms as offensive or intimidating behavior in the workplace. This can consist of unwelcome verbal or physical conduct. These can be a constant source of tension for women in job sectors.

Stress is universal human experience. It has been with us since the beginning of time. Every year thousands of people seek medical or psychological help for emotional distress that exceeds their ability to cope. Stress affects health and health affects the ability to deal with stress. However, a considerable large amount of research had been conducted on stress level and their remedies to cope with it. The present research study aims to investigate the relationship of stress level between the women executives and women suffering from depression and the stress related outcomes. Examine the relations between working conditions, stressful events, individual characteristics etc. remedies used to overcome stress.

Objectives:

- To study the various relaxation techniques practiced by women

executives and women suffering from depression.

Limitations:

- Study was limited to Nagpur city only.
- Study shall be limited 100 samples only.

MATERIALS AND METHODS

The two sections of women were taken as sample: women executives and women suffering from stress. 50 samples were taken from each section and from five zones of Nagpur city. That was east-Sakkardhara Dinghori Naka, West- Wadi, Hingna, North-Koradi, South-Manewada, and Center- Burdi. Simple random sampling without replacement was used to select the study area. Interview schedule was used to collect the data. The collected data were tabulated and analyzed with the help of frequency, percentage and relational statistics mean.

RESULTS AND DISCUSSION

If one was aware of the type of stress they can find efficient and effective ways of managing stress. Common method employed by women executives in the present study was discussed in details.

From table 1 it can be seen that women executives frequently adopt the different relaxation techniques to overcome stress like deep breathing that is 66 percent. Head massage was used by 48 percent women executives. 46 percent women used to take hot tea and coffee to relax them, whereas 44 percent used television, 44 percent women used to read books while 34 percent engage themselves in cooking, 40 percent divert their mind in listening music and 40 percent in gardening. Majority of the respondents never adopt swimming as a relaxation therapy.

Table 1: Distribution of the respondents on the basis of Relaxation techniques used by women executives (N=50)

S. No.	Particulars	Never		Rarely		Frequently		Always	
		F	%	F	%	F	%	F	%
1.	Yoga	40	80	4	8	3	6	3	6
2.	Deepa Breathing	17	34	33	66	-	-	-	-
3.	Head Massage	3	6	24	48	16	32	7	14
4.	Laugh	37	74	10	20	3	6	-	-
5.	Drink Hot tea/coffee	10	20	17	34	23	46	12	24
6	Take a time out	32	64	15	30	3	6	-	-
7	Watching TV	12	24	18	36	22	44	-	-
8	Painting	39	78	11	22	-	-	-	-
9	Reading books	15	30	13	26	22	44	-	-
10	Dancing	44	88	6	12	-	-	-	-
11	Cooking	-	-	7	14	9	18	34	68
12	Gardening	25	50	20	40	5	10	-	-
13	Swimming	50	100	-	-	-	-	-	-
14	Sleeping	30	60	15	30	5	10	-	-
15	Playing games	46	92	4	8	-	-	-	-
16	Self Observation	4	8	9	18	37	74	-	-
17	Meditation	40	80	4	8	3	6	3	6
18	Involving in cultural Program	30	60	10	20	10	20	-	-
19	Listening music	25	50	20	40	5	10	-	-

Relaxation techniques used by women executives (N=50)

- Mostly psychiatrist recommended medication, counselling and bed rest. Because overstressed patient like Dysthymia medication is beneficial treatment. Counselling is the best treatment to know the problems patient have and which treatment used for this type of patient.
- All the psychiatrist was agree that exercise, yoga, medication was very helpful to reduce stress. Because in stressful situation these methods was helpful. In psychological treatment cognitive behaviour therapy was used. It is an effective therapy to reduce stress.
- For the clinical psychiatrist various tools for treatment for depressed patient was used. These are:

1. Intelligence or IQ tests
 2. Attitude test
 3. Personality tests
- In the hospital medical treatment was provided, some psychological tests are available and professional counsellor are there. They provided good treatment to their patients.

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How to cite this article: Khare TA. Comparative study of stress relieving and relaxation techniques used by women executives and women suffering from stress. Int J Res Rev. 2015; 2(3):107-109.
