

Stress Among Working Women: A Silent Serpent

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Sir,

According to WHO Stress can be defined as a state of worry or mental tension caused by a difficult situation.¹ Stress has become the most inevitable health complication of the present century universally. In developing country like India, Stress among females is double fold than males especially when a female has to manage both professional and household chores. Female employment has seen a rapid rise compared to the previous century, mainly due to the active participation of females in all the fields where there was domination of males. Though we are proud to enforce women empowerment in a large scale universally, the impact of the changes so-called the other side of the coin is not seen. Stress of working women not only impacts the mother but also the family as a whole.

In a study done by Latha Krishnan et al, the results show that stressors arise in women not only from the workplace but also from their own homes. The socioeconomic stressors in the home as shown in the results of the study are predominantly from unexpected guests & absence of domestic help. The family and relations also play a major role in increasing stress among working mothers in the home. The major contributors to this stress as shown in the results of this study include anxiety about child's future, husband's job insecurity, and marital disagreement.²

In another study done by Thirumaleswari et al, it has been found that workplace harassment, workplace gossip, and criticism are the main evidence elements. Workplace pressure from different work locations, unplanned work time, and customer annoyance and complaints are the following issues.³ In another study done by Suganthi K et al, the results shows that stress leads to a lot of impact on persons health such as eating disorders, stomach ailments, sleep problems, concentration difficulty etc.⁴

The stressors in the home can be relieved only through proper communication between husband and wife. In marital life, the husband and wife should support each other to prevent implications of stress. The workplace is an area where people with multiple thoughts, emotions and attitudes meet. To take control in a workplace is impossible to be achieved due to various factors associated with it. Awareness should be created among the working women about the hardships faced by them and the ways to tackle the situations. There are many laws to tackle ill treatment and workplace harassment in India. In countries like Spain have started 4 day per week work hours in pilot basis to reduce stress and improve productivity.⁵ This should be done universally to tackle the stress among working population predominantly females. Stress is unavoidable nowadays and the ways to tackle them is only by whole hearted connection with family and friends outside the work-

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ing hours. A less stressed life of a women will bring more prosperity to the family as a whole. This is the reason stress among working women is called *SILENT SERPENT*.

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