

# Stress, Anxiety and Marital Adjustment among Working and Non-working Women

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**Abstract-** The present study is aimed at exploring the relationship between Marital Adjustment, stress and anxiety among Working and non-Working Married Women. Sample of the study consisted of 100 working and non-working married women (working married women 50, non-working married women = 50). Their age ranged between 20 to 35 years. Their education was at least 12 and above. They belong to middle status. Marital Adjustment Questionnaire and dass-21 (stress, depression, anxiety scale) were used. Results indicated highly significant difference between marital adjustment, anxiety and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women.

**Keywords:** Stress, Depression, Anxiety, Working Women, Non-Working Women's, Marital Adjustment.

## INTRODUCTION

The research is exploring the relationship between Marital Adjustment, stress and anxiety among Working and non-Working Married Women. Sinha & Mukerjee (1990) defines marital adjustment as "The state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. Locke & Wallace (1959) defines marital adjustment as: "accommodation of husband and wife to each other at a given time. According to Spanier and Cole (1976), marital adjustment is a process, the outcome of which is determined by the degree of Troublesome marital differences, interpersonal tensions and personal anxiety, marital satisfaction, dyadic cohesion, Consensus on matters of importance to marital functioning. Marital adjustment can be defined as the mental state among couples in which there is an overall feeling of happiness and satisfaction with their marriage. Marital adjustment can be defined as the mental state among couples in which there is an overall feeling of happiness and satisfaction with their marriage.

## MARITAL ADJUSTMENT

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## STRESS

Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experience stress to some degree. The way you respond to stress, however, make a big difference to your overall well-being. Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being. R.S. Lazarus (1966). Psychological stress and the coping process. New York: McGraw-Hill. Stress, it is argued, can only be sensibly defined as a perceptual phenomenon arising from a comparison between the demand on the person and his or her ability to cope. An imbalance in this mechanism, when coping is important, gives rise to the experience of stress, and to the stress response. T. Cox (1978). Stress, Basingstoke: Macmillan Education. Stress results from an imbalance between demands and resources. R.S. Lazarus and S. Folkman (1984) Stress, Appraisal and Coping. New York: Springer. Stress is the psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health. S. Palmer (1989).

A simple definition that can be used is: Stress occurs when pressure exceeds your perceived ability to Palmer, 1999.

### ANXIETY

Feelings of fear, dread, and uneasiness that may occur as a reaction to stress. A person with anxiety may sweat, feel restless and tense, and have a rapid heartbeat. Extreme anxiety that happens often over time may be a sign of an anxiety disorder. According to the American Psychiatric Association, anxiety is a normal response to stress and can even be beneficial in some situations, such as increasing attention and focus on a test or work task. By contrast, anxiety disorders differ from temporary feelings of anxiousness or nervousness with more intense feelings of fear or anxiety." The Diagnostic and Statistical Manual (DSM-5) specifically describes anxiety as excessive worry and apprehensive expectations, occurring more days than not for at least 6 months, about a number of events or activities, such as work or school performance. The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure."

### DISCUSSION

The focus of the present study marital adjustment, anxiety and stress among working and non-working married women. The present study consisted of a sample of 100 individuals between ages 25-35. The sample belonged to the Maharashtra state. The convenience sampling technique was used for collection of data. The sample was administered with three tests namely, Know Marital Adjustment Questionnaire Scale and Depression, Anxiety and Stress Scale-21 Items (DASS-21). The data was collected over a period of 3 weeks and scored after which the raw data was analyzed and the result was interpreted. The results show a significant difference between working and non-working married women's.

### CONCLUSION

The marital adjustment of working and non-working women was analyzed using the marital adjustment scale by Kumar P. The comparison of marital adjustment of women was studied with respect to the age of the respondent, and type of family. A highly significant value of 2 (1.008) clearly indicates that the age of the respondent has significant effect on marital adjustment. The data portrayed in the table clearly

indicates that the working women in comparison to non-working women. It is evident that can't present of respondent in the working status have low marital adjustment. We can conclude by data analysis as follows: There were significant differences in marital adjustment, stress and anxiety among Working and non-working woman. The result revealed that working women Face more marital adjustment problems in comparison to non-working women. So, we can say that working women because of the added responsibilities of job may suffer from more severe cause's maladjustment at home or in the office. Whereas we can see that the stress among the working women slightly higher because handling the work environment and family simultaneously is a difficult task also there is more expectations from all over the family coworkers and self. Various factors affect the same wellbeing.

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