

A Correlational study on assertiveness and stress among housewives residing in selected rural areas of Amritsar, Punjab.

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I. INTRODUCTION

Assertiveness enables to withstand the stress. Those suffering from stress need to have high level of assertiveness to resist and cope successfully. Assertiveness is not something that is inherited. Assertiveness is a skill that anyone can learn if he decides to, lack of assertiveness is only rooted to the way of dealing with others person got used to, this way may be letting go of one's rights or fear of standing up for himself. Being assertive requires only thing, one's own decision. Assertive honesty is not an outspoken declaration of everything that is on one's mind. It is instead an accurate representation of feelings, opinions, or preferences expressed in a manner that promotes self-respect and respect for others.

Sometimes due to patriarchal norms of society women are unable to express their feelings what they want to express and they keep on whole burden on themselves which leads to stress. Dominant women are often looked down on in the society, so they may feel being assertive is not their place. Work on changing that mindset; accept that they have needs and wants that are as valid as the needs and wants of those who are around them.

1.1 Statement of the Problem:

A Correlational study on assertiveness and stress among housewives residing in selected rural areas of Amritsar, Punjab.

II. OBJECTIVES

1. To assess the level of assertiveness among housewives residing in selected rural areas of Amritsar, Punjab.

2. To assess the level of stress among housewives residing in selected rural areas of Amritsar, Punjab.
3. To assess the relationship between assertiveness and stress among housewives residing in selected rural areas of Amritsar, Punjab.
4. To determine the association between level of assertiveness among housewives and their socio-demographic variables.
5. To determine the association between level of stress among housewives and their socio-demographic variables.
6. To develop and distribute informational booklet regarding knowledge on assertiveness and other strategies to cope up with stress.

2.1 Hypothesis

- H_0 : There will not be significant relationship between assertiveness and stress among housewives.
- H_1 : There will be significant relationship between assertiveness and stress among housewives.

III. METHODOLOGY

The research approach involves the description of the plan to investigate the phenomenon under study. Quantitative research approach was followed in the study. Non-experimental correlational research design was used. The sample for the study was Housewives residing in village Ghumanpura and village Bhakna Khurd of Amritsar, Punjab.

3.1 Sample and Sampling Techniques

The sample for the present study was Housewives residing in village Ghumanpura and village Bhakna Khurd of Amritsar, Punjab. Convenient sampling

technique was used to select 200 Housewives as sample of this study.

3.2 Sampling criteria

A. Inclusion Criteria

- Housewives residing in selected rural areas.

B. Exclusion criteria

- Housewives who were widow and separated.
- Housewives with self-employment.

3.3 Description of Tool

The tool for the present study was divided into following three parts:

Part 1: Socio Demographic Profile

Age, education, type of family, monthly family income, monthly personal expenses, number of children, number of hours sleep per day, living with husband, support system.

Part 2: Assertiveness inventory

This inventory was selected to evaluate the assertiveness level of subjects. It evaluates to what extent a person is assertive. It is invented by Robert E., Alberti, and Michael. L Emmons.

The inventory contains 35 items and each item contains four alternatives from which respondent should choose one. (0= never; 1=sometimes; 2=usually; and 3= always). After the subject has finished marking, the scoring is as follows:

Scoring

Category	Score
Non-assertive	0- 35
Fairly assertive	36-70
Consistently assertive	71- 105

Part 3: Stress scale

It is measure of the degree to which one's life is appraised as stressful. The standard process stress assess scale ask about how respondent handle stress and response to stress.

The scale contains 20 items and each item has five alternatives from which respondent have to choose one and its scoring (not at all=1, little bit= 2, somewhat=3, quite a bit= 4, very much=5). Total scoring is varying according to:

Scoring

Category	Score
Low stress	20-40
Moderate stress	41-60
High stress	61-80
Very high stress	81-100

IV. DATA COLLECTION PROCEDURE

Data collection was done from 20th December 2017 to 20th January, 2018. The data was collected from 200 Housewives residing in Village Ghumanpura and Village Bhakna Khurd of Amritsar, Punjab. Consecutive sampling technique was used in this study. The permission was taken from Village's Sarpanch before approaching the subjects. Investigator gave self-introduction to the Housewives and explained the purpose of gathering information. A good rapport was established with the subjects. They were assured that their responses will be kept confidential and the information will be used only for research purpose. Written consent was taken from each subject. All the necessary information was provided to the housewives regarding tool. Punjabi version of tool was distributed to the subject and they took 30-40 minutes to fill up both the tools. As for the illiterate subject's researcher assist them in filling the tool. Informational booklet regarding knowledge on assertiveness and other strategies to cope up with stress was distributed to the Housewives.

V. RESULTS

To assess the relationship between assertiveness and stress among housewives residing in selected rural areas of Amritsar, Punjab Relationship between assertiveness and stress among housewives

N= 200

Variable	Mean	SD	R
Assertiveness	60.37	15.51	-0.627**
Stress	66.48	14.48	

- Maximum Assertiveness Score = 105**
Significant at $p < 0.01$
- Minimum Assertiveness Score = 0
- Maximum Stress Score = 100
- Minimum Stress Score = 20

Table 4 depicts the relationship between assertiveness and stress among housewives. The mean score and standard deviation of assertiveness among housewives was 60.37 ± 15.51 , whereas mean score and standard deviation of stress was 66.48 ± 14.48 respectively. The correlation between assertiveness and stress was calculated by using Karl Pearson's coefficient correlation formula and it showed negative correlation. ($r = -0.627$, $p < 0.01$).

In the end, it is concluded that there was negative correlation between assertiveness and stress; this means that as the assertiveness was increasing there was reduction in stress among housewives and vice versa. So, hypothesis (H_1) is accepted.

VI. DISCUSSION

Objective 1: To assess the level of assertiveness among housewives residing in selected rural areas of Amritsar, Punjab.

The present study reveals that maximum housewives (63%) were fairly assertive whereas only few (16.5%) were consistently assertive.

The present study findings were congruent with a study which assesses the factors influencing assertiveness of prospective teachers of the University of Colombo, Sri Lanka. In which 100 female subjects were participated. According to the study findings, 64% participants were moderately assertive and remaining were non- assertive respectively.

The present study findings were consistent with a study which investigates the assertive behavior of undergraduate students in Chennai in which sample of 100 students (50 male and 50 female) were selected for the study. According to the findings maximum (82%) were moderately assertive and only few (6%) were highly assertive.

Objective 2: To assess the level of stress among housewives residing in selected rural areas of Amritsar, Punjab.

According to results of present study the majority of housewives 42.5% had moderate stress and very little 9% percentage had low stress. To support present study similar study was there which assess the stress and depression experienced by women IT professionals in Chennai, India. In which 55.2% had moderate stress and very few 15.2% had low stress. A similar study was done previously and gives congruent

findings to present study, which is study to assess the stress among students of professional colleges from an urban area in India. Study findings revealed that mild stress was present in 10% of subjects, while 7.6% had moderate stress respectively.

Objective 3: To assess the relationship between assertiveness and stress among housewives residing in selected rural areas of Amritsar, Punjab.

As per findings of the relationship between assertiveness and stress, there was significant negative correlation ($r = -0.627^{**}$, $p < 0.01$) between assertiveness and stress.

In the favor of present study, a study was done previously to assess the relationship of assertive behavior and stress among nurses in which assertive behavior had large negative correlation with stress ($r = -0.720^{**}$, $p < 0.01$).

In support of present study, a research study is there which investigate the relationship between assertiveness levels with occupational satisfaction and stress among hospital personnel. In order to achieve the research objectives, a sample consisted of 132 participants from the Shiraz hospital by using accessible sampling. The study findings revealed the assertive behavior has negative correlation with stress ($r = -0.270^{**}$, $p < 0.01$). The findings of this research implied that the more assertive the hospital personnel are, more occupational satisfaction and less occupational stresses would be experienced.

Objective 4: To determine the association between level of assertiveness among housewives and their socio- demographic variables.

In order to assess the association between level of assertiveness among housewives and their socio-demographic variables, chi- square was computed and findings depicted non-significant association between them, except education of housewives where findings ($\chi^2 = 0.034^*$, $p < 0.05$.) showed statistically significant association.

To support the present study, a similar study is there which investigates the relationship of assertive behavior and stress among nurses in which there is association between assertive behavior and age of nurses ($\chi^2 = 0.037^{**}$, $p < 0.01$) which is significant. Type of family, gender religious shows non-significant association with assertive behavior.

The present study findings were congruent with a study which assesses assertiveness among undergraduate students of the university. The sample of the present study is comprised of 100 undergraduate students (50 males and 50 females) within the age group between 16 to 22 years and has been the students of following courses, Bachelor of Arts, Science and Commerce. The results of the study revealed no significant association between students in their level of assertiveness with respect to gender ($t= 0.283$), residence ($t= 0.347$), education ($F= 0.314$).

Objective 5: To determine the association between level of stress among housewives and their socio-demographic variables.

In order to assess the association between level of stress among housewives and their socio-demographic variables, chi-square was computed and findings depicted non-significant association between them except level of stress and education of housewives where findings ($\chi^2=0.009^*$, $p<0.05$ level) showed statistically significant association.

The present study findings were consistent with a study which investigates the relationship between occupational stress and demographic variables among employees of commercial bank in which age shows a significant relationship with occupational stress ($\chi^2= 385.577$, $p<0.01$) and also qualification has the greatest evidence of association with occupational stress ($\chi^2= 404.656$, $p<0.01$).

VII. CONCLUSION

Hence conclusive findings of the study reveal that level of assertiveness and stress has significant negative correlation. Study results revealed that large numbers of subject were fairly assertive. On the other side, out of total subjects' maximum of had moderate stress level. There is significant association between level of assertiveness and stress with education of housewives. Finally, all the findings of the study collectively advocate that hypothesis made by researcher is accepted that there is significant relationship between assertiveness and stress among housewives; this means that as the assertiveness increases there is reduction in stress among housewives and vice versa.

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