



## THE STUDY ON MORNING TIME STRESS OF WORKING WOMEN IN COIMBATORE DISTRICT

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### Abstract:

Stress refers to the strain from the conflict between our external environment and us, leading to emotional and physical pressure. In our fast paced world, it is impossible to live without stress, whether you are a student or a working adult. There is both positive and negative stress, depending on each individual's unique perception of the tension between the two forces. Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings.

**Key Words:** Stress, Tension & Feelings

### Introduction:

In today's world the degree of stress has increased owing to urbanization, globalization which in turn has resulted in cut-throat competition. To meet this competition, the employees are put under lot of pressure to work for the corporate success. Stress has been called "the invisible". It is a disease that may affect you, your organization and any of the people in it. Stress is a part of day-to-day living of every individual. The college students may experience stress in meeting the academic demands, people on the job, business men may suffer stress to reach office in time and to complete the projects on time and even the house hold ladies may experience stress in managing the house affairs and to look for the maid servant. The reasons for stress may differ from person to person. The stress people experience should not be a high level of stress which can be serious threat to personality traits of the individual and can cause physiological and social problems. Change in working practices, such as the introduction of new technology or the alternation of new technology or the alternative of targets, may cause stress, or stress may be built into an organization's structure. Organizational stress can be measured by absenteeism and quality of work. Stress affects organization as well as the individual working within. An organization with a high level of absenteeism, rapid staff turnover, deteriorating industrial and customer relations, a worsening safety record, or poor quality control is suffering from organizational stress. Morning time stress is surprisingly common. It has no clinical definition, but most people define it as an anxiety either immediately after waking up, or anxiety that tends to build over the first hour or so upon awakening. Morning stress is incredibly stressful, because it tends to start your day off on a negative note. You'll have some days where morning anxiety fades as the day wears on, but often you'll find that when your day with anxiety, some type of stress or anxiety persists until you go to sleep.

### Statement of the Problem:

A study of morning time stress in women is a paramount importance, the nature of being different for each category of women employees depending upon their needs. Depending on the level of morning stress, it can control her life, especially in the workplace. We begin to spend several long hours at work, and thus have less time for other things. Stressed women employees may be unhappy. Morning stress can deteriorate social and family relationships and eventually burn you out; ultimately it can take toll on your health. Organizations need to recognize morning time stress in women as a problem and decide to act upon it. A good workspace reduces absenteeism, accidents and attrition. Work space is useful to improve production, organizational effectiveness, and morale of employees and economic development of the county. So, an attempt has been made to know about the women employee's morning stress and its influence on their work and social environment.

### Objective of the Study:

- ✓ To study the relationship between the demographic factor and morning time stress in women.
- ✓ To study the major reasons behind the morning time stress in women employees.
- ✓ To offer suggestions for improvement in the stress management in women employees.

### Scope of the Study:

Stress has become significant especially in the morning due to dynamic social factors and the changing need of lifestyle. Stress can make a person productive and constructive, when it is identified and well managed. This study expects to discuss factors which lead to morning time stress in the workplace for women. Are individuals stressed in the workplace? What causes stress in the workplace? Why women are victims of mostly stressed? Are individuals being exposed to stress management techniques? Should women employers implement stress management techniques? The study would like to be able to determine if stress is a problem for women employees; if so, implement a strategy to curtail morning stress in the workplace. By recognizing

stress in the workplace for women, women can act appropriately to reduce morning stress. The outcome can benefit social and family relationships, as well as preserve ones health and make us more productive in our organizations.

**Limitation of the Study:**

- ✓ Respondents were in relevant and suspicious in responding to the questions.
- ✓ Accuracy is also another problem; the sample may not reveal the fact.
- ✓ The respondents were not ready to spend time in answering
- ✓ The statistical tools chosen have their own limitations.
- ✓ The study was conducted only within Coimbatore city.

**Review of Literature:**

Kavitha in her research titled - Role of stress among women employees forming majority workforce at IT sector in Chennai and Coimbatore (2012), she has focuses on the organizational role stress for the employees in the IT sector. She found in her research that, women face more stress than men in the organization and she viewed to be more specific married women faces more stress than the unmarried women.

P. S. Swaminathan & Rajkumar S. in their work on —Stress levels in Organizations and their Impact on Employees’ Behaviour (2013). They have conducted a study that focused on the levels of stress among the age group, profession, different varieties of jobs, hours of work and the influence of work environment on the degree of stress faced by employees. Stress in an employees’ individual in nature. This study indicates that, an optimum level in which every individual can perform with his full capacity and identified three conditions responsible for work stress they are 1) Role overload 2) Role self distance 3) Role stagnation.

**Research Methodology:**

**Research Design:** Research design is the blueprint for the collection, measurement and analysis of data. The research design used in the study is both Analytical and Descriptive research.

**Sampling:** Multi- stage sampling and simple random sampling is used to collect the data.

**Sample Size:** Sample consists of 100 women employees. Sample respondents are selected using multi stage sampling and simple random sampling technique. Women employees from various fields like Teaching, Medical, IT, Clerical jobs, Home Care etc., are considered.

**Data Collection:** The present study use both primary as well as secondary data.

**Primary Data:** The first -hand information, which is collected by the researcher, is called primary data. In this study the primary data is collected through structured questionnaire. Questionnaire is employed to collect the primary data from 100 selected sample respondents in Coimbatore city.

**Secondary Data:** Besides the primary data, the secondary data is also collected for the study. Websites, books are referred for this purpose from the library to facilitate proper understanding of the study.

**Area of the Study:** The research study is done only in Coimbatore District.

**Period of Study:** The period of the study lasted for about 5 months (Jan 2017- May2017).

**Tools for Analysis:** Data collected through questionnaire were presented in a master table. From the master table, sub tables were prepared. In order to analysis and interpretation of the data simple statistical tools like

- ✓ Percentage Analysis
- ✓ Chi-square Analysis
- ✓ Ranking and Analysis

**Analysis and Interpretation:**

Table 1: Age of the Respondents

Age	No of Respondents	Percentage
Below 18 Years	7	7
19-25 Years	30	30
26-35 Years	30	30
36-45 Years	23	23
46-55 Years	7	7
Above 55 Years	4	4
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 30% of the respondents are in age group between 19-25 years, 30% of the respondents are in the age group between 26-35 years, 23% of the respondents are in age group between 36-45 years 7% of the respondents are age group between 46-55 years, 7% of the respondents are below 18 years and 4% of the respondents are above 55 years.

Table 2: Educational Qualification of the Respondents

Educational Qualification of the Respondents	No of Respondents	Percentage
No Formal Education	16	16
School Education	15	15
Under Graduation	21	21

Post Graduation	22	22
Professional	23	23
Others	3	3
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 23% of the respondents are professionals, 22% of the respondents have completed Post graduate, 21% of the respondents have completed under graduation, 16% of the have no formal education, 15% of the respondents have completed school education and 3% of the respondents have completed others category.

Table 3: Nature of Family

Nature of Family	No of Respondents	Percentage
Nuclear	79	79
Joint	21	21
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 79% of the respondents are belongs to nuclear family and remaining 21% of the respondent are belongs to Joint family.

Table 4: Numbers of Members in a Family

Opinion	No of Respondents	Percentage
2 Members	26	26
3 Members	42	42
4 Members	22	22
Above 4 Members	10	10
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 42 % of the respondents have 3 members in their family, 26% of them have 2 members, 22% of them have 4 members and 10% of the respondents above 4 members in their family.

Table 5: Marital Status of the Respondents

Marital	Number of Respondents	Percentage
Single	63	63
Un Married	21	21
Divorced	8	8
Widow	8	8
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

From the above table shows that 63% of the respondents are single persons, 21% of the respondents are unmarried, 8% of the respondents are divorced and 8% of the respondents are widows.

Table 6: Children Status

Options	Number of Respondents	Percentage
Yes	84	84
No	16	16
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

From the above table shows that 84% of the respondents said they have children and 16% of the respondents said they don't have children.

Table 7: Place of Living

Opinion	No of Respondents	Percentage
Urban	48	48
Rural	22	22
Suburban	30	30
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 48% of the respondents said they live in urban area, 33% of the respondents said they live in suburban and 22% of the respondents said they live in rural area.

Table 8: Working Sector

Opinion	No of Respondents	Percentage
Public Sector	39	39
Private Sector	61	61
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 61% of the respondents said they are working in private sector and remaining 39% of the respondents said they are working in public sector private sector.

Table 9: Occupation of the Respondents

Opinion	No of Respondents	Percentage
House Maid	14	14
Banking Sector	32	32
It Industry	12	12
Teacher	23	23
Medical	17	17
Others	2	2
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

It is inferred that 32% of the respondents are working in banking sector,23% of the respondents are teachers,17% of the respondents are medical,14% of the respondents are housemaid,12% of the respondents are It industry and 2% of the respondents are other categories.

Table 10: Satisfaction with Nature of Job

Opinion	Number of Respondents	Percentage
Highly Satisfied	15	15
Satisfied	20	20
Moderate	36	36
Dissatisfied	21	21
Highly Dissatisfied	8	8
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 36% of the respondents are moderate opinion with nature of job ,21% of the respondents are dissatisfied,20% of the respondents are satisfied, 15% of the respondents highly satisfied and 8% of the respondents highly dissatisfied with nature of job.

Table 11: Source of Income for Household

Opinion	Number of Respondents	Percentage
Yes	44	44
No	39	39
Sometimes	17	17
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 44 % of the respondents said they are major source of income for their household, 39% Of the respondents said they are not major source of income for their household and 17% of the respondents said sometimes they are major source of income for their household.

Table 12: Have Time to Drink Tea or Coffee in the Morning

Opinion	Number of Respondents	Percentage
Yes	22	22
Sometimes	42	42
No	29	29
Never	7	7
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 42% of the respondents said sometimes they have time to drink tea or coffee in the morning, 29% of the respondents said they have no time to drink tea or coffee in the morning, 22% of the respondents said they have time to drink tea or coffee in the morning and 7% of the respondents said they have never time to drink tea or coffee in the morning.

Table 13: Have Breakfast Home Itself

Opinion	Number of Respondents	Percentage
Always	22	22
Yes	20	20
Sometimes	17	17
Never	41	41
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 41% of the respondents said they have never time to had breakfast in the morning, 22% of the respondents said they have always time , 20% of the respondents said they have time to had breakfast in the morning and 17% of the respondents said they had breakfast in the morning sometimes.

Table 14: Habit of Reading Newspaper in the Morning

Opinion	Number of Respondents	Percentage
Yes	63	63
No	37	37
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 63% of the respondents said they have the habit of reading newspaper in the morning and remaining 37% of the respondents said they have not the habit of reading newspaper in the morning

Table 15: Time to Finish All Morning Chroes Peacefully

Opinion	Number of Respondents	Percentage
Yes	71	71
No	29	29
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 71% of the respondents said they have to time to finish all their morning chores peacefully and 29% of the respondent said they don't have to time to finish all their morning chores peacefully.

Table 16: Feeling Refreshed in the Morning

Opinion	Number of Respondents	Percentage
Yes	26	26
Not at all	41	41
All the time	19	19
Some times	14	14
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 41% of the respondents said they not at all feel refreshed in the morning when they look at their self in the mirror, 26% of the respondents said they feel refreshed, 19% of the respondents said all the time and 14% of the respondents said sometimes they feel refreshed in the morning when they look at their self in the mirror.

Table 17: Time to Enjoy the Morning Beauty of Nature When Wake Up

Opinion	Number of Respondents	Percentage
Yes	32	32
No	44	44
All the time	5	5
Some times	19	19
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 44% of the respondents said they have no time to enjoy the morning beauty of nature when they wake up, 32 % of the respondents said they have time to enjoy the morning beauty of nature when they wake up, 19% of the respondents said sometimes and 5% of the respondents said all the time they have enjoy the morning beauty of nature when they wake up.

Table 18: Get Heldup in Traffic in the Morning

Opinion	Number of Respondents	Percentage
Yes	28	28
No	20	20
All the time	36	36
Some times	16	16
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 36% of the respondents said all the time they get held up in traffic in the morning ,28% of the respondents they get held up in traffic in the morning,20% of the respondents said never and 16% of the respondents said sometimes they get held up in traffic in the morning.

Table 19: Morning Stress

<b>Opinion</b>	<b>Number of Respondents</b>	<b>Percentage</b>
Yes	53	53
No	47	47
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 53% of the respondents they have morning stress and 47% of the respondents said they don't have morning stress

Table 20: Occurrence of Morning Stress

<b>Opinion</b>	<b>Number of Respondents</b>	<b>Percentage</b>
Always	49	49
Some times	28	28
Never	23	23
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 49 % of the respondents said they find themselves in morning stress, 28% of the respondents said sometimes and 23% of the respondents said they never find themselves in morning stress.

Table 21: Enough Time for Sleep

<b>Opinion</b>	<b>Number of Respondents</b>	<b>Percentage</b>
Yes	32	32
No	68	68
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 68% of the respondents said they haven't enough time for sleep and 32% of the respondents said they have enough time for sleep.

Table 22: Sleeping Hours

<b>Opinion</b>	<b>Number of Respondents</b>	<b>Percentage</b>
Below 5 hours	25	25
5-8 years	48	48
Above 8 hours	27	27
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 48% of the respondents said they take 5- 8 hours for sleeping, 27% of the respondents said above 8 hours for sleeping and 25% of the respondents said they take below 5 hours for sleeping.

Table 23: Level of Morning Stress

<b>Opinion</b>	<b>Number of Respondents</b>	<b>Percentage</b>
Very high	39	39
High	37	37
No stress	16	16
Less stress	8	8
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 39% of the respondents said their level of morning stress is very high, 37% of the respondents said their level of morning stress is high, 16% of the respondents said they have no morning stress and 8% of the respondents said they have less morning stress.

Table 24: Stress Relief Factors

<b>Opinion</b>	<b>Number of Respondents</b>	<b>Percentage</b>
Exercise	28	28
Talk to friends	33	33
Listen to music	11	11
Reading books	6	6
Indulge in a hobby	5	5
Go for morning walks	8	8
Pets	9	9
<b>Total</b>	<b>100</b>	<b>100</b>

**Interpretation:**

The above table reveals that 33% of the respondents said talk to friends is the way of reduce morning stress, 28% of the respondents said exercise is the way of reduce morning stress, 11% of the respondents said listen to music, 9% of the respondents said pets, 8% of the respondents said go for morning walks, 6% of the respondents said reading books and 5% of the respondents said indulge in a hobby is the way of reduce morning stress

Table 25: Ranking Analysis for Factors Based on Reason for Morning Stress

Factors	5	4	3	2	1	Weighted Average		Rank
Lack of sleep	19	32	18	25	6	333/100	3.33	I
	95	128	54	50	6			
Work stress	17	18	9	20	36	260/100	2.60	V
	85	72	27	40	36			
Increase of financial obligations	15	19	15	20	31	267/100	2.67	III
	75	76	45	40	31			
Family members	15	17	18	19	31	266/100	2.66	IV
	75	68	54	38	31			
Health issues	16	19	17	37	11	292/100	2.92	II
	80	76	51	74	11			
Other factors	3	18	13	18	48	246/100	2.46	VI
	15	72	39	72	48			

**Interpretation:**

From the above it is inferred that lack of sleep is the primary factor reason for morning stress first with weighted average 3.33, health issues ranks second with weighted average 2.92, Increase of financial obligations ranks third with weighted average 2.67, family members ranks fourth with weighted average 2.66 and work stress fifth with weighted average 2.60 and others factors ranks sixth with weighted average 2.46.

**Findings of the Study:**

- ✓ Most 30% of the respondents are in age group between 19-25 years
- ✓ Most 23% of the respondents are professionals
- ✓ Majority 79% of the respondents are belongs to nuclear family
- ✓ 42 % of the respondents have 3 members in their family
- ✓ Majority 63% of the respondents are single persons
- ✓ Majority 84% of the respondents said they have children
- ✓ Most 48% of the respondents said they live in urban area
- ✓ Majority 61% of the respondents said they are working in private sector
- ✓ Most 32% of the respondents are working in banking sector
- ✓ Most 36% of the respondents are moderate opinion with nature of job
- ✓ Most 44 % of the respondents said they are major source of income for their household
- ✓ Most 42% of the respondents said sometimes they have time to drink tea or coffee in the morning
- ✓ Most 41% of the respondents said they have never time to had breakfast in the morning
- ✓ Majority 63% of the respondents said they have the habit of reading newspaper in the morning
- ✓ Majority 71% of the respondents said they have to time to finish all their morning chores peacefully
- ✓ Most 41% of the respondents said they not at all feel refreshed in the morning when they look at their self in the mirror
- ✓ Most 44% of the respondents said they have no time to enjoy the morning beauty of nature when they wake up
- ✓ Most 36% of the respondents said all the time they get held up in traffic in the morning
- ✓ Majority 53% of the respondents they have morning stress
- ✓ Most 49 % of the respondents said they find themselves in morning stress
- ✓ Majority 68% of the respondents said they haven't enough time for sleep
- ✓ Most 48% of the respondents said they take 5- 8 hours for sleeping
- ✓ Most 39% of the respondents said their level of morning stress is very high
- ✓ Most 33% of the respondents said talk to friends is the way of reduce morning stress
- ✓ It is inferred that lack of sleep is the primary factor reason for morning stress first with weighted average 3.33, health issues ranks second with weighted average 2.92, Increase of financial obligations ranks third with weighted average 2.67.

**Suggestions:**

- ✓ Since women who have been abused have many concerns that are similar to those held by all recipients, such as child care and transportation, services and supports in these areas are likely to benefit battered women, as well.

- ✓ Job training and placement services have been identified as particularly important. Job training and placement services have significantly helped women continue full-time work.
- ✓ Some of them face extreme circumstances and will need special supports and considerations, such as additional advocacy and services, or short- or long-term waivers/exemptions from welfare or child support time limits or requirements.
- ✓ Vocational skills not only helpful in financially, also it reduces the mental, emotional problems of an women. Such things should be motivated by organisations.
- ✓ Education, work experience, physical and mental health problems, lack of transportation, discrimination, and race and ethnicity have all been found to affect employment. Such things should be concentrated and it should take in account for women welfare programs.

**Conclusion:**

While empirical work has emphasized the importance of tax and welfare on incentives to work, the longer term effects of such policies have been neglected. In particular, policies that change the return to education and work may affect the amount of human capital accumulated, with important consequences for output, employment and, ultimately, welfare. On the other hand, such welfare programs offer valuable insurance against adverse shocks and may also reduce poverty rates among both the unemployed and the low wage earners. we develop a life-cycle model of women's labour supply, human capital formation (including both education choice and work experience) and saving that allows us to consider these trade-offs and understand better the longer term effects of policy

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