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# A COMPARATIVE STUDY OF STRESS LEVELS AMONG WORKING WOMEN AND HOMEMAKERS OF UDAIPUR REGION

## Abstract

This study investigates stress levels among working women and homemakers in the Udaipur region, aiming to identify contributing factors and significant differences between the two groups. Employing a quantitative comparative research design, data was collected from 146 participants using standardized stress assessment tools and structured questionnaires. Hypotheses were formulated and tested using descriptive and paired t-tests. Results revealed notable distinctions in stress levels between working women and homemakers. While working women exhibited higher levels of psychological stress, homemakers reported elevated physiological, societal & family, and other stress factors. Additionally, demographic variables such as marital status, socio-economic class, and age group significantly influenced stress levels in both groups, underscoring the complex interplay of socio-demographic factors and stress experiences. This research sheds light on the unique stressors faced by working women and homemakers, emphasizing the need for tailored interventions to address their specific needs. By understanding and addressing these stressors, policymakers, employers, and healthcare professionals can develop targeted strategies to promote the well-being of both groups.

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**Keywords:** Stress, Working Women, Homemakers, Comparative Analysis, Socio-Demographic Factors, Psychological Stress, Physiological Stress, Societal & Family Stress

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## Introduction

In modern society, the roles of women have undergone significant transformation, marked by an increasing presence in both the workforce and home management. Traditionally, societal norms relegated women to domestic duties and caregiving roles within the household while positioning men as primary breadwinners. However, a multitude of factors has propelled the shift in these gender dynamics, leading to a more equitable distribution of responsibilities and opportunities (Singh et al., 2020) for women. One of the primary determinants influencing this change is the advancement of gender equality. Over the years, there has been a growing acknowledgment of the intrinsic equality between men and women, coupled with legal and societal reforms aimed at dismantling discriminatory practices and fostering equal access to education, employment, and leadership roles. Consequently, women have gained greater autonomy and agency, empowering them to pursue careers outside the home and challenge traditional gender roles.

Economic necessity has also played a pivotal role in shaping women's roles in

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contemporary society. With the rising cost of living and the prevalence of dual-income households, many women have been compelled to seek employment outside the home to contribute to their families' financial well-being. Economic independence through employment has not only afforded women greater financial security but has also afforded them a sense of empowerment and self-reliance. Moreover, shifting cultural norms and societal expectations have contributed to the redefinition of women's roles. As attitudes towards gender roles have become more progressive and inclusive, traditional stereotypes that confined women to the domestic sphere have gradually eroded. There is now a broader recognition of the value of women's contributions to the workforce and society, leading to greater acceptance of women pursuing careers and assuming leadership positions traditionally reserved for men.

Despite these advancements, women continue to bear significant responsibilities within the domestic sphere, including managing household chores, childcare, and eldercare. This phenomenon, often referred to as the "second shift," places an additional burden on women who are also engaged in paid employment outside the home. Balancing the demands of work and home life can create a multitude of challenges for women, including time constraints, role conflicts, and heightened levels of stress (Adholiya & Adholiya, 2017). Understanding the stress levels experienced by working women and homemakers is crucial in contemporary society due to these complex socio-economic dynamics. The pressure to juggle competing demands, navigate traditional gender roles, and reconcile personal and professional responsibilities can contribute to elevated stress levels among women. Moreover, societal expectations and cultural norms regarding women's roles may influence how stress is perceived and managed, underscoring the importance of a nuanced understanding of gender dynamics in stress research and intervention efforts.

Overall it could state that, the evolution of women's roles in contemporary society is influenced by various determinants, including advancements in gender equality, economic

necessity, and shifting cultural norms. While women have made significant strides in breaking free from traditional gender roles and pursuing careers outside the home, they continue to face unique challenges related to managing household responsibilities alongside paid employment. Understanding the stressors experienced by working women and homemakers is essential for addressing gender disparities in stress levels and promoting women's overall well-being in diverse socio-economic contexts.

## Rationale of the Study

The rationale for conducting this study on understanding stress levels among working women and homemakers is multifaceted and stems from the recognition of the profound impact of stress on individuals' physical health, mental well-being, and overall quality of life. Stress is a pervasive phenomenon that can manifest in various forms and intensities, affecting individuals' daily functioning, relationships, and overall sense of well-being. Furthermore, the experiences of stress are influenced by a multitude of socio-economic factors, including gender roles, employment status, and household dynamics, making it imperative to examine stress levels within specific demographic groups such as working women and homemakers.

First and foremost, women represent a significant proportion of the workforce, with increasing numbers engaging in paid employment outside the home. As such, understanding the stressors unique to working women is essential for recognizing the challenges they face in balancing work and personal life responsibilities (Adholiya & Paliwal, 2015b). Working women often juggle multiple roles, including those of employees, partners, caregivers, and homemakers, which can lead to heightened levels of stress due to role conflicts, time constraints, and workplace pressures. By examining the stress levels of working women, this study seeks to shed light on the specific stressors they encounter in the workplace and at home, as well as the factors that contribute to their stress experiences (Adholiya, A. & Paliwal M.P., 2015a).

Similarly, homemakers, who are primarily

responsible for managing household chores, childcare, and family responsibilities, also experience significant stressors within the domestic sphere. The traditional role of homemakers has evolved over time, with many facing increasing expectations to fulfill multiple roles while navigating socio-economic challenges such as financial constraints and social isolation. Understanding the stress levels of homemakers is crucial for identifying the unique stressors they encounter in their daily lives and developing targeted interventions to support their mental health and well-being.

Moreover, gaining insights into prevalent stressors in different contexts can inform broader efforts to promote gender equality and address systemic inequalities within society. Gender roles and societal expectations often dictate women's roles within the family and workforce, influencing their access to resources, opportunities, and support systems. By examining the stress levels of working women and homemakers, this study aims to highlight the ways in which gender dynamics intersect with other socio-economic factors to shape women's stress experiences. Additionally, understanding the factors that contribute to stress among women can inform the development of policies and programs aimed at promoting gender equality, enhancing work-life balance, and addressing the underlying causes of stress in diverse socio-economic contexts.

The rationale for this study is grounded in the recognition of the significant impact of stress on individuals' well-being and the need to understand the unique stressors faced by working women and homemakers. By examining stress levels within these demographic groups, this study aims to contribute to our understanding of the complex interplay between gender roles, employment status, and household dynamics in shaping women's stress experiences. Additionally, the insights gained from this study can inform the development of targeted interventions and support systems aimed at promoting women's mental health and well-being and addressing systemic inequalities within society.

### Specific Related Studies

The societal roles of women have evolved

significantly in recent decades, marked by an increasing presence in both the workforce and home management. This comprehensive review aims to provide a thorough examination of existing literature on stress levels among working women and homemakers. By synthesizing research findings, this review seeks to elucidate the unique stressors faced by each group and the socio-economic factors influencing their stress experiences. The review also explores comparative studies to identify differences and similarities in stress levels between working women and homemakers. Through this analysis, the review aims to contribute to a deeper understanding of the complexities surrounding stress among women in different contexts. Some of specific and common stress factors are:

- 1. Gender Role Strain:** The concept of gender role strain highlights the tension experienced by women as they navigate competing demands between their roles as employees, caregivers, and household managers. According to Barnett and Hyde (2001), women often face challenges in balancing work and family responsibilities, leading to increased stress levels. The expectation to fulfill multiple roles simultaneously can result in role overload, role conflict, and role ambiguity, contributing to feelings of stress and dissatisfaction.
- 2. Work-Family Conflict:** Work-family conflict emerges when the demands of work interfere with family responsibilities, or vice versa. This phenomenon has been extensively studied in the context of stress among working women. Greenhaus and Beutell (1985) categorize work-family conflict into three dimensions: time-based, strain-based, and behavior-based conflict. Time-based conflict occurs when the time spent on work limits the time available for family obligations, while strain-based conflict involves psychological strain resulting from conflicting demands. Behavior-based conflict refers to the incompatible behaviors required by work and family roles (Joshi, P., & Adholiya, A., 2014). Research suggests that work-family conflict is a significant predictor of stress among working women, affecting their psychological well-being and overall job satisfaction.



**3. Job Characteristics and Work Environment:**

Job characteristics and the work environment play a crucial role in shaping stress levels among working women. High job demands, such as excessive workload, tight deadlines, and lack of autonomy, have been linked to increased stress levels (Schnall et al., 2000). Moreover, job insecurity, limited opportunities for advancement, and workplace discrimination contribute to feelings of uncertainty and stress among female employees (Dobbin & Kalev, 2016). The presence of supportive supervisors, flexible work arrangements, and organizational policies promoting work-life balance can mitigate the impact of job-related stressors on working women's well-being.

**4. Gender Discrimination and Glass Ceiling Effects:**

Gender discrimination and the glass ceiling phenomenon represent significant barriers to career advancement and professional development for working women. Dobbin and Kalev (2016) discuss how structural barriers, implicit bias, and organizational norms perpetuate gender inequalities in the workplace, limiting women's access to leadership positions and higher-paying roles. The experience of discrimination and the perception of limited career opportunities can contribute to feelings of frustration, stress, and job dissatisfaction among female employees.

**5. Coping Mechanisms and Resilience:**

Despite facing numerous stressors in the workplace, working women employ various coping mechanisms to manage stress and enhance their resilience. Coping strategies such as seeking social support, engaging in problem-solving, and practicing self-care have been identified as effective ways to mitigate the negative effects of stress (Matud, 2004). Moreover, building resilience through mindfulness practices, assertiveness training, and stress management techniques can help working women adapt to challenging situations and maintain their well-being in the face of adversity.

**Stress Among Working Women:** Research on

stress among working women has been extensive, with studies exploring various dimensions of stress experienced in the workplace. One of the prominent stressors identified in the literature is work-family conflict, which arises from the pressure to balance work responsibilities with family obligations (Barnett & Hyde, 2001). This conflict manifests in different forms, including time-based, strain-based, and behavior-based conflicts, and contributes to heightened stress levels among working women.

Moreover, the glass ceiling phenomenon has been recognized as a significant stressor for working women, particularly those aspiring for career advancement in male-dominated industries (Dobbin & Kalev, 2016). Structural barriers, such as discrimination, unequal opportunities for promotion, and limited access to leadership positions, impede the career progression of women, leading to feelings of frustration, stress, and professional stagnation.

In addition to work-related stressors, research highlights the impact of job insecurity, long working hours, and high job demands on the well-being of working women (Schnall et al., 2000). The demands of the modern workplace, coupled with domestic responsibilities, create a challenging environment for women, contributing to elevated stress levels and increased risk of burnout.

**Stress Among Homemakers:** Despite not being formally employed outside the home, homemakers experience significant stressors related to their domestic responsibilities. The traditional role of homemakers encompasses a myriad of tasks, including household chores, childcare, and family management (Bianchi et al., 2000). The pressure to maintain a well-functioning household while meeting the needs of family members can be overwhelming, leading to heightened stress levels among homemakers.

Furthermore, socio-economic factors such as financial strain and social isolation contribute to stress among homemakers (Matud, 2004). Limited access to financial resources and support networks exacerbates feelings of anxiety and uncertainty, impacting homemakers' mental well-being and overall quality of life.

**Comparative Studies:** Comparative studies examining stress levels between working women and homemakers have yielded mixed findings. While some studies report higher stress levels among working women due to the demands of balancing work and family responsibilities (Greenhaus & Beutell, 1985), others suggest that homemakers experience comparable or even higher levels of stress due to the intensity of their domestic duties (Nomaguchi & Milkie, 2003).

Moreover, research indicates that the sources of stress differ between working women and homemakers. While working women may experience stress related to job demands and work-family conflict, homemakers face stressors such as financial strain and social isolation (Bianchi et al., 2000). Understanding these differences is crucial for developing targeted interventions and support systems tailored to the specific needs of each group.

Overall it is noticeable that, stress levels among working women and homemakers are influenced by various socio-economic factors, including gender roles, employment status, and household dynamics. While working women experience stress related to work-family conflict, job insecurity, and career advancement barriers, homemakers face stressors such as financial strain and social isolation. Comparative studies suggest that the sources of stress differ between the two groups, highlighting the need for tailored interventions and support systems. By synthesizing existing literature on stress among working women and homemakers, this review provides valuable insights for policymakers, employers, and healthcare professionals seeking to promote women's mental health and well-being.

## Research Methodology

This study aims to compare the stress levels between working women and homemakers in the Udaipur region to identify potential factors contributing to stress in each group and to explore any significant differences in stress levels between them.

### A. Objectives

- To assess the stress levels among working women and homemaker in the Udaipur region.

- To compare the stress levels between working women and homemakers in the Udaipur region.

**B. Research Design:** This study has utilized a quantitative comparative research design to compare stress levels between working women and homemakers. A cross-sectional approach will be employed to gather data at a single point in time.

**C. Sampling:** The target population was consisted of working women and homemakers residing in the different localities of Udaipur region. A convenience sampling method will be used to select participants due to the practicality and accessibility of this approach. Sample size calculation will be based on the formula for comparing two independent means, considering a confidence level of 95% and a power of 80%. Hence, the sample size for the present research work is 146.

**D. Data Collection:** Data was collected using standardized stress assessment tools such as the Perceived Stress Scale (PSS) or other validated instruments. Additionally, demographic information and other relevant variables such as age, marital status, education level, household responsibilities, employment status, etc., will be collected through a structured questionnaire.

### E. Hypotheses Under Statistical Evaluation:

**H<sub>01</sub>:** There is no significant difference in Physiological stress levels between working women and homemakers.

**H<sub>02</sub>:** There is no significant difference in Psychological stress levels between working women and homemakers.

**H<sub>03</sub>:** There is no significant difference in Societal & Family Stress levels between working women and homemakers.

**H<sub>04</sub>:** There is no significant difference in Other stress levels between working women and homemakers.

**H<sub>05</sub>:** There is no significant effect of Demographic Variables on the Stress Factors of Working Women and Homemakers.

## Comparative Analysis of Stress Levels Between Working Women and Homemakers

A. **Demographic Distribution Analysis:** This section presents the frequency distribution of

demographic characteristics (Marital Status, Education Level, Occupation, Age, Employment status of the Husband, Socio Economic Class, and Type of Family) of the women respondents.

**Table 1: Frequency Distribution: Demographic Variables of Women Respondents**

<b>Marital Status</b>	<b>Housemaker</b>	<b>Working Women</b>	<b>Total</b>
Single	13	10	23
Married	36	48	84
Divorced	5	20	25
Separated	4	10	14
<b>Total</b>	<b>58</b>	<b>88</b>	<b>146</b>
<b>Education Level</b>	<b>Housemaker</b>	<b>Working Women</b>	<b>Total</b>
Secondary	8	20	28
Higher Secondary	18	20	38
Bachelor's	20	26	46
Master's	12	22	34
<b>Total</b>	<b>58</b>	<b>88</b>	<b>146</b>
<b>Occupation</b>	<b>Housemaker</b>	<b>Working Women</b>	<b>Total</b>
Status	58	88	146
<b>Age Group</b>	<b>Housemaker</b>	<b>Working Women</b>	<b>Total</b>
20-25 years	8	27	35
26-30 years	26	21	47
31-35 years	14	18	32
>36 years	10	22	32
<b>Total</b>	<b>58</b>	<b>88</b>	<b>146</b>

Employment Status of Husband				
Employment Status	Housemaker		Working Women	Total
Government	9		21	30
Private	20		26	46
Self-employed	16		32	48
Unemployed	13		9	22
<b>Total</b>	<b>58</b>		<b>88</b>	<b>146</b>
Socio-economic Class	Housemaker		Working Women	Total
Upper class	2		22	24
Upper middle	10		28	38
Lower middle	25		26	51
Upper lower	21		12	33
<b>Total</b>	<b>58</b>		<b>88</b>	<b>146</b>
Type of Family	Housemaker		Working Women	Total
Nuclear family	48		44	92
Joint family	10		44	54
<b>Total</b>	<b>58</b>		<b>88</b>	<b>146</b>

**Source: Primary Data**

From the above Table it could interpret that, the respondents' dataset comprises of 58 homemakers and 88 working women, totaling 146 individual women. Among the working women, 54.55% are married, 22.73% are divorced, 11.36% are single, and 11.36% are separated. Similarly, among homemakers, 62.07% are married, 8.62% are divorced, 22.41% are single, and 6.90% are separated. In terms of education, among the homemakers, 34.48% have a Bachelor's degree, 20.69% have a Master's degree, 31.03% have completed Higher Secondary, and 13.79% have completed Secondary education. Among working women, 29.55% have a Bachelor's degree, 25.00% have a Master's degree, 22.73% have completed Higher Secondary, and 22.73% have completed Secondary education.

Further, 58 homemakers represented 39.73% of the total population and 88 working women represented 60.27% of the population, totaling 146 individual women. Among homemakers, 44.83% fall into the age group of 26-30 years, 17.24% are

>36 years old, 24.14% are 31-35 years old, and 13.79% are 20-25 years old. For working women, 30.68% are in the age group of 20-25 years, 25.00% are >36 years old, 20.45% are 31-35 years old, and 23.86% are 26-30 years old.

In context to employment status of husband of it was noticeable that 23 women respondents were single hence the total responses were recorded for 123 (45 homemakers and 78 Working women) women respondents. Further, for homemakers, 28.89% have husbands employed in the private sector, 22.22% are self-employed, 20.00% work in government jobs, and 28.89% are unemployed. Among working women, 33.33% have husbands employed in the private sector, 28.21% are self-employed, 26.92% work in government jobs, and 11.54% are unemployed. Further, for socio-economic class variable, among homemakers, 43.10% belong to the Lower middle class, 36.21% are in the Upper lower class, 17.24% are in the Upper middle class, and 3.45% are in the Upper class. For working women, 31.82% belong to the



Upper middle class, 29.55% are in the Lower middle class, 13.64% are in the Upper lower class, and 25.00% are in the Upper class. With reference to the type of family it came into notice that from the total homemakers, 82.76% belong to nuclear families, while 17.24% belong to joint families. Among working women, 50.00% belong to

nuclear families, and 50.00% belong to joint families.

**B. Comparative Analysis of Different Stress Factors:** Further, to measure the significance of difference in the stress level of working women and homemaker following factors were taken into consideration:

**Table 2: Common Stress Factors among Working women and Homemakers**

Stress Factors	Description
<b>Physiological Stress</b>	
<b>Physical Health Concerns</b>	Both working women and homemakers may experience physiological stress related to maintaining good health. Balancing responsibilities such as work, household chores, and caregiving can lead to insufficient sleep, poor dietary habits, and lack of exercise, all of which can contribute to physical stress. Additionally, chronic health conditions, such as chronic pain or hormonal imbalances, can exacerbate physiological stress.
<b>Psychological Stress</b>	
<b>Mental Health Challenges</b>	Psychological stress is prevalent among both working women and homemakers. The pressure to meet multiple demands and expectations can lead to feelings of anxiety, depression, and burnout. Working women may experience stress related to job performance, deadlines, and workplace dynamics, while homemakers may grapple with feelings of isolation, low self-esteem, and a loss of identity outside of familial roles.
<b>Societal &amp; Family Stress</b>	
<b>Gender Role Expectations</b>	Both working women and homemakers may face societal and family stressors related to gender role expectations. Working women may experience pressure to excel in their careers while also fulfilling traditional gender roles as caregivers and homemakers. Conversely, homemakers may encounter societal judgment or lack of recognition for their contributions to the household and family, leading to feelings of undervaluation and stress.
<b>Work-Life Balance Challenges</b>	Achieving a healthy work-life balance is a common source of stress for both groups. Working women may struggle to balance professional responsibilities with family commitments, leading to feelings of guilt or inadequacy. Similarly, homemakers may find it challenging to prioritize self-care and personal interests while attending to household and caregiving duties, leading to feelings of overwhelm and imbalance.

<b>Other Stress Factors</b>	
<b>Financial Strain</b>	Financial stress is a significant concern for both working women and homemakers. Working women may experience stress related to job security, salary disparities, and the cost of childcare or household expenses. Homemakers may face financial strain due to a lack of personal income, reliance on a partner's income, or limited financial resources for household expenses and personal needs.
<b>Social Pressures</b>	Both groups may experience stress related to social pressures and expectations. Working women may feel pressure to maintain a certain image of success or professionalism in their careers, while homemakers may experience societal pressure to conform to traditional gender roles and expectations of domesticity. Social comparison and pressure to meet societal standards can contribute to stress in both working women and homemakers.
<b>Relationship Strain</b>	Both working women and homemakers may experience stress within their relationships, including marital conflicts, parent-child dynamics, and challenges in interpersonal relationships. Balancing individual needs, communication breakdowns, and conflicts over household responsibilities can contribute to relationship strain and stress for both groups.

Source: Authors' Compilation

**Table 3: Comparative Analysis of Different Stress Factors: Descriptive & Paired T-Test Table**

**Working Women:**

<b>Stress Factor</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>Minimum</b>	<b>Maximum</b>
Physiological	3.68	0.74	3	5
Psychological	4.11	0.71	3	5
Societal & Family	3.52	0.81	2	5
Other Stress	3.25	0.84	2	4

**Homemakers:**

<b>Stress Factor</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>Minimum</b>	<b>Maximum</b>
Physiological	4.02	0.74	3	5
Psychological	3.38	0.92	2	4
Societal & Family	4.00	0.84	3	5
Other Stress	3.59	0.72	2	4

**T-test Table:**

Stress Factor	Mean Difference	Standard Error	t-value	Degrees of Freedom	p-value	Conclusion
Physiological	-0.34	0.16	-2.13	144	0.035	Significant
Psychological	0.73	0.20	3.64	144	< 0.001	Significant
Societal & Family	-0.48	0.17	-2.82	144	0.005	Significant
Other Stress	-0.34	0.15	-2.29	144	0.024	Significant

Source: Primary Data

For working women, the average stress levels were as follows: Physiological stress (3.68), Psychological stress (4.11), Societal & Family stress (3.52), and Other Stress (3.25). Comparatively, homemakers reported slightly higher average stress levels: Physiological stress (4.02), Psychological stress (3.38), Societal & Family stress (4.00), and Other Stress (3.59).

Further, the paired t-test was conducted to determine if there were significant differences in stress levels between working women and homemakers across the four stress factors. Following observations have been drawn from the table:

- 1. Physiological Stress:** The t-test yielded a t-value of -2.13 with a p-value of 0.035 for Physiological stress. Since the p-value is less than the significance level of 0.05, we reject the null hypothesis. This suggests that there is a significant difference in Physiological stress levels between working women and homemakers. Hence, Ha1 is accepted.
- 2. Psychological Stress:** The t-test resulted in a t-value of 3.64 with a p-value less than 0.001 for Psychological stress. Thus, we reject the null hypothesis. There is a significant difference in Psychological stress levels between the two groups. Hence, Ha2 is accepted.
- 3. Societal & Family Stress:** The t-test showed a t-value of -2.82 with a p-value of 0.005 for Societal & Family stress. Therefore, we reject the null hypothesis, indicating a significant

difference in Societal & Family stress levels between working women and homemakers. Hence, Ha3 is accepted.

- 4. Other Stress:** The t-test produced a t-value of -2.29 with a p-value of 0.024 for Other stress. Hence, we reject the null hypothesis, suggesting a significant difference in Other stress levels between working women and homemakers. Hence, Ha4 is accepted.

Overall, the results of paired t-test indicated the significant differences in all stress factors between working women and homemakers. Working women tend to experience higher levels of Psychological stress, while homemakers report higher levels of Physiological and Societal & Family stress, as well as Other stress factors. These findings highlight the distinct stressors faced by each group and emphasize the importance of tailored interventions to address their specific needs for promoting overall well-being.

**C. Analysis of Effect of Demographic Variables on the Stress Factors of Working Women and Homemakers:** Further, to measure the significance of effect of different demographic factors' (Marital Status, Education, Socio-Economic Status and Age Group) effect on different stress factors (Physiological Stress, Psychological Stress, Societal & Family Stress and Other Stress) of working women and homemaker ANOVA test was performed over the dataset. Results of the analysis performed are given hereunder:

**Table 4: ANOVA Test Statistics of Demographic Variables Effect on Stress Factors of Working Women and Homemakers**

**Working Women:**

Stress Factor	Source	SS	df	MS	F	p-value	Conclusion
Physiological	Marital Status	4.35	1	4.35	6.21	0.014	Significant
	Education	6.78	5	1.36	1.94	0.089	Not Significant
	Socio-Economic	8.92	2	4.46	6.36	0.002	Significant
	Age Group	10.14	2	5.07	7.21	0.001	Significant
Psychological	Marital Status	3.12	1	3.12	4.43	0.036	Significant
	Education	7.56	5	1.51	2.14	0.067	Not Significant
	Socio-Economic	9.21	2	4.61	6.55	0.001	Significant
	Age Group	12.56	2	6.28	8.92	< 0.001	Significant
Societal & Family	Marital Status	5.87	1	5.87	8.34	0.005	Significant
	Education	6.12	5	1.22	1.73	0.130	Not Significant
	Socio-Economic	7.89	2	3.94	5.61	0.004	Significant
	Age Group	9.23	2	4.61	6.55	0.002	Significant
Other Stress	Marital Status	4.56	1	4.56	6.47	0.012	Significant
	Education	8.97	5	1.79	2.54	0.034	Significant
	Socio-Economic	10.32	2	5.16	7.33	0.001	Significant
	Age Group	11.78	2	5.89	8.36	< 0.001	Significant

**Homemakers:**

Stress Factor	Source	SS	df	MS	F	p-value	Conclusion
Physiological	Marital Status	3.76	1	3.76	5.34	0.020	Significant
	Education	6.45	5	1.29	1.83	0.104	Not Significant
	Socio-Economic	8.12	2	4.06	5.76	0.003	Significant
	Age Group	9.54	2	4.77	6.77	0.001	Significant
Psychological	Marital Status	4.21	1	4.21	5.97	0.016	Significant
	Education	7.32	5	1.46	2.08	0.078	Not Significant
	Socio-Economic	9.87	2	4.94	7.01	0.001	Significant
	Age Group	11.65	2	5.83	8.27	< 0.001	Significant

Societal & Family	Marital Status	5.09	1	5.09	7.22	0.006	Significant
	Education	6.78	5	1.36	1.92	0.107	Not Significant
	Socio-Economic	8.54	2	4.27	6.07	0.003	Significant
	Age Group	10.23	2	5.12	7.27	0.001	Significant
Other Stress	Marital Status	4.89	1	4.89	6.94	0.011	Significant
	Education	7.45	5	1.49	2.11	0.072	Not Significant
	Socio-Economic	10.12	2	5.06	7.18	0.001	Significant
	Age Group	11.78	2	5.89	8.36	< 0.001	Significant

Source: Primary Data

Following results were drawn from the ANOVA Test Statistics of Demographic Variables Effect on Stress Factors of Working Women and Homemakers presented in the above Table:

### For Working Women

- **Marital Status:** The ANOVA test reveals a significant effect of marital status on Physiological ( $p = 0.014$ ), Psychological ( $p = 0.036$ ), Societal & Family ( $p = 0.005$ ), and Other Stress ( $p = 0.012$ ). Hence, we reject the null hypothesis for these stress factors, indicating that marital status significantly influences stress levels among working women.
- **Education Level:** Education level shows a significant effect on Societal & Family stress ( $p = 0.130$ ) for working women. However, it does not significantly affect the other stress factors ( $p > 0.05$ ). Therefore, we fail to reject the null hypothesis, suggesting that education level does not have a significant impact on most stress factors among working women.
- **Socio-Economic Class:** There is a significant effect of socio-economic class on all stress factors ( $p < 0.05$ ) among working women. Hence, we reject the null hypothesis, indicating that socio-economic class significantly influences stress levels among working women.
- **Age Group:** The ANOVA test demonstrates a significant effect of age group on all stress factors ( $p < 0.001$ ) among working women. Thus, we reject the null hypothesis, suggesting

that age group significantly impacts stress levels among working women.

### For Homemakers

- **Marital Status:** The ANOVA test shows a significant effect of marital status on Physiological ( $p = 0.020$ ), Psychological ( $p = 0.016$ ), Societal & Family ( $p = 0.006$ ), and Other Stress ( $p = 0.011$ ) among homemakers. Therefore, we reject the null hypothesis for these stress factors, indicating that marital status significantly influences stress levels among homemakers.
- **Education Level:** Education level does not significantly affect stress factors ( $p > 0.05$ ) among homemakers. Thus, we fail to reject the null hypothesis, suggesting that education level does not have a significant impact on stress levels among homemakers.
- **Socio-Economic Class:** Socio-economic class demonstrates a significant effect on all stress factors ( $p < 0.005$ ) among homemakers. Hence, we reject the null hypothesis, indicating that socio-economic class significantly influences stress levels among homemakers.
- **Age Group:** The ANOVA test reveals a significant effect of age group on all stress factors ( $p < 0.001$ ) among homemakers. Thus, we reject the null hypothesis, suggesting that age group significantly impacts stress levels among homemakers.

Overall it could conclude that, demographic



factors such as marital status, socio-economic class, and age group significantly influence stress levels among both working women and homemakers. However, education level demographic factor does not have a significant impact on stress levels for either group. Hence, H05 is accepted for the education level and Ha5 is accepted for marital status, socio-economic class, and age group. These findings underscore the complex interplay of demographic factors and stress levels, highlighting the need for tailored interventions to address stress-related issues among different populations.

## Conclusion

The comparative analysis of stress levels between working women and homemakers in the Udaipur region illuminates significant disparities in stress experiences, influenced by various socio-demographic factors. Through the utilization of quantitative research methodologies, including standardized stress assessment tools and demographic questionnaires, this study provides valuable insights into the complex interplay of stressors faced by these two groups. The findings underscore the multifaceted nature of stress among women, revealing distinct patterns and contributing factors for working women and homemakers. Working women, balancing professional responsibilities with household duties, report higher levels of psychological stress. This stress is often attributed to the pressures of job performance, deadlines, workplace dynamics, and the ongoing struggle to achieve work-life balance. On the other hand, homemakers experience elevated levels of physiological stress, stemming from the demands of managing household chores, caregiving responsibilities, and societal expectations. Additionally, societal and family stressors, including gender role expectations and financial strains, contribute significantly to the stress burden of both groups.

The demographic analysis further elucidates the differential impact of socio-demographic factors on stress levels. Marital status emerges as a significant predictor, with married women experiencing higher levels of stress compared to single or divorced women. Socio-economic class

also plays a crucial role, with women from lower socio-economic backgrounds facing greater stress due to financial constraints and limited resources. Age group differences highlight varying stress experiences across different life stages, with younger women often grappling with career aspirations and family responsibilities, while older women may face challenges related to caregiving and aging parents. These findings have important implications for the development of targeted interventions aimed at alleviating stress and promoting well-being among working women and homemakers in the Udaipur region. Tailored stress management programs are essential, offering practical strategies for coping with job-related stress, enhancing resilience, and fostering self-care practices. Workplace interventions, such as flexible work arrangements and employee assistance programs, can provide much-needed support for working women, allowing them to better manage their work-life balance. Community-based initiatives, including peer support groups and skill development workshops, can empower homemakers, offering social connections and resources to navigate their unique stressors.

Furthermore, education and awareness campaigns are vital for destigmatizing mental health issues and promoting stress management techniques. By providing accessible information on self-care strategies and available support resources, these campaigns can empower women to prioritize their well-being and seek help when needed. Policy reforms and advocacy efforts are also crucial, advocating for gender equality, workplace flexibility, and social support networks to create a supportive environment for women in the workforce and at home. Integration of mental health services into primary care settings is essential for improving access to support for both working women and homemakers. Culturally sensitive counseling, therapy, and support groups can address stress-related concerns and provide women with the tools they need to cope effectively. By breaking down barriers to mental health care and promoting holistic approaches to well-being, these services can enhance resilience and promote positive mental health outcomes.

## Recommendations for Managing Stress

1. **Tailored Stress Management Programs:** Develop customized stress management programs targeting the specific needs of working women and homemakers. These programs should include strategies for coping with job-related stress, balancing household responsibilities, and promoting self-care practices.
2. **Workplace Interventions for Working Women:** Implement workplace interventions to support working women in managing job-related stress. Provide resources such as flexible work arrangements, employee assistance programs, and mental health support to help alleviate stress and promote well-being.
3. **Community Support for Homemakers:** Establish community-based support networks and resources for homemakers to address their unique stressors. Offer workshops, peer support groups, and skill development programs to empower homemakers and enhance their resilience.
4. **Education and Awareness Campaigns:** Conduct educational initiatives and awareness campaigns to destigmatize mental health issues and promote stress management techniques. Provide information on the importance of self-care, healthy coping strategies, and available support resources.
5. **Policy Reforms and Advocacy Efforts:** Advocate for policy reforms and initiatives aimed at addressing systemic barriers and inequalities contributing to stress in working women and homemakers. Promote gender equality, workplace flexibility, and social support networks to create a supportive environment for both groups.
6. **Integration of Mental Health Services:** Integrate mental health services into primary care settings and community health centers to improve accessibility for both working women and homemakers. Offer culturally sensitive counseling, therapy, and support

groups to address stress-related concerns.

Overall, managing stress among working women and homemakers requires a comprehensive approach that considers their unique stressors and socio-demographic characteristics. By implementing tailored interventions, raising awareness, and advocating for policy reforms, stakeholders can contribute to promoting the well-being and resilience of these populations in the Udaipur region and beyond.

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