

Physiological and Psychological Stressors among Working and Non Working Women

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ABSTRACT Psychological and physiological stressors among working and non-working women have been examined in the present study. Data were collected from 75 working and 75 non -working women from four localities of Ludhiana city. Results indicated that common factors of stress in both categories were unfinished tasks, compulsion of doing disliked activities, death of close relative, improper sleep. In working women, stressors were ‘pleasing others’ (mean score 0.92) and overburden of work (1.04), whereas in non- working women stressors were ‘wrong working posture’ (0.97) and ‘non – involvement in decision making by family’ (1.02). This study shows that working women were more stressed as compared to non – working women.