# CHAPTER-IV

## ANALYSIS AND INTERPRETATION OF DATA

<table>
<thead>
<tr>
<th>S.NO</th>
<th>CONTENT</th>
<th>PAGE.NO.</th>
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CHAPTER-IV

ANALYSIS AND INTERPRETATION OF DATA

“The goal is to transform data into information, and Information into insight”.
-Carly Fiorina.

Analysis of data is a process of inspecting, cleaning, transforming, and modeling data with the goal of highlighting useful information, suggesting conclusions, and supporting decision making. Data analysis has multiple facets and approaches, encompassing diverse techniques under a variety of names, in different business, science, and social science domains.

A particular data analysis technique that focuses on knowledge discovery for predictive rather than purely descriptive purposes. In statistical application, data analysis is divided into descriptive statistics, exploratory data analysis (EDA) and confirmatory data analysis,(CDA) EDA focuses on discovering new features in the data and CDA on confirming or falsifying existing hypotheses. Predictive analytics focuses on application of statistical or structural models for predictive forecasting or classification, while textual analytics applies statistical, linguistic, and structural techniques to extract and classify information from textual sources, a species of unstructured data. All are varieties of data analysis.

In ethnographic research according to Krueger the researcher is like the detective looking for trends and patterns that occur across the various groups or within individuals (Krueger, 1994). The process of analysis and interpretation involves disciplined examination, creative insight, and careful attention to the purposes of the research study. Analysis and interpretation are conceptually separate processes. The analysis process begins with
assembling the raw materials and getting an overview or total picture of the entire process. The researcher's role in analysis covers a continuum with assembly of raw data on one extreme and interpretative comment on the other.

Analysis is the process of bringing order to the data, organizing what is there into patterns, categories, and basic descriptive units. The analysis process involves consideration of words, tone, context, non-verbal, internal consistency, frequency, extensiveness, intensity, specificity of responses and big ideas. Data reduction strategies are essential in the analysis. (Krueger, 1994)[1].

Interpretation involves attaching meaning and significance to the analysis, explaining descriptive patterns, and looking for relationships and linkages among descriptive dimensions. Once these processes have been completed the researcher must report his or her interpretations and conclusions.

This chapter deals with the analysis and interpretation of the data collected for the study from samples living in Mumbai.

The data has been analyzed to meet the objectives of the study, and has been tabulated under following sections/ headings.

Section -I. Demographic characteristics of the study samples.
Section -II. Description of data in textual form. The data is analyzed and presented in three parts.
Part : A. Data Analysis of the female participants through indepth interview.
Part : B. Data Analysis of the male participants through indepth interview.
Part : C. Data Analysis of the focus group participants through- interaction.

SECTION I

2.1 Analysis of demographic characteristics of the study samples.

This section deals with the analysis of the demographic data of the study samples. The demographic attributes of the group interviewed individually and in the three focus groups have been presented in table no: 1 to 3.
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<th>Demographic Attributes</th>
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<td>%</td>
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<td>15</td>
<td>60</td>
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<td>-</td>
</tr>
<tr>
<td>Post Graduation</td>
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<td>15.38</td>
<td>9</td>
<td>36</td>
</tr>
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<td>Occupation: Unemployed</td>
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<td>34.61</td>
<td>-</td>
<td>-</td>
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<td>Service</td>
<td>16</td>
<td>61.53</td>
<td>20</td>
<td>80</td>
</tr>
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<td>3.84</td>
<td>5</td>
<td>20</td>
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<td>Type of Family: Nuclear</td>
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<td>65.38</td>
<td>17</td>
<td>68</td>
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<td>Joint</td>
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<td>34.61</td>
<td>8</td>
<td>32</td>
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<td>Marital Status: Unmarried</td>
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<td>15.38</td>
<td>4</td>
<td>16</td>
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<td>21</td>
<td>84</td>
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<td>Widow</td>
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<td>-</td>
<td>-</td>
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<td>11.52</td>
<td>15</td>
<td>60</td>
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<td>Only earning member</td>
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<td>-</td>
</tr>
<tr>
<td>Monthly family Income: up to 5000</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
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<td>5001-10,000</td>
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<td>11.52</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Above 10,000</td>
<td>23</td>
<td>88.46</td>
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<td>100</td>
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</table>
In relation to Table no (1) which highlights the demographic attribute of the study participants who were interviewed 26 where females as compared to 25 males who participated in the indepth interview.

Of the 26 females the majority of them i.e. (11) 42.30% were from the age group of 20-30yrs,(8) 30.76% from the age group of 31-40yrs,(5) 19.2% and (2) 7.68% were from the age group of 41-50yrs and above 50yrs respectively. Where as of the 25 male participants interviewed the majority i.e.(16)64% were from the age group of 31-40yrs,(7) 28% were from the age group of 41-50yrs and (1) 4% were from the age group of 20-30yrs and above 50yrs each.

In terms of the religion followed by the group, it was observed that 42.30 %( 11) of the female participants were Hindus, 38.4 % (10) were Christian and a small percentage i.e.19.2% (5) were Muslims. Where as among the males 64 % (16) were Hindus, 32 % (8) were Christians and 4 % (1) was a Muslim.

The educational level of the females brought out the fact that only one had not had any formal education as her parents could not afford it then. (3)11.52% had completed their S.S.C and (4)15.36% completed up to H.S.C. as they got married early, though from them two still desired to study if their family gave them the opportunity which they state was a rare chance and felt sorry that they had not insisted for it when they were unmarried. Only one female (3.38%) had done a diploma in computers after the H.S.C.examination It was interesting to note that (13)50% had done their graduation and (4)15.38% had completed their post graduation of which one was a Muslim one was a Hindu and two were Christians who opined that they too needed to do their higher education like any one else. As compared to the females, 60 % (15) males had completed their graduation and 36 % (9) had completed their post graduation. Only one (4%) male had completed the H.S.C.examination. This data points to the fact that for various reasons even today, women do not get the same opportunity as males to educate themselves.

The occupational status of the female participants indicated that (16) 61.53% were employed in various types of professions, which included both skilled and unskilled labour, i.e. as a maid, secretary, teacher, and in offices. One (3.84%)participant had started her own business i.e. a beauty Parlor, whereas 34.61% (9) had not taken up any employment and
were housewives/homemakers as they said that their spouses preferred them to pay attention to the children and family. 80% (20) of the males were in service some holding good positions which were highly demanding and (5)20% had their own business.

The study participants came from both nuclear and joint families it was interesting to note that an equal no of participants were from nuclear families i.e.(17) 65.38% females and (17) 68% males whereas there were (9)34.61% female and (8)32% males who came from joint families.

The marital status of the study participants indicated that (4)15.38% females were unmarried of these three belonged to the age group of 31-40yrs and had either family responsibility or had not yet made up their mind for marriage and so also one who belonged to the age group of 41-50yrs said that she had to look after her mother and now the age has gone for getting married. Where as (4)16% males were unmarried of the four. One of them stated that he did not have an independent house another had family responsibilities and the remaining two said they wanted to get stable in their career and achieve some thing in life before getting married. 80.64%(21) females and 84% (21) males were married only one (3.84%) of the female participant was widowed very early in life after having three daughters and she had opted not to remarry.

Position held in the family by the participants (3)11.52% females were the ‘head’ of their households. In the absence of their spouse either because their spouse worked abroad or the loss of their spouse, whereas in the rest i.e. (23)88.32% the head of the family was either the husband, the father-in-law or the mother-in-law in the absence of the father-in-law, who also influenced the decisions in the family. Most of the female participants that is eight were the eldest daughter-in-laws, three were the only daughter-in-laws and the rest were either the second or the youngest daughters-in-law. Each of these felt that they had to do their bit to keep the family together and take responsibility for their parents-in-law even if they stayed separate.

The males (15)60% of them were the heads of the family. Most of them belonged to nuclear families except one, who came from a joint family. Though they came from nuclear families, they shared responsibilities either financially, emotionally supporting their parents living separate or taking care of their parents’ health. Among the remaining
It was interesting to note that all the male participants of the study had a monthly family income above Rs 10,000/-. They stated that their income ranged anywhere between 50,000 to a lac specially those who worked in multinational corporate companies, males also had their own business. Some participants fell into the above category because their spouses too were employed. While the others stated their income ranged between 45,000 to 60,000/-. In comparison to the males, (23) 88.46% of the females belonged to the income group of above 10,000 as their spouses had good jobs and in some cases they too were employed and added to the family income. Only 11.52 % (3) females reported their family income to be, 5001-10,000/-. 

It may be concluded that the demographic attribute itself could be a source of stress to some.
## TABLE NO:2

**DEMOGRAPHIC ATTRIBUTE OF THE STUDY SAMPLE INTERVIEWED IN FEMALE AND MALE FOCUS GROUP**

\[N=30\]

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<th>N-15</th>
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<td></td>
<td>F</td>
<td>%</td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>Age: 20-30yrs</td>
<td>3</td>
<td>20%</td>
<td>2</td>
<td>13.32%</td>
</tr>
<tr>
<td>31-40yrs</td>
<td>11</td>
<td>73.26%</td>
<td>2</td>
<td>13.32%</td>
</tr>
<tr>
<td>41-50yrs</td>
<td>1</td>
<td>6.66%</td>
<td>8</td>
<td>53.28%</td>
</tr>
<tr>
<td>Above 50yrs</td>
<td>-</td>
<td>-</td>
<td>3</td>
<td>20%</td>
</tr>
<tr>
<td>Religion: Hindu</td>
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<td>66.6%</td>
<td>14</td>
<td>93.24%</td>
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<tr>
<td>Muslim</td>
<td>1</td>
<td>6.66%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Christian</td>
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<td>20%</td>
<td>1</td>
<td>6.66%</td>
</tr>
<tr>
<td>Buddhist</td>
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<td>6.66%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Educational Level: Primary</td>
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<td>6.66%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Up to S.S.C</td>
<td>7</td>
<td>46.62%</td>
<td>-</td>
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</tr>
<tr>
<td>Up to H.S.C.</td>
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<td>26.64%</td>
<td>1</td>
<td>6.66%</td>
</tr>
<tr>
<td>Graduation</td>
<td>3</td>
<td>20%</td>
<td>7</td>
<td>46.62%</td>
</tr>
<tr>
<td>Post Graduation</td>
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<td>7</td>
<td>46.62%</td>
</tr>
<tr>
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<td>1</td>
<td>6.66%</td>
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<td>Married</td>
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<td>14</td>
<td>93.34%</td>
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<td>9</td>
<td>59.94%</td>
</tr>
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<td>Business</td>
<td>-</td>
<td>-</td>
<td>5</td>
<td>33.3%</td>
</tr>
<tr>
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<td>11</td>
<td>73.26%</td>
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<td>46.62%</td>
<td>4</td>
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<tr>
<td>Position in the Family: Head</td>
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<td>9</td>
<td>59.94%</td>
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<td>Only earning member</td>
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<td>-</td>
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<td>Above 10,000</td>
<td>11</td>
<td>78.26%</td>
<td>14</td>
<td>93.34%</td>
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</table>
Table no- 2 highlights the demographic attributes of the study participants from the two focus groups. The group comprised of 15 participants in each. With regard to the age of the participants among the females 20 % (3) and 13.32% of males belonged to the age group of 20-30yrs, in the age group of 31-40yr the majority of the females i.e. (11)73.26% whereas only (2)13.32% male belonged to this group. While majority of the males i.e. (8) 53.28% belonged to the age group of 41-50yrs and only one female i.e. 6.66% was in this age group. Three-i.e.20 % of the males belonged to the age group above 50yrs.

The religious practice followed by the group indicated that (10) 66.6% females and (14) 93.24% males were Hindus,(3) 20% females and (1) 6.66% males were Christians whereas (1) 6.66% of the females belonged to the Muslim and Buddhist religion each.

With reference to the educational level of the participants (7) 46.62% males had completed their post graduation i.e. they had done some special course or M.B.A after their graduation. Some had done their masters whereas none of the female participants had done their Post graduation.(7) 46.62% males and (3) 20% females had completed their graduation. (4) 26.64% females and one i.e. 6.66% males participants had studied up to H.S.C and (7) 46.62% and (1) 6.66% females had studied up to the S.S.C and primary level respectively.

In terms of the marital status of the participants all the female participants i.e. 100% were married whereas (14) 93.34% of the male participants were married and only one (6.66%) male was unmarried. This may have been because he had not yet settled in his career.

In terms of their occupational status (13) 86.58% of females were unemployed i.e. they were housewives, only two i.e. 13.32% were employed. This correlates with the (3) 20% females who had completed their graduation of which one was a housewife. Whereas (9) 59.94% males were employed in various professions, like in banks, the IT industry and multinational companies as computer software or hard ware engineers. (5) 33.3% of the males ran their own business and only one i.e. 6.66% of the males was not employed as he had left his job in the hope of a better employment.

The participants belonged to either nuclear or joint families. (8) 53.28% of females lived in nuclear families and (7) 46.62% lived in joint families. The participants reported that
though they lived separately in nuclear families they still supported their in-laws financially. They also stated that the reason for staying separate was the decision of their spouses or a decision taken jointly as some reported of being ill-treated by their in-laws. Similarly (11)73.26% of the males lived in nuclear families; yet a few of them were financially responsible for their parents living separately and they supported both the households, whereas (4)26.64% of the males lived in joint families where the head was the parent.

In relation to the position in the family only one i.e.6.66% female was the head of the family as her husband worked in the army. Six(39.96%) of the females stated they were the eldest of the daughters-in-law, three(20%) said they were the only daughter-in-law in the family and the other six(39.96%) stated they were either the second, third or the youngest daughters-in-law. All the same they had their share of responsibilities whether they lived in joint families or nuclear families when it came to the needs of the elders who had great expectations from them and they had to balance their responsibilities and relationships with care. Whereas (9)59.94% of the males were heads of the family even though (11)73.26% lived in nuclear families, two of them reported to have their widowed mother living with them and considered them as the head of their household. Most of the males (9)59.94% were the only earning members in the family of which (4)26.64% who lived in a joint family and had their siblings also earning, whereas of the 11 living in nuclear families (2)13.32% had their wives who were also working.

(11)78.26% of the females and (14)93.34% of males who stated that their monthly family income was above 10,000/- stated that their monthly income was between 60,000/- to 1lac. (3)20% and (1)6.66% of females participants reported their monthly family income to be 5001-10,000/- and up to 5000/- respectively.
**TABLE NO:3**

**DEMOGRAPHIC ATTRIBUTE OF THE STUDY SAMPLE INTERVIEWED IN MIXED FOCUS GROUP**

N=15

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<td>%</td>
<td>F</td>
<td>%</td>
</tr>
<tr>
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<td></td>
<td></td>
</tr>
<tr>
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<td>8</td>
<td>53.33%</td>
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<tr>
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<td>53.33%</td>
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<td>19.98%</td>
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<td>19.98%</td>
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<tr>
<td>41-50yrs</td>
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<td>1</td>
<td>6.66%</td>
</tr>
<tr>
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</tr>
<tr>
<td></td>
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<td>19.98%</td>
<td>6</td>
<td>39.96%</td>
</tr>
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<td>6.66%</td>
<td>2</td>
<td>13.32%</td>
</tr>
<tr>
<td>Christian</td>
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<td>19.98%</td>
<td>-</td>
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<tr>
<td>Up to S.S.C.</td>
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<td>6.66%</td>
<td>-</td>
<td>-</td>
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<tr>
<td>Up to H.S.C.</td>
<td>1</td>
<td>6.66%</td>
<td>3</td>
<td>19.98%</td>
</tr>
<tr>
<td>Graduate</td>
<td>5</td>
<td>33.3%</td>
<td>5</td>
<td>33.3%</td>
</tr>
<tr>
<td>Marital status:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unmarried</td>
<td>3</td>
<td>19.98%</td>
<td>4</td>
<td>26.64%</td>
</tr>
<tr>
<td>Married</td>
<td>4</td>
<td>26.64%</td>
<td>4</td>
<td>26.64%</td>
</tr>
<tr>
<td>Occupation:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unemployed</td>
<td>2</td>
<td>13.32%</td>
<td>1</td>
<td>6.66%</td>
</tr>
<tr>
<td>Service</td>
<td>5</td>
<td>33.3%</td>
<td>6</td>
<td>39.96%</td>
</tr>
<tr>
<td>Business</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td>6.66%</td>
</tr>
<tr>
<td>Type of Family:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuclear</td>
<td>4</td>
<td>26.64%</td>
<td>5</td>
<td>33.3%</td>
</tr>
<tr>
<td>Joint</td>
<td>3</td>
<td>19.98%</td>
<td>3</td>
<td>19.98%</td>
</tr>
<tr>
<td>Position in the Family:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head</td>
<td>-</td>
<td>-</td>
<td>6</td>
<td>39.96%</td>
</tr>
<tr>
<td>Only earning member</td>
<td>1</td>
<td>6.66%</td>
<td>3</td>
<td>19.98%</td>
</tr>
<tr>
<td>Monthly family Income:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>up to 5000</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td>6.66%</td>
</tr>
<tr>
<td>5001-10,000</td>
<td>4</td>
<td>26.64%</td>
<td>2</td>
<td>13.32%</td>
</tr>
<tr>
<td>Above 10,000</td>
<td>3</td>
<td>19.98%</td>
<td>5</td>
<td>33.3%</td>
</tr>
</tbody>
</table>
Table no: 3 highlights that of the fifteen study participants in the mixed focus group (7) 46.6% were females and (8) 53.33% were male participants.

The majority of the female participants i.e. (3) 19.98% belonged to the age group of 20-30yrs and 31-40yrs respectively and one participant i.e. 6.66% belonged to the age group of 41-50yrs. Whereas (2) 13.32% of the male participants belonged to the age group of 31-40yrs and above 50yrs. (3) 19.98% of the male participants were from the age group of 20-30yrs and only one (6.66%) male participant was from the age group of 41-50yrs.

(3) 19.98% females and (6) 39.96% males participants were Hindus. (1) 6.66% females and (2) 13.32% males belonged to the Muslim religion only (3) 19.98% females were Christian where as none of the males were Christians.

(5) 33.3% of the males and female participants respectively had completed their graduation. (3) 19.98% males and one (6.66%) female had completed their H.S.C, only one (6.66%) female had completed her education up to S.S.C.

With regard to the marital status of the participants the data indicates that (4) 26.64% females and males in both categories were married and (3) 19.98% females and (4) 26.64% males were unmarried.

Two (13.32%) female participants were unemployed as they were housewives, and only one male was, unemployed this could also be the reason for being unmarried. Whereas (5) 33.3% females were employed in the office as secretaries, in multinational companies or in the IT industry i.e. all the graduated women were employed. Whereas (6) 39.96% of the male participants who were employed worked as a bar tender, as a purser in Jet Airways, bank and in clerical positions. Only one (6.66%) male had his own business.

Four i.e. 26.64% of females and (5) 33.3% of males were from nuclear families, where as (3) 19.98% of female and male participants came from joint families respectively. (6) 39.96% of the males were heads of the family of which two males belonged to joint families and they lived with their siblings. Four were from nuclear families of which two were married and two where unmarried. They headed the family as they were the eldest and did not have their parents with them. The reason given for not getting married was that their
siblings were still studying. Two (13.32%) of the female participants stated that they had to take major responsibilities being the eldest daughters-in-law and also because they lived in joint families. Similarly the other two participants living in nuclear family also said that though they lived in nuclear family they had to support the families of their parents-in-law living separately. Among the participants one i.e. 6.66% female was the only earning member as her husband had lost his job because his company had closed down. Among (3)19.98% males who were the only earning members here one was unmarried and also head of the nuclear family and two were married living in nuclear families whose spouses were housewives.

The monthly family income of (3)19.98% females and (5)33.3% males participants was above 10,000/-, whereas (4)26.64% females and (2)13.32% male participants stated that their monthly family income was between Rs.5001-10,000/- and only one i.e. 6.66% male reported that his family income was up to 5000/-. This participant was the only earning member and also the head of a nuclear family.

Section -II.

2.2 Analysis of data of the in-depth interview and focus group

This section presents the analysis of the data obtained through in-depth individual interview and focus group interviews. The data being generated in narrative form where the participants narrated their experience of stress has been qualitatively analysed and presented.

The researcher interpreted each theme given by the participants in terms of the context of the situation that caused stress, dominating words used to express stress and the actions taken by the participants to resolve their stress, have been presented in the Fig:1.
FIG: 9 EMERGING THEMES OF STRESS.
FIG. 10: WORDS USED TO EXPRESS STRESS
FIG. 11: EMERGED CAUSES OF STRESS
<table>
<thead>
<tr>
<th>WORDS</th>
<th>CONTEXT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tension, Tanav, Tan, Tanav, Khichav, Painful experience Sahanshakti,</td>
<td>Inability to balance income and expenditure.</td>
</tr>
<tr>
<td></td>
<td>Fear of acceptance due to inter caste marriage.</td>
</tr>
<tr>
<td></td>
<td>Unable to deliver according to expectation.</td>
</tr>
<tr>
<td></td>
<td>Fast life, difficult to handle work and home.</td>
</tr>
<tr>
<td></td>
<td>Things become too much can’t deal with it.</td>
</tr>
<tr>
<td></td>
<td>Not getting married on time.</td>
</tr>
<tr>
<td></td>
<td>Illness in family.</td>
</tr>
<tr>
<td></td>
<td>Inability to handle new parenthood.</td>
</tr>
<tr>
<td></td>
<td>Raising children</td>
</tr>
</tbody>
</table>

**Part : A.**

2.2.1 Data analyses of the female participants from indepth interview group.

**Words used to express the concept of stress:** All the (26)100% female participants said that they had gone through stress on many occasions and were still going through stress. Almost 40% of the females used the word “Tension” repeatedly irrespective of the language of communication. Most of the Marathi speaking female participants used the words such as “Tanav”, (तानाव) “Tan” (ताण) or “Sahanshakti Kami zali (सहनशक्ती कामी जाली) and the word
Khichav (खिचाव) was used by those speaking in Hindi. Couple of the females used the word “Painful experience” when referring to stressful experience.

During the course of narrating their experience of stress some of them used words indicating manifestation to say they were stressed like “getting irritated”, “when I am very upset I know I am stressed”, “feel fed up with things”, “Pachhtana pade”, “feel I am going to have a break down”, “can’t take it any more, want to drop and go, type of situation” that was stress according to them. Only two females said stress means a challenge to perform, an opportunity to grow, stress according to them was a positive experience. One of the young females in the age group of 20-30yrs said that it was they themselves who gave too much importance to the word stress, and that there was no such thing as stress. It was true that there were difficulties along the way and they needed but to deal with them.

“Stress ko like thode time ke liye hota hai woh zyaada nahi hota hain. Agar hum usko hamare upar sawar karenge toh woh utna long badta hi jayega. Humlog sochte, sochte rahenge, aisa hua hai, aisa hua hai, toh woh cheez kabhi end hogi hi nahi, Tension it is always, but people make it bigger yani stress chhoti cheez hoti hain little tension hoti hai, hum sochte rehte hai ussne aisa kyun bola.”

Stress was expressed by the female participants in various contexts i.e. “their inability to maintain a balance between work and home”, this was said with reference to not getting help at home when they got back from work, “when things become too much, can’t deal with it or can’t take any more of it. “That was in terms of expectation from in-laws, from superiors at work, troubling children or comments made by relatives. The unmarried females had the same complaint when they were constantly nagged by people about when they intended to get married. The females reported that the period soon after getting married was stressful as often they didn’t know how to deal with married life and what was exactly expected of them in that new state of life.
One of the females said that her stress was caused by a feeling of loneliness as she came from a joint family and after marriage she lived alone with her spouse. She felt lonely once her husband went to work, yet in the same breathe she said that they stayed separate because of her mother–in-law’s (“kit kit”) “kit kit”. One female said that she went through lot of stress when she decided to get married and feared that her parents would not accept the boy she chose as she was the only daughter and it was to be an inter caste marriage. One of the females said that child birth and the period of new motherhood kept her stressful for three months until she learned to deal with the situation; where as another said that delivering successively two premature babies and managing them without her spouse’s help was a very stressful experience so much so that while she narrated that experience it once again brought tears to her eyes and she needed time to compose herself. Her body language during the interview depicted uncertainty and low self-confidence as she was tightly coiled up like a spring.

**FACTORS RELATED TO STRESS:**

*Factors at work related to stress:* was reported by (16)61.53% female participants referred to performing “error free work on time and that too under pressure”, having to complete work at “short notice”, with in “deadlines” and under pressure from the boss. Short staff and too much “work load”, “getting calls at home when work would anyway get done the next day” felt that this was she to harass her. (3)11.52%Females who were working in multi-national companies said they had experienced high job stress because of the pressure laid on performance. They were unsure and wondered if one would be able to do the assigned job i.e. they questioned their own potentials and the long working hours they had to put in, to achieve their goal.

Those who worked as teachers (7)26.88% said they experienced stress because of the students parents, the students academic performance, the correction of examination papers, and the assignments that were given, especially when they were not completed on time or not punctual and did not in submit the results to the Principal on time.

Those working in the Aviation Department said that dealing with difficult customers and passengers on the phone who spoke rudely, deadlines for certain assignments like reports
that needed to go to the head office/superior or circulars to be dispatched to agents, competition in the market and the like were a great source of stress to them.

Quite a few said that difficult colleagues, the cheating behaviour of their colleagues and the “chalta hai attitude” of co-workers also was a source of stress to them. Misunderstanding created at work was expressed by a majority of females be it in office or schools were they worked. Few of them said that they were upset or disturbed when they were called to work on their off day or holiday as they had to make changes in their plans at short notice.

Even the only female who worked as house maid said that initially when she was the only earning member she had the fear of falling ill and was worried about how to get to work. She said that she felt great pressure on the head as her four daughters had to be educated. “dokya var tan padla tar me kai karu?” That burden stressed her so much that most of the time she ended falling ill.
FIG-12: EMERGING WORK STRESS IN FEMALE PARTICIPANTS
**FIG. 13: EMERGING FAMILY STRESSORS IN FEMALE PARTICIPANTS**

**Family Stressors:** All female participants who were married (21)80.64% i.e. housewives as well as those employed, experienced family stressors. Those who had children said they were worried about their children’s education as they did not study or too much ‘portion’ to study. Some said that the kids did not keep their room tidy, did not lend a helping hand in the household chores, poor eating habits of the children, the fear of the children falling sick, and the anxiety regarding the influence from T.V./media on the children. Those who had a female child at home had added worry and feared about the safety of the child.
Spouse’s health has also been a cause of stress to the female participants; one of them was in tears recalling the time her husband was admitted to the ICU when their child was only three years old. She feared it was a heart attack but luckily it turned to be stress attack accompanied with congestion due to heavy smoking because of work pressure.

Most of the females said another cause of stress was when they got in to an argument with their spouse on issues like household chores or differences of opinion, or their addiction to alcohol or their callous behavior.

One of the female who was married for less than a year said that her husband did not want to take a job in India because he wanted to go abroad and in the meantime did not want to do anything, secondly as soon as her salary date drew near he would come to collect money from her, at other times would go and stay in the village, that was often a reason for heated arguments among them. All that upset her even more when she got to know that she was pregnant and feared that her husband was dating someone else.

Some of the female participants felt that they did not get any support from their spouses where as others said that their husbands were a big support to them when they experienced stress both at home due to children related issues or office. Female participants (9) 34.61% who lived in joint families said their source of stress was the ill treatment, and the poor co-operation from their mothers-in-law, their rude, and nasty behaviour.

Three of the other participants living in joint families said that their mothers-in-law were a great help in raising their children, specially when one of them had premature babies.

One of the females in the age group of 20-30 years said she did not get any support from her husband inspite of managing the house within limited resources. She could not understand where she had failed. According to her, her husband unnecessarily wasted money.

“Mera husband mujhe tension deta hain chhoti chhoti baat par, uske office mein problem rehega ghar par aakar mujhe stress karega. Mein totally bacchon ka proper school se lekhe tuition tak total mein karti hoon. Phir bhi uss baat mein mujhe tension deta hain ki ‘tu kucchh nahn karti hain’. woh Jitna kam paisa deta hain. Saara din kaam karne ke
bawajood mein sabko support karte hoon family se mother-in-law, father-in-law sabko support karte hoon. Phir bhi mujhe woh boltu hain ke tu, mere liye tu perfect women nahi hain. Toh uss baat mujhe stress hain ki kiss cheez main perfect nahi hoon. Main hamesha yeh sochti hoon ki parents ke hisaab se main perfect nahi hoon ya wife barabaar nahi hoon. Ki father-in-law ke liye achchii bahu nahi hoon yeh sochti hoon. Uss baatse mujhe jyaada stress hota hain.”

(मेरा हमबंद मुझे टेंशन देता है | छोटी छोटी बातें पर उसके ऑफिसमें प्रोब्लम रहेंगे तो घर पर आकर मुझे स्ट्रेस करेगा | मे टोटली बच्चों का पापरेंट शूल में लेकर टाउन तक टोटल में करती हूँ | फ़ॉर भी उसमे मुझे टेंशन देता है की तू कुछ नहीं करती है | वह कितना कम पेसा देता है | मेरा डिन कॉम करने के बावजूद में सबको सपोर्ट करती हूँ | फैमिली मे साम, समूह सबको सपोर्ट करती हूँ | फ़ॉर भी मुझे वह बोलता हैं की तू मेरे लिये परफेक्ट व्युह नहीं हैं | तो उस बात की मुझे स्ट्रेस है की किसी खिस्म मे में परफेक्ट नहीं हूँ या वाइफ बराबर नहीं हूँ, की समूह के लिये आच्छी बहू नहीं हूं | उस बाते मे मुझे ज्यादा स्ट्रेस होता हैं जः)

Two (7.68%) of the females who were also unmarried said they went through high stress because of their parents, one participant lost her father and the other’s father had to be admitted to the ICU. They said their parents totally were dependent on them. Sometime later one of the participants mother hurt her leg and had a non-healing wound which was also a cause of great stress to her. They also expressed the feeling of stress when they had differences of opinion or argument with their parents.

One of the participant who lost her father said that soon after her father’s death her brother got married, there was unexplained problems in the house which she and her mother could not understand. If she and her mother tried to find out the cause or asked what was wrong, they got no answer from her sister-in-law and her brother would answer them in a way that upset them, “me jeev deou ka? (मी जीव देऊ का ?) will there be peace then”. She said it was anguish for them (दूप मनस्तप ज्ञाना) “Khup manastap zala”.

Those who were unmarried got hassled by people asking them when they planned to settle down, why they were not getting married. All that got them irritated and they felt very stressed.
**Daily hassles:** Majority of the female participants referred to the “rojka kitkit” (दिन का कितना कर देता) i.e. day to day hassles giving them more stress than the big/major ones for they felt that they had to deal with them every day, on a daily basis as that was snapping their energy, whereas big stressors came once in a while. For some it was “what to cook?, shopping, pollution, noise, fear of getting robbed, travelling, difficult neighbors, inconsiderate people, traffic jams, over crowded means of transport i.e. trains and buses”.

**Gender related issues:** One of the Muslim female in the age group of 20-30 years said that her cause of stress was her parents. She felt that she was neglected because she was a girl child and that too their third daughter. She had to fight with her parents always to get educated, as in her community, they kept saying “usko ghar sambhalna hai”, (उसको घर संभालना है) no point in educating her. She had to bargain saying she would do all the household chores in return for being allowed to study. Relatives kept telling her parents (उसको उसके घर में कर दो.) “usko uska gharka kar do”. She felt that once she started working and brought her salary home her parent’s attitude would change but it didn’t. If she tried to correct her brother she was told not to interfere. She was working but her husband did not have a house and hence she lived with her parents (जनवरी काउंट सेव आय हैं दूे ये हिसार) “majboori kind of...I have to stay here”. This further added to her stress both financial and emotional stress. She not only supported her in-laws house, husband’s expense but also her parents and brother would take money from her when they needed it. Over and above she had to listen to all their taunts.

If she said anything to her husband her parents would scold her, physically her husband would force himself on her. She felt all her stress and trouble was because she was female.

Some of the females attributed the cause of stress to themselves as they were not very assertive, did not have a high expectations from self, were unable to get work done according to their own expectation or standard, were not willing to share responsibilities as they felt that their children or spouse may not do the job properly and they behaved in a similar way at work; they did not trust their subordinates to do a good job. Hence doing all the work themselves they got irritated seeing other relaxed. They felt it was their personality or attitude of perfectionism, or getting easily upset for silly reasons, getting hyper/worked up.
were the main causes for their stress.

The investigator also noticed that some of the females did not look in the eye while talking. Their gaze was down or moving around or fixed on some object, which indicated a low self esteem and a lack of self confidence.

**IMPACT OF STRESS**: was expressed by the female participants on the health, work or job, behaviour and in the relationship.

**Impact of stress on health**: The female participants from the group who were interviewed, expressed the fact that because of the stress they felt its effect on their health as a result they experienced fatigue, anger, low mood, depressed, crying spells, being withdrawn or keeping quiet and becoming very silent.

One of the female participants said; "Once the stress takes over then I can’t do anything. I’ll be shabbily dressed, I don’t want to talk to my children, first thing goes on my husband and then my children as in ..they are the punching bags. It is like...I won’t talk to him properly...I won’t speak to him...I will just cover up myself in a cocoon, it’s kind of like that. Won’t speak to anybody feel like crying out why it happened to me. Why it went wrong, from inside..become...angry..sad , Very much. depressed in the kind ki ,"main kabhi kabhi sochti hoon, I would do something to myself”

Other females said that they were unable to sleep or they didn’t sleep well, they didn’t feel rested. Almost 60% of them said they get headache, get mentally disturbed and all sort of thoughts start to fill their mind. They indulge in self talk (ruminate), “hum agar saamnewale ko bhi dekhte toh sochte rehenge ussne aisa kyun bula agar positive way mein bhi bula rehega, hum aisa sochte ki aisa mujhe chidane ki liye bola ya negative way mein bola”.

( हम अगर सामने वाले को भी देखते तो सोचते रहने, उसने ऐसा क्यूं बोला रहेगा, हृ ! ऐसा मोहने की ऐसा मुझे बीड़ने के लिये बोला या निगेटिव बे में बोला | )

Other symptoms that they manifest is getting irritated for least things, taking out their work pressure on others when at home, unable to concentrate, experiencing acidity, stomach is hard to touch, sweating, palpitation, feel like going to the loo frequently, develop
inferiority complex, are short tempered, taking out their frustration out on the kids, beating them first and then regretting it.

Another woman reported that, “I scream at my kids unnecessary”,

“Samaja tyacha hatun thod paani jari padla tari ti tyala oradate at that time of stress Nantar aaplya vatat ki nahi hay barobar nahi, kaaran aamchya stress madhe aapan tyana ooradlo.”

( समजा व्याव्या हलून थोंड पाणी जरी वाली पडलं तरी नी व्याव्या ओरडते अंट देंत टाईम ऑफ स्ट्रेस नंतर आफ्काला वाटतं की नाही, हे वरीवर नाही, कारण आफ्काला स्ट्रेस मध्ये व्याव्या ओरडतो.)

Three (11.52%) of the females said they lost weight as they could not eat, even if they ate because of stress they were not putting on weight “chinta ka karan khaya to bhi badan ko lagta nahi”

It was observed from the data that the expression of severe stress was mostly from the (11) 42.30% of females from the age group of 20-30 years where as it was observed that two i.e. 7.68% of the females from the age group of above 50 years and four i.e. 15.36% from the age group of 41-50 years said, stress was a daily hassle of life, of these two females felt that stress was positive, giving one the opportunity to get stronger and thus grow.

**Impact on behaviour:** was reported by (13) 50% of the females saying that when they spoke, their tone of their voice changed i.e. it got louder it sounded as if they were screaming their heads off. They got impatient with colleagues, wanted to be left alone, as they were not in a friendly mood, get rattled, unable to get along with others, or became silent not talking. They said their change in behaviour often ended affecting their children and spouse. Others said that even if there were changes in their behaviour they had not realized nor noticed them to anyone.

**Impact of stress on Job/Work:** Only five i.e. 19.2% females said that stress affected their work, they made mistakes or were not able to complete the work as they were disturbed, took a long time to complete the work, took wrong decisions, and felt that the quality of their work had gone down. Others said, they could not afford to let their stress affect their work,
earlier they used to get affected at work but of late they have learned to separate work from home affairs. When they get to work they shut their mind to household issues and when they get home, they leave the office with all its problems outside their door.

**Impact on relationship**: was expressed by most of the females: (5)19.2% said they got into an argument with their spouse. Most of the female participants who had kids were worried of its effect on their kids as they ended up shouting at them. Some time relationship with relatives also got affected when relatives criticized or found faults.

**FIG. 14: EMERGING IMPACT OF STRESS IN MALE AND FEMALE PARTICIPANT OF INDEPTHINTERVIEW AND FOCUS GROUP.**

**COPING STRATEGY**: The group used different types of coping namely appraisal coping strategy, emotional coping strategy, problem solving coping strategy and spiritual coping.
**Appraisal strategy:** In terms of coping strategies adopted to deal with stress the females (17)65.38% said they appraised the situation and tried to remain cool. The house wives said that they go and lie down for sometime, (10)38.4% said they listen to music, or watch a movie which is not an action oriented film, but some felt reading a book would calm their nerves, or did some work to block their mind when at work. They knew that was wrong but they didn’t want to deal with it.

Four(15.38%) of the females i.e. two(7.68%) from the age group of 31-40yrs and above 50yrs said that when they had a bad day at work and were stressed out, they would walk home from work which was approximately 2-4kms., as it gave them the space to unwind, think and sort themselves before reaching home.

Five (19.2%) of the females i.e. three housewives and two working females said they had changed their way of looking at the situation. They were more positive; this change in their attitude helped them to think of alternatives. They tried to minimise their problem and tried to look at others who had bigger problems, as a result they managed to lower their stress levels reduced, e.g.

“positively hamesha dekhn chahiye life mein kya hai toh stress ko hamesha hum overcome kar sake hai”, “ignore, these are all petty things just ignore it, so send it back type.”

**Emotional strategy:** adopted by three females. They accepted the blame for what was going wrong, “ego ko marke thoda aage badhna padta hai”, “Main hi jaake hamesha sorry bolti hoon, Isliye ek jan ko toh aage badhna hain solve karne ke liye.”

("इंग्रो को मारके थोड़ा आगे बढ़ना है " " मैं ही जाकर हमेशा गांजी बोलती हूँ."")Another said, “What to tell, need to keep in one’s heart only, no one can do anything, manat thevav lagata”, (मनात टेवाव लागते)another commented that, keeping a distance from relatives or those people who are the cause of their tension is the best alternative.
**Problem solving strategy**: Only five (19.2%) of the females used the problem solving strategy. When they experienced stress, they analyzed the situation, thought about the alternatives and chose the best option. They said one must do what one can, if not leave, it may resolve by itself. Some also said they shared the issue with friends or a family member, because maybe their advice or guidance would help to find a way or at least comfort them. Two (7.68%) of them said that it was better to handle the issues on a day to day basis rather than collecting them altogether for then it would not become difficult to deal with.

Two of the females who had reported were undergoing severe stress, one of them took VRS from the bank and took up the job of an assistant teacher in the primary school. Another female who was going through stress in the house, after her brother’s marriage, started living separately with her mother, this decision though difficult, removed the cause of the stress.
Another female said that, for her there was no respite until either her family understood her or her husband took up a job and changed his ways. She said that the only time she was peaceful was when she was at work.

**Spiritual coping:** (15) 60% of the females said that when they were stressed they prayed. Few of them said they went to the temple or church and sat there, that helped to calm them. One said “initially I used to blame God but when my mother-in-law spoke to me, she explained to me that whatever happens it is God’s wish.”

“Humlog mein toh aise bolte ki namaaz padhna chahiye. Jitna God help karta hai, woh jo way batayega, uske alava bhi way right nahi hoga. Toh usse hi relate karo usse hi problem saari apne batao, stress zara kam ho jata hai, matlab mein toh wahi karti hoon”.

(“हम लोग में तो ऐसा बोलते है की नमाज पढ़ना चाहिये। जितना गोंड हेल्प करता है, वो जो वे बतायेंगा उसके अलावा कोई भी वे गाइट नहीं होगा। तो उसे ही गैलेट करो। उससे ही अपनी सारी प्रॉलेम बनाओ ग्रेट्स जगा कम हो जाता है। मतलब में तो वही करती हैं।”)

“Whenever I’m stressful I just pray........I feel relaxed”

“I get more closer to God. The only thing I know is this..The only option is to pray to Him and He is the only one..to help me and I get relieved also. No medicine helps me, nothing...only prayers help me.”

The other (11) 42.30% said they pray but nothing no extra special, prayers they just say their routine or daily family prayers, and fulfill their religious obligations.

Three (11.52%) of the females had started doing yoga or meditation and that helped them to deal with their daily stressors. Four (15.38%) of the female participants realized that they were getting stressed or had problems and had started meeting the School Counselor. Three of them feared that their stress may affect their pregnancies, or because they were having problems managing work and home and that their performance was getting affected.
**Life style modification:** Most of the females did not think that they could make any modifications in their life to reduce stress. Some of the housewives said that their stress would go with them, this indicated their state of helplessness. Some of them did not realize that they could do something to reduce stressor that was within their ability. Two of the female participants said their families told them that if problems would come, then god would take care of the problems. Many female participants (21) 80.64% said that they had never shared their problems with any one before, except sometimes with those very close to them. They said that their sharing with someone made them feel better.

**Part:B.**

**2.2.2 Data analysis of the male participants from indepth interview group.**

It was interesting to observe that the male participants from the individual interview group expressed their stress differently than the female participants. Of the 25 males interviewed (7) i.e. 28% said that they did not have stress. Two of them i.e. 8% said that they never experienced stress. The reason given was “I do meditation and yoga 2-3 times a day” and the other said,

“Live life happy...doesn’t worry...be happy with what you have...don’t take tension...forget and forgive yourself...why to take tension. Just be happy...tension will come, tension will go..if you take it then you will die in 1-2 years”.

One of the male participants coming from a joint family said that, he felt that in joint family there was less stress.

“Actually in the joint family I don’t think there is more stress than in the nuclear family...because we all divide when anything comes like...so problem get shouldered by many people... ...so solution is there...”

Three (12%) of the male participants said that stress is good, as it helps one to be an achiever. “Certain amount of pressure is good, you will perform... e.g., at your work if your boss is not really strict, if your boss is lenient you will go ahead and do whatever you want...that is..the end result, and it will not be good.
Words used to express the concept of stress:

The male participants (18) 72% who said they had experienced stress used five words more dominantly i.e. Painful experience(3)12%, Lot of tension(6)24%, Pressure(3) 12% Constantly thinking of the same issue i.e. “Vichar karato ani vich karun tan padto”(3) 12%. Dependency (2)8%. These were used as cause of stress, as well as words used to express stress by the two male participants. The male participants used more of phrases to express stress like “on the edge of the seat kind of situation”, negative feeling, “unable to think”, ‘drained off’, put my hands up can’t take it any more strain, “kaya karu samaj mei nahi ata”.

Table-5

Common word/phrases used by male participants to express stress in different context.

<table>
<thead>
<tr>
<th>WORDS</th>
<th>CONTEXT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lot of tension, negative feeling, drained off, put my hands up, edge of the seat situation, unable to think, vihar karun tan, dependency, painful experience.</td>
<td>Inability to balance income and expenditure. Want to over achieve, I want to do… Trying to manage work and family issues alone in a short time, Inability to meet financial need of family, Whether work will happen or not…made commitment doesn’t know what to do? Unplanned adverse effects, Not getting the project/contract/deal as expected Unable to deliver according to expectation. Things become too much, can’t deal with it. Illness in the family.</td>
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Stress was expressed in context to work, ability, i.e. inability to manage work and family issues alone with out any one to help, trying to balance everything in a short time,
inability to meet financial needs of the family, mind keeps diverting to issues, inability to cope, responsibilities, negative attitude.

FACTORS RELATED TO STRESS: by male participants was largely attributed to work, finance and family. Whereas few attributed stress to daily hassles and internal stress.

Factors at work related to stress: (4)16% male participants reported, “too much of work load to complete in short time” and “time pressure” as cause of stress. “Lack of recognition, effort-reward imbalance” by (2) 8%. (6) Deadlines, 24% stated it as a cause of stress. One of the male participant expressed to indicate the reason of the stress as:

“Meeting deadlines it’s because... it is more of your deliverables and your accountability and responsibility towards a particular activity that has been assigned to you wherein your attention is required, you cannot delegate that work or assignment to somebody else it is entrusted to you ...meet that in a required amount of time. Sometimes, an assignment is given to you and the leadership wants it, say within an hour or so whereas you know that activity would take more than an hour, and you’re running around for data and not getting the information from the required sources. It is going to stress you, because you know somebody’s waiting for that information”.

Those working in call centers said long working hours were the cause of stress, as they felt drained. Having to do multitasking, to prioritize work, and to respond to urgent demands from the customer/team leader/boss were also considered as a source of stress.

The male participants who had to deal with the governmental officials for certain projects said, getting approval, approvals being delayed, govt. officials not available, transfer of officials with whom one was dealing with earlier needed to repeat the entire procedure. Dependency on experts for comments/suggestions, depending on personnel to complete assigned task/projects running in different cities, were some of the causes of stress expressed by them.

Some of the male participants i.e.(10)40% attributed stress at work related to the person i.e. “unavailability of experts, difficult co-workers, not getting adequate information to complete task, disagreements with colleagues, high expectations from superiors, change of
boss, new (बौम के साथ खीचा तामी) \textit{boss ke sath khicha thani"}. Expectations of subordinates to make recommendations to authorities for promotion was a cause of stress stated by (3)12\% of the males who had staff working under them. This was a cause of tension/stress because even if they made recommendations it was not necessary that the authorities would comply and that would become difficult to explain to their subordinates and that situation end up in making them feel guilty.

**Factors of stress related to self:** Few of the male participants (9)36\% said that at times they were the cause of their own stress, as they had the made decision with their spouses that they would go to work and the wife would manage home. As a result the financial burden was on them as they were the sole bread winners, wanting to do things perfectly, their behavior sometimes their rash decision or reactions to situations often ended up becoming the cause for stress, leading to excessive fear about their own health, even when the doctor said that nothing was wrong with them.

**Internal stressor:** What few of the male participants said, reflected their belief system

“Whatever comes to your luck you have to handle it no choice”. Believe in god and then one won’t feel stressful, “\textit{agar aap acha kare to acha hoga dusaroko taktif do to bura hoga}”.(अगर आप अच्छा करे तो अच्छा होगा, दूसरे को तक्लीफ दे तो बुरा होगा)

God run’s the show... “\textit{anth achha to sab achha}” (अंत अच्छा तो सब अच्छा) High expectation from oneself to maintain a certain life style according to a particular standard one expects to live.

**Daily hassle causing stress:** (9)36\% of the males attributed to travelling as a cause of stress, “they said we know we should get used to it but it bothers us”. Those travelling by their own vehicles said, traffic jams and the senseless blowing of the horn in traffic caused stress, more so when getting back from work or when already running late for meetings.(4)16\% said the duration of the travelling hours that is almost 4-6 hours of journey to work bothered them a lot. Boarding the crowded local trains and buses, not getting auto rickshaws, in short the transport system caused great stress.(2)8\% said that the thought of travelling itself caused them stress.
Few of the male participants (5)20% said they were stressed by the rising cost of housing/ commodities, the infra structure of the city i.e. poor roads, pollution, noise and cleanliness. When asked what they would like to do? They responded, “We pay taxes, government should take care”.

**Financial stress:** Of the five (20%) males having their own business, two i.e.8% said they experienced stress due to financial losses in business because of others, where as one lost money invested in the share market with the hope of doubling it so that he could start a side business and have better life style. He felt that it was a wrong way of trying to make fast money. He further commented if one tries to make a fast buck by taking a loan and investing in the share market, if there is no luck, it is double losses i.e. continue the household expenses plus paying back the loan.

Three (12%) of the male participants went through financial stress for different periods of time for various reasons , one had quit his job, to look after his sick grandmother, who had no one to look after her. At that point of time he depended on his savings and thus experienced financial stress which subsequently reduced when after her death he took up a job.

The other male participant said that soon after settling in the job and getting married he had to get his brother -in-law operated and within three months of the first problem, he had to get major heart surgery done for his mother. The problem was solved at that point of time by taking loans from friends and relatives and then repaying them by taking a loan from the company which was getting deducted from his salary(period 2-3yrs) and as the loan cleared the stress also reduced.

The third male said that he took a loan for a relative’s house, for which they would pay the EMI but as the relative lost his job, the burden fell on him. He felt he could have sold the house to reduce the stress but looked at it as an investment and knew that it was time bound, as the loan cleared, he became stress free; felt the short period of stress was worth it as he gained property.

All the three male participants said that though they had experienced financial stress they did not mind that stress as it was for a worthy cause and looked at it as sacrifice.
On the whole, the males said that they did not experience financial stress even when they had to support their parents economically because they had planned well for such an eventuality. They avoided unwanted expense, lived within their own means, and did not take unnecessary risks or loan just to fulfill their desires. The demographic attribute also indicated that since most of them being well educated had good jobs and a stable business, and were financially stable. Hence this area was not very stressful to the male participants.

**Fig:16. Emerging family stressors in the male participants.**

**Family stressors:** the family stressors encountered by the male participants were in relation to three main areas, namely parents health, children and in ability to give adequate time to family. (fig:8) This was expressed by almost all the married male participants (21)84%. Children’s health, their studies, their poor performance in school, their spending much time playing computer games, and chatting with friends on the mobile were a source of stress expressed by (5)20% of the male participants. Extreme stress related to the problems in the
life of a grown up daughter was expressed by one male participant whose eyes filled with tears when he said during that period no relatives supported him but at that time his wife and faith in god coupled with prayers were the only support he had experienced.

Ten (40%) males said that their long working hours and travelling resulted in their inability to give adequate time to the family and children. Sudden changes in plan at work caused them to reach home late and that often resulted in the cancellation of plans of visiting relatives / taking wife/children out. Those who had faced short-term financial crisis said that during that time they could not meet all the needs of the family as they had to live on a tight budget or as they had a ‘shoestring’ budget. Sometimes the wife’s expectations caused them stress; one of them said that he would get irritated when his wife called up at work when he was late. Some male participants (5)20% said that sometimes even when at home they were preoccupied with what happened at work and when the children did something innocently or a naughty, a silly act, they would flare up at them and later feel bad. (4)16% of the males said that their family life would get disturbed because their job was 24X7, they had to take calls even when at home or on holidays. Those who headed operations/infrastructure and project, were the ones who bore the brunt of it all so that office would work get not stalled but often these reasons upset their wives as they felt neglected.

Four (16%) of the males said that when their parents were admitted, they felt very stressful specially those who saw their father as a big support system, (3)12% male participants said the death of their father caused them great stress as it was a “big blow”, to them and they didn’t know what to do. To recover from this blow needed time.

**IMPACT OF STRESS:** was also perceived by the male participants on their health, in behavior, their relationships and at work.

**Impact on Health:** In terms of health the male participants experienced both physical and psychological symptoms. (5)20% male participants experienced headaches and sleeplessness. (6)24% felt the pressure building up.

“When you’re working, timetable of eating and all that changes. Sometimes we used to eat dinner early morning at 4am or 5am....so there was no timing at all.. that was work..Work..Work and Work... so get stressed”
Feeling low mood, restless, anger “raag yeto” were experienced by (8)32% of the male participants even though it didn’t last long, “chid yate” irritation was expressed by (4)16% of the male participants. Two (8%) male participants said they felt fatigue, lethargy and disturbed. One of the male participants said he developed acidity another said he became asthmatic. Two of the male participants said that his doctor had warned him that if he did not relax, he would develop diabetes, as already had a slight rise in his blood sugar level.

**Impact on Work:** Only two male participants said their work was affected when they get stressed i.e. they were unable to concentrate on work, could not think as their mind got flustered because multiple things were going through their mind. Others said that they did not let stress affect their work as they were able to separate ‘work’ from ‘home’. When at home they left office issues at the office and when at work, they left home issues at home.

**Impact on Behavior:** Almost (15)60% said their “behavior” was affected when they were stressed. (5)20% said they got irritable, (6)24% reported loosing their temper, were rude, flared up at the wrong person, got aggressive, agitated, could not gel with the group, not in a pally /friendly mood. They became very quite, sat and did nothing and did not feel like talking to anyone. Few i.e. (2)8% said they got in to fights and when they would cool down they would feel uncomfortable. Few also said that when they were too much stressed, they did not attend phone calls. Only (2)8% said that they found that stress brought out the best in them and it helped them to become stronger, determined and more focused.

**Impact on their relationship:** was expressed by (5) 20% male participants. They said that they often ended up hurting and upsetting their spouses or got angry with their children. ”kabhi kabhi bachho par gussa hote hai, gharwalo par pressue nikalta hai”

Sometime they got annoyed with their subordinates, later on they apologized for they would understand that all are under pressure. Often it is the person with whom one deals with closely that the relationship gets strained.

**COPING STRATEGY:** The strategies adopted to deal with stress by the male participants when faced with stressful situation were appraisal strategy or problem solving strategy.
**Appraisal strategy**: was the most used strategy by the male participants. i.e. take a quick walk to the washroom/garden of the office/cafeteria, chat with a friend either on phone or face to face for few minutes. They ‘Switched off’ for few minutes and close eyes or got off the computer. They avoided looking at the negative side of things and maintained a positive outlook.

One of the male participants said that, “The best thing I do is usually to take a walk…inside the work place or may be a quick walk in the garden that we have within the office premises itself or just go to the cafeteria or walk in to the lounge and sit down over there by myself. May be I would read a newspaper there…have a quick chat with somebody over the phone or a face-to-face conversation with a friend. I just recoup myself and start with the task that is there in front of me”.

One of the participant said that “Shant hote ho to solution mila ta hai”, (4)16% of the male participants said that exercise, meditation and yoga help to de-stress and energize one’s self. (5) 20% of the males said that if they felt stressed they would eat well and sleep well. i.e. they would look after themselves and maintain good habits.

“I always look after myself. I’ll make sure I sleep well…I make sure there is time for prayers. I go out…my social life is good…so there’s a work life balance so there’s a whole lot of thing I do to make sure I don’t fall sick…”

One of the male participants also said that he laughed a lot and joked. He did not take things very seriously. He felt that also kept his stress levels low.

Those who found travelling stressful avoided travelling alone. They started travelling with friends as they felt that their mind got diverted. Sometimes they chatted with their friends, read books, or listened to music.

Few (5)20% others said that when they were stressed they shared their problem, with their family/ wife/ someone trust worthy or best friend. One of the older male participants said that when he was stressed, he stayed calm, remained polite for in the heat of the moment one ends saying things that one does not intend to say.
**Problem solving strategies:** used by the male participant were (3)12% of them “kept a backup plan if one option failed, the next was there and it also gave them time to think”, (4)16% looked at the problems and sorted them out according to priority and deal with them accordingly. Three(12%) of the male participants said they “focus on the problem” and tried to find a solution and get it out of the way” (2)8% ‘Box’ the issue that was causing stress later when viewed they would find that the problem became insignificant in comparison to what one actually achieved. When stress hit’s, trying to focus on the work / issue and not on the person, was the opinion of (4), 16%. Another said “Step back and look at the situation and sort it out and solve one by one. Analyze situation, list options and alternatives and choose the best solution, was shared as the best way of dealing with stress by (4)16%. Share and divide work then no stress was there, remarked by two (8%). Don’t carry tension, let it go by was expressed by another two male participants.

It was interesting to note that (10)40% male participants who said that they needed to look after themselves, were in the age group of 31-40yrs and 41-50yrs. One of them said he had attended a stress management workshop and the other said that he had got tips from his choirmaster. Few (6)24% of them said that they had learned the lesson by themselves especially when they realized it was affecting their health.

**Spiritual way of coping:** (14)56% of the male participants felt that praying does help. “dua karrenge to sub chala jayega” Consult a priest to perform a pooja for it helps to solve problem. One must have faith, only if you believe in God, trust God then only will find a solution and relief. Reading religious books and visiting temples also helps.

**Support system:** Most of the married male participants reported that their wife was their greatest support and often the only support they had when dealing with stress.

**Life style modification:** was made by quite a few of the male participants, one of the male participants changed his work style since the last 2yrs. He stopped taking work orders at the last minute. He took only jobs where the customer gave him adequate time period to complete the job. Two(8%) of the male participants said “if the payment is good but the work pressure is going to affect the health and the family, its best to give up that job and take a planned family holiday even if it’s for a couple of days.
Eating and resting consciously was followed by three (12%) of the young male participants. Two (8%) of the male participants stopped eating oily food and started exercising and going for walks.

“You realize these things are affecting you…then you automatically change and that has to be conscious…like once you realize you know..you observe people and if you see there are some positives points in somebody you can actually take those points and develop yourself”.

(4)16% of the male participants started travelling early to avoid the heavy traffic while commuting to work. (2) 8%Started catching sleep while travelling so that they would not be tired.

In the last one year one of the male participants joined a gym and would do work outs before going home that helped him to work out his frustration of the day. He felt it was a better option than going to the bar for a drink. Three of the male participants took up hobbies to unwind themselves.

Advice the participants would give other:
When asked what advices the participants would give to those in stress: Most of the advice suggested by the female and male participants from the individual interviewed group was the ones they practiced themselves.

The female participants suggested, speaking to the person with whom one has a problem, People should be forgive for whatever they do, keeping one’s self busy, having space for one’s self to think, one should not panic, or one could read books. Some said “dil may jo ho nikal dena important hai” i.e. don’t bottle up your problems, share them and, you will find solutions. One of the female participants said “vyaktigat prashna aahe” no one should interfere.

For physical stress the male participants advised a lot of rest as that rejuvenates, one perform activities that are stress busters, and always make a plan and follow it. One of the male participants suggested talking to others with similar problems for then one would realize
that he/she was not the only one, with problems pertaining to children. Two of the males suggested that one should live a low profile life i.e. live within one’s means/ live according to one’s income and not spend everything but save wisely. Unnecessary spending on phone bills, buying unwanted gadgets to impress others could be curtailed. One should check what was needed and be able to separate needs from desires

Both male and female participants said that going out of the city for a holiday, speaking to someone you trust in the family, a best friend or someone who will understand you is helpful, “Thoda acha lagta hai dusaro sa share kara to”. They also suggested exercise, meditation and yoga as being helpful. Being cool and calm helps one to think of solutions, and to always have plan ‘B’ ready if plan ‘A’ fails. Spending time with the family it helps one to relax. Listening to music, watching a good movie, or T.V. diverts the mind, but one should avoid sad disturbing programs. They also suggested that one should plan and make a priority list written on paper for one tends to forget and that adds to the tension.

Both the groups’ i.e. male and female participants said that stress should be compartmentalized and that it was a good thing to try and trivialize the issue in the mind. Learn to fix problems, as they are not the end of the world. Putting off things for a later time it will only cause it to fester and there will be more problems in the future.

Part: C.

2.2.3 Data analysis of the focus group

This section presents the analysis of the three focus groups namely, (a) female focus group, (b) male focus group and (c) mixed focus group. Male and female focus group each consisted of 15 participants, mixed focus group comprised of seven female participants and eight male participants.

2.2.3.(a) Data analysis of the Female focus group:

All the (15) 100% of the females in the focus group had experienced stress of various intensity from mild to severe. Like the women in the individual interview group the most common word used was “tension zala’’, ‘Tanav’ (तनाव ) ‘Tan’ ( तान ) and one
new word used by Hindi speaking female participants of the focus group was ‘Takalif’
(तकलीफ) to express their stress experience.

In the course of narrating their experience they said they were “fed up” ‘kantalale rozchya kitkiti mulye’
(कंठले रेज़्या कीटकीटीमुघे) ‘khup tras hoto’, (रूप नाम होतात) their tone of
voice and body language expressed extreme intensity of the painful experience of stress
related to relationships. Almost (4)24.64% of the women expressed stress related to
relationships.

One of the females said, from the time she got married her, in-laws would mentally
abuse her by giving bad words. ‘Nehami garat bhandan’ (नेहमी घरत भंडण) fights between in-
laws using bad words “nehmi shivya devun bolatat, mala tyana ulat uttar nahi deta yete,
maza aai chya ghari asay nahi boltat” yacha mala khup taras hoto’. (नेहमी शिव्या देभन बोलतात,
mला च्याना उलट उलट नाही देता येत माईया आईया घरी असं नाही बोलत. पाचा मला गुप नाम होतो) She said they
would speak rudely and behave so badly ‘vaitag aala’ with her, they would also tell lies
about her to her husband. When the father-in-law became sick, they blamed her for it by
saying that she brought the illness on him ‘pandhrya payachi. They troubled her for not
bringing adequate dowry i.e. gold. Later the in-laws kept demanding for her (gold) jewelry.
Often she could not say anything to her husband as he treated her well. Her husband was the
one, to meet all the financial expense of the household. The other brother- in- laws did not
support the family financially. When she conceived early, she was accused of having slept
with someone else. Later her mother -in-law told her too would lose her first child just as
she had done in the past. After the birth of her daughter, she was treated even more badly.
Once when her husband saw what was happening they took the decision of separating from
the in-laws household. This brought her stress level down. Being the eldest daughter-in-law,
she still goes and helps them when needed. ‘sasu kam kariyala bolavatat, me jate’, (सासू काम
करायला बोलवतात मी जाते) said her daughter says ‘me mothi zalyawar tyana barobar karin’ (मी गोठी झाल्यावर त्याना बरोबर करून) this narration also brought out the painful experience indicating
stress experienced in a relationship.

Another female from the focus group who lived in her maternal home narrated that
she was going through stress because of her sister–in-law (brothers’ wife). She had been
living in her mother’s house even before her brother got married. Her sister in law from the
time she got married and came started locking things up. The female participants cupboard was removed and kept in the hall room, her sister-in-law would even lock the T.V. remote in the cupboard and go to work saying accusing her of being a ‘Chor hai’. Would not allowed her and her child to sit on the sofa, would not allow her niece to talk to her daughter. Spoke to them rudely; she was also hurt because she would not allow her brother to talk to her, as she was close to him since they both lived together as their mother worked abroad after their father’s death. She further said that her sister-in-law constantly harassed her, inspite of her sharing the maintenance of the house. Would asked her, for how long she would stay here? This narration too brought out the stress arising due to strained relationship.

Listening to the interaction another female participant from the focus group commented that in their maternal home all the problems started after their sister-in-law came. “bhabhi aane ke baad sab problem, ‘tanav’ family me bhabi ke karan jada hai.” (भाभी आने के बाद सब प्रोलेम, तनाव, फिनिली मे भाभी के कारण ज्वाया है )She said when she visited her parents she would offer her mother tea, but if she was sitting there, would not offer her tea, ‘mujhe ek cup chai nahi peelati’, ‘bahut bura vyavahar kari hai’. (मुझे एक कप चाय नहीं पिलाती बहुत बुरा व्यवहार करती है )She narrated her story saying her parents got her married to someone in the village living in a big joint family. Everything was different out there. She tried to adjust as she was the youngest daughter-in-law, i.e. 7th. Even if she was unwell had to cook for the full household alone, the full day was spent in the kitchen. Her mother-in-law would often hit her for not bringing a T.V. along with her. There was ‘No respect’ for girls in that family. When she delivered a baby girl they started ill-treating her all the more as if she did something wrong. They would not allow her to send her child to school. When she tried to speak about her daughter’s education, they considered her a ‘fighter-cock’. When it became too much to bear and her father went to visit her; she expressed her desire to go back to Mumbai. She fought with her in-laws who did not want to educate her child and got out of the house from the village. ‘Mujhe meri beti ko padhana hi tha’. (मुझे मेरी बेटी को पढ़ाने ही था )Today she lives separately in a rented house and does small jobs to earn a living, to add to the income of her husband who is working in the army. To add to her stress she is also worried about her child’s health. This narration too brought out the stress in relationship as well as the gender discrimination, which contributed to the stress of females.

Another female from the group said she hated her mother. She experienced stress because of her mother. “Mazya aai ne mala kadhi prem nahi kela. Mi lahan asatana mala
chatawar kam kariyala lavaichi, (माहृता आईने मला कथिती प्रेम नाही केले. मी लहान असताना मला छतावर काम करावला लावयची. तीनं मला विक्षणपूर्ण करावला दिले नाही.) who would not allow her to study, though the teacher told her that she was clever in studies, ‘tari mala shikshan purna karayalala nahi dila’. She sent her to work as a maid to a Punjabi family living in Thane, when she was 13 years old. She worked for 3-4 yrs looking after their small child. They also made her do all the other work. ‘mazaya kadun khup kam karun ghyayachi’, ‘mulani dudh nahi sampavala tar mala piyala lagaycha. Sahib changale hote pan te kamala gelyawar madam mala satawaichi’. (माहृतांकडून ग्रूप काम कस्तन्य व्यावसाय मुलांची दृष्ट माहीं संपवले तर मला व्यावसाय लागवून माहीं गेल्याले घेत, पण ते कामाला एल्यावर मॅडम मला सतवाईची) Her mistress would keep her lock, once “madam” hit her with the knife. She would not allow her to bathe in the bathroom; she had to bathe in the toilet. She wanted to leave but they would not allow her to go away because her mother had taken money from them. She was not given her salary, in her hand. She said that she felt like committing suicide ‘Jeev dyavasa vatla’. (जीव द्यावसा बाटला.)

Once her cousin visited her, and saw her condition and helped her to run away with him. Later her parents got her married to him that was the only good thing they did according to her. If she visits her mother in the village and stays for five to ten days, she said ‘aai mazya kadun paisa ghete’.(आई माहृतांकडून पैंस घेते.) She attributed all her troubles to her parent’s lack of education and their attitude towards a girl child. She refuses to send her daughters anymore to her mother’s house because even today her mother differentiates between the girl child and the male child.

Listening to the narration another female broke down ‘me tar ayushyala vaitagali aahe. (मी तार आयुष्याला बैठाली आहे.) She said her relationship with in-laws was alright, but she has fights with husband who drinks heavily. She was worried about her husband who worked as a private driver and was diagnosed to have epilepsy. She said that he does not comply with medication. Her parents do help her financially. When he is drunk he hits her. Sometimes she gets in to a fight with him, and that its worse. She has a financial problem as her husband earned only Rs.3000/-and was, hence unable to meet all the expenses. When she decided to work, he did not allow her to do so. He expects her to manage the house with that amount only. When he is in a good mood he agrees that she could work, he permits her to go for interviews but when it comes to reporting on duty, he does not allow her to do so. He says “what will happen to the kid, who will look after them”. She said Khup wala ichchha? maravi
lagate, mana marav lagat, jeva mula kahi magatat, nahi deu shakat. (घूप बेला ईच्छा मारावी लागतें, मन मारावं लागतं, जेवा मुलं काही मागतात आणि मी नाही देऊ शकतें.) Her husband brought her a sari three years ago. Once she kept her mangalsutra gahan teva paise aanun and bought medicine. She wanted to study further as she had done D. Ed., Konala kai sangu, band mutthi savalakhachi'. (कोणालाखाय मांगू, झाकली मूट सव्वा लावावी) On probing further she admitted that her husband was a very suspicious person.

Most of the females said that was a similar story in all their lives. 'kuch nahi badala, na badalega'. (कुछ भी नहीं बदला ना बदलेगा) They wanted to know saying when things would change. One of the working female participants said that, they had to be assertive and take decisions then only things would change.

The interaction brought out few causes of stress that was not brought out by any female participant in the individual interview. The cause of stress can be summarized as gender discrimination which was aggravated by lack of education of the parents i.e. their illiteracy, the idea of child labor, alcoholic husbands, suspicious husbands, ill treatment by employees, also point out to the status of women in our society particularly in the villages and the lower middle class groups.
FIG: 17. EMERGING CAUSES OF STRESS AMONG FEMALE PARTICIPANTS IN FOCUS GROUP.
Most of the female participants from the focus group brought out similar manifestation of stress. That is the majority of them reported having headaches and not getting sleep when they were stressed that is approximately (7)46.62%, other (4)26.64% said they felt their BP rising and felt giddy. One said she was angry with herself for not dealing with the situation. The choice of word, tone of voice, and their body language all indicated psychological and emotional disturbance.

The female participants who were individually interviewed reported that they too experienced changes in their behavior. They too got angry with their kids, removed their frustration on their husbands, through a fight or an argument. At times, they became withdrawn or quiet, no other change in behavior was noticed by them. They also said that because of the fight or argument their relationships were disturbed for some time. Those who were ill treated said they maintained a reserved attitude with their in-laws “kam se matalab rakhate hai”.

At least (8)53.28% of the females from the focus group said they had financial constrains as their income was barely adequate to meet the rising cost of living. As a result they had to run the house very carefully and with great difficulty. “bahut soch ke ghar chalna padta hai, dil khol ke kharcha nahi kar pate”, (बहुत सोच के घर चलना पड़ता है। दिल खोल के खर्चा नहीं कर पाते) “mun marav lagate kup vala” (मन मराव लगते कुप वेला)

The coping strategy used was, to avoid thinking of the problems or blaming self. Some said they were not sure what they could do and often maintain a distance from people who disturbed them. Many of them said crying “radnyashivai kay karu shakte, nashib bacha khla hai”, (रडन्याशिवाय काय करू शकते नशीब बचा ख्ला है) they could do nothing as it was their destiny. They had not made any change in their life style. Two of the participants had separated from their in-laws, and one had planned to shift out of her mother’s house in order to escape the stress they were under.

One of the female participants said that henceforth they should, (खंबिरपानाने बोलवें)“Kambir panane bolave”, that is ‘we need to be assertive’, and that they should find a solution to their own problems. They also brought out the fact that their entire problem were
because they were not financially independent. They also decided that they would not let anyone physically hit them. One of them also brought out the fact that, they should be careful with whom they share their problems; when at work if they share their problem with men, then they might take advantage of them.

At the end of the focus group session, they suggested that similar sessions should be had for other women, as well for men, who then may understand them. The female participants were emotional very disturbed and teary when the session ended, hence the investigator impromptu conducted relaxation exercise to help the participants to relax before they when home. Some of the female participants decided that they would stay in touch with each other, share and solve their problems and become support for others. They said they felt lighter, when someone heard them and understood them. Developing a support system among them was a plus point of the focus group.

2.2.3. (b) Data analysis of the Male focus group:

This focus group comprised of fifteen male participants, who came from the upper middle class. They were educated and had good jobs. All of them (15) 100% expressed they had experienced stress at some point in their lives or were still experiencing stress. Unlike the participants in the other groups they used the word “stressed” very frequently as they communicated in English and/or in Hindi. According to them stress was ‘when they kept thinking on the same issue’, ‘when under pressure’, ‘when they feel different from the normal’. Their focus was always on wanting to solve the problem and wanting desperately to get something done. Two of them said stress was ‘Pain’. The feelings of stress were similar to those expressed by others.

Words used to express the concept of stress: Their interaction and discussion highlighted some “context of stress” experienced by them e.g at the ‘end of the day they felt that they could not achieve much’. ‘The struggle to meet expectations’, ‘ trying to sort things’, over ambition, greed, competition to which another qualified as not being a health competition but a cut throat competition, one of them pointed to their inability to deal with changes as a cause for stress.
FACTORS RELATED TO STRESS:

Factors of stress related to work: brought out similar feelings of other participants who were interviewed individually. They were workload, work pressure, deadlines, to be kept, wondering if what they were doing the work was wrong, having to constantly prove themselves right. This was expressed by (11)73.26% of the males in the focus group. One of the participants said that inspite of working hard there was still pressure from customers/colleagues to meet the target. One of the participants said the work pressure in his last office was so high that, it took him 4 ½ yrs to get out of it and that was possible only with a change of job.

Factors related to the person: Two of the participants brought out the fact that the fear of reaching late to office caused stress because boss might insult them in front of others. A few others said that office politics was a source of great stress, gossip even if no one is talking about you, makes one feel others are talking about you. Comments made by colleagues were the main cause of stress as they were the very same people they had to deal with.

Factors related to self causing stress: was expressed by all male participants as high expectation from self, wanting to maintain standard, and one male participant said that all the stress was because ‘we focus too much on improving our life style rather than our life”.

Family stress: was expressed by all participants having children with the exception of two participants. One participant was recently married and the other was unmarried. Few of them said that their children caused them stress as they didn’t listen to them and that they had their own way of doing things, of go their own way, and didn’t match up to their expectation. Hearing that statement another participant responded, by asking the question as to why should we want them to do what their parents want, he said that he had accepted the fact that they would do what they liked. Hamara kam hai unko educate karna then it’s their life. Why should one take tension? We too are going the western way. On probing, one of them did say that it did bother him, though he tried to ignore it.

Three other commented that stress was because of their wives’ expectations. When at home their wives would expect them to run errands, which they did not like. Another
commented “thik hai at least for four hours my wife allows me to go and play badminton, so I think we also should do sacrifice, then there will be no stress. Another said that the best way to reduce family stress is to involve one’s self in the family hobbies. This allows spending time with family as well helping to reduce their stress.

One of the participants said that, now a day’s wives are also changing. They are not like our mothers who took care of everything. On probing, he said that when his mother got married, she looked after the full family, she did not think of only her family. But my wife thinks of only her family, I think of both our families ie my wife’s family and mine. That are another reason for tension in the family.

Though the issues in the family did not appear to be major it still bothered them. None of them felt that supporting their parents who lived separately as stressful.

**Financial stress:** None of them had any major financial stress; those in business said that with changing scenario, there were some ups and downs but there was no major problem, which was not manageable. One of the participants said, that he had invested in an unplanned purchase of property and so was stressed for a short period. He tried to forget about it and said that he would not think about it yet he felt that was the reason for his cholesterol going up.

All the male participants agreed that stress had an impact on their health, behavior, and relationships. None of them said that their job was affected because of stress.

**IMPACT OF STRESS:**

**Impact of stress on health:** Most of the participants (8)53.28% said they get headaches, three (20%) said they feel their head heavy, that they feel lethargic as if there is no energy, in them or they do not want to do anything. One of the participants said, that inspite of consciously not trying to worry he just got to know from his doctor that his cholesterol level had gone up, and that got him worried as to why that had happened. Another said that if stress continues, he feared that one day he too would become hypertensive.

**Impact of stress on behavior:** most of the participants said they get irritable, at times and are difficult to be with. Almost (6)40% said that they end up getting angry with their kids, when they start asking too many questions or tell them about their day in school/college. Some also
said that they end up getting angry with other family members. That they don’t enjoy food, and are often not aware of what they are eating.

**Impact on relationships:** None of them felt that a long-term relationship with friends, colleagues or family members was drastically affected. They said if there was a difference of opinion or some argument, it would last a short time, as they avoided dragging it on. They felt their family, wife and friends were a strong support, which they did not want to lose.

**COPING STRATEGIES:** adopted to deal with stress: where mainly of two types i.e. appraisal coping strategy or problem solving.

**Appraisal coping strategy:** were different from a few others. (3)20% of them said “put a line nothing more than this”, another said, like the other participants of the study that, they listened to music, read books, watched a movie. Whereas this group of male participants said they spent time playing badminton for 3 to 4 hours on Sundays and holidays. Some of them also play few hours daily. Two of them said that they preferred to ‘blank’ their mind when the stress becomes too much to deal with. Two of them said they felt like dropping everything and going away alone, to stay quietly by themselves for some time but they know that was not being realistic.

**Problem solving strategy:** was used by the participants of the focus group only in reference to work place i.e. like other male and female working participants. When there was any issue they said they analyzed the situation, looked for options and tried the best option which was often successful. The other way out was planning their activity systematically.

They had built a strong support system whereby they shared their problems with their friends. Whereas some said, actually they did not deal with the stress, as such but just time took action, which they felt was the best way out of stress.

**Spiritual coping:** Few of the participants said they pray and leave the issue problem in God’s hand. They look to God for support, and feel that asking help from an unknown divine power will surely help. But when the problem still exists they tell themselves, maybe there is no such thing as God.
**Life style modification:** none had done any major life style change except since the last one and a half years the male participants had started to play badminton.

**Advice the participants would give to those experiencing stress:**

The advice that the male participant from the focus group, felt they would give others was share problems, compare stress levels, engage in yoga listening to music, cooking, reading book, changing the routine to prevent it become boring, changing one’ perspective etc. were some of the advice they said they would give others. This advice was similar to the advice that the other participants of the study group gave.

At the end of the session of the focus group, they suggested that such sessions should be held for their wives and children, so that they too would be able to deal with stress, which could be reduced. They also said that they had never sat and thought of their stress in a, constructive manner like this. Since at the end of the interaction the group looked disturbed the investigator conducted relaxation session. Which mainly involved deep breathing. The participants reported feeling much relaxed and said they would use this technique in future. They too decided to meet at regular interval to share and find solutions to the stress they may experience in the future.

**2.2.3. (c) Data analysis of the mixed focus group:**

The mixed focus group consisted of fifteen participants comprising of eight males and seven females. The group included unmarried, married, employed and unemployed participants. All the participants of the mixed focus group had experienced stress like the other participants or were still experiencing stress. All the members in this group predominantly used the word “tension” to express their stress.

**Words used to express the concept of stress:** Stress was experienced in “context” to their inability to acquire good jobs. Their demographic attribute indicated their education level ranged from SS.C to graduation, and their income ranged between Rs.5000 to Rs. 10,000/. In seven (46.62%) male participants and eight (53.28%) female participants income was above Rs. 10,000/- .Most of the participants i.e.50%, reported “inability to meet their desire, of not being able to always meet the needs of the family”. Not being able to fulfill their ambition was cited by most i.e.(5)33.3% of the participants in the age group of 20 to 30 years and few(3)20% from the 31 to 40 years as they had to take up jobs early to support family, as well
by those, who were married (3) 20% and were the sole bread winners of the family.

**FACTORS RELATED TO STRESS:**

**Factors of stress related to work:** Both the male and female participants of the focus group, who were employed, expressed that they had experienced similar stress as the other participants, in relation to the work load, time pressure, from keeping the deadline. Inadequate salary for the amount of work done, long duty hours of work resulting in no time to socialize, rising cost of living while the salary was not increasing, “*amdani nahi badhti, mahengai badhti hai*”.

**Factors of stress related to the person:** most of the working females (4) 26.64% and two (13.32%) males mentioned a, difficult and demanding boss as a cause of stress. One (6.66%) of the female participants “brought out that when she asked for a half-day leave, her boss got very angry and told her that she could go provided the day’s work was completed. That upset her with the result she was not able to concentrate and therefore made mistakes and had to make repeated corrections.”

**Factors related to the person:** “We are not having the ability /skill required” was expressed by few i.e. (4) 26.64% of the male as well as female participants. The males said their inadequate education was responsible for their stress because otherwise they would have good jobs. One of the graduate male working as a purser for an airline said that he neither had the time to search for a better job nor had an opportunity to do any course, as he would not get leave especially for the exams. The unemployed males and some (3) 19.98% of the employed females blamed themselves for the lack of ability/education.

**Family stress:** was expressed by a majority of the samples whether they lived in a nuclear family or in a joint family as(19.98%) three males and one female were the only earning members there. They had to meet the expenses of the family and their siblings who were still studying. Their stress increased if anyone fell sick, as finance became a great problem. Two (13.32%) of the female participants who had small children were worried about the safety of their children. “*dar hai koi bache ko lejayega*”. They would call from work or office to check if the child reached home safely or was well. eg. *mula la Tap alaka*. One of the females whose husband had lost his job, said that there was tension as sometimes arguments took place at
Financial stress: was experienced by all the participants even the participants who had business as often they were not doing too well. The participants said that with an inadequate salary and too many family members’ needs to meet; they were only able to meet the most essential needs and that fact caused great stress. They said that what they earned was just enough to run the household needs. It was not enough to fulfill their desires. Nevertheless none of them had taken a loan. They said that they tried to make two ends meet, and said if they had taken a loan then their tension would have further increased.

IMPACT OF STRESS:

Impact of stress on health: Two (13.32%) of the males and three (19.98%) females said that they fall ill frequently because of stress. The reason given was poor immunity, as they didn’t get adequate rest or proper time to eat food. Few of the participants complained of headaches like the other participants of the study. Tiredness, lethargy was reported by (7)46.62% of the participants, having long working hours.

Impact on behavior: Participantsexpressed a similar impact on their behavior like the other participants of the study i.e. getting angry, irritated when stressed out, staying quite or withdrawing from company.

Impact on job: Few said that their work did get affected, they made mistakes, and were unable to complete their work on time. They could not afford to let stress affect their work as they needed their job. This was the response by the other participants.

Impact on relationships: was responded by many i.e. 59.94% (9) as they said like the other participants of the study; they too ended misplacing their frustration on family members or getting into argument in the house. Hence, for some time the relationship would get disturbed. One of the unmarried males said that, “his girl friend left him because he didn’t have a good salary and no house of his own”, Ghar nahi banaya ,salary kam hai hum ladko ki halat hoti hai’, (घर नहीं बनाया, सैलरी कम है, हम लड़कों की हालत होती है’) An unmarried male said, that because of long working hour there was no time to meet girls, nor was he able to fulfill

home because of that problem.
his dream and able to their demands.

**COPING STRATEGIES:** The participant of the mixed focus group like the other participants of the study used coping strategies without really planning. They used all the three types of coping strategies i.e. appraisal, problem solving and emotional coping strategy.  

**Appraisal coping strategy:** was used by both the males and females and more so by the working participants. They said they tried to change their focus on their mood, and thought about the good things that they had experienced. They tried to distract themselves by looking at the picture taken on their mobile at work or looking at the album at home. One of them said that when the day was bad at work instead of thinking of what happened they consciously look forward to going home and having a good time. This act would bring their stress levels down. Few (2) 13.32% of them said that they take a walk in the lobby, read newspaper, relax and then get back to work. Some said they tried to crack jokes to de-stress themselves.

**Emotional coping:** was used mostly by females, (3) 19.98% of them said that they ended up crying, blaming themselves, or feeling sorry for themselves. Whereas two (13.32%) of the males said that they would go for a drink at the bar and chill out and another said that he would smokes as a form of relaxation. They did agree it was not an appropriate solution but said that as they could not do anything else, at least for some time they would feel relaxed.

**Problem solving coping:** was used by very few i.e. 19.98% (3) of the participants. Especially those working in multinational companies used this method. They said that they looked at the issue, analyzed their mistake, made looked at the options, applied one of them and, if it failed, chose the other. They said that when at work if something upset them they would analyzed the situation and find the reason for it. That helped them to calm down and find out what went wrong.

**Spiritual method of coping strategy:** was used by all the participants. The females ‘kept a fast’ when there were problems or they made vows (navas kartaat). The males said that they would visit holy shrines like Sai Baba temple in Shirdi or some went to a darga. They said God was the only one who would help them in times of difficulty. Some or the other solution would come through. One of the participants used to practice reki when he had any health problem.
**Life style modification:** None of the participants had made any special change in their lifestyle. Two of the female participants from the mixed focus group said that when the stress at work was too much they stayed at home (absent). Going for long walks was started by one of the male participants, because a friend suggested and not actually because of stress. The others were asked what they did to de-stress themselves; they replied that there was no time for anything.

**Advice they would like to give others to deal with stress:**

Most of the advice given was put forth by the male participants, e.g. they would tell others experiencing stress to go for a walk, to listen to good music, to watch a good movie, to do something to change the focus of the mind from the problem to something else.

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**ENVIRONMENT (WORK/HOME/INTERNAL)**

- Influenced by
  - Culture, Religion
  - Belief

- PERCEIVED STRESS

- CAUSES
  - Family
  - Finance
  - Work
  - Infrastructure
  - Gender discrimination

**ATTRIBUTE MEANING TO STRESSFUL SITUATION.**

- IMPACT OF STRESS
  - Health
  - Behavior
  - Job
  - Relationship (Family, children, Spouse, friends)

**Appraisal strategy**

- COPIES WITH THE SITUATION
  - Emotional Strategy
  - Problem solving
  - Spirituality

**LIFE STYLE MODIFICATION**

- MAINTAIN QUALITY OF LIFE

**FIG: 18 MODEL OF STRESS PERCEPTION AND COPING AMONG INDIVIDUAL IN MUMBAI**

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2.2.4 Conceptualization from the findings:

The investigator concludes from the data analyzed (fig:10) that when individuals experience different situation they may find it either challenging or threatening, which may be influenced by their past experience, belief, customs, cultural background, religious doctrine and the way they are brought up to deal with stressors. How the individual perceives the situation or event according attributes meaning and uses words to express stress. The meaning give or words used are unique to their experiences. Hence, the individual through valuing and languaging creates a rhythmical pattern. Thus the individual to deal with stress reaches out beyond the limits that a person has set for him/herself. The individual uses his/her psychological, sociological and spiritual abilities to deal with stress. Through the three strategies identified namely appraisal focused, emotional focused, problem solving and spiritual focused strategies to maintain equilibrium. Man being a unitary being is in continuous, mutual interaction with the environment.

Moreover, gradually based on the intensity of the impact of stress on one’s health, behaviour, relationship and work makes modifications in one’s life style. The modification are made with the intent to reduce the negative impact and improve the quality of life for oneself.

The nurse dealing with the patient is able to understand that the person is not merely sum of parts but has his own experiences, which are inseparable and complement his evolvement. Then only will a nurse be able to see patient’s perspective and it will allow the nurse to be with the patient and guide them toward a healthy outcome. This would helping in creating a nurse patient relationship, which will co-create changing health patterns for individual entering the health system to find relief from stress induced health problems / disease.

From the study as seen in Fig: 19 the “Proposition Emerged” is that the impact of environment on individual is mutual and thus his perception of stress. Seeking help in coping is individual’s choice. Counseling helps in verbalization and in turn adopting appropriate coping strategy. Modification of Lifestyle to positive approach depends on the quality of coping. All these are interrelated parts of all human psyche and move to & fro in a continuous cycle, influencing the health-illness continuum.

This research study brings awareness of this fact and orients nursing profession towards a road map to need-based care process.
Figure 19. Proposition Emerged from the study.
2.3 Conclusion:

It may be concluded from the findings of the study that individual from the context of their experience perceives stress, which may be influenced by their culture, belief system and religious doctrine. The word ‘stress’ is not used in the daily language but a word that best suits them to express their stress in the local language i.e. in Hindi or Marathi like ‘Tan’ ‘Tanav’ etc. Issues that cause stress to females originate from both the family and the place of work. In the Indian scenario for an Indian woman, the cause of stress is largely from her relationships. The most dominating areas of stress that stood out in the study had been the behavior of her in-laws. The intensity of stress is experienced as a painful experience. The other being the anxiety and worry about children, their health, education and meeting their needs. Lastly, their spouse and their financial conditions caused them great stress.

Whereas for the males, stress was also both in the family as well as at the work place, but stress was more largely work related. This may be largely because they see themselves responsible for meeting the needs of their family and going ahead in their career. In relation to the family, they too were worried about their children, about meeting the needs of their family and about having adequate time to spend with them.

The participants also experienced stress on their health, in their behavior, in their relationship and only few of them expressed stress affecting their jobs. Both the male and female participants used the appraisal coping strategy, problem coping strategy, and but emotion coping strategy was largely used by the female participants to de-stress. Depending on spiritual assistance to deal with their problems was used by both the male and female participants. Life style modification was not largely done by both, that is male and female participants. The advice they would provide to those experiencing stress was more from what they had themselves practiced.

The next chapter involves discussion related to the analyzed data of the study.
Reference: