



Women at Work

A Holistic Outlook

Editors
Arun Kumar
Nikita Srivastava

With the evolving times, society has undergone tremendous changes in its perception of women. Awareness of their rights and attempts at women's empowerment has been rampant around the country. Women make up half the country's population and are valuable members of the economic, political, and social spheres. However, while women's status has transformed, this does not entail the absence of obstacles and discrimination. Women continue to suffer under the clutches of patriarchy even now. The social structures in place are unfair and need to be overpowered for true equality. This book is an attempt to holistically explore the structures and dynamics that influence the women of today. Researchers across the country have come together to contribute their ideas regarding the position of women at work, their rights, awareness, and power struggle. This book takes into consideration a multidisciplinary approach toward women in the workspace. It not only focuses on the psychological but also unravels the cultural, political, social, and structural influences that affect women. It is hoped that this book will assist professionals, academicians, feminist psychologists, and sociologists worldwide in enhancing their knowledge about the topic.

Dr. Arun Kumar is presently working as Associate Professor in the Department of Psychology and Chairperson of the Students Counselling Center and Equal Opportunity Cell of the Gurukula Kangri (Deemed to be University), Haridwar. Dr. Arun Kumar received his Ph.D. in Psychology from Gurukula Kangri, Haridwar, and completed his Master's and M.Phil in Psychology from Panjab University, Chandigarh. He is also UGC NET qualified and has additional qualifications of Post Graduate Diploma of Industrial Relations and Personal Management. His field of specialization is Social/Clinical/ Health Psychology. Before joining Gurukul Kangri University in 2003 he also served in PGIMER Chandigarh as Social Scientist. Dr. Arun Kumar is associated with various academic bodies in the field of Psychology and Counselling. He is also supervising Ph.D. and Master degree dissertations. He has contributed more than 45 papers and chapters in national/ international journals and books.

Ms. Nikita Srivastava is currently pursuing her Ph.D. in Psychology from Gurukula Kangri (Deemed to be University), Haridwar. She has completed her B.A. with Psychology honors from MCM DAV College, Chandigarh, and Masters in Clinical Psychology from Amity University, Noida. Her field of specialization is Clinical and Social Psychology.

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A COMPARATIVE STUDY EXPLORING THE LEVEL OF STRESS, ANXIETY, DEPRESSION AND MARITAL SATISFACTION AMONG WORKING AND NON-WORKING MOTHERS POST-COVID

Rajeswaree Basu¹ & Namrata Bhowmik²

Stress refers to the emotional, cognitive, physical, and behavioral responses to events that are appraised as challenging or threatening. Stress describes the psychological and physical response to a stimulus that alters the body's equilibrium (Lazarus & Folkman, 1984). It is a state that occurs when there is an insufficient fit between what one's environment offers and what is demanded of one's and what one needs and what one is capable of (Levi, 1996).

Anxiety refers to the feeling of fear, uneasiness, and dread. It might cause one to feel restless and tense, sweat, and have a rapid heartbeat. It can be a normal stress reaction. Stress caused by work that leads to anxiety is referred to as work anxiety. Work anxiety takes a toll on different aspects of our life which includes reduced job productivity and performance, problems in interpersonal relationships in personal life and at the workplace, lack of confidence

¹ Assistant Professor, Department of Clinical Psychology, The Gayatri Chetna Foundation, George Group of Colleges (MAKAUT), Consultant Psychologist with Clinics, Kolkata

² Research Scholar, Department of Clinical Psychology, The Gayatri Chetna Foundation, George Group of Colleges (MAKAUT)