Socio-economic conditions in the post Independence India have forced many educated women from middle and upper middle class families to take up paid jobs. These women have to combine the responsibilities of a job with those of their homes. How far have they been able to adjust to the new situation? Does job responsibility hamper their family adjustment? Does this stress of dual role create some kind of psychological problem for the married or unmarried working women? Do women who are married or unmarried but not employed suffer from any kind of psychological conflicts for not utilizing their skills? These are some of the questions which the present study ventures to explore.

Individual personality, the background of a person, family related factors such as age, education etc. would be both relevant and important while seeking to understand the stress experienced by women and their level of frustration-tolerance. Some women are able to tolerate severely stressful conditions without visible sign of discomfort and with little disruption of their normal behavior. Others are overwhelmed with tension and anxiety when faced with relatively moderate levels of objective stress.

Anderson (1977) has found that, “the people with external locus of control perceive higher stress than internals in a particular situation and that externals respond with much more defensiveness and have much less task-oriented coping behavior than internals.”

Intensity of stress also depends on values and motives. Kapur R. (1969) found housewives experienced more conflict when the prime motive to work was earning money and when their values were traditional.

This study may be taken as comparative; comparative in the sense that it attempts to compare personality characteristics of working, non-working, married and unmarried women. Efforts have been made to explore the problems of modern possible psychological angles. Their adjustment, locus of control, values and frustration-tolerance level as associated with present day job situation and family situation have been studied. If important conclusions can be drawn, they may prove helpful as a guideline for improving the adjustment and frustration-tolerance level of women in the future.