

# Stress on Gender in India

Dr. Binda Kumari

*Assistant Professor-cum-Assistant Registrar Sai Nath University, Ranchi (JHARKHAND), India*

**Abstract**—In psychological concept we realized that the Stress on gender in India men and women both recognize the impact stress on mental and physical health. Men see psychologists as less helpful and are less likely to employ strategies to make lifestyle and behavior changes, they put less emphasis on the need to manage their stress than women. Yet men are more likely than women to report being diagnosed with the types of chronic physical illnesses that are often linked to high stress levels and unhealthy lifestyles and behaviors, signaling that there may be some important gender differences when it comes to stress management.

**Index Terms**—Stress, Gender (Male & Female), Mental Health, Physical Health, Rural, Urban.

## I. INTRODUCTION

Stress is a natural human response that prompts us to address challenges and threats in our lives, it can be defined as a state of worry or mental tension caused by a difficult situation. The way we respond to stress, however, makes a big difference to our overall well-being. Everyone experiences stress to some different types of life style. It is natural to feel stressed in challenging situations such as job interviews, school examination, unrealistic working loads, an insecure job, or conflict with family, friends or colleagues. For many people stress reduces over time as the situation improves or as they learn to cope emotionally with the situation. Stress tends to be widespread during events such as major economic crises, disease outbreaks, natural disasters, war, and community violence.

When we suffer from a mental health condition, it may be because our symptoms of stress have become persistent and have started affecting our daily functioning, including at work or school. Every person reacts differently to stressful situations. Coping styles and symptoms of stress vary from person to person. Human feel stressful situations also cause or exacerbate mental health conditions, most

commonly anxiety and depression, which require access to health care.

Stress makes it hard for us to relax and can come with a range of emotions, including anxiety and irritability. When stressed, we may find it difficult to concentrate. We may experience headaches or other body pains, an upset stomach or trouble sleeping. We may find we lose our appetite or eat more than usual. Chronic stress can worsen pre-existing health problems and may increase our use of alcohol, tobacco and other substances.

## II. STATISTICAL ANALYSIS OF STRESS ON GENDER

Do you know Who's Under More Stress?

- ❖ Historically, women report higher levels of stress than men, and this year is no exception (5.4 vs. 4.8, respectively, on a scale of 1 to 10 where 1 is little or no stress and 10 is a great deal of stress).
- ❖ Men (65 %) and Women (66 %) say that they are generally satisfied with their lives. However, there are aspects of their lives that both find troubling. Fewer than half of men and women report that they are satisfied with their financial security (45 % of men and 44 % of women).
- ❖ When we compared to women, men are less likely to say they are doing an excellent or very good job handling relationships (family: 50 % vs. 62 %, friends: 40 % vs. 54 %), eating healthy (27 % vs. 37 %) and getting enough sleep (23 % vs. 31 %).

The Impact of Stress: Gender Differences

Men and Women manage stress differently, they also place a different level of importance on doing there work so, Men report being less concerned about managing stress and are more likely to say they are doing enough in this area, whereas women place more emphasis on the need to do so but feel they are not doing well enough.

- Only 52 % of men say it is very/extremely important to manage stress, compared to 68 % of women and 63 % of men say they're doing enough to manage their stress, compared to 51 % of women.
- One in four women acknowledge they are not doing enough when it comes to managing stress; only 17 % of men feel this way.
- Women are more likely than men to report using a multitude of strategies including reading (51 % vs. 32 %), spending time with family or friends (44 % vs. 32 %), praying (41 % vs. 22 %), going to religious services (24 % vs. 17 %), shopping (18 % vs. 10 %), getting a massage or visiting a spa (14 % vs. 5 %) and seeing a mental health professional (5 % vs. 1 %) to manage stress. Men are more likely to report relying on playing sports as a stress management technique (14 % vs. 4 %).
- There are some following stages when it comes to the things they report as important and how well they are doing achieving them, women see a larger gap in their own performance than men do:
  - a. Getting enough sleep, 40 %-point gap for women vs. 24 %-point gap for men.
  - b. Being physically active or fit, 33 %-point gap for women vs. 21 %-point gap for men.
  - c. Managing stress, 33 %-point gap for women vs. 17 %-point gap for men.

**Stress and Physical Illness Between the Genders**

Some research shows that prolonged periods of stress — which releases the hormone cortisol — can decrease proper cell function, thereby contributing to numerous emotional and physical disorders including depression, anxiety, heart attacks, stroke, hypertension and immune system disturbances that increase susceptibility to infections.

Survey report suggest that the link between stress and physical health could be harder for men to recognize. Men are less likely than women to believe that it can have any impact upon their health, despite the fact that they are more likely than women to report having been diagnosed with the types of illnesses that are often exacerbated by stress.

- Men are less likely than women to report that stress has a very strong and strong impact on a person's health (78 % vs. 88 %).

- Furthermore, they are more likely than women to report that their own stress has slight or no impact on their physical (36 % vs. 26 %) or mental health (40 % vs. 32 %). These beliefs may be why men are less willing to do anything about stress.
- Women are substantially more likely than men (70 % vs. 50 %) to say they have tried to reduce stress over the past 5 years.
- When adults who decided to make a lifestyle or behavior change, either independently or in response to a recommendation, were asked what strategies they used to help them make the desired changes, more men than women indicated they did not use any strategies at all (61 % vs. 45 %).
- Men are also less likely than women to report that they think psychologists can help with making lifestyle and behavior changes (30 % vs. 38 %, reporting a great deal/a lot of help) and coping with chronic illness (19 % vs. 38 %, reporting a great deal/a lot of help). There may be consequences for men in not recognizing the need to address the link between stress and physical health.
- Men are more likely than women to report having been diagnosed with the following chronic illnesses: high blood pressure (32 % vs. 23 %), type 2 diabetes (12 % vs. 7 %) and heart disease or heart attack (6 % vs. 2 %).

Figure: 1



Figure: 2

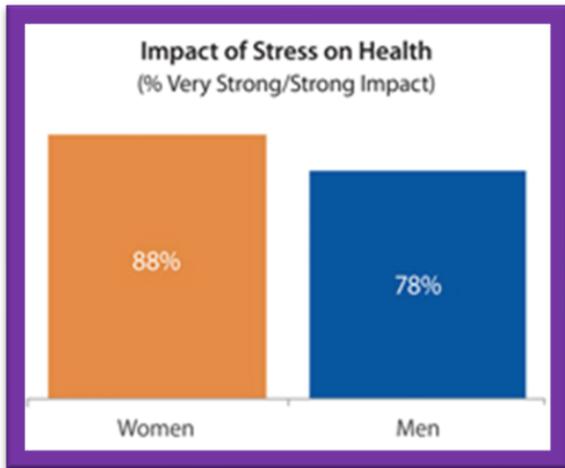


Figure: 3

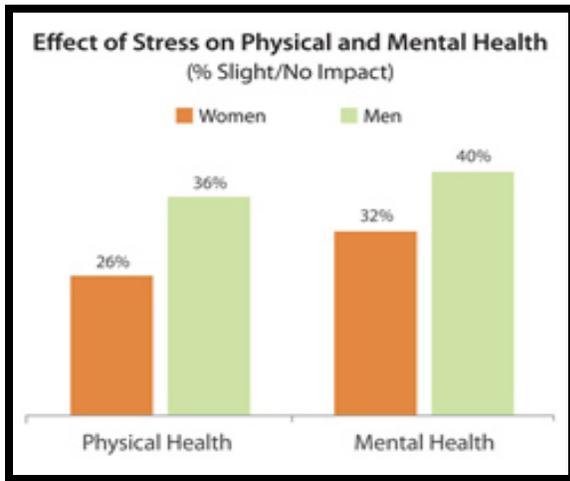
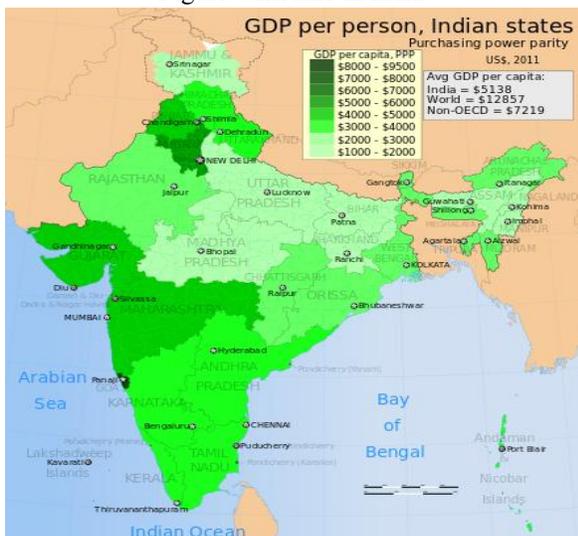


Figure: 5 Income in India



Average GDP per capita on PPP basis, for States and Union Territories in 2011.

### III. RESULT AND DISCUSSION

India's per capita income (nominal) was \$ 1570 in 2013, ranked at 120th out of 164 countries by the World Bank, while its per capita income on purchasing power parity (PPP) basis was US\$ 5,350, and ranked 106th. Other estimates for per capita Gross National Income and Gross Domestic Product vary by source. For example, India's average GDP per capita on PPP basis in 2009, according to data analysis economist was US\$ 5,138, with significant variation among its states and union territories. Highest per capita PPP Chandigarh GDP at US\$ 9,345, while Bihar the lowest with per capita PPP GDP of US\$ 1,019 as of 2009. In rupee terms, India's Per capita income grew by 10.4% to reach year 2013-14 Rs. 74,920 .

While India's per capita incomes were low, the average household size and consequent household incomes were higher. India had a total of 247 million households in 2011, with an average of about 4.9 people per household, according to India's Census. Estimates for average household income and the size of India's middle income households vary by source. Using World Bank's definition of middle income families to be those with per capita income between \$10 to \$50 per day.

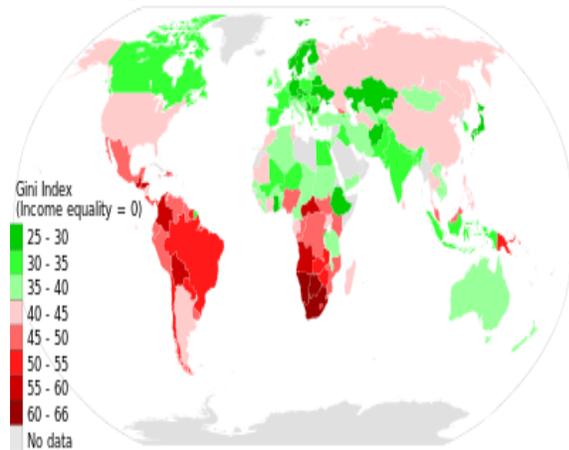
The National Council of Applied Economic Research of India completed a survey and concluded there were 153 million people who belonged to middle income group in 2006. In contrast, Meyer and Birdsall used a different survey and estimated the number of Middle Income population to be about 70 million in 2009-2010. These groups as well as the World Bank estimated in their 2011 reports that if India's economy continues to grow per projections, India's middle income group would double by 2015 over 2010 levels, and grow by an additional 500 million people by 2025. This would make it, with China, the world's largest middle income market.

Compared to other countries, income inequality in India is relatively small as measured by Gini coefficient. India had a Gini coefficient of 32.5 in year 1999- 2000, India's nominal Gini index rose to 36.8 in 2005, while real Gini after tax remained nearly flat at 32.6. States of India have significant disparities in their average income. In Bihar was far the poorest in India, and per capita income was low in its neighboring states, along with Jammu &

Kashmir, Assam, Manipur and Nagaland. The higher income states there are :

1. GDP per capita State wise.
2. Gaps in Man and Women's in different place.
3. Gaps in Rural and Urban area.

Figure :6 (States of India Economy)



Highest Gini Index means more income inequality. Gini Co-efficient of India and other Countries according to The World Bank in year 2014.

Gaps in Rural and Urban area :

Population will be living in cities by 2030, much higher than the current 28%. Towns and cities make more than two thirds of the Indian GDP, even though less than a third of the population live in them. Like in other countries, cities provide a better standard of living. India has a high rate of migration from rural areas to urban cities. In India a major reason for the massive migration to cities It is also estimated that six states, including West Bengal, Tamil Nadu, Maharashtra, Karnataka, Punjab and Gujarat have more than half of their total population living in Urban areas by 2030. It is estimated that up to 590 million people, or 40% of the Indian .

In India, urban areas have seen a much higher growth rate as compared to rural areas. Despite up to three-fourths of the population living in rural areas, rural areas contribute to only one-third of the national income. The main reason for rural India's poor performance in terms of income is the fact that rural India is mostly dependent on agriculture. The agriculture sector in India grew at a rate of only

2008-2009 in 1.6% while the India Economy grew rate of 6.7%, despite the in 2008 in financial crisis.

An extremely slow rate of growth in the agriculture sector of the Indian economy has serious implications for the rural-urban divide, both in terms of income and GDP. Some estimates say that that the average income of a person living in an urban area may be up to 4 times higher than that of a person living in a rural area and the rising levels of urbanization in India is a major reason for the rising levels of income disparity in the country.

#### Bridging the Urban-Rural Gap

In India, the government has taken steps to bridge the urban-rural gap. This includes setting up the Council for Advancement of People's Action and Rural Technology (CAPART) by the Ministry of Rural Development. There is a constantly widening rift between rural and urban India, not only in terms of income, but other social measures. CAPART helps in providing assistance to various organizations which help in developmental activities. There is an urgent need to strengthen the agriculture sector in India, bring about reforms in labour laws, and provide education.

#### The Economic Survey of India in 2007 by OECD

The analysis of this report suggests that the differences in economic performance across states are associated with the extent to which states have introduced market-oriented reforms. Thus, further reforms on these lines, complemented with measures to improve infrastructure, education and basic services, would increase the potential for growth outside of agriculture and thus boost better-paid employment, which is a key to sharing the fruits of growth and lowering poverty.

At the state level, economic performance is much better in states with a relatively liberal regulatory environment than in the relatively more restrictive states". About 27.5% of the population was living below the poverty line in 2004-2005. Reforming cumbersome regulatory procedures, improving rural connectivity, establishing law and order, creating a stable platform for natural resource investment that balances business interests with social concerns, and providing rural finance are important. (World Bank: India Country Overview, 2008)

#### IV. CONCLUSION & SUGGESTION

We can take different types of care on stress: Most of us manage stress well and continue to function. If we have difficulties coping with stress, we should seek help from a trusted health-care provider or from another trusted person in our community.

Learn to best stress management : WHO's stress management guide – Doing what matters in times of stress – aims to equip people with practical skills to cope with stress. A few minutes each day are enough to practise the guide's self-help techniques. The guide can be used alone or with its accompanying audio exercises.

Daily Routine Schedule: Having a daily schedule can help us use our time efficiently and feel more in control. Set time for regular meals, time with family members, exercise, daily chores and other recreational activities.

Human take proper sleep: Getting enough sleep is important for both body and mind. Sleep repairs, relaxes and rejuvenates our body and can help reverse the effect of stress.

*Good sleep habits (also known as sleep hygiene) include:*

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- If possible, make your sleeping area quiet, dark, relaxing and at a comfortable temperature.
- Limit your use of electronic devices, such as TVs, computers and smart phones, before sleeping.
- Avoid large meals, caffeine and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Connection with other person : Keep in touch with family and friends and share your concerns and feelings with people you trust. Connecting with others can lift our mood and help us feel less stressed. Take healthy food : What we eat and drink can affect our health. Try to eat a balanced diet and to eat at regular intervals. Drink enough fluids. Eat lots of fresh fruits and vegetables if you can.

Do exercise regularly : Regular daily exercise can help to reduce stress. This can include walking, as well as more intensive exercise.

Take limit time in different types of following news : Spending too much time following news on television and social media can increase stress. Limit the time you spend following the news if it increases your stress.

When we feel stressed : Human life is is a well-loved and a highly recommended book. It is pure escapism, where anyone who reads it comes out with an entirely different perspective on the book. It's a great choice for a virtual book club pick, and will help you escape when the stress seems to be closing in around you.

There are following 10 tips to Manage Stress:

1. Exercise.
2. Relax Your Muscles.
3. Deep Breathing.
4. Eat Well.
5. Slow Down.
6. Take a Break.
7. Make Time for Hobbies.
8. Talk About Your Problems.

#### REFERENCES

- [1] Bond M. (1988) *Stress and Self Awareness: a Guide for Nurses*, Heinemann.
- [2] Bradley D. (2000) *Hyperventilation Syndrome*, Kyle Cathie Ltd.
- [3] Brookes D. (1997) *Breathe Stress Away*, Hollenden Publishing.
- [4] Chaitow L., Bradley D., Gilbert C. (2002) *Multidisciplinary Approaches to Breathing Pattern Disorders*, Churchill Livingstone.
- [5] Cooper C.L., Cooper R.D., Eaker L.H. (1987) *Living with Stress*, Penguin.
- [6] Cooper C.L. (1995) *Handbook of Stress Medicine and Health*, CRC Press.
- [7] Cooper C., Palmer S. (2000) *Conquer Your Stress*, Chartered Institute of Personnel and Development.
- [8] Cooper K. (1991) *Overcoming Hypertension*, Bantam Books.
- [9] Davis M. (2000) *The Relaxation and Stress Reduction Work Book*, New Harbinger inc.

- [10] Edwards M. (2000) Stress Management for Cancer Patients: a Self Help Manual, Acorn Publishing.
- [11] Everly G.S. (1989) A Clinical Guide to the Treatment of the Human Stress Response, Plenum Press.
- [12] Fried R. (1990) The Breath Connection, Plenum Press.
- [13] Fried R. (1999) Breath Well Be Well, John Wiley and Sons inc.
- [14] Hambly K., Muir A. (1997) Stress Management in Primary Care, Butterworth Heinemann.
- [15] Handling Stress (1992) The Open University, The Open University Press.
- [16] Health and Safety Executive Help on Work Related Stress: a short guide. <http://www.hse.gov.uk/pubns/indg281.pdf>
- [17] Hoffman D. (1986) The Holistic Herbal Way to Successful Stress Control, Thorsons.
- [18] Hoffman D. (1992) Therapeutic Herbalism,
- [19] Howell M., Whitehead J. (1989) Survive Stress: A Training Program, Cambridge Health Promotion.
- [20] Hubbard J.R., Workman E.A. (1998) Handbook of Stress Medicine, CRC Press.
- [21] International Stress Management Association, Stress News April 2002 vol. 14 No 2.
- [22] Jones H. (1997) I'm too Busy to be Stressed, Hodder and Stoughton.
- [23] Lehrer P.M., Woolfolk R.L. (1993) Principles and Practices of Stress Management. The Guildford Press.
- [24] Lennard Brown S. (2001) Stress and Depression, Hodder.
- [25] Martin P. (1997) The Healing Mind: The Vital Links between Brain and Behaviour, Immunity and Disease. Thomas Dunne Books.
- [26] OHara V. (1995), Wellness at Work, New Harbinger inc.
- [27] Palmer S., Dryden W. (1995) Counselling for Stress Problems, Sage.
- [28] Paterson R. (1997) The Changeways Relaxation Programme, revised ed., British Columbia.
- [29] Payne R. (1995) Relaxation Techniques: a Practical Handbook for Healthcare Professionals, Churchill Livingstone.
- [30] Posen D. (1995) Stress Management for Physician and Patient, web article, <http://www.mentalhealth.com/mag1/p51-str.html>
- [31] Powell T.J. Enright S.J. (1993), Anxiety and Stress Management, Routledge
- [32] Seaward B.L. (1999) Managing Stress: Principles and Strategies for Health and Wellbeing, 2nd edition, Jones and Bartlett Publishers.
- [33] Simmons M., Daw W. (1994) Stress, Anxiety, Depression: a Practical Workbook, Winslow Press.
- [34] Steinmetz J. (1980) Managing Stress Before it Manages You, Bull Publishing.
- [35] Stress: A Self-help Guide (1999) Northumberland NHS Trust.
- [36] Stress Management Training: The Stress Consultancy, Sheffield, Yorkshire
- [37] Timmons B.H., Ley R. (1994) Behavioural and Psychological Approaches to Breathing Disorders, Plenum Press.
- [38] Townsend J. (2000) Get Tough with Stress.
- [39] Trickett S. (2001) Anxiety and Depression: a Natural Approach, Ulysses Press.
- [40] Tyler M. (1999) Stress Management Training for Trainers Handbook, Living with Stress Ltd.
- [41] Understanding Stress (1993) Part 3: Trainers Guide, HMSO.
- [42] Watkins A. (1977) Mind Body Medicine: a Clinicians Guide to Psychoneuroimmunology, Churchill Livingstone.
- [43] Weller S. (2000) The Breath Book: 20 Ways to Breathe Away Stress, Anxiety and Fatigue, Thorsons.
- [44] White J. (1997) Stresspac, The Psychological Corporation.
- [45] Wilkinson G. (1999) Family Doctor Guide to Stress. Dorling Kindersley.