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RESEARCH ARTICLE

A STUDY ON DISSATISFACTION OF LIFE DUE TO WORK STRESS WITH SPECIAL REFERENCE TO WOMEN EMPLOYEES IN INDIA

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Abstract

Surprisingly job stress has two many impacts on any employees which is bad or good depend upon how to handle stress of each employees. We always consider stress in negative ways but it's the motivation for getting things done from others. without stress we don't get things seriously, if we get this stress in wrong manner obviously the impact is worse so, in this paper we discuss both the sides of work stress and impact on women employees as well. IN this era women plays multiple roles in their life. They at one time define the duty of working employee on the other hand manage all the responsibility of house from basic needs to overall management of a one particular home with lots of role she plays. But in these circumstances the mental and physical health of one particular woman affects tremendously. We only discuss the achievements, awards, roles of particular women but sometime its very important to discuss how to help her in such difficult situation in thisrole-playing life she suffered lots of ups and down mood swing, depression, physical problem's, hormonal imbalance and various disease which directly suffer the ladies at their life. Due to dissatisfaction of life is occurred, highly stressful working women don't have wish to live life in such circumstances I am a Indian women who show the various aspect of Indian working women in this paper to focus on this important topics and search various ways to cope up this problem and try to find a way for our working ladies.

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Introduction:-

In todays world life everyone's wants to becomes successful and earn wealth in spite being detriotinghealth, and in this race, life becomes more stressful specially women who doing double role as ahousewife and working women, this paper we directly focus on the genuine and problematic issues that is how life becomes dissatisfied due to stress there are n numbers of journals papers, phd thesis available on this topic which focus on this current issue in our country.

What is stress?

Stress is a feeling of emotional or physical tension that person affect his mental situation and react as per situation.it creates nervousness, anger, frustration and many more results occurred. (1)

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Sources of stress or factor of stress-

There are so many things in day to day life to responsible a stressful situation such as emotional factor, physical condition, life events, workplace dissatisfaction, societal factors etc. we discuss in detail. (2)

Internal stressor –

Which means a particular person how to handle his life personally his likes dislikes, self-esteem, motivation, satisfaction of life, goals, achievements, perception, demands, physical fitness, diseases, family background etc are internal factors when these factors are not work properly then the stressful situation occurred.

External stressor–

These factors are out of his control such as working place, work pressure, societal problem, role-ambiguity, time management, pollution, unhealthy working condition, responsibility etc.

Different traits of stress

Emotional symptoms –

Some of the sign we observed in stress is crying in lonely, burst of anger, losing interest in day to day work, avoiding family, friends, feeling hopeless etc are common symptoms in stress. (3)

Physical symptoms–

Panic attacks, sleeping problems, high or low bp, fatigue all time, headache etc are common.

Behavioral symptoms –

Unable to concentrate, every time tensed feel, forgotten things always, stare at one thing long time, decision delay on particular things.

Literature Review: -

- 1] Many authors, research scholar focuses on this crucial topic through their research work that stress is very dangerous to health, it causes health problem such as high bp, heart diseases, stroke, obesity and diabetes in many employees. (4)
- 2] There are various causes of stress are given by researcher such as long hours, heavy workload, job insecurity, and conflicts with co-workers these are common reasons behind in workplace and some personal issues also available. (5)
- 3] Stress has directly affected on organizational productivity, loss innovation, decreased resilience and inability to focus on work, absenteeism, unhappiness this are the impacts on employees not only employees but employer also faces losses of his company.
- 4] 25% views their jobs are number one stressor in their lives and about 75% of employees believe that workers have more on the job stress than a years ago 29% workers extreme stress at work and 26% of workers said very often burned out or stress by their work. (6)
- 5] Some of the points to be consider here that proper nutritional diet, proper sleeping and fitness is most important is stress relief because in current polluted environment eat a healthy food, go to proper walking, spend some quality time with family, is very essential for our good mental health, somewhere also suggested that playing with children also reduce our mental pressure. (7)
- 6] There are many institution and private center available for such stress related issues recovered and motivational speakers now available on online, their videos also helpful to cope with stress and many employees benefited from such organization. (8)

Objectives of the Study:-

- 1) To identify job stress really affects satisfaction of life.
- 2) Reasons of job stress in workplace.
- 3) To know Stress good or bad in life.

Research Methodology: -

RM means techniques used in research we used both primary as well as secondary data collection technique in this paper.

Primary Data Collection Technique-

In which we observed in various employment place that stress become more hazardous income areas and, in some cases, it also gets fruitful results. we observe that teaching profession is more stressful job have seen.

Secondary DATA Collection-

We used various journal, websites, articles, for collecting the data and references there are various research papers also available related to topics. we also use books and journal referred for these topics and find a proper result.

Findings-

We find that that many employees not getting enough time to spend with family due to job stress because the deadline of various task. And many employees not getting time to enjoy their personal life, on other hand business person has no time limit they are free whenever they want to spend some time to enjoyment they can and no employee pressure on them.

Results and Conclusion: -

As per various survey the result finding that suicidal attempt increases in working women. Due to high stress it not only affects physical but also in mental health

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