

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

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**ABSTRACT:** 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.

**INTRODUCTION:** Now a days the level of stress has increasing at a phenomenal rate. Stress was popularly used in the 7<sup>th</sup> century to mean hardship, strain, affection and adversity. It is the process that occurs in response to the situations or event, which disrupt physical or psychological functioning. In fact a positive influence, stress can help compel us to action. As a negative influence, it can result in feeling of distrust, rejection, anger and depression, which in turn can lead to health problems such as headaches, rashes, insomnia, ulcers and high blood pressure.

Some psychologists have explained it as Brown (1977) pointed out that stress is the consequence of a very complex interaction of psychological, constitutional and environmental factors. Emotional stress leads to psychological stress and this results in a eventual breakdown. In short stress is psychosomatic in nature.

Mental health is an index which shows the extent to which the person has been able to meet their environmental demands as social,

emotional or physical. Thavakan (1992) found that professional and non-professional women differ in job related stress. Professional working women experience greater work related stress in comparison to their non-working counterparts.

The aim of the present investigation is to investigate the mental health and stress of non-working and working women.

**Hypothesis:** In the proposed investigation the following hypotheses were formulated :-

- i. Non-working and working women would differ significantly on mental health.
- ii. Non-working and working women would differ significantly on stress scale.

## Methodology :

A sample consisting of 100 non-working and 100 working women selected randomly from Siwan town. Age range was 30-40 years old with minimum qualification being Degree level.

## Instrument Used:

The following measuring instruments were applied to collect information :-

- (i) Personal Data Sheet (PDS)
- (ii) Singh's Personal Stress Inventory (2004).
- (iii) Mental Health Check List developed by Pramod Kumar (1992).

## RESULTS:

To verify the hypotheses mean, SD has calculated and to examine the significance of two means t-ratios were calculated which has been presented Tables 1 & 2.

**Table -1(A): Showing between Non-working & Working women on Meantal Health Score**

Compared SS	Means	SDs	N	't' ratio	P Value
Non-working women	21.47	6.93	100	2.08	<.01
Working women	19.57	5.84	100		

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**Table -2(A): Showing between Non-working & Working women on Stress Score**

Compared SS	Means	SDs	N	't' ratio	P Value
Non-working women	15.23	3.92	100	5.49	<.01
Working women	18.67	4.89	100		

The obtained mean of non-working women is 21.47 and working women 19.57 which is lower than working women on mental health score obtained t-ratio is 2.08 which is significant on  $df=198$  at .01 level of confidence. Here low score indicates better mental health which is present in Table-1.

Obtained mean of non-working women is 15.23 and working women is 18.67 on stress score. Obtained t-ratio is 5.49 on stress score which is highly significant on  $df=198$  at .01 level of confidence.

**Conclusion :-** The result is quite expected direction because it is natural and verify the hypothesis on mental health and stress score. Thus all kind of common psychological stressors are associated with high physical changes and these in turn have resulted many physical disorders. Salovey et al (2000) Postonjee (1987) said that stress in the light of primary and secondary social system. We can say that problem of mental health and stress in women is an important aspect of the process of social change in India.

## REFERENCES

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## 19वीं शती में मुस्लिम धार्मिक चेतना

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19वीं शती का काल मुस्लिम समाज के लिए उत्साहवर्धक नहीं था। वस्तुतः मुगल साम्राज्य के विघटन के पश्चात् देश की राजनीतिक एकता छिन्न-भिन्न हो गई और केंद्रीय शक्ति के अभाव में बहुत से स्थानीय शासक उत्पन्न हो गए। मुगल साम्राज्य के पराभव के पश्चात् मराठों तथा राजपूतों के सशक्त राज्य अस्तित्व में आने लगे। लेकिन इसी समय 18 वीं शती के प्रारंभ में यूरोप निवासियों का पूर्वी एशिया के देशों में व्यापार के लिए पर्दापण हुआ। अंग्रेजों ने क्रमशः भारत से अन्य यूरोपीय जातियों को निकाल दिया और स्वयं यहां के भू-स्वामी बन गए। 19वीं शती के पूर्वार्द्ध का राजनीतिक इतिहास ईस्ट इंडिया के विस्तार तथा इंग्लैंड द्वारा भारतीय देश के शासन का इतिहास है। राजनीतिक ष्टि से एक के बाद दूसरे मुसलमानी राज्य कंपनी द्वारा समाप्त कर दिए गए। सन् 1843 और में सिंध, सन् 1856 में अवध तथा 1857 में मुगल साम्राज्य के अंतिम प्रतिनिधि बहादुर शाह के प्रभुत्व की समाप्ति कर दी गई। उत्तर भारत जिसने निकट में मुगलों का शौर्य देखा था, इस समय तक अंग्रेजी भारत के अंतर्गत आ चुका था। ऐसी स्थिति में मुसलमान समाज और धर्म के लिए संकट का होना स्वाभाविक ही था।

सन् 1857 इस्वी की घटना ने मुसलमान समाज में और भी संकट की स्थिति उत्पन्न कर दी थी। इस विद्रोह में मुसलमानों ने खुलकर भाग लिया, प्रायः उत्तर भारत में प्रत्येक प्रतिष्ठित मुसलमान परिवार की सहानुभूति विद्रोहियों के साथ थी। उनका विश्वास रहा कि बहादुर शाह के नेतृत्व में अंग्रेजों के स्थान पर फिर मुगल राज्य की स्थापना हो सकेगी लेकिन जब यह विद्रोह दबा दिया गया तो उनकी सारी आशाएं धूल में मिल गईं। इसके अलावा, अंग्रेज अधिकारियों के दमन चक्र में मुसलमानों को ही अपना लक्ष्य बनाया गया। हजारों की संख्या में उन्हें फांसी दी गई, उनकी संपत्ति जब्त कर ली गई और उन्हें प्रशासनिक पदों से अलग कर दिया गया। उनकी दुर्दशा का विसरण हमें तत्कालीन लेखकों- मिर्जा गालिब, बहादुर शाह जफर और सर सैयद अहमद की रचनाओं में देखलाई पड़ता है। सारांशतः 19वीं शती के उत्तरार्ध में मुसलमान समाज बड़ी ही निराशा और घुटन की स्थिति में था कोमा बहुत कुछ अंशों में समाज के लिए अस्तित्व का प्रश्न ही

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