



# Occupational stress and its contributing factors among young working women from nuclear families

■ Olivia Devi\*, Sharanbir Kaur Bal and Jatinderjit Kaur Gill

Department of Family Resource Management, College of Home Science, Punjab Agricultural University, Ludhiana (Punjab), India

(Email: [oliviachabungbam.oc@gmail.com](mailto:oliviachabungbam.oc@gmail.com), [balsharanbir@pau.edu](mailto:balsharanbir@pau.edu))

## ARTICLE INFO :

Received : 27.12.2017  
Revised : 24.04.2018  
Accepted : 10.05.2018

## KEY WORDS :

Occupational stress, Working women, Home environment, Contributing factors

## HOW TO CITE THIS ARTICLE :

Devi, Olivia, Bal, Sharanbir Kaur and Gill, Jatinderjit Kaur (2018). Occupational stress and its contributing factors among young working women from nuclear families. *Adv. Res. J. Soc. Sci.*, 9 (1) : 44-49, DOI: 10.15740/HAS/ARJSS/9.1/44-49.

Copyright©2018 : Hind Agri - Horticultural Society

\*Author for correspondence

## ABSTRACT

Occupational stress often stems from unexpected responsibilities and pressures that do not align with a person's knowledge, skills, or expectations, inhibiting one's ability to cope. Women are especially likely to experience these sources of stress, since they still carry more of the burden of childcare and domestic responsibilities than men. The double pressure of work is having an impact on the growing creed of working women while the number of nuclear families is accentuating the problem due to withdrawal of the support system. Looking at the rising number of working women and increasing amount of stress and its impact on home environment an attempt was made to assess occupational stress and its contributing factors among young working women in the age group of 25-40 years of age and belonging to nuclear families. The study was conducted with a sample of total 150 respondents, 50 each from different professional group namely, private school teachers, nurses from private hospitals and private bank employees were selected. Results showed that almost all of the respondents were found to be having medium level of occupational stress. While only 7.33 per cent were having low level of occupational stress and no respondents were having high level of occupational stress. Further it was found out that among the factors contributing to stress, time pressure gave more stress as compared to others followed by related to work factors and role conflict.