Preface

The word Stress originated from the Latin language. It means hardship, adversity, or affliction. Stress can be mental, emotional or physical. Thus, strain, distress, disease, disequilibrium and disturbance are the common words associated with stress. Occupational stress refers to the physical, mental and emotional wear and tear brought about by the incongruence between the requirement of the job and one’s capabilities, resources and needs of the employee to cope up with job demands. Daily problems, work related issues and pressure, dual role at workplace and home, unrealistic expectations of others – all lead to stressors, which are the causes of stress. Stressors include individual stressors, physical stressors, family stressors, environmental stressors, inter personal stressors, career and job related stressors.

It is observed that in the last five decades, there has been an impressive change in the status of women in India. Women have created their own identity and a space for themselves in education and work spheres. Higher Educational institutions started training women to grab new opportunities enabling them to move from traditional roles. But working with higher education sector is a stressful occupation for women. The daily interactions with students and co-workers and fragmented demands of this profession often lead to pressures and challenges, which may lead to stress. The working women in the industry are no doubt, confronted with ‘work verses- family’ conflict. Thus it is of critical importance that educational institutions must have stress free working environment for women faculty for better performance.

Research is the process of arriving at a dependable solution of problems, through a planned and systematic collection, analysis and interpretation of data. There are three parts involved in any investigation (1) the implicit question/problem (2) The explicit answer/solution (3) Collection, analysis and interpretation of the information derived from the question (problem), to find out the answer (solution). The success of any research depends largely upon the availability of the data and the suitability of the method.
The current study aims at identifying the major causes of stress among working women in higher educational institutions of Rajasthan. This study also sheds light on the opinion of the women faculty about the level of stress within the selected educational institutions. Furthermore, a secondary aim of this study is to determine the effects of stress on physical and psychological health of the women faculty. The current study also aims to contribute to literature in the field of stress management.

This research study has five chapters-

**Chapter first** focuses on introduction of Stress and its major concepts. The first part of this chapter has covered following areas: definition of stress, occupational stress, causes of occupational stress, types of stress, symptoms of work related stress. The second part of the chapter describes stress among working women with the following headings- International Perspective, Indian Perspective, women in education sector and stress management among working women in education sector.

**Chapter second** summarises the condition of education sector in India. A brief introduction of higher education system followed with the introduction of Ministry of Human Resource Department in concern with Department of Higher Education and apex level bodies under MHRD. Another part of the higher education in Rajasthan has been discussed ranging from the introduction of State to the Department of Higher Education in Rajasthan. In addition, growth and progress, current status, achievements and statistical review of higher education in Rajasthan has also explained.

**Chapter third** includes description on research methodology pertaining to this research. It includes review of literature, relevance of the study, objectives of the study, hypothesis, and variables related to stress among working women have also be listed.

**Chapter fourth** provides data analysis and interpretation. Questionnaire administered on stress management have been analyzed and interpreted. Hypothesis testing is an important part in this chapter, which has been carried out with the help of the tools like Cronbach’s alpha, correlation, regression and independent t-test.

**Chapter fifth** emphasizes on findings, suggestions, limitations and scope for further research.