



An Anthropological Analysis of Psychological Well Being of Women Software Professionals in Chennai, Tamilnadu

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ABSTRACT Anthropological study of women occupies a particular place in the discipline, while considering the women and their multitasking roles. This study analyzing the diverse opinion on nature of work, health issues and well-being of working women, stress and stress coping strategies in the perspectives of anthropology in today's scenario among working women software professionals. The positive reception of the value of anthropological studies helped a lot in understanding the well-being of women. The literature review provides the managerial practices that are frequently structured with the goal of humanizing performance by employee well-being. Statistical tools such as simple percentage analysis and weighted average method have been used. The situations that a woman has to face in her work/family may lead to various changes in her psychological well-being. Overall this study concludes that the employment of women does not emerge as a factor contributing to their psychological well-being, it is a set of emotions.