PREFACE

“The dreams of women transcend all boundaries, though they vary from place to place. Women deserved esteem, respect and love, not as individuals, but as symbols of reverence, creation and values, which are spiritual aesthetics.”

- SCATES

Stress is multidimensional and complex phenomenon which is influenced by personal and environmental factors. Today’s world is comparatively rapid changing and the changes in technology, communication, social, and work environment has undoubtedly improved our standard of living. Such changes affect each and every one of us and as such we must all learn to adjust to ensure that we feel happy and are able to cope within our ever changing environment as to maintain our state of well-being. Modern era women are confronted with many stressful situations. Their multiple roles may lead to spillover. Conducive, safe social and family environment and proactive support from family and other social networks can help to transform their life for the better.

Stress management emphasizes that people can learn to cope and manage their stress to prevent the development of both psychological and physical difficulties. A successful multidimensional approach to stress management involves recognizing the source of stress in one’s life and examining the factors that contribute to feelings of stress, learning to modify physiological effect of stress reaction and learning to remedy the factors that contribute to stress. The present research highlights the role of family structure, perceived family environment and working status of women in their stress management ability. The findings have implications in enhancing stress management ability of women.

Chapter One of Introduction, highlights concept of stress, theoretical models of stress, sources of stress, causes of stress in women, coping with stress, stress management, and determining factors i.e., family structure, perceived family environment, and working status of women. Chapter Two of ‘Review of Literature’ deals with studies done by various researchers in the filed of interest. Chapter Three elaborates the problems and relevant hypotheses undertaken for investigation in the present research. Chapter Four deals with methodology adopted in the present investigation. Analysis of the obtained data through various statistics has been
described in Chapter Five, and Chapter Six deals with the discussion of the findings. A separate Chapter Seven of Summary has also been added to present the whole work in nutshell.

There are a number of people without whom this thesis would not have been in the presentable form, and to whom I am greatly indebted and take pleasure to utter the words “Thank you” from deep of my heart.

I would like to express my deep and sincere gratitude to my guide Dr. (Mrs.) Sandhya Verma, Head, Department of Home Science and Incharge Principal, Govt. Arts & Commerce Girls’ College, Devendra Nagar, Raipur (C.G.), who inspired and encouraged me for the research work and provided me invaluable time and esteemed guidance throughout my research work. I would like to convey my sincere thanks to Madam Verma, without whom this work would have been really impossible for me. I pray to God to bless my madam and her family with happiness, peace, and prosperity. Thank you Mam!

We think about the effective teacher we have had over the years with a sense of recognition, but those who have touched our humanity, we remember with a deep sense of gratitude. I am deeply indebted to my co-guide, research course work teacher Dr. J.C. Ajawani, Head, Department of Psychology, Govt. Arts & Commerce Girls’ College, Devendra Nagar, Raipur (C.G.), as his strong persuasion inspired me to undertake this research work. His dedication, enormous experience and deep understanding of research helped me to develop insight into research process. I pray Almighty to bless, my Sir and his family with sound health, joy, peace, and prosperity.

My special thanks to Dr. Anjana Purohit and Dr. Mini Alex of Department of Psychology for their valuable support and guidance in every aspect of my research work. A great deal of support came to me from my research colleagues Ms. Tarrannum Sarwar Dani and Mrs. Jyoti Bhatt; they have extended lavish support to me and I remain grateful to them for all the scholarly interactions, discussions, and suggestions.

I am greatful to my Home Science Department Staff – Dr. Chitra Deshpande, Dr. Shailbala Jais, Dr. Kalpana Jha, Dr. Laxmi Deonani, and Dr. Versha Verma
for their advice, support and friendship. I would also wish to gratefully acknowledge affection and inspiration given by entire staff of my college.

I gratefully acknowledge my appreciation for the authors, publishers who provided me in-depth knowledge of subject. A special note of thanks to all my respondents. Their honest and willingness to contribute has facilitated this study in great manner. Words attract attention when presented well, I say thanks to Mr. Samir Vairagade for all typing and meticulous editing services.

My deepest thank are devoted to my parents Mrs. Chameli Parganiha and Late K.R. Parganiha for their wonderful upbringing, value system, and good education they provided me and to my siblings. I am thankful to my elder brothers Bharat Parganiha, Dr. Rajendra Parganiha, Durgashankar Parganiha, and to Bhabhi’s Mrs. Laxmi, Sheela and Neelu for their values instilled in me and for unstinted support. I also thank to my sister Lata Chandrawanshi, my nieces – Rashee and Iti Parganiha, my nephews – Anish, Avi, and Aayush for their love and affection they give me. I am also thankful to my father-in-law, Mr. G.S. Verma and mother-in-law Mrs. Sharda Verma for their love, understanding and moral support.

Virtually, this thesis has come into being as a result of unparalleled love, immense support and co-operation of my husband Dr. J.N. Verma and my loving son Viplav. A very special thanks to both of you for all kind of support and care given to me during my constraining situation. Thank you.

Last but not the least, my humble submission to The Almighty God for the strength, good will and ability Thy conferred on me to complete this research work. Thank you God, Thank you God, Thank you God ………

Date:13.01.2015
Place: Raipur (C.G.)

(Mrs. Prabha Verma)