

Cross Sectional Study on Correlation between Stress and Spiritual Well Being in Working Women

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ABSTRACT:

Background: Indian womanhood is marching towards liberty and equality. The forces of urbanization and globalization have provided women new avenues to express themselves. They have come out of their four walls of their homes in search of economic gain as well as fulfillment of their desires in attempting to fulfill the demands of both worlds, at home and outside. A woman has to play the role of wife, mother and wage earner. Along with the traditional roles she has needs to fulfill the professional roles. The overlapping responsibilities lead to a number of stresses among working women. Spiritual well being has a substantial impact on encouraging women to have better relationships with themselves, others and the unknown. I selected this study to unfold the interrelationship of stress and spiritual well being among workingwomen.

Materials and methods: A quantitative approach with cross sectional design was undertaken to investigate the correlation between stress and spiritual well being in working women in selected areas of Udaipur, Rajasthan. Data was collected from 100 working women using ISMA Stress Questionnaire and Spiritual Well-Being Scale developed by Paloutzian and Ellison.

Result: Statistical analysis with Karl Pearson's Formula proved a negative correlation between the scores of Stress & Spiritual Well-being of the working women.

Conclusion: The findings of the study therefore suggests that spiritual well-being can be an effective coping measure for the working women helping them to remain connected to self, God, society and nature even amidst stressful life events and translate these situations into meaningful life experiences.

Key words: Stress, Spiritual Well Being, Working Women

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I. Introduction:

Women in India have proved their mettle in the work domain. Behind such success lies a big story of struggle and freedom in the traditional social arena. Besides, changing roles of working women, they have maintained the traditional work ethos of household.¹ Nowadays, the women are at par with their male companion as the number of employed women has increased over the past several decades. Unlike their counterparts they have to play the role of a homemaker also. The dual roles of the working women are leading to stress in their lives. In today's world, women are held accountable for the majority of household chores and management, child care and elder care and employed women work to the equivalent of two full time jobs. This makes employed women experience hassle on their time and energy. Research has shown that the more juggling incidents per day, the better her chances for having low satisfaction at the end of the day and the chances for experiencing stress buffering effects increases.² Indian women belonging to all classes have entered into various professions which causes stress in their personal and professional life. Stress is a part of modern life, with increasing complexity of life, stress is likely to increase. Stress is built in the concept of role, which is conceived as the position a person occupies in a system. The experience of stress is related to how we respond to these stressors. One person's stressor can be another person's motivator. Spiritual well-being which has been conceptualized as "the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness"³, can be used as an efficient coping tool. It is the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness.⁴ It is achieved through a dynamic and integrative growth process which leads to total realization of the ultimate purpose and meaning of life." A person who experiences spiritual well-being has the potential and resources to become a fully capacitated individual. Having meaning and purpose in life, a sense of belonging to a sublime source, having faith in God's help in stressful situations, and benefiting from spiritual supports help to deal with stressful life events, suffering, loss and pain.⁵

II. Material And Methods

Study design: Qualitative correlational design study which was cross sectional in nature was employed in the study.

Setting: Areas of Meera Nagar, Adarsh Colony of Udaipur (Raj.) were selected to conduct the study

Sample size: 100 working women

Criteria for Entry

1. Subjects within the age 25-55 years
2. Subjects residing in the selected areas.
3. Subjects who were able to read Hindi/ English

Criteria to be excluded:

1. Subjects who were below 25 years and above 55years.
2. Subjects who were not willing to participate.

TOOL: ISMA (International Stress Management Stress Association) Stress Questionnaire and Spiritual Well-Being Scale developed by Paloutzian and Ellison.

SCORING:

For ISMA Stress Questionnaire, a score of 1 was given for each YES and a score of 0 was given for each NO. All the 25 items were positively stated; therefore higher the score showed higher stress and lower the score showed lower stress among the working women.

The Spiritual Well Being Scale (SWBS), developed by Paloutzian and Ellison (1982), is a 20-item questionnaire. It was designed to measure two dimensions of spirituality: A religious dimension was based on the individual's relationship with God, and an existential dimension based on the individual's satisfaction with life. The overall SWBS score was computed by summing responses to all 20 items some of which are reverse-scored, answered on a 6-point Likert scale ranging from 1 (strongly agree) to 6 (strongly disagree). The total score of the scale is the sum of the two sub-groups ranging 20 to 120. Spiritual well-being score is divided into three sub-groups called low (20 - 40), moderate (41 - 99), and high (100 - 200) wellbeing.

PROCEDURE OF DATA COLLECTION

Ethical consideration was fulfilled by obtaining informed consent from the working women prior to data collection and confidentiality was assured to them. At first, a self-introduction of the researcher followed by the presentation of the study purpose to the working women was given and a good interpersonal relation was developed. Survey was conducted using self-reported questionnaire. After the data collection, each variable was coded numerically, according to the scoring procedure for the statistical analysis.

III. RESULTS

SECTION 1: SOCIO- DEMOGRAPHIC VARIABLES.

Table No. 1 shows that among 100 samples, 15% were between the age of 25-35 years, 63% were between the age of 36-45 years and 22% were between the age of 46-55 years.

**Table No. 1: Frequency and Percentage Distribution of Samples According to Age:
N=100**

Age	Frequency	Percentage
25 – 35 years	15	15%
36-45 years	63	63%
46-55 years	22	22%

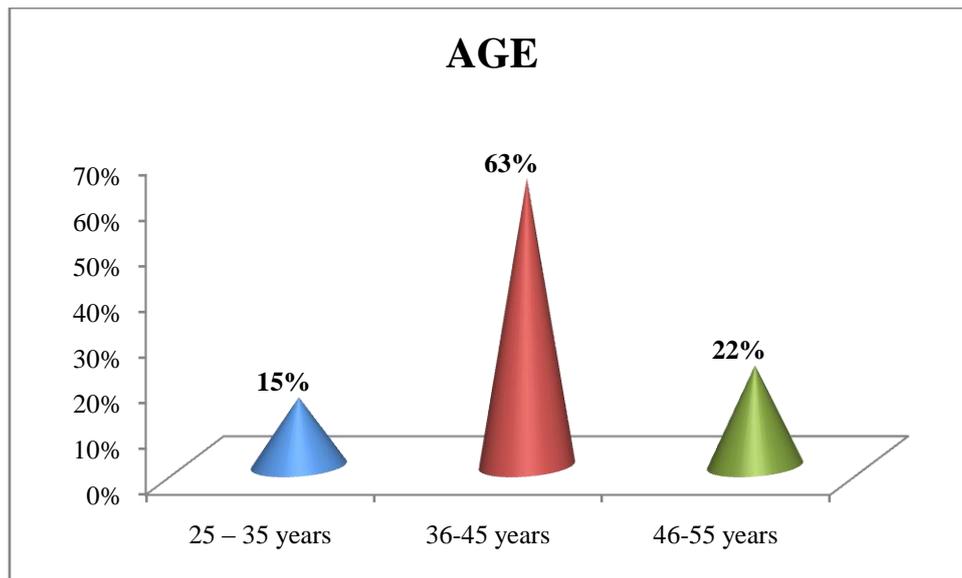


Figure 1- Conical diagram showing the distribution of subjects according to age

Table No. 2 shows that among 100 samples, 45% samples had less than 40 working hours per week, 48% had 40-50 working hours per week and 7% had more than 50 working hours per week.

Table No. 2: Frequency and Percentage Distribution of Samples According to Working Hours per Week N=100

Working Hours per Week	Frequency	Percentage
Less than 40 hours	45	45%
40-50 hours	48	48%
More than 50 hours	07	7%

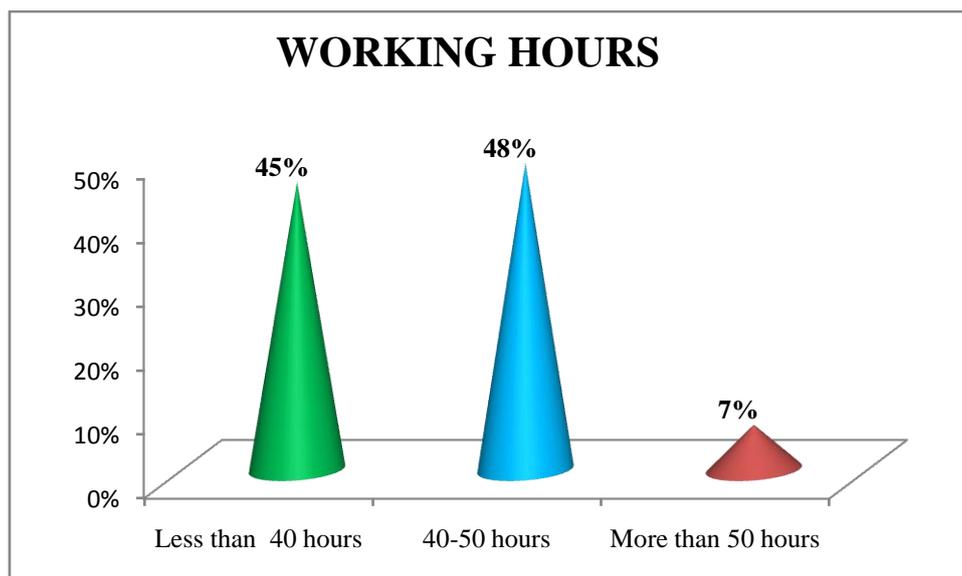


Figure 2- Conical diagram showing the distribution of subjects according to working hours

Table No. 3 shows that among 100 samples, 39% had 0-2 dependents, 57% had 2-4 dependents, 8% had more than 4 dependents.

Table No. 3: Frequency and Percentage Distribution of Samples According to Number of Dependents N=100

Number of Dependents	Frequency	Percentage
0-2	39	39%

2-4	57	57%
More than 4	04	4%

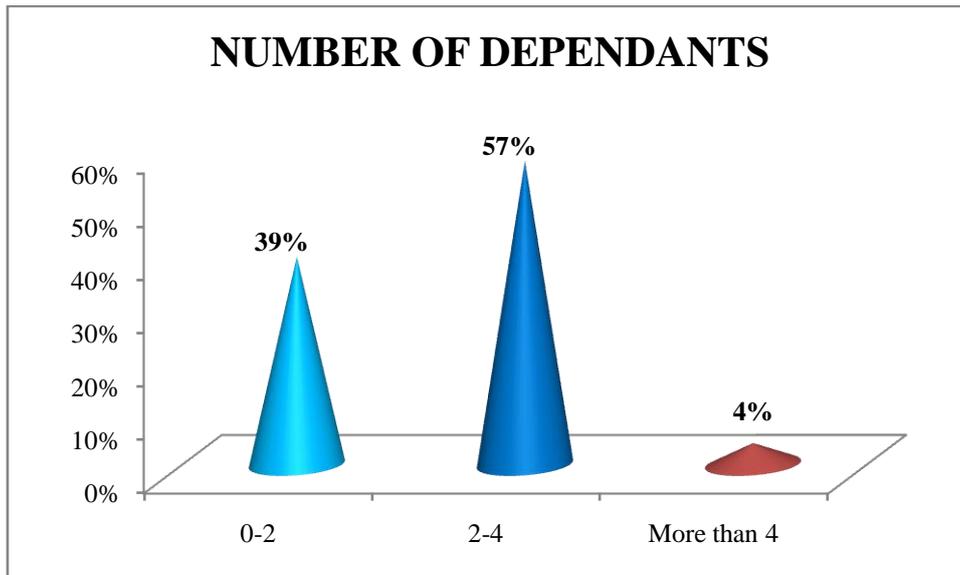


Figure 3-Conical diagram showing the distribution of subjects according to number of dependants

Table No. 4 shows that among 100 samples, 65% worked in private sector, 27% were government employees and 8% were self-employed.

Table No. 4: Frequency and Percentage Distribution of Samples According to Type of Job
N=100

Type of Job	Frequency	Percentage
Private	65	65%
Government	28	28%
Self-Employed	7	7%

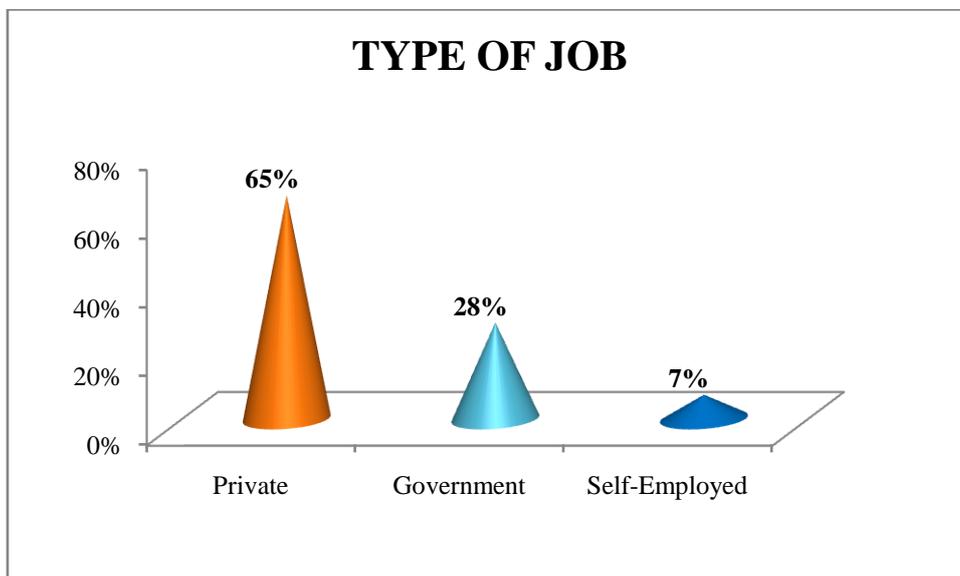


Figure 4-Conical diagram showing the distribution of subjects according to type of job

SECTION 2: PREVALENCE OF STRESS AMONG WORKING WOMEN

Table No. 5 shows that among 100 samples, 4% were less prone to stress, 46% more prone to stress and 50% were most prone to stress.

Table No. 5: Frequency and Percentage of Level of Stress of Working women

N=100

Level of stress	Frequency	Percentage
Less prone to stress	4	4%
More prone to stress	46	46%
Most prone to stress	50	50%

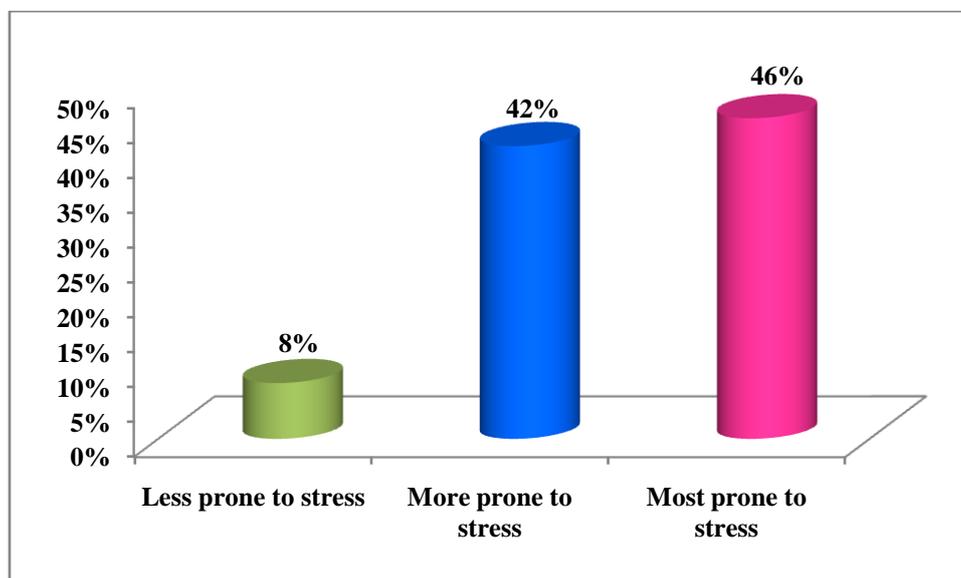


Figure 5- Cylindrical diagram showing the distribution of subjects according to level of stress

SECTION 3: ASSESSMENT OF LEVEL OF SPIRITUAL WELL BEING OF WORKING WOMEN

Table No. 6 shows that among 100 samples, none of them had low spiritual well being, 46% had moderate spiritual well being and 54% had high spiritual well-being scale.

Table No. 6: Frequency and Percentage of Score of Spiritual Well-being of working women

N=100

Level of Spiritual well being	Frequency	Percentage
Low Spiritual well being	0	0
Moderate Spiritual well being	46	46
High Spiritual well being	54	54

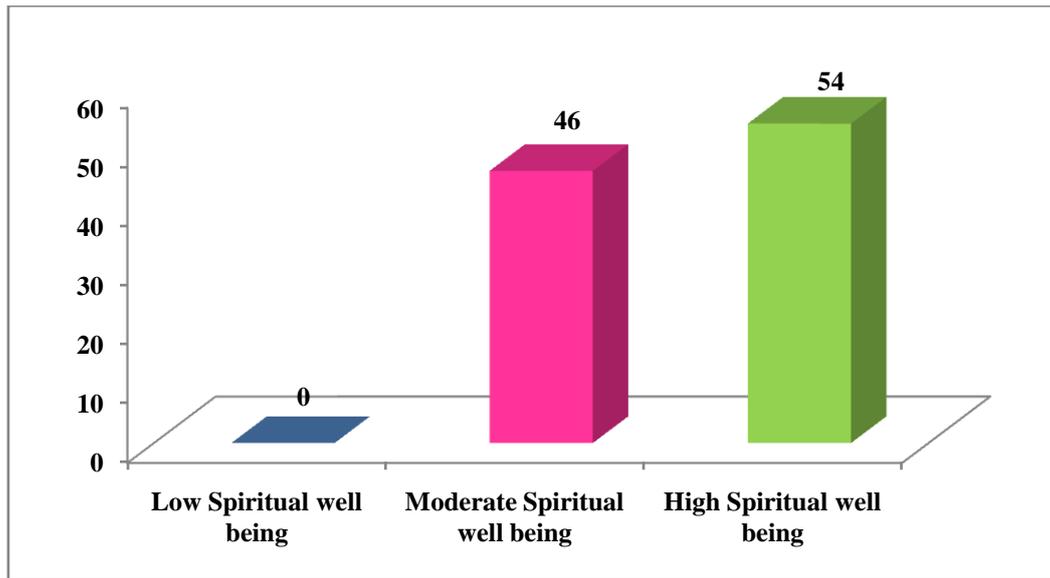


Figure 6- Bar diagram showing the distribution of subjects according to level of spiritual well being

SECTION 4: RELATIONSHIP BETWEEN LEVEL OF STRESS AND SPIRITUAL WELL BEING OF WORKING WOMEN.

Table no.-7:- Mean score, SD and 'r' value of stress score & Spiritual Well Being score

N=100

Variables	Mean score	SD	Correlation	Inference
Stress	12.74	4.93	-0.174	Negative correlation
Spiritual Well Being	99.97	13.88		

Table 7 shows a significant inverse relation between Stress score & Spiritual Well-being score of working women. Statistical analysis with Karl Pearson's Formula proved a negative correlation ($r = -0.174$) between the scores of Stress & Spiritual Wellbeing. The test reveals a significant decrease in stress with an increase of spiritual well-being of working women. It implies that higher the level of spiritual well-being, lower the level of stress among working women.

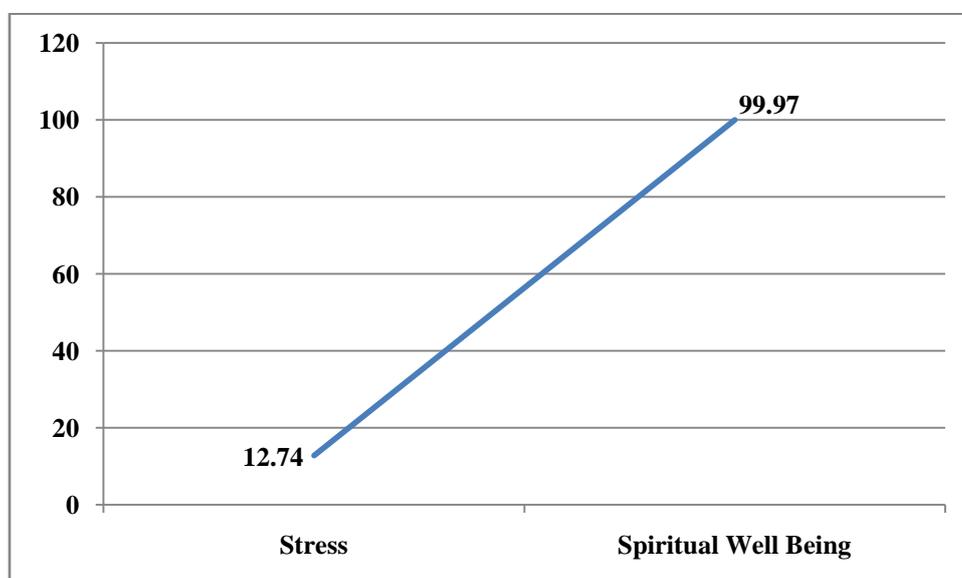


Figure 7- Line diagram showing the mean of level of stress and level of spiritual well being.

IV. DISCUSSION

Level of stress of working women:

The mean for overall level of stress was 12.74 with standard deviation of 4.93. The finding is supported by Kanta Devi⁶ who found that among working women, the highest percentage (61.6%) of women were having mild level of stress, (28%) of the participants had moderate level of stress, (8%) of the participants had severe level of stress and (2.4%) of the participants had profound level of stress.

Correlate the relationship between level of stress and spiritual well being:

In this study, stress was being checked upon its correlation with spiritual well-being. The study found a negative correlation ($r = -0.17$) between the level of stress and spiritual well-being of the working women implying that with an increase of spiritual well-being there will be a significant decrease in their stress. The finding was supported by Chacko John Abin⁷ who conducted a study on working mothers. The findings revealed negative correlation between the scores of Stress & Spiritual Well-being.

V. CONCLUSION

The complexity and the multiplicity of demands, that are to be faced and fulfilled by a working woman disrupts her healthy development and also distorts her personality. The study found that stress is negatively correlated with the spiritual well-being of the working women. This finding suggests that spiritual well-being can be an effective measure to cope up with the stressful life situations. Spiritual well-being helps to remain connected to self, God, society and nature even amidst stressful life events which then constantly encourages the person to change the stressful situations or change the way she responds to such events or situations. Spiritual well-being thus, can strengthen the women to deal effectively with stress and help them to keep going and growing in life.

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