

A COMPARATIVE INVESTIGATION ON MENTAL HEALTH AND STRESS AMONG NON-WORKING AND WORKING WOMEN

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In the modern life, every one is facing mental stress, specially non-working women, who are overloaded with hazards in family life. These women are trying to change their attitude towards family life problems with increasing, complexities of life style, the level of stress has been increasing at a phenomenal rate. The results revealed that the working and non-working women differ significantly on mental health and working & non-working women differ significantly on stress.