



A STRESS – A MOTIVATING FORCE OF POWER FOR FEMALE

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ABSTRACT

The purpose of the present study was to examine whether stress really in real life is totally different from ones expectation and dreams, gives a women strength for transforming herself into powerful person or on the contrary frightens her so much the she would give up and resign. The sample consists of 200 married women. The results revealed that middle class families their range of the educational qualification spread from below high school to post graduate level while their range of their age was between 25 and 50 years.

Introduction

Female power can be defined as “Women’s ability to control or change other women’s and men’s behaviours and the ability to determine important events in their lives, even when men and other women are opposed to them”. It is hoped that with realization of one’s potential, power and individual identity women will be empowered to better their overall position within and outside the family, avoid exploitations and develop their personality. An aware and powerful women is important access to the society and a major part of the human resource of the country. Guts, imagination and the stay power are certain common characteristics for such women showed fierce commitment for achieving what they set out to do, without let and compromise. It is expected that stress and crisis in life is important source of power from where women are

believed to derive their capacity to influence others and become powerful. The question is whether the purpose of the present investigation was to examine whether stress in life or confrontation with a reality which is totally difference from one expectations and dreams, gives a women the strength for transforming herself into a powerful person who would fight and win or on the country frightens her so much her so match that she would give up resign.

Stress an Overview

Stress is difficult to define precisely. The concept of stress was first introduced in the life sciences by Selye Hans in 1936. It was derived from the Latin word ‘stringere’; it meant the experience of physical hardship, starvation, torture and pain. Selye Hans, 1936 defined stress as “the non-specific response of the body to any demand placed upon it”. Further, stress was defined as “any external event or internal drive which threatens to upset the organism equilibrium”.

Another definition given by Stephen stress has been stated as “a dynamic condition in which an individual is confronted with an opportunity, constraint or demand related to what he/she desires and for which the outcome is perceived to be both uncertain and important.”

According to Robbins and Sanghi “A dynamic condition in which an individual is confronted with an opportunity, constraints, or demand related to what he or she desires and for which the outcome is perceived to be both uncertain and important.” Stress affects not only our physical health but our mental wellbeing, too.

Review of literature

Feng (1992) and Volpe (2000) defined stressor as anything that challenges any individual’s adaptability or stimulates an individual’s body or mentality. Stress can be caused by environmental factors, psychological factors, biological factors, and social factors. It can be negative or positive to an individual, depending on the strength and persistence of the stress, the individual’s personality, cognitive appraisal of the stress and social support.

Research Methodology

The sample of the study consists of 200 samples married women located in Namakkal district belong to middle class families their range of the educational qualification spread from below high school to post graduate level while their range of their age was between 25 and 50 years. The respondents were approached in their free time at their home and were requested to respond to the interview schedule very carefully. The subjects to 10 to 15 minutes to complete.

Factor Analysis – Communalities – Stress

Variable	Initial	Extraction
Indicators of power	1.000	0.934
Ability to realize goals of life	1.000	0.749
Ability to take decisions	1.000	0.697
Capacity to remain emotionally independent of others	1.000	0.914
Ability to influence others	1.000	0.908
Competence	1.000	0.913
Indicators of power	1.000	0.951

Source: *Principal Component Analysis*

Communalities table is prepared using principal component analysis; initial assumption is 1 and extracted value is presented in extraction column. The analysis shows work schedule factor alone found less reliable (<0.70) than all other factors. It is concluded that factor analysis helps to reduce some less reliable factors in job stress measures such as ability to take decision. It confirms that all factors considered under job stress measures match the adequacy level. Hence, except ability to take decision all other factors are accepted as it is for further explorations.

Total Variance – Level of Stress

The following table revealed that the extraction has been undertaken by using principal-component method and the initial Eigen values are formulated from the communalities table and the same has been developed as extraction sums of squared loadings with percentage of variance and the relative cumulative percentage. From the initial Eigen values and the extraction sums of squared loadings values, the rotation sums of squared loadings has been formulated and shown in the following table.

Total Variance – Level of Stress

Component	Initial Eigen values			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	12.320	61.598	61.598	12.320	61.598	61.598	5.973	29.866	29.866
2	2.253	11.263	72.861	2.253	11.263	72.861	4.947	24.736	54.602
3	1.264	6.319	79.180	1.264	6.319	79.180	3.575	17.875	72.477
4	1.171	5.854	85.034	1.171	5.854	85.034	2.512	12.558	85.034
5	0.665	3.326	88.360						
6	0.513	2.565	90.925						
7	0.413	2.066	92.991						
8	0.325	1.624	94.615						
9	0.225	1.127	95.742						

It is inferred from the above table that lists the eigen values associated with each linear component (factor) before extraction, after extraction and after rotation. Before extraction we have 10 linear components within dataset. The eigen values associated with each factor represent the variance explained by that particular linear component and the table also illustrates eigen value in terms of percentage of variance explained (so, factor 1 explains 61.598% of total variance). It is clear that the first few factors explain relatively large amount of variance (especially factor 1) whereas subsequent factors explain only small amounts of variance .Extract

all factors with eigenvalue greater than 1, which leaves us with four factors. From the analysis it is inferred that the factor analysis has been supported to 85.034%. This result shows that the study is reliable to the analysis. Emotion makes up and shapes our mind as well as the entire personality structure. If an individual, ever in his life, felt that he was right at the edge of being overwhelmed by negative events in his life or felt so overwhelmed that he just gave up, he is already quite familiar with stress – our responses to events that disrupt, or threaten to disrupt our physical function.

Causes of Stress

- ✚ Disappointment in love, loss of comfort and stability
- ✚ Facing complicated situation
- ✚ Lack of personality trait
- ✚ Feeling of loneliness
- ✚ Rejection by parents, peer, groups
- ✚ Lack of mental health

Suggestions for controlling stress

- ✓ Practice yoga and meditation
- ✓ Develop good physical mental and social health
- ✓ Self analysis of one's ability
- ✓ Develop spiritual health and environmental health
- ✓ Always try to tell truth
- ✓ Practice to control mind
- ✓ Develop humanistic approach
- ✓ Develop positive thinking
- ✓ Consume nutritious food

- ✓ Keep Punctuality in duties
- ✓ Avoid lust and anger
- ✓ Give importance to values

Conclusion

Stress is a very difficult and complex problem. It is not controlled by medicines or exercises. Value education makes one peaceful and by his/her personality, adds peace to the society. Individual and society supplement each other. It can be concluded that “Stress in Life” acts as motivating force of power and provides the energy, determination, strength and courage of fight back for survival and to “start a New”. But the tragedy is that this change comes from within in times of crisis or when one has no choice.

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