iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 7 **Issue:** X **Month of publication:** October 2019

DOI: http://doi.org/10.22214/ijraset.2019.10135

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.177
Volume 7 Issue X, Oct 2019- Available at www.ijraset.com

Role of Stress on Mental Health of Women

Alka[1], Atul Kumar Kaushik[1], Anil Kumar Dahiya[1]
[1]*JCOET Yavtmal, Maharashtra*
[2, 3]*Assistant Professor, Department of Mechanical and Automation Engineering, Maharaja Agrasen Institute of Technology Sector-22 Rohini, Delhi*

Abstract: ***Women are the backbone of the family as well as society. They have to display various role in society like mother, sister, daughter, wives for the empowerment of the family as well as society in present times due to changing scenario they have proven that they walk along men having shoulder with shoulder in every field of life weather at working place or at home .due to fulfilling of these dual responsibility most of the women suffer from stress which have an unfavorable impact on their physical as well as mental health.(sometimes these role transition are treated as stressor which create great demand for adjustment.)Many studies shows that married women and who have children get more stressed than the single women.***
Keywords: psychological distress, (role expectation, social roles, multiple roles) mental health, gender sensitivity, socio – economic status.

I. INTRODUCTION

In present times due to changing technology ,competitive environment Stress take place in the life of every individual even a(2-3 year) small children is also untouched from the stress. .Thus it can say that it is a natural and unavoidable feature of human life .stress can be take place regarding any issues which occurred at home, work place, neighborhood ,society as well as other fields which are related to life of the individuals. A situation or condition may be stress for one person but it is not necessary that the same situation or condition create stress for another person. And it is also not necessary that the result of stress always will be negative or destructive, it can be positive as well as productive. Since the turn of the century, the status of women has been growing their work is not limited to the kitchen or taking care of the family they have shifted higher level of education and professions. Many studies concluded that women have report more psychological distress than man.

II. GENDER AND STRESS

It is the law of nature that every individual is not unique in his physical characteristics but also in physiological and psychological makeup. Physical as well as mental health is necessary part of the life of the individual for getting success in life. But due to changing scenario the mental health of the individual is also getting downward due to stress. Stress can be effect on mental health of any individuals irrespective of gender, age, caste, race etc. Evidences shows that it is not only related to the women but the men also equally suffer from mental disorders. But there are various types of disorder some are found more in men than women and some problems are found more in women than men like depression, anxiety, and other disorder which take place at the times of hormonal changes. .Gender shows the difference in control and power of men and women who may be related to social status, economic position and others social role which they have to display the public.

This was expressed poetically by Alfred, Lord Tennyson: Man for the sword and for the needle she, man with the head and women with the heart. There are various psychological theories which present gender sensitivity represent as alpha bias, and there are others that are gender neutral are called beta bias. . Alpha bias shows there are real and enduring difference between men and women that they are opposite and different, but beta bias does not shows any difference between men and women, and assuming that they are same. Alpha bias is mostly seen in psychodynamic theories where according to Freud's Theory - Children's superego or conscience develops when they identify with the same-sex parent. Girls don't identify with their mother as strongly as boys identify with their father. As a result, Freud argued that girls develop weaker superegos than boys. However, Freud did admit that "the majority of men are far behind the masculine ideal [in terms of strength of superego]". The evidence doesn't support Freud. Hoffman (1975) discussed studies in which the tendency of children to do what they had been told not to do was assessed. The behavior of boys and girls did not differ in most of the studies. When there was a sex difference, it was the girls (rather than the boys) who were better at resisting temptation In contrast, the cognitive theories, behavioral theories, and humanistic-existential theories have beta bias Erikson's psychosocial theory shows beta bias because most of his research came from males, so he doesn't really take into account females. Kohlberg (1963) put forward a theory of moral development based mainly on studies of moral dilemmas with males as the main actors and with males as participants. He claimed that men tended to be at a higher level of moral development than women.

©IJRASET: All Rights are Reserved

Kohlberg assumed that there were minimal differences between men and women in terms of moral thinking (a beta bias) and therefore it would not matter if he used only male participants because this would still represent all people. The outcome is a demonstration of gender differences.

It is necessary to understand and accept that women and men are differ in biological attributes, needs, and vulnerabilities that's why effect of stress on mental health of women is differ from the effect on mental health of men.

A. Stress In Our Day To Day Life

Stress take place in the life of every individual because everybody has to change according to changing situation and circumstances .some individuals have adaptive response to an external situation and circumstances and some individuals do not want to adapt the changes because they feel fear to adapt the changes which leads to stress in the life of such types of individuals. Many researches show that women are less adaptive than the men that are why they fell more stress than men.

In 2008 a study was conducted by Yale's Dr. Tara Chaplin, , whose research focuses on the role of gender and emotion, and the result of his research shows that women are more likely than men to feel sad and anxious because of stress.

B. Causes Of Day To Day Life Stres Of Women (There Are Various Factors Which Shows That Women Have Higher Risk Of Poor Mental Health Than Man.)

1) Getting married
2) Death of a loved one
3) Divorce
4) Loss of job
5) Moving to a new home after marriage
6) Sexual abuse
7) Lack of unemployment
8) Socio economic status
9) Eating disorder
10) Lack of exercise
11) Emotional problems (anxiety, grief, anger, self-esteem)
12) If the women in service than there is a higher chance of poor mental health because they have to fulfill their responsibility at home as well as work place.
13) Lack of self-caring because women have the responsibility of caring their partner, parents, friends as well as relatives even that she is filling well or not.
14) Studies shows that married women get higher degree of stress than the unmarried girl. Because they have to play multiple roles with great responsibility after marriage.
15) Inadequate sleep
16) Powerlessness(they think they are less educated than men and economically depends on men)
17) fearful
18) lack of social support
19) Lack of mediation
20) Lack of involvement in important family decision or issues.
21) Getting disrespect in front of others like friends, neighborhood, relatives etc.
22) Suicide and self-harm is a common trend in female attempters than male.
23) socio-economic status /financial dependence

III. WOMEN AND MULTIPLE SOCIALROLES (WORK AND OTHER MULTIPLE SOCIAL ROLES)

It is true fact that till present date we are living in a male dominating society. In which more expectation is done from the women th an man .some role are by choice and others role are by chosen for women. Often women role includes caretaking of children's, and elderly parents, relatives, friends, meeting husband' needs well as other family obligation and if the women is at job than they have t o fulfill dual responsibility of home as well as working place and sometimes they fell that they are not able to balance employment o bligations with their domestic responsibilities which leads to stress in the life of women's.

©IJRASET: All Rights are Reserved

Thus in this way they may feel a sense of failure in not being able to meet expectations for themselves and others. Often most of thei r times women spend on meeting the needs of others rather than nurturing their own needs. If functioning at high stress levels, wom en may not even recognize what their needs are.

IV. REPRODUCTIVE HEALTH

Menstrual cycle is a common issue since ancient times. Through which changes take place in the mood and behavior of women's. There are various symptoms which occur more frequently during the premenstrual and menstrual cycle such as anxiety, sleep disturbance, restlessness, lack of concentration, cycle irregularity, menstrual cycle length, migraine, etc. longer duration of menstrual cycle and irregularities leads to major cause of stress among women. These stressor upset the balance of your hormones which orchestyrate your reproductive system, more vaginal discharges take place, yeast infection, and make your period more painful. For example Matteo (1987)and Harlow and Matanoski (1991) found that self-reports measures of stress correlate with longer duration of menstrual cycles. Fenster found that those women get high stresses that are in the job and low control on their work environment had a short duration of menstrual cycles. Menstrual cycle is associated with future reproductive outcomes of women like fertility and timing of menopause .fertility is the natural capacity through which offspring is produced. Menopause is the time period in which change take place in endocrine and productive system, hormonal production by the ovaries is reduced but changes also take place in their psychological as well as their social surrounding because menopause is considered the end of the fertile phase of a woman's life. Thus during the menopause time period stress and other mental disturbances take place.

V. LIFE CYCLE APPROACH TO REPRODUCTIVE HEALTH

1) Infancy and childhood(0-9 years)
a) sex selection
b) discrimination nutrition and health care
c) genital mutilation
2) Adolescence(10-19 years)
a) early childbearing
b) unsafe abortion
c) under nutrition
d) AIDS and STI's
3) Reproductive years (15-49years)
a) Unsafe apportion
b) Unplanned pregnancy
c) Pregnancy complication
d) Malnutrition ,specially iron deficiency
4) Post productive years (45+years)
a) Gynecological cancer
b) Cardiovascular diseases
c) Osteoarthritis
d) Osteoporosis
e) diabetes

VI. VIOLENCE AND ABUSE

It is the fact that violence and abuse have long lasting impact on mental health of women. The common form of violence against Ind ian women includes mental and physical torture, harassment, public humiliation dowry death, female feticides, failure to produce a male child, unwanted pregnancy, etc. violent and abusive relationship totally destroy the personality of victim socially as well as psy chologically. Common health problem faced by abused women include anxiety, depression, insomnia, alcohol use disorders, muscle tension, sexual dysfunction. Thus in this way violence and abuse affect the women's behavior, thought, feelings which have signific ant effect on their mental health. Sometimes the stressed women may have self-harm or suicide attempts. Domestic and sexual viole nce is sex based and takes place mostly in all cultures, socio economic demographics, and ages. All violence is traumatic for the vict im but the degree, frequency, and effect of the violence may differ it depends on the relationship with victim. Violence is harmful fo r the women's, children as well as community in which we are surviving. Therefore, women are subjected to an alarming amount of violence in childhood and adulthood, and the effects of this violence have long-term impact on their mental health.

©IJRASET: All Rights are Reserved

ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.177
Volume 7 Issue X, Oct 2019- Available at www.ijraset.com

VII. STRESS WARNING SIGNALS

When level of stress increase, women develop warning signals in multiple areas, which shows the imbalance in the life of women. Here are some examples of negative stress signals. Ask yourself these questions. Which areas are out of balance in my life? What are my warning signals in each of these areas?

1) *Physical Signal:* diabetes, obesity, heart diseases, loss of libido, increase period pain, frequent infection ,fatigue, appetite changes, smoking, alcohol, sleep problem, pain or muscle tension, back and chest pain, decrease in performance at home or work, restlessness, sweaty palms, indigestion, headache, insomnia.
2) *Mental Signal:* Forgetfulness, worry, indecisiveness, memory loss, negative thinking, boredom, inability to creative thinking, impaired judgment, negative attitude, pessimistic, hasty decision, nightmares.
3) *Behavioral Signal:* under or over eating, sadness, lack of energy, concentration problem, depression, isolation yourself from others, using drugs, alcohol, cigarette to relax, self-harm, nail biting, critical attitude towards others.
4) *Occupational Signal:* Work overload, long hours, tense relations, and unfulfilling job.
5) *Social Signal:* Little intimacy, isolation, family problems, loneliness.
6) *Spiritual Signal:* Apathy, looking for magic, loss of meaning, emptiness, unforgiving, doubt, guilt, despair, trying to prove best themselves
7) *Relational Signal:* Intolerance, isolation, distrust, low intimacy, lack of friends.
8) *Emotional Signal:* crying, loneliness, anger, unhappiness, short temper, inability to relax, irritability, frustration, felling powerlessness, sense of pressure, feeling helplessness, anxiety, depression.
9) *Economic Signal:* Educational status, economic dependence ,unemployment

VIII. WOMEN'S MENTAL HEALTH: THE FACTS (WORLD HEALTH ORGANIZATION REPORT, 2001)

A. Depressive disorders account for close to 41.9% of the disability from neuropsychiatric disorders among women compared to 29.3% among men
B. Leading mental health problems of the elderly are organic brain syndromes, depression, and dementias.
C. An estimated 80% of 50 million people affected by violent conflicts, civil wars, disasters, and displacement are women and children
D. rate of violence against women ranges from 16% to 50%
E. At least one in five women suffers rape or attempted rape in their lifetime.

IX. HOW TO PROMOTE WOMEN MENTAL HEALTH/(HOW TO COPE WITH STREE)

A. What Activities can Help Relieve Stress?

Mental health is more than the absence of mental illness and is defined by the World Health Organization (WHO) as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community .there are following activities which help women in promoting their mental health and reducing stress.

1) *Women Empowerment:* Self-determination, increase the degree of autonomy, calming one's right, maximize the quality of their lives, equal share of resources, encouraging, and developing the skills for, self –sufficiency, mutual respect, capacity building, optimism.
2) *Social Inclusion:* social relationships, good leisure facilities, involvement in group activities, civic engagement ,healthy boundaries , participation as valued members of society
3) *Personal Wellness Plan:* regular exercise, yoga, realistic thinking, home –work balance, focus on present moment, identify resources, identify goals and evaluate progress, improved self-confidence, dancing, listening music, healthy eating, positive emotions
4) *Freedom from Violence and Discrimination:* valuing diversity, physical security, self-determination and control over one's life
5) *Access to Economic Resources:* work, education, housing, satisfying with their current and future financial position ,self-reliance, self-esteem, improved competence
6) *Better Environment*: provide opportunities for exploration, green spaces, play areas, no litter, nice gardens, decent houses, less pollution.

©IJRASET: All Rights are Reserved

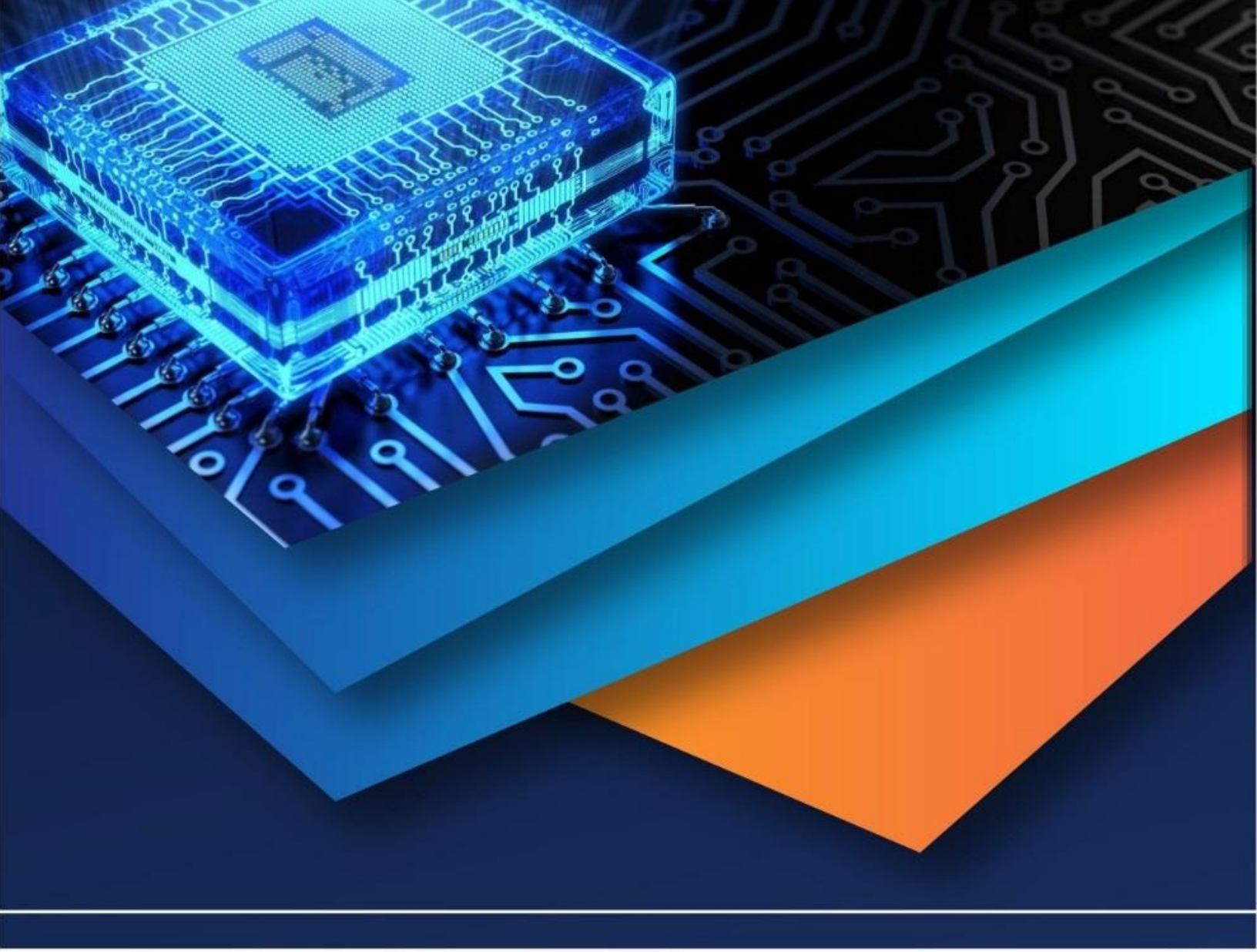
X. CONCLUSION

Thus it can say that stress effect the life of every individual. Nobody is untouched with the stress; however the level of stress may be higher or lower. Increase in level of stress leads various fatal diseases like hypertension, cardio vascular diseases, Alzheimer's disease, endometriosis, gonorrhea etc. Thus to manage stress successfully it is necessary that that they have to feel relax and enjoy every moment of their life. But it is always not possible than the next thing is that we should try to reduce stress by adopting various stress management mechanism like mediation ,mindfulness breathing, regular exercise, positive attitude ,healthy eating etc. And it is also important that there is a significant difference between men and women on some measure of behavior.

REFRENCES

[1] Abrol, K.K (1990), A study of language strain and coping behaviors of teachers. Psycholingua 20: 173-178.
[2] Office on Women's Health, US Department of Health and Human Services. Stress and Your Health Accessed 11/1/2013.
[3] World Health Organization. Gender and women's mental health Accessed 11/1/2013
[4] Muntazir M, Neharshi S, Manju P (2014), A Comparative study of mental health among working women and house wives. Indian journal of health and wellbei ng 5: 1398-1400.
[5] American psychological association (2008) Stress in America. American psychological association, USA.
[6] Van der Kwaak, A., van den Engel, M., Richters, A., et al. Women and Health. Vena Journal 3:2-33.
[7] Swanson, N.G. (2000), working women and stress. Journal of the American women's medical association 55: 76-79.
[8] Selye, H. (1956), The stress of life. McGraw Hill, New York.
[9] 'Cleveland clinic (1995-2018), Women and stress. Cleveland Clinic, Ohio.
[10] Klarreich, S.H. (1990), Work without stress. A practical guide to emotional and physical well-being on the job. Brunner/ Mazel Int, New York.
[11] . McEwen BS, Stellar E. Stress and the individual: mechanisms leading to disease. Arch Intern Med 1993;153:2093-101
[12] Sapolsky RM. Stress, the aging brain and the mechanisms of neuron death. Cambridge, Mass.: MIT Press, 1992.
[13] McEwen BS. Re-examination of the glucocorticoid hypothesis of stress and aging. In: Swaab DF, Hofman MA, Mirmiran M, Ravid R, van Leeuwen FW, eds. Progress in brain research. Vol. 93. The human hypothalamus in health and disease. Amsterdam: Elsevier Science, 1992:365-83
[14] Albeck DS, McKittrick CR, Blanchard DC, et al. Chronic social stress alters expression of corticotropin-releasing factor and arginine vasopressin mRNA in rat brain. J Neurosci 1997;17:4895-903.
[15] Aneshensel, C.S. (1992). Social stress: Theory and research. American Sociological Review, 18, 15-38. Google Scholar, Crossref
[16] Jackson, J.S., Williams, D.R., & Torres, M. (in press). Racial discrimination, stress, action orientation and physical and psychological health. National Institute of Mental Health. Google Scholar
[17] . Brindley DN, Rolland Y. Possible connections between stress, diabetes, obesity, hypertension and altered lipoprotein metabolism that may result in atheroscler osis. Clin Sci 1989;77:453-61
[18] . Dhabhar FS, Miller AH, McEwen BS, Spencer RL. Effects of stress on immune cell distribution: dynamics and hormonal mechanisms. J Immunol 1995;154:5 511-27
[19] Barnett RC, Biener L, Baruch GK, editors. Gender and stress. New York: Free Press; 1987.
[20] Burke, H. M., Davis, M. C., Otte, C. & Mohr, D. C. Depression and cortisol responses to psychological stress: a meta-analysis. Psychoneuroendocrinology 30, 846–856 (2005)
[21] Kessler, R.C. (1979). Stress, social status, and psychological distress . Journal of Health and Social Behavior, 20, 259-273. Google Scholar, Crossref, Medline
[22] . Izquierdo, A., Wellman, C. L. & Holmes, A. Brief uncontrollable stress causes dendritic retraction in infralimbic cortex and resistance to fear extinction in mic e. J. Neurosci. 26, 5733–5738 (2006).
[23] Thoits, P.A. (1983). Dimensions of life events that influence psychological distress: An evaluation and synthesis of the literature. In H. B. Kaplan (Ed.), Psycho social research: Trends in theory and research (pp. 33-103). New York: Academic
[24] Lazarus, R. S., & Folkman, S. (1984). Stress, appraisal and coping. New York: Spinger.
[25] Quick, J. C., Murphy, L. R., & Hurrell, J. J., Jr. (Eds.). (1992). Stress & well-being at work: Assessments and interventions for occupational mental health. Was hington, DC, US: American Psychological Association.
[26] Schulz, R., & Williamson, G. M. (1991). A 2-year longitudinal study of depression among Alzheimer's caregivers. Psychology and Aging, 6, 569--578.
[27] Pearlin, L.I. (1989). The sociological study of stress. Journal of Health and Social Behavior, 30(3), 241-256. Google Scholar, Crossref, Medline
[28] Kiecolt-Glaser, J. K., Dura, J. R., Speicher, C. E., Trask, O. J., & Glaser, R. (1991). Spousal caregivers of dementia victims: Longitudinal changes in immunity and health. Psychosomatic Medicine, 53, 345-362.
[29] Russo, J., Vitaliano, P. P., Brewer, D. D., Katon, W., & Becker, J. (1995). Psychiatric disorders in spouse caregivers of care recipients with Alzheimer's disease and matched cbntrols: A diathesis-stress model of psychopathology. Journal of Abnormal Psychology, 104, 197-204.
[30] Antonovsky A. Unraveling the mystery of health: How people manage stress and stay well. San Francisco: Jossey-Bass; 1987
[31] Peterson JL, Folkman S, Bakeman R. Stress, coping, HIV status, psychosocial resources, and depressive mood in African American gay, bisexual, and heterosexual men. American Journal of Community Psychology. 1996;24: 461–487.

©IJRASET: All Rights are Reserved



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)