CHAPTER-III
CHAPTER-III

METHODOLOGY

3.1 INTRODUCTION:

Research is a scientific and systematic search for pertinent information on a specific topic. It is an art of scientific investigation. Research is also defined as the application of scientific method to either establish new theories, laws and principles or to verify the existing theories, laws and principles with the help of different branches of knowledge or to solve human problems. Research comprises defining or redefining problems, formulating objectives and hypothesis, collecting, organizing and evaluating data, making deductions and reaching conclusions to determine whether they fit the formulated hypotheses. It is also the pursuit of truth with the help of study, observation, comparison and experiment. In the words of Lokesh Koul, Research inculcates scientific and inductive thinking and it promotes the development of logical habits of thinking and organization. (Lokesh Koul (2006), Methodology of Educational Research, 3rd Revised Edition, Pg-5).

Research Methodology refers to the plan of action for the examination of a particular research problem from different dimensions for the accomplishment of the set objectives. Methodology of a research problem is the science of studying the pros and cons of the research problem depending
upon logically derived empirical evidences from the huge stock of knowledge and experiences. Briefly, research methodology of a particular problem includes the research design, i.e. preparing the blue-print for doing research. The logic behind every design used by the researcher must be relevant to the study.

3.2 DESCRIPTIVE SURVEY METHOD:

The descriptive survey method investigates, describes and interprets what exists at present. It is concerned with conditions or relationships that exist, opinions that are helpful, processes that are going on, effects that are evident or trends that are developing. It is primarily concerned with the present, although it often considers past events and influences, as they relate to current conditions. A Descriptive Survey Method of research is one which describes records, analyzes and interprets the conditions that exist. Descriptive studies are more than just a collection of data, they attempt to ascertain significant inter-relationships among phenomena with the extent of employing data to justify current condition and practices or to make more intelligent plans for improving them.

The Descriptive Survey Method has been the most popular and most widely used research method in education. Descriptive survey study in education is concerned with examination of an educational problem by using
standardized method of sampling for careful observation. Hence, an attempt is made to describe what exists at present in the form of conditions, practices, processes, trends, effects, attitudes, values, customs and traditions, norms and beliefs as well. It is the only means through which opinions, attitudes, suggestions for improvement of educational practices and instruction, and other data can be obtained. It also helps to explain educational phenomena in terms of conditions or relationships that exists, opinions or relationship that exists, that are held by the students, parents, teachers, experts etc, processes that are going on, effects that are evident or trends that are developing.

3.3 DESIGN OF THE PRESENT STUDY:

Here, in this context, keeping in mind the nature of the study and the hypotheses drawn, it is felt that the Descriptive Method of Research is the most appropriate and hence it is being adapted in this study. The investigator made use of 'Descriptive Survey Method' of research, which helped to study the different stress-related factors in working women and the effectiveness of Yoga in stress management among working women.

In this context, the investigator also made an attempt to study the stress experienced by working women from different professions, in relation to (a) family (b) professional field, between the age group (a) 25 to 45 years, (b) 46
to 65 years. Descriptive survey study was conducted to collect detailed information of the problem studied.

3.4 POPULATION AND SAMPLE:

Population is the totality or whole, quantity or the universe in which the individuals of it have one or more characteristics in common. The population may be all the individuals of a particular type or a more restricted part of that group. Thus, population is the universe in particular context. Therefore, it refers to any collection of systematic group of human beings or non-human entities such as objects, educational institutions etc. that have one or more characteristics in common, which may be the problems, researchers are interested on.

Sampling is the process by which a relatively small number of individuals or measures of individuals, objects or events are selected and analyzed, in order to find out something about the entire population, from which it was selected. A sample is chosen in a systematically random or purposive way, so that the chances or the operation of probability can be utilized by observing the characteristics of the sample. Sampling procedures provide generalizations on the basis of a relatively small proportion of the population. The representative proportion of the population is called a sample.
3.5 DESCRIPTION OF SAMPLES:

In Quota Sampling, the size of the quota for each stratum is generally proportionate to the size of that stratum in the population. Quota Sampling is an important form of non-probability sampling. Quota Samples generally happen to be judgment samples rather than random samples.

By following the Stratified Quota Sampling procedure, the working women from six (6) different professions were selected. It was made sure that the sample working women were covered from each profession. The investigator fixed a quota of 25 from the number of working women, from the six different professions. Then the investigator went on collecting data from the first twenty-five (25) working women from the six professions, she was able to contact and got cooperation from them. In this study, the working women were selected under this sampling method, the unit in this sample were proportional to their presence in the population. Here, the population was divided into strata such as Teachers, Lawyers, Doctors, Corporate Sector Employees, Business Women and Government Service holders, including stratification factors like 150 working women who practiced Yoga and 150 working women who did not practice Yoga.
The sample strength of working women consisted of 300 working women, out of which 150 working women who practiced Yoga and 150 who did not practice Yoga. Out of 150, 75 working women between the age group of 25 to 45 years and 75 working women between the age group of 46 to 65 years.
Table- 3.1

<table>
<thead>
<tr>
<th>SAMPLE</th>
<th>300 Working Women</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>150 women who practiced Yoga</strong></td>
<td><strong>150 women who did not practice Yoga</strong></td>
</tr>
<tr>
<td>1. Teachers</td>
<td>1. Teachers</td>
</tr>
<tr>
<td>2. Lawyers</td>
<td>2. Lawyers</td>
</tr>
<tr>
<td>3. Doctors</td>
<td>3. Doctors</td>
</tr>
<tr>
<td>4. Corporate Sector</td>
<td>4. Corporate Sector</td>
</tr>
</tbody>
</table>

| **N = 150** | **N = 150** |

Table 3.1 represents the sample of working women from six different professions, 150 who practiced Yoga and 150 working women that did not practice Yoga.
### Table 3.2

**LIST OF SAMPLE PROFESSIONS SELECTED FOR THE PRESENT STUDY**

<table>
<thead>
<tr>
<th>300 WORKING WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>150 women who practice Yoga</strong></td>
</tr>
<tr>
<td><strong>1 Teachers</strong> 25</td>
</tr>
<tr>
<td>12 (25 - 45 yrs.)</td>
</tr>
<tr>
<td>13 (46 - 65 yrs.)</td>
</tr>
<tr>
<td><strong>2 Lawyers</strong> 25</td>
</tr>
<tr>
<td>13 (25 - 45 yrs.)</td>
</tr>
<tr>
<td>12 (46 - 65 yrs.)</td>
</tr>
<tr>
<td><strong>3 Doctors</strong> 25</td>
</tr>
<tr>
<td>12 (25 - 45 yrs.)</td>
</tr>
<tr>
<td>13 (46 - 65 yrs.)</td>
</tr>
<tr>
<td><strong>4 Corporate Sector</strong> 25</td>
</tr>
<tr>
<td>13 (25 - 45 yrs.)</td>
</tr>
<tr>
<td>12 (46 - 65 yrs.)</td>
</tr>
<tr>
<td><strong>5 Business Women</strong> 25</td>
</tr>
<tr>
<td>12 (25 - 45 yrs.)</td>
</tr>
<tr>
<td>13 (46 - 65 yrs.)</td>
</tr>
<tr>
<td><strong>6 Govt. Service</strong> 25</td>
</tr>
<tr>
<td>13 (25 - 45 yrs.)</td>
</tr>
<tr>
<td>12 (46 - 65 yrs.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>N = 150</th>
<th>N = 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>75 working women (25 - 45 yrs)</td>
<td>75 working women (25 - 45 yrs)</td>
</tr>
<tr>
<td>75 working women (46 - 65 yrs)</td>
<td>75 working women (46 - 65 yrs)</td>
</tr>
</tbody>
</table>

Table 3.2

Table 3.1 represents the sample strength of 300 working women, from six (6) different Professions, 150 working women who practiced Yoga and 150 working women who did not practice Yoga, between the age group of 25 – 45 years and 46 – 65 years was treated a sample for the present study.
3.6 **TOOLS USED FOR DATA COLLECTION:**

The investigator adopted a systematic procedure for collecting essential data, required for realizing the objectives. For this study, the major tools used were –

1. Questionnaire
2. Structured Interview Schedule
3. The Occupational Stress Index
   
   by Dr. A. K. Srivastava and Dr. A. P. Singh.

3.7 **A BRIEF DESCRIPTION OF THE TOOLS:**

3.7.1 **Questionnaire:**

A tool was prepared by the investigator containing forty (40) questions. It included all aspects of stress experience in a questionnaire from (closed type) to be answered with ‘Yes’ or ‘No’ and tick (√) mark. The questions were related to physical, mental, emotional, and family and workplace aspects of stressful experience. Working women’s personal aspects, academic qualification and family background were gathered through the first seven (7) questions.

The closed-type of questionnaire consisted a number of forty (40) questions on a form, was prepared by the investigator, and given to three hundred (300) working women (150 working women who practiced yoga and...
150 women who did not practice yoga), with the object of obtaining data, with regard to the problem under investigation. Through the Questionnaire the investigator obtained information about opinion of working women, regarding the effectiveness of Yoga, in Stress Management.

The Questionnaire was administered personally to a group of three hundred (300) working women in Kamrup district and in the process, the investigator got the opportunity to establish rapport with the respondents, and explained to them the purpose of the study. The closed type of Questionnaire proved to be very useful in this study, as these very easy to respond, took little time to fill up and was relatively objective.

3.7.2 Structured Interview Schedule:

The investigator interviewed few persons (Brahma Kumaris, the Principal of Maharshi Vidya Mandir, Yoga instructors, and Yoga programme organizers), who were related to the problem under investigation, elicited adequate response from them and collected the necessary information verbally. The purpose of the interviews was to gather required data, to test the hypotheses.

The statements of the interview were carefully constructed with the help of conceptual and related research literature, so that the objective of the study
could be achieved (a total of twenty statements were made ready for the interview schedule).

3.7.3 The Occupational Stress Index:

The Occupational Stress Index purports to measure the extent of stress which employees perceive arising from various constituent and conditions of their job. Stress researchers have developed the scales which measure the stress arising exclusively from job roles (Rizzo, 1970, Pareek, 1981).

The scale consists of 46 items, each to be rated on the five-point scale. Out of 46 items 28 are 'true keyed' and rest 18 are 'false keyed'. The items relate to almost all relevant components of the job life which cause stress in some way or the other, such as role over-load, role ambiguity, role conflict, group and political pressure, responsibility for persons, under participation, powerlessness, poor peer relations, intrinsic impoverishment, low status, strenuous working conditions and unprofitability.

3.8 DATA COLLECTION:

Data collection is essentially an important part of the research process, so that the inferences, hypotheses or generalizations tentatively held, may be identified as valid, verified as correct, or rejected. Data gathering in a research study is an indispensable process as all findings depend on data. In order to
collect the required data for a research problem, the researcher has to sample the population concerned, since it is not possible to encompass the entire population, to devise appropriate tools for measuring the attributes concerned and to administer these tools.

Primary as well as secondary data were collected for the statement of various parameters according to the objectives of the present study. The investigator adopted a systematic procedure for collecting essential data for realizing the objectives.

3.8.1 THE SOURCES:

The most important step of data collection is the determination of the sources of data because the researcher usually sifts through the vast material during the preliminary survey or study of related literature, from which they have to select data relevant to the problem. These data are collected from primary and secondary sources.

The studying the problem, data had been collected from different sources and mainly from the following:

i) Books on Research Methodology.

ii) Books on Stress.

iii) Books on Yoga.

iv) Questionnaires (Self-structured and standardized)
v) Structured Interview Schedules.

vi) The Occupational Stress Index prepared by A. K. Srivastava and Dr. A. P. Singh.

vii) Personal experience as a working woman.

3.8.2 PROCEDURE:

For the collection of data the following were the procedural steps –

(a) **Step-I**: The investigator personally contacted with the respective working women from six different professions (Teachers, Lawyers, Doctors, Corporate Sector Employees, Business Women and those in Government Service), under Kamrup Metro and established rapport with them.

A total number of three hundred (300) working women, fifty (50) from each profession (mentioned above) were approached, after giving the investigator's personal introduction and a brief idea about the research topic.

(b) **Step-II**: Questionnaires and Occupational Stress Index were administered to the sample group purpose of the study was explained, instructions were made clear and the doubts were clarified. They were given a time interval of half an hour to fill up the Questionnaires and Occupational Stress Index during leisure time and the working women
felt free and relaxed to give their responses properly. The closed-type of Questionnaires contained a series of 35 questions and the Occupational Stress Index also contained 46 questions were given to 300 working women (150 who practiced Yoga and 150 who did not practice Yoga) with the object of obtaining data, with regard to the problem under investigation. The closed-type of Questionnaire and the Occupational Stress Index proved to be very useful in this study, as those were also very easy to respond took little time to be filled out and were relatively objective. The process was continued till all the working women returned the filled in Questionnaires and Occupational Stress Index Schedules.

(c) **Step-III:** The investigator further used ‘Structured Interview Schedule’ and ten (10) persons were interviewed: Shiela Behanji from Rupnagar Centre, Mousumi Behanji and Jonali Behanji from Guwahati College Centre of Brahmakumari Ishwariya Vishya Vidyalay, the Principal, Maharshi Vidyalay, Silpukhuri Branch, Mrs. Monika Goswami, Yoga instructors: P.C. Rawat, Mandip Behel, Aparajit Saikia, Anamika Choudhury Barua, N. Afaba Singh, and Anita Gogoi, who were related to the problem under investigation, and elicited adequate responses from them and collected the needed information verbally. The interviews provided an opportunity to the interviewer to question thoroughly on certain areas of inquiry and permitted greater depth of response. The
purpose of the interviews was to gather required data, to test the hypotheses. All the official formalities and conditions for conducting these interviews were fulfilled.

3.9 KAMRUP DISTRICT (METRO) : A PROFILE

NAME OF THE DISTRICT HEADQUARTER : GUWAHATI SUB-DIVISION : GUWAHATI (SADAR)

CIRCLES : Chandrapur, Sonapur, Dispur, Guwahati (including part of North Guwahati) and Azara.

Kamrup Metropolitan is one of the 27 districts in Assam state in north-eastern India.

History: It was created on February 2003 by bifurcating the Kamrup district.

Geography: Administrative headquarters of Kamrup Metropolitan district is at Guwahati city. The district occupies an area of 1527.84 km².

Demographics: According to the 2011 census Kamrup Metropolitan district has a population of 1,260,419, roughly equal to the nation of Estonia or the US state of New Hampshire. This gives it a ranking of 384th in India (out of a total of 640). The district has a population density of 2,010 inhabitants per square kilometer (5,200/sq.mi). Its population growth rate over the decade
2001-2011 was 18.95%. Kamrup Metropolitan has a sex ratio of 922 females for every 1000 males, and a literacy rate of 88.66%.

State : Assam
Region : Western Assam
Headquarters : Guwahati

Area

• Total : 1,527.84 km² (589.90 sq.mi)

Population (2011)

• Total : 1,260,419
• Density : 820/km² (2,100/sq mi)

Time zone : 1st (UTC+05:30)

SOURCE: Website : kamrupmetro.nic.in