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STRESS MANAGEMENT OF SELF EMPLOYED WOMEN

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ABSTRACT

Modern era is the era of science and technology where everyone is striving to excel in his/her field whether it is at home or at work place and stress has become a universal phenomenon. With the spread of education and awareness, women have shifted from kitchen to higher level of professional activities. An unprecedented rise in the employment of married women, fuelled by the inevitable economic thirst, has had far-reaching economic, social and psychological implications for women and their immediate families. Their dual roles as mothers and employees require exceptional coping capacities and skilful balancing to ensure that the needs of all those who depend on them are met and those they are still able to meet their own needs. This paper focuses on the stress management of self employed women of farm sector (250) and non farm sector (250) and the opinion of 500 women are collected from Tirunelveli district of Tamilnadu. The characteristics possessed by self employed women, causes for the disease and stress and the stress management are discussed with the help of percentage analysis, correlation analysis, Garrett rank score, weighted average and Factor Analysis. The result reveals the fact that the self employed women in Tirunelveli District, though they involved in different ventures both at Non Farm Sector and Farm Sector, were able to manage their life by getting adopted to stress management and diseases management by the possession of various skills and traits as their strength in the paths of success.

KEY WORDS: Characteristics, Disease, Employment, Farm Sector, Non- Farm Sector, Self Employed Women, Stress Management