

## Stress and adjustment of women representative in politics

<sup>1</sup>Sandeep, <sup>2</sup> Dr. SP Melkeri

<sup>1</sup> Research Scholar, Dept of Women Studies, Gulbarga University, Kalaburgi, Karnataka, India

<sup>2</sup> Professor & Chairman, Dept of Psychology, Gulbarga University, Kalaburgi, Karnataka, India

### Abstract

The present study aims to assess the level of stress and adjustment of women representatives in politics. Sample included 100 (simple random method) randomly selected women representatives i.e. 50 GP's member and 50 TP's member from various GP's and TP's of Kalaburgi district of Hyderabad Karnataka-India. For obtaining the data on stress and adjustment, personal stress source inventory Scale by Singh.A.K and Bell.H.M (1968) were used respectively. The findings of the study suggest that there lies significant difference in stress of GP's and TP's women representatives. And further it is found that there is significant difference in adjustment between couple of panchayat's women representatives. Whereas, there exist positive and significant relationship between stress and adjustment. Limitations, implications and suggestions have been discussed pertaining to the study.

**Keywords:** women representatives, politics, GP's, TP's, stress and adjustment

### Introduction

In the earlier days women was only restricted for domicile work and they do not have any kind of rights to open their mouths for independence only because of male dominate society. Though the conditions in the country are fast changing, yet women are still treated, in some respects, in the same old way. No one feels happy in the home at the birth of a female child. Further, as a wife, she has always to obey her husband. But the present situation has quite changed as compared to earlier; now-a-days more and more women are coming forward and getting educated and entering in the new city life and expressing their rights. And it is helping them to actively involving in society that too in politics, yes the present day females are actively participating in politics whether it is GP or TP.

The term "stress", as it is currently used was coined by Hans Selye in 1936, who defined it as "the non-specific response of the body to any demand for change". Selye had noted in numerous experiments that laboratory animals subjected to acute but different noxious physical and emotional stimuli (blaring light, deafening noise, extremes of heat or cold, perpetual frustration) all exhibited the same pathologic changes of stomach ulcerations, shrinkage of lymphoid tissue and enlargement of the adrenals. Cobb (1975); French & Caplan (1975) suggested that responsibility load creates server stress among workers and manager cannot among cope with the increased responsibilities it may lead to several physical and psychological disorders among them.

Adjustment is a state in which the needs of the individual on the one hand and the claims of the environment on the other are fully satisfied. Adjustment takes the form of variation of the environment and variation in the organism through the acquisition of responses appropriate to the situation. The variation in the organism may be biological. The adjustment process is a universal sequence that can be identified in the behaviour of organism from the lowest species up to human. Adjustment generally means an effective adaptation to the

environment, both external and internal, including conformity to group norms, more ideals, values and so on (Abraham, 1968). According to Mouly (1966) adjustment is the process by means of which an individual seems to maintain physiological equilibrium and propels himself toward self-enhancement. Lakshminarayanan (1999) reported that indicate that pensioners who experienced deprivations in life have more adjustment problems.

### Methodology

#### Objectives

1. To assess the level of stress of women representative between GP's and TP's.
2. To study the adjustment of women representative between GP's and TP's.
3. To know the correlation between stress and adjustment.

#### Hypotheses

1. There is significant difference in stress between GP's and TP's women representatives.
2. There is significant difference in adjustment between GP's and TP's women representatives.
3. There is positive and significant stress and adjustment.

#### Tools and test administration

Adjustment scale developed by H.M.Bell (1968) and stress scale by Singh and Singh were administered individually as well as on small group of women representatives in politics by the researcher personally in their respective GP's and TP's using purposive sampling method. The sample was comprised of 100 women representatives are actively engaged in politics that too in Grama Panchayati and Taluka Pnchayati's, 50 each and they belongs to 35 to 60 years of age groups.

#### Statistical techniques:

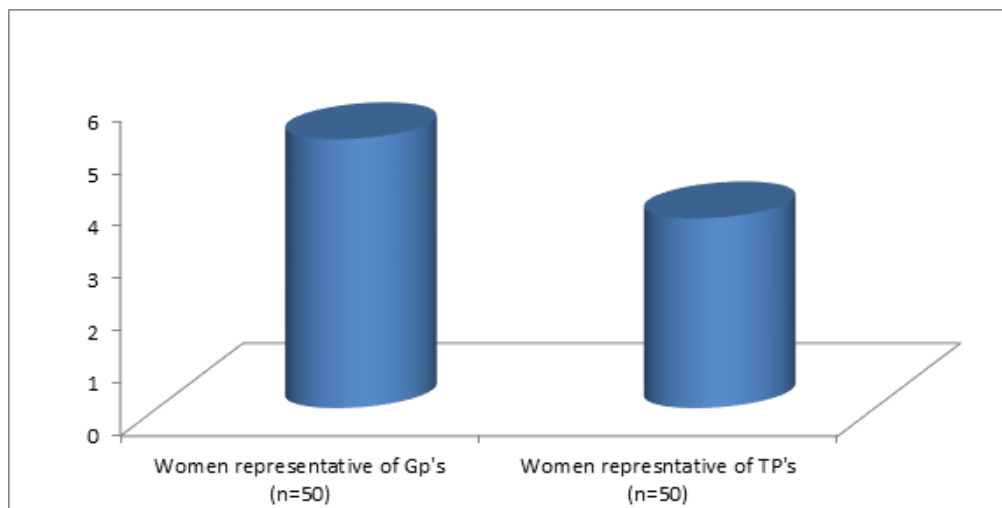
- t-test was used to know the significant difference among the study groups.
- Pearson's coefficient of correlation was used to know the correlations between the variables.

Result and Discussion

**Table 1:** Shows the mean, SD and t-values of stress of women representatives of GP's and TP's.

Stress	Women representatives of GP's (n=50)		Women representatives of TP's (n=50)		t-value
	Mean	SD	Mean	SD	
	53.01	9.10	57.09	11.73	3.78**

Significant at 0.01



**Fig 1:** Shows mean scores of stress of women representatives of GP's and TP's.

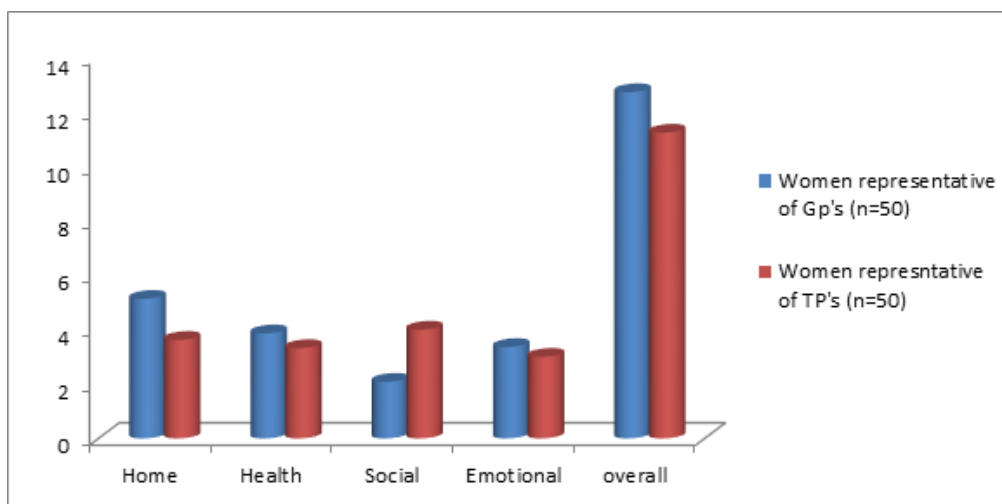
Table no1 and figure no 1. Shows stress of women representatives of Gp's and Tp's. The scores of stress of Gp's mean score = 53.01 and SD = 9.10 and women representative of Tp's mean score = 57.09 and SD = 11.73. The t-value is 3.78, which is significant at 0.01 level. This result clearly indicates that there is significant difference in stress of women

representative of Gp's and Tp's. Thus the mean score indicates that Tp's women representatives exhibited greater level of stress than those of Gp's women representatives. Hence the first hypothesis, there is significant difference in stress between Gp's and Tp's women representatives, has been accepted.

**Table 2:** Shows the mean, SD and t-values of adjustment of women representatives of GP's and TP's.

S. No	Adjustment sub dimensions	Women representatives of GP's (n=50)		Women representatives of TP's (n=50)		t-value
		Mean	SD	Mean	SD	
1	Home	5.13	3.56	3.62	2.68	3.36**
2	Health	3.86	2.79	3.32	2.83	0.95 NS
3	Social	2.08	1.03	4.00	2.32	1.85 NS
4	Emotional	3.36	2.18	3.00	2.29	0.80 NS
	Overall adjustment	12.73	6.32	11.24	6.20	1.02 NS

Significant at 0.01 & NS: Not significant



**Fig 2:** Shows mean adjustment of stress of women representatives of GP's and TP's.

Above table and figure demonstrates overall adjustment of women representatives of Gp's and Tp's. The results revealed that Tp's women representative have higher overall mean score = 12.73 and SD = 6.32, and Gp's women representative mean score = 11.24 and SD = 6.20. The t-value is 1.02, which is not significant at 0.05 level. Thus it clearly indicates that Gp's women representatives better adjusted than those of Tp's women representatives. Hence the second hypothesis, there is significant difference in adjustment of women representatives of Gp's and Tp's, has been rejected.

Sub-dimension wise analysis revealed that on home mean score = 5.13 and SD = 3.56 of Gp's women representatives which is higher than the mean score = 3.62 and SD = 2.68 of women representative of Tp's. The t-value is 3.36, which is significant at 0.01 level. It means that Gp's are helping for women to work in home environment as compared to Tp's women representatives. Whereas there exist no significant difference of Gp's and Tp's women representatives on sub-dimension such as, health, social and emotional were found to be no significant.

**Table 3:** Shows correlation between stress and adjustment of women representatives.

Variables	r-value
Stress & Adjustment	.641**

Significant at 0.01 level

Table no 3 indicates that correlation between stress and adjustment in women representatives of GP's and TP's. The r-value is .641, which is significant at 0.01 level. It is clearly indicates that there is positive and significant correlation between stress and adjustment of women representatives of GP's and TP's. Thus it indicates that higher the level of stress leads to lower adjustment among the women representatives of Gp's and Tp's. Hence the fourth hypothesis, there is positive and significant correlation between stress and adjustment, has been accepted.

**Conclusions**

1. Women who are representation in Tp's exhibited greater level of stress than the Gp's women representatives.
2. There exists no significant difference in adjustment between Gp's and Tp's women representatives.
3. There exists positive and significant correlation between stress and adjustment.

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