



# Women at Work

## A Holistic Outlook

*Editors*

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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.

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₹ 1990/- \$ (US) 100

**Global Vision Publishing House**

ISBN: 978-93-90423-18-7



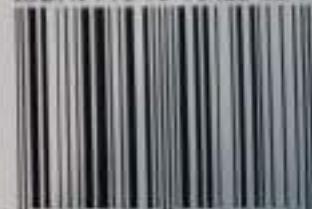
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## A COMPARATIVE STUDY EXPLORING THE LEVEL OF STRESS, ANXIETY, DEPRESSION AND MARITAL SATISFACTION AMONG WORKING AND NON-WORKING MOTHERS POST-COVID

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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

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