CHAPTER-V
CHAPTER-V

FINDINGS, SUGGESTIONS AND CONCLUSION

5.1 INTRODUCTION

In the preceding chapter, the problem, objectives and hypotheses of study, the procedure of study, tools used, sample with research design, statistical analysis of data and their interpretation were discussed.

The present, fifth and the last chapter focuses on the findings, discussions, suggestions for further research in this field and conclusion. The final step in research process is to summarize the findings, arriving at conclusions and making recommendations and formulating proper generalizations.

This study, “The Effectiveness of Yoga in the Management of Stress among Working Women”, aimed at examining the effectiveness of Yoga in alleviating (less severe) stress in working women, who practiced Yoga and those working women who did not practice Yoga. On the basis of analysis and interpretation of data, the following findings were drawn.
5.2 MAJOR FINDINGS:

A. WORKING WOMEN EXPERIENCED STRESS

Stress is the modern killer disease that had sapped working women of their vitality and destroyed the quality of human life. The modern world with its aggressive attitude and competitive environment had put women in a state of stress. Stress not only sapped working women of their energy but also destroyed the joy of life. It adversely impacted both women’s work and family life. Hence, working women are full of inner conflicts and stress. The present lives lead by women is totally stress-ridden and it is really unfortunate that women lead a life that is so pitiable.

B. WORKING WOMEN HAD DEMANDS MADE ON THEM FROM TWO SEPARATE SOURCES – FAMILY & PROFESSION.

Working women had always struggled hard with their dual roles and their problems – both at the office and at the home front. Women seemed to run the risk of losing themselves because of their constant transitional journey, with their roles that changed every moment – from daughters and sisters to daughter-in-laws and wives to the noblest of them all – that of a mother. The responsibilities related to the family and their urge to pursue their careers, prove their professional powers, strive and make their mark through the cut-
throat chaotic competition, drained women of all their enthusiasm and excitement, and stress response was elicited too intensely and frequently which lead to individual stress. Women struggled hard with time-management problems, tried to juggle several elements of their life with a full time job and raising children, and sometimes it involved cutting back their family hours so that they could work better.

C. WORKING WOMEN EXPERIENCED DIFFERENT TYPES OF STRESS IN RELATION TO (A) FAMILY LIFE:

In the present day scenario, women’s mind is trapped by desires, multiple worries and countless duties, in relation to her family life. Everyday working women face a number of challenges and obstacles making them experience stress which ultimately creates negative feelings. There are countless reasons, why women feel overwhelmed by their own internal state of mind. A great deal of their energy gets drained when they find themselves in the midst of the waves of emotion – the over powering depression, guilt, anxiety, anger and stress. There are different types of stress that women experience in relation to family life –

a) Family related anxiety

b) Physical stress

c) Emotional stress
d) Social stress
e) Fear psychosis
f) Phobic Anxiety
g) Powerlessness
h) Role conflict
i) Under participation
j) Distortional thought pattern

In family matters, working women are over burdened because of the following domestic tasks:

i) Attending to children and their studies.

ii) Attending to spouse requirements.

iii) Kitchen work

iv) Bills to pay

v) Illness of family members.

vi) Deaths in the family.

vii) Pending work reminders.

viii) Social visits (Birthdays, Marriages, Anniversaries etc.)

ix) Cleaning the house (washing clothes, utensils, wiping the floor, dusting etc.)
x) Outings with the family (Visiting people and places, shopping, going for movies, picnic etc.)

xi) Attending to family misunderstandings and quarrels.

xii) Social criticism and trauma.

xiii) Relationship breakdown.

xiv) Un-healthy behaviour of family members.

xv) Scattered family problems.

xvi) Broken family related problems.

xvii) Financial insecurity.

xviii) Physical inability.

xix) Fulfilling demands made by in-laws.

xx) Lack of sleep.

D. FAMILY RELATED CAUSES OF STRESS, IN WORKING WOMEN:

Working Women seemed to thrive on a fast-paced, hard driving lifestyle, which left them exhausted. Looking after the house and children is a whole-time job for women, which at times was quite demanding and monotonous.
Women found themselves surrounded by many problems – on many fronts related to family, each causing stress and strain. Problems cause stress, so it was very logical that once we reduced our problems, we should be able to reduce our stress.

E. WORK-PLACE RELATED TYPES OF STRESS:

Working women had a full time job of rearing children and managing the family, besides managing a full time job outside the home. Although their family and career skills might be superb, their stressful life could easily Atrophy as they became more deeply engrained in their approach to manage their home and job, at the same time. Frustration and despondency therefore set in and working women become trapped in a feeling of helplessness from which they see no possible escape. Working women felt drained of their energy because of the different causes of stress related to their profession:

a) Free Floating Anxiety
b) Obsessive Traits and Symptoms
c) Phobic Anxiety
d) Commitment Anxiety
e) Neurotic Suppression
f) Hysterical Traits
Working women are overburdened with work in their work-place. Their job requires them to travel a lot, meet new people, eat varied food, put up with convenient or inconvenient modes of transport and places of stay etc – and they have to bear it all. This puts a lot of pressure on their system and their psyche.

F. WORK-PLACE RELATED CAUSES OF STRESS:

Working women felt that they were unable to cope with the pressures of everyday life, in relation to their profession and were easily fatigued with the pressures of the work-place and they became irritable, depressed and stressed.

In relation to their profession, working women were overburdened because of the following:

i) Overload at the workplace.

ii) Dead-line pressure.

iii) Competitive peers.

iv) Financial insecurity (low salary)

v) Demanding Boss.

vi) Financial crisis (problem)

vii) Career Concern (Over Ambitions)

viii) Non-performing juniors.

ix) Work-place liabilities.

x) Lack of job satisfaction.
G. STRESS IS MORE SIGNIFICANT AT THE AGE OF 25 – 45 YEARS:

The study revealed that working women between the age group of 25 to 45 years were more stressed than working women between the age group of 46 to 65 years.

It is clear from the study that stress had a direct effect on both physical and mental health of working women. And a disturbed, depressed, agitated, dissipated mind cut at the root of their satisfaction, since satisfaction is one criterion of a healthy mind.

Modern lifestyle led by women as characterized by the craze for material wellbeing, along with the proper management of their family, which has resulted in the loss of inner quietude on their part. As a result, more and more working women are stressed up and lead extremely unhappy lives. Plenty of material possession too had failed to give them the inner (mental) peace, which means so much in life.

25 – 45 years: Normally at this stage, working women begin their family life and are at the peak of their career or professional life. Hence, at this stage working women suffers from tremendous mental pressure and they become restless, impatient and stressed. Stress is experienced by working women of different professions, many times at this phase of life. Stress creates vast amounts of misery and suffering in working women at this age (25 45
years) because they have to attend to many things, making them emotionally crippled, as they try hard to lead their dual lives.

In the outer manifestation of the dual life led by working women, they have to attend to many factors, being un-experienced in family matters and also at the peak of their profession, are unable to handle and manage their lives properly. This leads to differences and problems which are difficult for them to reconcile and manage, and they fall a prey to stress.

By the time women reach the age group of 46 to 65 years, they become more experienced in relation to family life and more stable profession wise. By this age, women gradually learn to adjust to a sustainable lifestyle within the given set of circumstances, conditioned by natural and other relevant factors and they also learn how to prevent and lessen and manage stress situations in their day to day living.

The findings of the ANOVA test revealed that there existed significant difference between the stress experienced by working women from different professions, in the age group of (i) 25 – 45 years and (ii) 46 – 65 years. The women between the age group of 25 to 45 years experienced more stress than the working women between the age group of 46 to 65 years. Thus the null hypothesis 2: There exist no significant difference between stress experienced by working women in the age group of (i) 25 – 45 years and (ii) 46 – 65 years is rejected.
H. STRESS EXPERIENCED BY WORKING WOMEN FROM DIFFERENT PROFESSIONS:

The finding of the study revealed that modern working women from different professions suffered from tremendous mental pressure and they became restless, impatient, intolerant, aggressive they had lost their peace of mind because of stressful lives lead by them.

Working women from different professions (Teachers, Lawyers, Doctors, Corporate Sector Employees, Business Women and Government Sector Employees) suffered from stress a number of times – mild or severe. Thus stress was experienced by women from different professions, in different situations and at many times. When working women experienced stress consistently, their immune system got jeopardized easily. They were in a state of fatigue; they berated themselves and believed that they were no longer able to make a significant contribution to life. Stress not only affected working women’s emotional lives, it also affected their well-being in a variety of areas, from family life, relationship, finances to vacation and professional life.

The causes of stress in relation to working women’s (a) family and (b) professional life are explored and related identified, and the investigator grasped the root causes of family stress.
I. FAMILY RELATED CAUSES OF STRESS:

The causes of stress related to working women’s family life were –

a) Relationship breakdown

b) Broken family

c) Scattered family

d) Joint-family related liabilities

e) Social isolation

f) Financial insecurity

g) Lack of sleep due to over-work

h) Physical inability

i) Single parent

j) Loneliness

Stress is the modern killer disease that sapped working women of their vitality and destroyed the quality of their life. The modern life-style led by women, the modern world with its aggressive attitude and family related causes of stress had put women in a state of inner conflicts and permanent stress family related stress also resulted in loss of memory, irritability, frustration, poor adjustment, anger, stripping women from the joy of naturalness. Stress accumulation also lead to alcoholism, drugs and family discord. The sad part
was that, once working women got into the stress groove, it was very difficult for them to get out of it.

Women moved into the various family situations with different roles and since the demands of various situations were different, women acted according to the demands of situations and not according to their own intrinsic nature. This mismatch between the demands of family related situations and the intrinsic nature caused a lot of stress in women.

J. PROFESSION RELATED CAUSES OF STRESS:

The findings of the study revealed the following causes of profession related stress, in working women:

a) Work overload
b) Dead-line pressure
c) Competitive peers
d) Role conflict
e) Poor peer relations
f) Non-performing juniors
g) Demanding boos
h) Poor self performance
i) Low status
j) Strenuous working condition
Working women are stressed due to the hectic life lead by them. The present professional lives lead by women was totally stress-ridden. In the present study, the profession related causes of stress are thoroughly studied by the researcher. After conducting research in this field, the researcher identified some of the major profession related causes of stress and its impact upon working women's health.

This findings of research work evidence clearly indicated that stress at work led to negative changes in health status of working women. In examining the area of occupational stress, it became clear that stress arised at work, because of factors like the working environment, deadline pressure, competitive peers, financial insecurity, demanding boss, career concern, non-performing juniors, work-place liabilities, lack of job satisfaction which ultimately resulted in a set of conditions which gave rise to potential stressful situations.

K. SIGNIFICANT DIFFERENCE BETWEEN THE STRESS EXPERIENCED BY WORKING WOMEN, FROM DIFFERENT PROFESSIONS:

There is significant difference between the stress experienced by working women from different professions. Thus, the null hypothesis 3: There exist no significant difference between the stress experienced by working
women from different professions in relation to (i) family and (ii) professional field, is rejected.

The findings of the study revealed the following rank-wise stress level in working women from different professions, with the mean difference:

1\textsuperscript{st} Corporate Sector (Mean-5.00)

2\textsuperscript{nd} Business women (Mean-4.74)

3\textsuperscript{rd} Teacher (Mean-4.42)

4\textsuperscript{th} Government service (Mean-4.40)

5\textsuperscript{th} Doctor (Mean-4.36)

6\textsuperscript{th} Lawyer (Mean-4.10)

T-test was applied to test the mean difference of stress-levels among the working women, from six different professions.

\section{Coping Skills Adopted by Working Women:}

The present study revealed that stress had become an unwanted companion, casting a shadow on every aspect of working women’s life. There is considerable quantity of empirical support for the notion that, stress had a negative influence on physical and psychological health of working women. The researcher had identified a number of perspectives, regarding the coping
skills adopted by working women in order to manage stress in their day to day life.

The study aimed at finding out the coping skills adopted by working women, in order to deal with stress. Being stressed was a complex condition to handle or cope with, for working women.

The world is a flux, continually changed and moved in a cyclic manner. In order to cope with the perpetual changing state of external universe, to make them adjust with the unstable flow of human existence and stress related to (a) family and (b) work life, they needed to develop coping skills.

According to Yang Tan and John Ortberg in understanding stress (its causes and symptoms) was the first step towards effecting coping. A great weapon in battling stress was – how people thought! The way they thought had a great influence on the way they felt. So, negative feelings like depression often resulted from distorted, extreme, irrational, unreasonable and negative thinking. This insight meant that depressed people were simply victims who suffered passively from such feelings. They could combat their depression by changing their thinking into more realistic, balanced, positive views of themselves, their world, their family and professional life.

At a point of life when working women experienced physical as well as mental stress, it became necessary for them to cope with stress. Present needs
and demanding lifestyles had necessitated working women to adopt coping skills to prevent and lessen stress situations in their day to day life.

**M. DIFFERENT TYPES OF STRATEGIES WERE ADOPTED BY WORKING WOMEN IN STRESS MANAGEMENT:**

The following were the different types of strategies or coping skills adopted by working women in stress management -

- Shout and cry
- Throw temper tantrums
- Hurt oneself (have drugs, alcohol, smoking etc.)
- Speechless and quiet.
- Read books.
- Watch movies.
- Listen to music.
- Practiced Yoga.

**N. EFFECTIVENESS OF YOGA IN STRESS MANAGEMENT:**

The study revealed that practice of Yoga is effective in management of stress, among working women. Yoga helped in relieving unpleasant feelings among the population surveyed. Yoga helped women not only for their
individual liberation from stress, but practice of Yoga also equipped them with
determination, whereby they could satisfactorily do their job along with their
family duties. Yoga helped working women to develop a calmer, safer, more
grounded feeling that could act as a buffer against stress. Yoga was termed by
working women as a coping strategy of alleviating the stress related problems,
which prevailed in the family and professional life of women. Practice of Yoga
made women more efficient and productive, gave them confidence and
minimized their anxiety and doubt. It improved an individual’s ability to
handle stress.

The findings of the tests revealed an accurate picture of how working
women were prone to stress and how they had trouble controlling recurring
thoughts associated with depressed feelings. But, the greatest asset in battling
stress was through the practice of Yoga. Since there existed a close connection
between the experience of stress and the condition of the body, so practicing
Yoga is a helpful way of treating and managing stress.

Working women agreed that Yoga is a holistic health approach that
helped in keeping them free from all physical and mental diseases. One of the
best ways how they could stay disease-free is with the practice of Yoga. Yoga
had the ability to both reduce stress and exercise the body.

The findings of the study also revealed that practicing Yoga regularly
kept working women healthy, fit and resistant against all forms of chronic
diseases.
The study revealed: working women who practiced Yoga agreed that regular practice of Yoga helped to keep their body healthy and fit, prevented physical, mental and emotional imbalance, related to their family and professional lifestyle. Daily practice of Yoga gradually brought about a change in one’s thoughts, conduct, attitude, behaviour, words and deeds and a total transformation in their personality as a whole. Along with the 150 working women who practiced Yoga, 105 of them who did not practice Yoga, also agreed that practice of Yoga is effective in stress management, and none of the working women responded negatively about the effectiveness of Yoga in stress management among working women.

Table 5.1: Showing the positive responses of working women, regarding effectiveness of Yoga in management of stress.

<table>
<thead>
<tr>
<th>Q. No.</th>
<th>Yes</th>
<th>No</th>
<th>Total</th>
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<tbody>
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<td></td>
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<tr>
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<td>105</td>
<td>255</td>
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<td>0</td>
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<tr>
<td></td>
<td>150</td>
<td>150</td>
<td>300</td>
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</tbody>
</table>
The result of table 5.1 is shown in the form of a pie diagram.

**Fig. 5.1:** Positive responses of working women, regarding effectiveness of Yoga in management of stress

![Pie chart showing positive responses of working women regarding effectiveness of Yoga in stress management.](image)

In relation to effectiveness of Yoga in management of stress, related to family and work-place, out of 300 working women (150 who practiced Yoga and 150 who did not practice Yoga), 255 working women (150 who practiced Yoga and 105 who did not practice Yoga) agreed that practice of Yoga helped to cope with stress and responded positively (Yes). Only 45 working women, who did not practice Yoga responded that they had no idea regarding the effectiveness of Yoga in stress management. None of the working women responded negatively about the effectiveness of Yoga in stress management.

- In the outer manifestation of the dual life led by working women, which led to differences, and problems, were difficult to reconcile
and manage. Since the dual-load on working women is an issue of deep concern, the need to bust stress of working women has become more important. Working women felt that stress was both additive and cumulative. Just as they need nutrition on a daily basis, stress busting should also become a part of their daily routine.

- Stress occurs when the demands of a situation outweigh the body's ability to cope. Stress in working women leads to emotional instabilities and mental agitations. Modern life-style led by working women are characterized by stress, and they lead unhappy lives. Working women thus shrink themselves to a narrow cocoon instead of expanding to the cosmos.

- This study leads us to the finding that Yoga and meditation has an effect in stress management of working women. Women who practice Yoga regularly can redirect their mind from stress, than those women who do not practice Yoga. 150 working women who practiced Yoga had learnt to control their anxieties, emotions etc. and were capable of coping with stress. Practice of Yoga has helped them to develop positive attitude and also kept their body fit and free from disease and lead to stress-free mental state. This study revealed how stress in working women could be removed and lessened, through practice of Yoga. The findings of the present
study showed that, through practice of Yoga, women’s mind could be calm, quiet and serene. Yoga made life natural and peaceful and free from nervous exhaustion and worry, because it helped women to keep their vital force of life ever renewed and reinforced. 45 working women had no idea about the effectiveness of Yoga in stress management. They had no knowledge of Yoga – as a coping skill, which could help to tide over the stress in life.

- Practice of Yoga, than all other strategies adopted by working women, helped marvelously to enhance them mentally, physically and spiritually. Yoga and meditation had helped working women to sustain their health and had indulged them to lead stress-free lives. Practice of Yoga had helped working women to have peace of mind and to manage (cope with) stress effectively.

- The investigator visited the ‘Prajapita Brahma Kumaris Ishwariya Vishwavidyalaya’ centre in Rupnagar, Guwahati and interviewed its heads – B. K. Sheela and B. K. Mousumi. Mousumi Bahen said that – Yoga was not a religion based on some beliefs, but a systematic exploration of the subtle dimensions of a human being. Yoga brought about transformation of the human psyche at the collective level and leads us to a holistic life of peace and joy. She emphasized that – Practice of Yoga could free women from their stressful states, that they encountered in their day to day life. It
surely helped working women to lead life free from stress and its allied negative effects.

Sheela Bahenji said that Yoga philosophy was just not the physical body but also of the psychic or subtle body. Yoga bestowed us with relaxation, as an immediate goal that was so essential in this stress age. She said that Yoga was a most potent approach to tackle stress of working women, and meditation was the most effective way which made the mind quiet, relieved it from stress and brought about an inner calm and peace of mind.

- The study has shown that practice of Yoga also provided women with psychological security and physical strength which helped to cope with stress. Yoga lessened mental tension in working women and has helped them to sort out their confused and discordant feeling. After practicing Yoga women felt happy, light and positive. Practice of Yoga has resulted in women’s self-control, physical health, to live in harmony, and meaningfully.

- Yoga has helped working women to find meaning in suffering. It has not only become a technique of escaping from their disturbed health states, but it has also helped them to deal with the challenges of life, both in the home front and the work-place, positively.
Yoga promoted neuromuscular integration and integrated the mind and body. While strengthening working women's physical core, Yoga invigorated them from the inside out. It improved the flexibility of both the body and the mind. Other exercise techniques might come and go, but Yoga had withstood the test of time. Yoga provided a common ground for healthy living to working women, when suffering and over-load persisted despite women's efforts.

The research evidence and findings of the study support the effectiveness of Yoga in combating stress and depression, in working women. Hence, working women should be equipped in the management of stress. Yoga as a coping skill in stress management, in today's trying times, is very encouraging for the investigator. This study revealed how stress in working women could be removed and lessened, through the practice of Yoga.

The findings of this research work showed evidence, and supported the effectiveness of Yoga in the management of stress among working women. Yoga as a coping skill proved very helpful in managing stress. Practice of Yoga has helped working women, not only for their individual liberation from stress but it has also equipped them with determination, whereby they could satisfactorily do their job, as well as perform their family duties properly. It was essential that working women should indulge in the practice of Yoga, for relaxation therapies and overcome bouts of depression and stress. Yoga can
help women to manage stress and see life positively and lead them to proceed for true or real happiness of their life. Practice of Yoga gives women compassionate understanding, optimism, mental and physical strength and above all assure them of their own inner strength and their capacities.

Yoga tones and stretches the muscles making them flexible and strengthened. With Yoga, the body becomes lean and strong. The regular practice of Yoga helps raise the metabolism and helps to burn calories and hence one also gets rid of obesity problems.

Yoga is a philosophy and practice that connects the body, breath and mind to energize and balance the whole person. This mind-body therapy involves physical postures, breathing exercises and meditation to improve overall well-being. It is not a 'quick-fix', but with regular practice it does offer improved health, physical fitness, discipline and clarity of mind.

5.3 SUGGESTIONS FOR FURTHER STUDIES:

This study will have benefits both in terms of reducing the lost productivity due to absence from work, through stress-related illness and in terms of the cost of providing medical care to treat such illness.

The investigator felt that further studies along the following lines would be beneficial for humanity:
A. Effectiveness of Yoga in the management of stress among school children.

B. An in-depth study on Yoga as a form of ancient art.

C. A study on the history of Yoga.

D. Stress related causes could be studied in details.

E. A comparative study of Yoga with other forms of exercise.

F. Effectiveness of Yoga in the management of stress among the elderly.

5.4 CONCLUSION:

It has been observed that working women does suffer from stress. Most of the causes were domestic in origin and were increased by pressure at the workplace. When this increasing stress was not managed properly, it caused a number of negative feelings such as rejection, depression, stress which in turn lead to health problems. Stress had a lot of negative effects, but when handled properly, it could be managed. Stress in working women was the leading cause of disability in women and it also increased the risk of health hazards.

Yoga bestowed working women with relaxation, as an immediate goal that was so essential in this stress-age. Yoga is a cure for many psychological and physical problems and illness. It is a practice that brought great personal
benefit to working women in the form of better awareness, understanding, energy, health and general well-being. It empowered their self confidence and helped them to make sense of their lives. Yoga also involved quieting the mind. It is that state where the mind becomes calm, quiet and serene, and the nervous system becomes relaxed.

Yoga helped to find meaning in suffering and it is not only a technique of escaping from disturbed health states. It helped in dealing with the challenges of life positively. It provided a common ground for healthy living when suffering persisted despite women’s efforts to lessen it. Practice of Yoga assisted working women in solving problems of life satisfactorily and promoted mental health enormously. Practice of Yoga gave women compassionate understanding, optimism, mental and physical strength and above all assured them of their own inner strength and their capacities.

Yoga is a technique to strengthen and relax body muscles, purified the energy channels, slowed down the breath and calmed down the mind. Yoga helped to console working women and encouraged them to face the difficulties and harsh realities of life.

This study will help all working women to be free from stress and aid them in the enfoldment of the creative potential with its myriad colours and hues. This study will be of immense help to all the stress-ridden working women, to tackle the problem of stress and confront head on with it. This study
will be very beneficial for the whole working women community, to acquire the skill to cope with stress, related to family and profession, through the practice of Yoga. Working women will get the scope to explore pathways to happiness through the practice of Yoga.

This work is an initiative in providing useful tips to all working women to minimize stress and strain in their daily life. The investigator would like to involve all working women, from different disciplines and professions irrespective of caste, creed, nation, religion and other divisions, in a holistic movement: through the practice of Yoga, for relieving their stress and to acquire greater creatively and energy in their actions.

The researcher sincerely wished that every working women should become free from the killer disease called stress. The researcher intended to help women to strive for a life free from stress, so that they could live a life of freedom and spread the fragrance of joy and happiness around.

The study had led to the finding that practice of Yoga has helped women to cope with stress. Practice of Yoga has helped women not only for their individual liberation from stress but it has also equipped them with determination, whereby they could satisfactorily do their job as well as perform their family duties properly.
The researcher wished to conclude with the hope that, the present study will help all working women to cope with stress, so that they could achieve liberation to be free from the bondage of stress, related to their family and work life. Practice of Yoga helped working women to cope with stress in their day to day life, so that they could work productively and fruitfully and would maintain a stable family and professional life. This study will help working women to have mastery over the situation, integrity of personality, ability to perceive self, others and world around them. This work will at least go some way towards bringing about some changes that was required for working women to progress towards a deeper understanding of the stress process. Daily practice of Yoga will help working women to stay happy, healthy and alive with endurance.

**The best way to incorporate Yoga into one’s life is to practice it regularly.** Daily practice of Yoga relaxation techniques help to calm the mind and experience a sense of inner peace and tranquility. Gradually women will learn to handle all types of stresses in every phase of life. Daily practice of Yoga will remove all their tensions and fatigue and keep their body and mind rejuvenated.
5.5 SUMMARY:

At present, working women throughout the globe play a dual role – (i) the role of a housewife and (ii) the role of a working woman. It has become impossible for them to stand rapt in awe, managing their dual duties, which they can hardly comprehend.

Today, women all over the world are facing tremendous anxiety, tension, fear and stress, which resulted from their family and institution-related problems. Hence, they work very hard to transform their stressful life into a stress-free one and to give more meaning and value to life.

The need of the hour is to inquire deep into the roots of stress prevalent among working women and help them acquire knowledge of stress management, to cope with stress in their day-to-day life. The investigator felt the need to understand the position of women with their dual-role and varied responsibilities, and the causes of their stress, and help working women cope with stress so that they can achieve liberation to be free from the bondage of stress related to their family and professional life. Thus, it will be very beneficial for the whole working community of women to acquire skills to cope with family and institution-related stress. Women can explore pathways to happiness through the practice of Yoga, and promote a culture of health and harmony. Knowledge in this regard can help women to maintain both physical
and mental well-being, to lead a sustainable lifestyle within a set of circumstances.

5.5.A Thus the present study undertaken has been justified and entitled as, 

“Effectiveness of Yoga in the management of stress among working women.”

5.5.B Chapter-I:

In chapter-I, the investigator has put in efforts to discuss elaborately about the lifestyle of working women, and to inquire deep into the roots of stress prevalent among them and also to help them to acquire knowledge of ‘stress management’ to cope with stress in their day to day life. In the outer manifestation of the varied role played by women, there are problem and difficulties faced by them, which are difficult to reconcile. Working women throughout the globe mostly play a dual role in relation to -- (i) family and (ii) professional life. Hence, women’s mind becomes trapped by desires, multiple worries, countless fears, causing their thoughts to spin in a whirlwind of speculative, possible stressful scenario.

5.5.C In this chapter, the concept and meaning of –

i) Stress

ii) Causes of stress
iii) Coping skills adopted by women

iv) Stress Management.

v) Yoga

vi) Types of Yoga.

vii) Yoga programme had also been given.

5.5.D OBJECTIVES OF THE STUDY:

The objectives of the study were –

i) To study the different types of stress experienced by working women in relation to (a) family and (b) professional field.

ii) To make a comparative study of stress experienced by working women between the age group (a) 25 – 45 years and (b) 46 – 65 years.

iii) To make a comparative study of stress experienced by working women from different professions, in relation to (a) family and (b) professional field.

iv) To study the different types of strategies adopted by working women in stress management.

v) To make a comparative study of the effectiveness of Yoga in stress management among working women: (a) who practiced Yoga and (b) who did not practice Yoga.
In light of the objectives mentioned above the following hypotheses were framed. The 2\textsuperscript{nd}, 3\textsuperscript{rd}, 4\textsuperscript{th} and 5\textsuperscript{th} objectives were tested by hypotheses 2, 3, 4 and 5.

5.5.E HYPOTHESES OF THE STUDY:

1. There exist different types of stress in working women in relation to (a) family and (b) professional field.

2. There exist no significant difference between stress experienced by working women in the age group of (a) 25 – 45 years and (b) 46 – 65 years.

3. There exist no significant difference between stress experienced by working women from different professions in relation to (a) family and (b) professional field.

4. Different types of strategies are adopted by working women in stress management.

5. There exist no significant difference between the effectiveness of Yoga, in stress management among working women – (a) who practiced Yoga and (b) who did not practice Yoga.
5.5.F Chapter-II comprises a good number of related literature had been reviewed by the investigator: Western studies, Indian studies, along with a good number of journals, magazines and books were reviewed.

5.5.G DELIMITATION OF THE PRESENT STUDY:

The following were the delimitations of the present study.

1. The study was delimited to Kamrup (Metro) District of Assam.

2. The present study was delimited to the age group of 25 to 65 years of working women.

3. The study was also delimited to the working women in the following professions:
   a) Teachers
   b) Lawyers
   c) Doctors
   d) Corporate Sector Employees
   e) Business Women and
   f) Government Service Employees.

Three hundred (300) working women were selected from these six (6) different professions by following the Stratified Quota Sampling procedure. The investigator fixed a quota of 25 working women from
each profession. The population was divided into strata of Teachers, Lawyers, Doctors, Corporate Sector Employees, Business Women and Government Sector Employees.

5.5.H METHODOLOGY:

For the present research work Descriptive Survey Method was followed. The present study aimed at finding out the different grass root causes of stress in working women. Attempts had been made to find out the causes of stress in working women in relation to (a) family (b) professional life. The strategies and coping skills adopted by working women and the effectiveness of Yoga in management of stress, among working women was studied.

5.5.I Following tools were used by the researcher for the present study:

i) A Self Developed Questionnaire for working women.

ii) A self-developed interview schedule for the Yoga instructors, head of institutions.

iii) Occupational Stress Index Scale prepared by Dr. A. K. Srivastava and Dr. A. P. Singh (Department of Psychology, Banaras Hindu University).
5.5.J ANALYSIS AND INTERPRETATION OF DATA:

Analysis and for interpretation of collected data, the following statistical techniques were employed.

i) Simple percent age analysis (Mean and Standard deviation).

ii) Graphical representation (Bar diagram and Pie diagram).

iii) 't-test' was applied to test the significance of mean difference between stress experienced by working women from different professions.

iv) ANNOVA test was applied to test the effectiveness of Yoga, in stress management among working women: (a) who practiced Yoga and (b) who did not practice Yoga.

5.5.K FINDINGS OF THE STUDY:

The findings related to the different objectives of the study are the following:

5.5.K.1: Working women experienced stress:

The modern world with its aggressive attitude and competitive environment had put women in a state of stress. Under the conditions that today's working women lived, they were continuously tensed and subjected to large changes in moods, frustrations and experienced a lot of stress. The study
revealed the severity of stress which sapped working women of their energy and also destroyed their joy of life. The study revealed that stress was a disease of modern times and it affected working women regardless of their endeavour to meet the present needs, problems and demanding lifestyles. The hustle-bustle of the modern life had a negative effect on the health and psyche of a professional woman. Stress showed no discrimination on the basis of either age or occupation – but stroked women and unfortunately more and more working women buckled down under it.

The findings of the study showed that stress affected working women regardless of their status in life. Stress was evident, widespread and common among qualified professional women.

Much of the stress and loss of vitality were a byproduct of modern living like unhealthy lifestyle, improper diet, long working hours, lack of adequate sleep etc. of working women.

Stress and anxiety often tended to tamper with working women's metabolism and immunity, which lead to the occurrence of a lot of ailments, mostly affecting the skin, digestive functions, blood circulation and the hormones.
5.5.K.2: Working women experienced stress from two separate sources – (i) family and (ii) professional life.

Working women had demands made on them from two separate sources – (i) family and (ii) profession. Working women did their own house work, too care of their husband and children, accepted and carried out community responsibilities and at the same time held a full time job.

- FAMILY RELATED STRESS:

![Diagram of Stress Overload](image)

**Family anxiety**

- Emotional stress
- Distortional thought patterns
- Under participation stress
- Role conflict
- Powerlessness

**Physical stress**

- Social stress
- Fear psychosis
- Phobic anxiety

*Fig. 5.2*
Working women throughout the globe experience stress in relation to family matters. Most working women have their own galaxy of stress symptoms and types of stress, but the major causes of their stress were the following — (i) **family anxiety**, (ii) **physical stress**, (iii) **social stress**, (iv) **fear psychosis**, (v) **phobic anxiety**, (vi) **powerlessness**, (vii) **role conflict**, (viii) **under participation stress** and (ix) **distortional thought patterns**, (x) **emotional stress**.

Looking after the house, husband and children was a whole time job for women, which was quite demanding and monotonous. So, in today’s world woman’s mind became trapped by multiple worries and countless fears, causing their thoughts to spin in a speculative, possible stressful scenario, and their stress often spilled over from family to the professional setting.

The findings of the study also revealed that working women are over burdened because of the following domestic tasks:

(i) Attending to children and their studies.

(ii) Fulfilling spouse requirements.

(iii) Kitchen work.

(iv) Bills to pay.

(v) Illness (Family).

(vi) Deaths in the family.
(vii) Pending work reminders.

(viii) Social visits (Birthdays, Marriages, Anniversaries etc.)

(ix) Cleaning the house (washing, clothes, utensils, wiping the floor, dusting).

(x) Outings with the family (Visiting people and places, shopping, going for movies etc.)

(xi) Attending to family misunderstandings and quarrels.

(xii) Social criticism and trauma.

(xiii) Relationship break-down.

(xiv) Un-healthy behavior of family members.

(xv) Scattered family problems.

(xvi) Broken family related problems.

(xvii) Financial insecurity.

(xviii) Physical inability.

(xix) Fulfilling demands made by in-laws.

(xx) Lack of sleep.
Women faced tremendous stress in relation to their professional life. They worked very hard and put the efforts to manage their job. But the modern professional world, though a world of startling achievements, was also a world of massive stress. Working women got swept away by the tide of life in their daily mundane profession related routines, mechanical chores, duties and
obligations. It was a strenuous journey, when women chose to pursue their careers and proved their professional powers, as they started the uphill task which was necessary to strive and make their mark, through the cut-throat and chaotic competition.

The findings of the study also revealed the following causes of profession related stress –

i) Overload at the workplace.

ii) Dead-line pressure

iii) Competitive peers

iv) Low salary (Financial insecurity)

v) Demanding Boss

vi) Financial problem

vii) Career Concern (Over ambitious)

viii) Non-performing juniors

ix) Work-place liabilities

x) Lack of job-satisfaction

The findings of the study revealed that in the outer manifestation of the dual life led by working women, there were differences that were difficult for them to reconcile. Negative attitudes, negative responses bombarded women
everyday. The dual load on women and the growing magnitude of obstacles in their lives, was at the root of all the stress experienced by working women.

Stress affected working women's well being in mainly 2 areas – family and profession. This was the main issue covered under objective 2 and the investigator had gone into considerable details to get a thorough picture of stress experienced by working women, in relation to (a) family and (b) professional life.

The study revealed working women had struggled hard, with their problems, tension & hassles both at the office and also at the home front.

- **SIGNIFICANT DIFFERENCE BETWEEN THE STRESS EXPERIENCED BY WORKING WOMEN BETWEEN THE AGE GROUP OF (A) 25 – 45 YEARS AND (B) 46 – 65 YEARS:**

With reference to the research findings, it was revealed that the working women between the age group (a) 25 – 45 years experienced more stress than the working women between the age group of (b) 46 – 65 years. To verify the statistical significance of the difference between the two groups, t-test was applied and the results showed significant difference at 0.05 level between the two groups.
SIGNIFICANT DIFFERENCE BETWEEN THE STRESS EXPERIENCED BY WORKING WOMEN, FROM THE SIX DIFFERENT PROFESSIONS:

The study revealed that there exist significant difference between the stress experienced by working women, from the six different professions – Doctors, Lawyers, Teachers, Corporate Sector, Business Women and Government Service.

The ANOVA test was done and the results showed that the Corporate Sector working women experienced the maximum stress. When women became Corporate Bigwig, they had to meet dead-lines, moved up in life and resolved various issues. Managing people and tasks required special skills and experience. The more responsibilities they got the more they had to work. Young corporate heads ran the rat-race for materialistic gains and their urge to make to the top, in as short a time-span as possible. Corporate women were always in the Firing Line and so they suffered from job-insecurity leading to stress-related problems like frustration, anxiety, financial and job-insecurity. Work hours stretched up to fourteen (14) hours a day and they travelled four days a week and sometimes even had to crisscross the time zones which caused hypertension and stress. Sometimes they ate wrong food, even without a proper time schedule which often alleviated pressure and
caused stress. They had to need targets besides everything and a shortfall was not tolerated. The moments their output declined, their place in the organization started being questioned. Corporate women tried very hard to meet dead-lines, set by a demanding boss, a disorganized desk, with pending files and paper works all caused stress. These were all stress-related problems which bore the signature of over work which lead to – hypertension, obesity, back pain problem and indigestion etc.

**Business Women** had tough daily deadline, usually arrived home late, tensed, irritated and exhausted with overwork. In the days of cut-throat competition, nothing seemed to be good enough as they had to improvise on their own products constantly and never late their competitors to capture the market with their products. Pressing deadlines, too many commitments and too-busy lifestyle all resulted in mental and emotional stress in business women.

**Teachers** experienced stress because they were economically strained, flipped out over pending work projects, excessive over load of attending classes, remedial measures undertaken, attending tutorials and evaluation and correction works besides developing themselves professionally.
Working Women in Government Service experienced stress. Their work efficiency crashed because they worked under stress and they didn’t really have time to think about themselves and their bodies. They constantly felt sluggish and tired which lead to huge energy loss which in turn threatened their capacity to deal effectively with work pressure. A desk drowning under memos, a billion notes stuck to their computer, a pile of papers in every inch of surface space, the phone rang constantly and they had to receive work-related calls or faxes and had to also finish work projects.

Doctors because they are better equipped to meet the challenge of the world of medicine and cure. They should have the ability to put in more physically dealing with treatments, consulting patients, huge work pressure, operations, contagious diseases, meetings discussions about ailments, prescribing medicine according to the nature of the diseases and relieving patients from pain and disease. All these lead to a lot of stress in doctors.

Lawyers experienced stress because they had to exclude all other thoughts and focused only on respective issues of their clients. Accurate and relevant knowledge about Rules, Provisions and Sections had to be acquired by them and they had to organize, manage and arrange files and cases of clients. They drove themselves too hard overwork.
Thus the null hypothesis 3 - 'There exist no significant difference between the stress experienced by working women from different professions in relation to (a) family and (b) professional field has been rejected.

- **COPING SKILLS ADOPTED BY WORKING WOMEN:**

  The present needs duties and demanding life style had compelled working women to adopt some strategies or coping skills to manage stress. The study revealed that in order to cope with stress, working women adopted some strategies. The investigator had identified a number of perspectives and strategies adopted by working women to cope with stress. But stress-management through the practice of Yoga was the best coping skill which offered relaxation and total freedom stress.

- **EFFECTIVENESS OF YOGA IN MANAGEMENT OF STRESS IN WORKING WOMEN:**

  The study further revealed that Yoga was effective in management of stress among working women. Practice of Yoga contributed positively and it lead to marked decreased in anxiety and stress in working women. It gave them relief from stress by helping them to manage their stress, tension, anger and negative feelings.
Practice of Yoga had helped working women to face their difficulties and harsh realities of their life and to get focused to their own lives.

Fig. 5.1 revealed that 255 working women (150 who practiced Yoga and 105 who did not practice Yoga) agreed that practice of Yoga was effective in stress management, 45 of them commented that they had no idea whether Yoga was effective in stress management and none of them responded negatively. Thus, the null hypothesis 5: There exists no significant difference between the effectiveness of Yoga in stress management among working women: (a) who practiced Yoga and (b) who did not practice Yoga, was rejected. A t-test was applied to see the significant difference between means.

There was a notable difference between the effectiveness of Yoga in stress management, among working women: (i) who practiced Yoga and (ii) who did not practice Yoga. Women who practiced Yoga, learnt to control their stress and were capable of coping with stress.

The study offered an effective, lasting, holistic solution to the problem of stress on a war footing, through the regular practice of Yoga. Practice of Yoga was the best way to ensure physical, emotional and mental health of working women.
A great benefit of Yoga is that it fits into one’s lifestyle and it can be practiced anywhere. Practice of Yoga enhanced women’s well-being, by preventing stress, and helped working women to live their life to its fullest, happiest and healthiest every single day.