ABSTRACT

The problem of the study was 'life style stress and coping behaviour of working women'. A randomly selected sample of 133 married working women (36+ years) involved in traditional jobs was used. Within group design was used. Both descriptive and inferential statistics was used. Life style and stress were treated as main input variables and coping behavior as the output variable. A few pertinent variables were also included for probing purpose. For assessment, Occupational stress index (Srivastava and Singh, 1981) Psychosocial stress (Srivastava and Pestonjee) Life style inventory (Verma and Vohra, 2000) and Coping strategies scale (Srivastava, 2001) and an Interview schedule along with demographical data were administered on the sampled subjects.

In the study life style and stress have been found to significantly interact with each other on coping behaviour of working women. Lifestyle differences have been found to create significant differences in coping behaviour of working women. Stress level differences have been found not to create significant differences for coping behaviour. Occupational stress has been found significantly more than familial stress. Higher marital quality support has been found to create significant differences than lower marital quality support of working women. Family network support levels have been found not to create significant differences for coping behaviour. Stress levels have not been found significantly higher among women living in a joint family than those women living in a single family. Problem focused coping has been found to be significantly higher than the emotion focused coping of working women of this category.