A STUDY TO ASSESS THE LEVEL OF STRESS AND COPING AMONG WOMEN LIVING IN JOINT FAMILY AT SELECTED SETTING

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ABSTRACT

A study was conducted in selected setting, a total of 30 Joint family women were selected using simple random sampling technique as per selection criteria. The data was grouped and analyzed using descriptive statistics and inferential statistics. On assessing the level of stress and coping among Joint family women majority 13(43.33%) of Joint family women had severe level of stress 9(30%) were in moderate level of stress, 8(26.67%) was in mild level of stress. Association was found between demographic variables, the Joint family women can be enlightened with stress and coping management strategies. The Joint family women should be taught regarding the various stress reduction techniques like meditation, yoga, relaxation exercise, exercise, music therapy etc.

KEYWORDS

Stress and Joint Family Women.

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INTRODUCTION

Stress is a part of life everyone feels stress at one time or another. Books and Magazines are written positive and negative feeling. Stress out is common and taking stress breaks to do physical exercise is recommended in many setting. Stress in family makes women ill. Stress is perceived by women as the second most important health threat and affects approximately 22% of the family life. Women are suffering high rates of stress and depression due to less family support and family management system. Women didn't seek help because they didn't want to

be seen as "weak". In India the overall prevalence of stress among women was found to be 32.8%. Reported higher level of organizational family stress among Indian women i.e. (28%). More specifically, the problem is whether women in joint family structures vary in respect of their stress management ability because of their perceived good or poor family environment? In other words, the problem is whether women in the four sub-groups formed on joint basis of family structure and perceived family environment i.e., nuclear family - perceived good family environment, joint family - perceived good family environment, nuclear family - perceived poor family environment, and joint family - perceived poor family environment, differ in respect of their stress management ability? Social support is the physical and emotional comfort given by our family, friends and others. It is known that we are a part of the community "who love and care us, value and think well of us". Maintaining healthy social support network is hard and something that requires ongoing effort over time. This study stated that important to assess the level of stress among joint family women and have at least one or more coping strategies. When we believed that emotional support is easy to come by and we have one coping strategy we can confine in.

Statement of the Problem
A study to assess the level of stress and coping among women living in joint family at selected setting.

Objectives
1. To evaluate and assess the level of the stress and coping among women living in joint family at selected setting.
2. To find out the association between the level of stress and coping with selected demographic variables.

RESEARCH METHODOLOGY
A descriptive research design was adopted to conduct this mini study on the level of stress among joint family women in selected settings. In the present study the population refers to joint family in the selected village of Vellore district. The study was conducted in vellore district. A total of 30 joint family women in selected setting who fulfill the sampling criteria. Simple Random sampling technique was used to select the sample. The data was collected for a period of 10 days by using modified perceived stress assessment rating scale and the sample size was 30.

Table No.1 shows the level of stress among joint family women based on perceived stress and coping assessment scale. This table shows that 8(26.67) are in mild level of stress, 9(30%) are in moderate level of stress and 13(43.33%) are in severe level of stress. Table No.2 illustrates the overall mean of stress level of Joint family women is 12.67 with standard deviation is 4.09.

RESULTS AND DISCUSSION
The aim of the present study was to assess the level of stress coping among Joint family women. The total 30 Joint family women who met the inclusion criteria selected under simple random sampling method in selected setting.

The first objective was to assess the level of stress among Joint Family Women
The assessment of stress level among Joint family women residing at selected setting. The samples who met the inclusion criteria were selected and each of them were assessed with demographic variables, monitored each one observation score rated on perceived stress assessment rating scale 13(43.33%) were in severe level of stress, 9(30%) were in moderate level of stress, 8(26.67%) was in mild level of stress.

The second objective was to associate the level of stress among joint family women with selected demographic variables
The overall mean of stress level of Joint family women was 12.67 mean with standard deviation 4.09. Statistically there was a significant association between Joint family women and level of stress.

Table No.1: Frequency and percentage distribution of level of stress among Joint Family Women, N= 30

S.No	Level of Stress	Frequency	Percentage
1	Mild stress	8	26.67
2	Moderate stress	9	30
3	Severe stress	13	43.33

Table No.2: Association between level of stress among Joint Family Women with the demographic variables

S.No	Days	Mean	S.D.
1	Level of stress among Joint family women	12.67	4.09

CONCLUSION

On assessing the level of stress and coping among Joint family women majority 13(43.33%) of Joint family women had severe level of stress 9(30%) were in moderate level of stress, 8(26.67%) was in mild level of stress. Association was found between demographic variables the Joint family women can be enlightened with stress and coping management strategies. The Joint family women should be taught regarding the various stress reduction techniques like meditation, yoga, relaxation exercise, assertive training, problem solving skills and music therapy etc.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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