
Sociological and Environmental Factors Causing Stress Among Women and Fighting Techniques Used

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KEYWORDS Stressors. Stress. Management. Techniques

ABSTRACT Study was aimed to isolate the sociological and environmental factors causing stress and different stress management techniques used by 75 working and 75 non-working women of Ludhiana. Results showed that working women were significantly more stressed. Highest-ranking social pressure was 'unexpected guests' (as felt by working women) followed by 'compulsory socialization' as disclosed by both the categories of respondents. All the respondents agreed that husband's stress was also the major factor contributing to their own stress followed by stress due to modification of their personal goals. Main stress point related to their children's future was also agreed upon by both the groups of respondents. Extremely hot weather and natural calamities were also identified as main environmental factors causing stress among all respondents. Majority of respondents in both the categories were using various stress management techniques viz. relaxation, music, prayers, recreation with family, Planning etc. Planning and relaxation were most preferred techniques where as medical and natural therapy was the least preferred ones.

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