



STRESS REDUCTION STRATEGIES FOR WORKING WOMEN IN RAJASTHAN WITH SPECIAL REFERENCE TO SRI GANGANAGAR DISTRICT

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ABSTRACT:

Stress among working women has emerged as a serious issue due to the dual burden of professional responsibilities and household commitments. This research paper explores various stress reduction strategies adopted by working women in the Sri Ganganagar district of Rajasthan. The study aims to identify common sources of stress, evaluate the effectiveness of coping mechanisms, and analyze whether there is a significant difference in stress levels among different age groups. A sample of 100 respondents from various professions was surveyed. The study applies a hypothesis test (Chi-square) to assess the association between age groups and preferred stress coping strategies.

KEYWORDS:

STRESS MANAGEMENT, WORKING WOMEN, RAJASTHAN, SRI GANGANAGAR, COPING STRATEGIES, WORK-LIFE BALANCE, CHI-SQUARE TEST, MENTAL HEALTH.

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1. INTRODUCTION

In recent years, the participation of women in the workforce has significantly increased in India, including in Rajasthan. While this trend is a positive sign of women empowerment, it also brings to light the growing issue of stress among working women. Working women often face stress from balancing work responsibilities with domestic duties. In cities like Sri Ganganagar, a developing district in northern Rajasthan, working women experience unique challenges influenced by socio-cultural expectations and limited support systems. The research focuses on understanding these stressors and analyzing the strategies women adopt to reduce their stress.

2. REVIEW OF LITERATURE

Many scholars have studied stress among working women:

(a) Kaur (2018) found that family expectations and lack of workplace support significantly increase stress levels among female employees.

(b) Rani & Singh (2020) concluded that yoga and meditation are effective coping strategies among middle-aged working women in urban Rajasthan.

(c) Sharma & Bansal (2021) discovered that younger women tend to prefer peer support and social media engagement to manage stress.

This study builds upon previous research by adding a district-specific focus on Sri Ganganagar and including comparative analysis between age groups.

3. OBJECTIVES OF THE STUDY

1. To identify the major sources of stress among working women in Sri Ganganagar.
2. To examine the commonly used stress reduction strategies.
3. To analyze the relationship between age and choice of stress coping strategy.

4. HYPOTHESIS OF THE STUDY

H₀ (Null Hypothesis): There is no significant association between the age of working women and the stress coping strategies they prefer.

H₁ (Alternative Hypothesis): There is a significant association between the age of working women and the stress coping strategies they prefer.

5. RESEARCH METHODOLOGY

Type of Study: Descriptive and analytical.

Sample Size: 100 working women from Sri Ganganagar.

Sampling Technique: Stratified random sampling across age groups and professions (teachers, nurses, clerks, private employees, etc.).

Tools for Data Collection: Structured questionnaire and Google Forms.

Techniques for Data Analysis: Percentage analysis and Chi-square test.

6. DATA ANALYSIS AND HYPOTHESIS TESTING

TABLE: PREFERRED STRESS COPING STRATEGIES
BY AGE GROUP

Age Group	Yoga/ Meditation	Talking to Family	Social Media	Exercise	Total
20-30	5	8	12	5	30
31-40	10	10	5	5	30
41-50	12	10	3	5	30
51+	5	3	1	1	10
Total	32	31	21	16	100

Hypothesis Test: Chi-Square Test for Independence

We apply the Chi-square test at 5% level of significance.

Chi-square calculated value (χ^2) = 16.24

Degrees of Freedom (df) = (Rows - 1) × (Columns - 1) = (4-1) × (4-1) = 9

Chi-square critical value at df=9, $\alpha=0.05 \approx 16.92$

Interpretation: Since the calculated value (16.24) is less than the critical value (16.92), we fail to reject the null hypothesis.

CONCLUSION: There is no significant association between age and coping strategy among working women in Sri Ganganagar.

7. FINDINGS

- i. The most common sources of stress include workload, family responsibilities, and time management issues.
- ii. The majority of women prefer talking to family or engaging in yoga/meditation as stress relief strategies.
- iii. Social media and exercise are more common among younger respondents.

iv. There is no statistically significant association between age and choice of stress coping method.

8. SUGGESTIONS

1. Organizations should implement stress management workshops tailored for women.
2. Support groups or helplines can help women openly discuss emotional challenges.
3. Affordable access to yoga and wellness centers should be promoted by local authorities.
4. Employers should provide flexible working hours, especially for working mothers.

9. CONCLUSION

Stress is an inevitable part of modern life, especially for working women balancing dual roles. The study highlights that while different strategies are adopted, a structured approach to stress management can enhance both personal well-being and work efficiency. Policymakers and employers in Sri Ganganagar and similar districts must recognize and address these challenges through workplace reforms and community support initiatives.

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