

Impact of Occupational Stress on Home Environment: An Analytical Study of Working Women of Ludhiana City

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ABSTRACT In the scenario of ever rising number of urban married women entering formal workforce; increasing amount of work stress both at home and workplace and its impact on family and home environment, the present study entitled, 'Impact of occupational stress on home environment: an analytical study of working women of Ludhiana city' was undertaken with the objectives to know socio personal characteristics of selected categories of working women and their families; to examine working conditions of selected categories of working women and to analyse the impact of occupational stress on home environment as perceived by selected respondents. The study was conducted in Ludhiana city and a total sample of 150 respondents was selected from three categories of working women namely; doctors, university teachers and bank employees with 50 respondents in each category. Results showed impact of stress on house care and up keep as "pay full attention towards orderliness in home" scored maximum and "my dependency on servants has not changed" scored minimum. Impact of stress on social and leisure life revealed that "going out on holidays" scored maximum and "enjoy meeting social obligation" was least preferred. Impact of stress on miscellaneous work showed that maximum scoring statement was "pay attention towards bill payments, cheques, deposits etc. and least scoring statement was "keeping an eye over kitchen needs is easy for me".