

A STUDY AN ANALASYS OF STRESS AMONG FOOD PROCESSING WOMEN ENTREPRENURS IN TIRUPATI , AP

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Abstract

Stress has become a common word for everyone these days. From school children to the elderly people everyone suffers from stress. The main cause of stress is overwork, not taking breaks in between work, lack of rest etc. especially in the case of women entrepreneurs they need to balance both house hold works and enterprise works, outside works etc. Work pressure is high and stress levels are high as they have to do every task single-handedly. Along with this, the difficulties and pressures from outside should also be tolerated. As an entrepreneur and women they were facing many obstacles, challenges, employees problems and problems at home manage stress by balancing work life, which can effect on psychologically and their performance. Many conditions are causing stress to women entrepreneurs. Because of stress women entrepreneurs were suffering from many health hazards. The impact of work stress can also affect health. Resilience to stress also depends on age, experience, family background etc. Sometimes this stress can be overcome if family support properly. The main objectives of this paper are to identify the factors behind stress in women entrepreneurs and to assess the relationship among the variables like stress, age, size of the family, no. of working hours and no. of children. Materials and methods used for the study were 120 women entrepreneurs who were staying, involving in different works and aged between 35- 55 were selected.

Key words: Women entrepreneurs, Stress, financial assistance, Economical issues etc.,

Introduction

Minal Bhartiya, Sachin Mittal, Sangeeta Jain (2018), Women irrespective of their age are involved in business in all spheres of respect, education and employment. Nowadays, depending on the family situation, women are stepping into the business sector because their family finances should be at a good level. Especially women of low income group are showing interest towards small businesses which start with less investment. Food processing units, tailoring, fancy shops, selling of fruits and vegetables etc. are chosen and those businesses are started. Nowadays women are giving more priority to food units and getting income from them. Many working people like to eat out more due to their busy lifestyle and uneven office timings. These conditions are favorable for the women running the food processing units who are able to sustain themselves financially and support their families. In this way, due to the financial independence of women, the economic condition of their family will also improve and thus the country will also become economically prosperous. They are able to bring their families above the poverty line. In this order they are under a lot of pressure. In order to balance work and home, they are under intense pressure and are struggling physically and mentally. Sometimes they are not able to spend time with family and children and they do not have time to take rest also. Personal care is also neglected. Due to the increased stress on them, they are suffering from some health problems. Ashima Bhatnagar, Bhardwaj, & Mittal (2017) revealed that given their tendency to achieve the majority of care and household related works that aspects of entrepreneurial involvements prove to be extremely valuable. The purpose of current paper is to meet the relationship among variables like stress, age, size of family, no. of working hours, no. of children of women entrepreneurs as well as to identify the factors responsible for stress in women entrepreneurs. The aim of present study is to determine how much various stressors affect women entrepreneurs. The present research focused mainly on women entrepreneurs who are running their own enterprises.

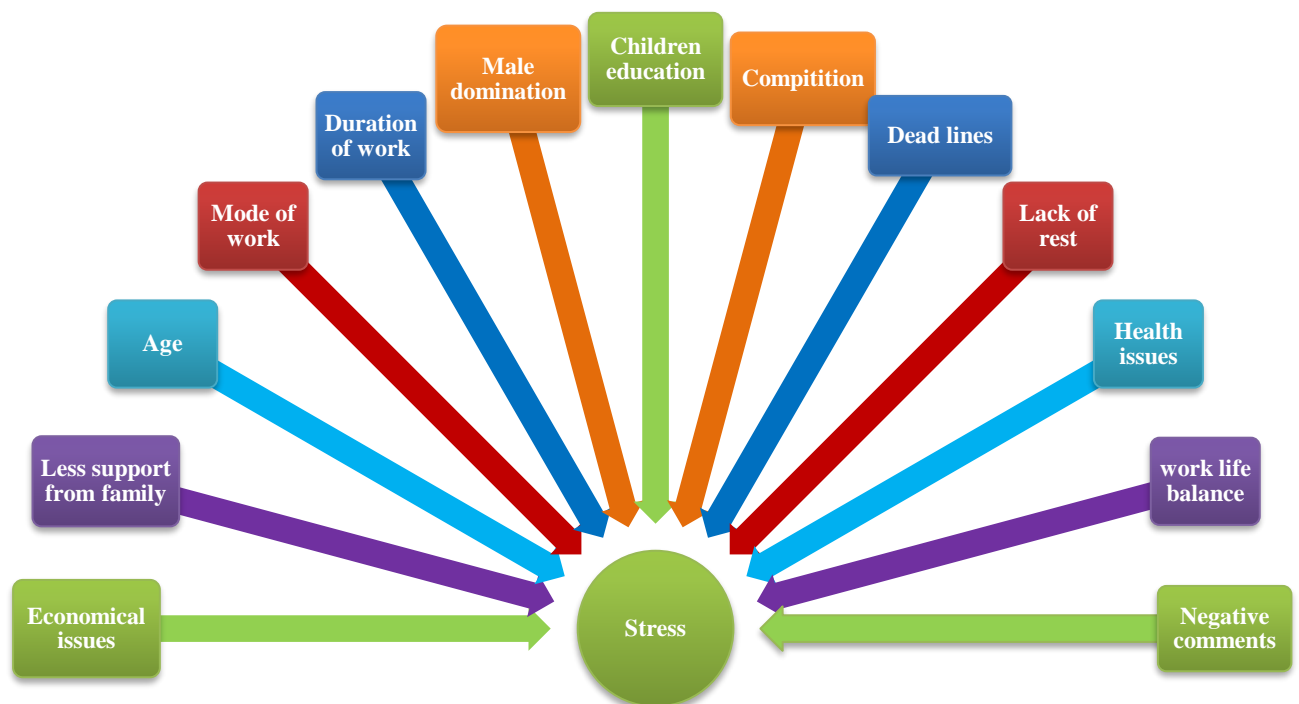
Objectives of the study:

1. To identify the factors responsible for stress in women entrepreneurs.
2. To assess the relationship among the variables like stress, age, size of family, no. of working hours, no. of children of women entrepreneurs.

Reasons for stress in women entrepreneurs

In the difficult and active business environment there are unlimited variety of stresses and burdens that can reason stress. Women also faced severe struggles among their marital life and work related demands. Hectic work stress, lengthy work times, work struggles etc. expose entrepreneurs to pressure situations (Renu Rathi 2022).

Stress increases in worry because women suppress their emotions internally. In some cases, there is no one to share their feelings. Compared to men, women have more patience and tolerance. Due to these qualities, women can handle many tasks with patience and single handedness. A woman never neglects her family even if her husband neglects and does not take care of her family. For family sustenance and children career women work hard day and night. And they are able to balance both family and work. So ultimately their stress levels are high. There are many reasons for stress in women entrepreneurs. Some major reasons were shown in below figure.



METHODOLOGY

The current study is an attempt to identify the factors responsible for stress and to assess the relationship among the variables like stress, age, size of the family, no. of children, no. of working hours of women entrepreneurs. For this the researcher selected a sample of 120 women entrepreneurs to collect the information for the study and all the women were aged between 35- 55 years and staying in Tirupati. All the women were running different food processing units like, tiffin centres, wet and dry snacks making, pickles preparation, dairy product making, catering, papad making, fruit juices

preparation etc.. Based on the information collected from women entrepreneurs the results were tabulated and discussed below:

RESULTS AND DISCUSSION:

The assessments of the scale of work-related pressures have increased above the past years. Though stress levels were same in males and females, there is no significant change, educational status, marital status, age, and occupation were found to be causes, which effect the stress levels Andrew Smith, Carolyn Brice et al., (2000).

Table 1 Distribution of women according to their demographic variables

S. No	Variable	Classification	Number	Percentage
1	Age in years	35-40 years	8	6.7
		41-45 years	62	51.7
		46-50 years	39	32.5
		51-55 years	11	9.1
2	Educational status	Illiterate	33	27.5
		Primary school	71	59.2
		High school	12	10
		College education	4	3.3
3	Monthly family income	>5000	15	12.5
		10,000-15,000	65	54.1
		15,001-20,000	32	26.6
		<20,000	8	6.6
4	Type of family	Nuclear	78	65
		Joint family	26	21.6
		Extended family	16	13.3
5	Size of the family	<3 members	25	20.8
		4 - 6 members	64	53.3
		7 - 9 members	24	20.1
		>9 members	7	5.8
6	No of children	0	9	7.5
		1	14	11.7
		2	69	57.5
		3	28	23.3
7	No of working hours	<8 hours/day	16	13.3
		9-10 hours	33	27.5
		11-12 hours	54	45
		above 12 hours/day	17	14.2

The table 1 indicate that the 8 percent of the women were aged between 35-40 years, 62 percent of the women were 41-45 years, 39 percent of the women were 46-50 years and 11 percent of the women were 51-55 years. Which reveal that majority of the women were aged between 41-45 years.

33 percent of the women were illiterates, a notable percent 71 of them completed primary school education, 12 percent women completed high school education and around 4 percent of the women completed college education, which expresses that most of the sample completed their school education.

15 percent of the women entrepreneurs family income is below Rs.5000, around 65 percent of the women entrepreneurs family income is Rs.10000 to 15000, 32 percent of the them Rs.15001 to 20000 and around 8 percent of the female entrepreneurs income of the family is above Rs.20000.

A major (78%) percent of the respondents were from nuclear families, a 26 percent of the respondents belonged to joint family and only 16 percent of them belonged to extended families.

25 percent of the sample had size of the family was below 3 members in their family, 64 percent of the sample had 4- 6 members, 24 percent of them had 7-9 members and only 7 percent of the sample had above 9 members in the family. And 9 percent of the female entrepreneurs have no children, 14 percent of them had only 1 child, a notable percent that is 69 percent of them had 2 children and 28 percent had 3 children.

Majority (54%) of the women entrepreneurs were worked 11-12 hours per day, 16 percent of the respondents were worked below 8 hours, 33 percent worked 9-10 hours and 17 percent of the women were worked above 12 hours in a day.

Table 2 Association between the women entrepreneurs stress and age, size of family, no. of working hours, no. of children

N=120			
S. No	Independent variable	Chi square value	p-value
1	Age	22.046	0.01*
2	Size of family	30.332	0.014*
3	No: of working hours	26.929	0.0007***
4	No: of Children	19.030	0.002**

The table 2 explains that there was significant association found between stress and age, size of family, no. of working hours and no. of children age ($\chi^2=22.046^*$ and $p=0.01$), size of the family ($\chi^2=30.332^*$ and $p=0.014$), no. of children ($\chi^2=26.929^{***}$ and $p=0.0007$) and no. of children ($\chi^2=19.030^{**}$ and $p=0.002$) at 0.05 and 0.01 levels respectively. Due to the effect of age, they are unable to overcome stress. Being a small family means there are no older people at home to help with work and raising children. Because of that, some women are taking their

children to the work place but there is no proper environment for children in the work place. And majority of the women were worked long duration in a day. These all seems to influence on stress. At work and home women were faced many of role potentials. It is valuable to examine working women role schemes, mainly that of women entrepreneurs. Works demands obviously be tremendously stressful. Women should deal with stress as an effect of new positions that have appeared as result of their work without rejecting traditions works Amrutha Panchal (2022).

Table 3 Association between factors and stress in women entrepreneurs.

Seemaprakalpa (2013) found in their research that many stress situations faced by female entrepreneurs were extremely varied. Multi tasks, less free time, reliability issues and stubborn people were the reasons behind women stress.

N=120			
S. No	Independent variable	Chi square value	p-value
1	financial struggles	3.537758	0.05*
2	less family support	5.656395892	0.017**
3	lack of rest	4.117260788	0.05*
4	long working hours	5.548914312	0.018**
5	children career	5.441382532	0.019**
6	hectic work	6.085820896	0.013**
7	competition	3.611731844	0.057*
8	family and work both need to balance	4.669793621	0.050*
9	male domination	4.152908068	0.051*

Table 3 connotes that significant association was observed between the stress and factors like financial struggles ($\chi^2=3.537758^*$ and $p=0.05$), less family support ($\chi^2=5.656395892^{**}$ and $p=0.017$), lack of rest ($\chi^2=4.117260788^*$ and $p=0.05$), long working hours ($\chi^2=5.548914312^{**}$ and $p=0.018$), children career ($\chi^2=5.441382532^{**}$ and $p=0.019$), hectic work ($\chi^2=6.085820896^{**}$ and $p=0.013$), competition ($\chi^2=3.611731844^*$ and $p=0.057$), family and work both need to balance ($\chi^2=4.669793621^{**}$ and $p=0.050$) and male

domination ($\chi^2=4.1529.8068^{**}$ and $p=0.051$) at 0.05 and 0.01 levels respectively. This indicates that majority of the sample belonged to middle and low income families. So, due to financial reasons women entrepreneurs had more stress. And majority of them had 2 children so they were struggling to give them a better future. Because of long working hours and hectic work schedule women wasn't have time to take rest. These findings indicate that all the factors seem to influence the stress in women entrepreneurs.

CONCLUSION

Women can do many works simultaneously at a time and have good organization skills. They usually think of starting enterprise when their children are grown-up up and home tasks get abridged. If husband or family members support financially, sharing of works and burdens can decrease the work stress in women and they can utilize that time for appropriate preparations and decision making, attending the various workshops, meetings and conferences conducted by the Entrepreneurship Development Organizations. It will help to improve their skills. To get knowledge on technology and gain others work experience associated to their field. This will provide them self-confidence and leads to development of their enterprise. They can keep some time to take rest and self-care.

SUGGESTIONS

In the sight of above results and discussion, the giving some suggestions to overcome or reduce stress levels in women entrepreneurs:

- Stress increases in worry because women suppress their emotions internally. In some cases, there is no one to share their feelings, sometimes its leads to depression so better to share or communicate and discuss about difficulties facing at work and home with coworkers, friends and family members to reduce work and home related stress. Sharing and caring is important to everyone.
- Having a good family is a great gift from God. So spending quality time with family is essential to build strong family relationships. And its leads to reduce stress in them, gives happiness, also automatically will decrease many stress related health issues.
- Spending time with loved ones or friends and keeping some time for self-care and development may lessen the stress levels.
- And they should try to attend and mingle with friends, relatives at some functions or events. Attending Children's school functions and going trips also gives happiness in them. In order to restore their energy levels, passion and will power.

- Reading favourite books, visiting favourite places, temples, concentrate on habits like cooking favourite foods, painting and preparing crafts etc. fulfilling small desires also can decrease their stress and its creates new energy in them.
- Morning or evening walk with loved ones, yoga, meditation, exercises, including healthy food in regular diet, maintaining healthy everyday life can fight against stress.
- Going for regular health check-ups and taking proper medication that can also cure stress related health issues.
- Nothing should be thought deeply and should not be taken to heart
- Always having positive attitude gives good results.

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