References

- American Psychological Association. (2013). 2012 annual report of the American

 Psychological Association. Retrieved from http://www.apa.org/pubs/info/reports/2012report.pdf
- Asnani, V., Pandey, U. D., & Sawhney, M. (2004). Social Support and Occupational Health of Working Women. *Journal of Health Management*, 6(2), 129–139. https://doi.org/10.1177/097206340400600204
- Astbury, J. and Cabral, M. (2000) Women's Mental Health—an Evidence-based Review.

 World Health Organization, Switzerland Review. World Health Organization, Geneva.
- Augustine, L. F., Vazir, S., Rao, S. F., Rao, M. V. V., Laxmaiah, A, & Nair, K. M. (2011).

 Perceived stress, life events & coping among higher secondary students of Hyderabad,

 India: a pilot study. *The Indian Journal of Medical Research*, 134(July), 61–68.

 Retrieved from

 http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=3171919&tool=pmcentrez&r endertype=abstract
- Bailey, T. S. (2019). The relationship between military deployment and spouses anxiety, depression, and stress. Dissertation Abstracts International: Section B: The Sciences and Engineering, 80(5-B(E)), No-Specified. Retrieved from http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=psyc16&NEWS=N&A N=2019-23495-119
- Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita. New Delhi: Springer.

- Bhuvaneshwari, M. (2013). A case study on psychological and physical stress undergone by married working women. *IOSR Journal of Business and Management*, 14(6), 38–44.
- Bisht, P., & Pande, L. (2017). Psychological well-being of the spouses of deployed and non-deployed commissioned officers of Indian Armed Forces: A comparative study. *Asian Journal of Home Science* 2017 Vol.12 No.1 pp.127-130 ref.8. DOI: 10.15740/HAS/AJHS/12.1/127-130
- Bongers, P. M., de Winter, C. R., Kompier, M. A. J., & Hildebrandt, V. H. (1993).

 Psychosocial factors at work and musculoskeletal disease. *Scandinavian Journal of Work, Environment and Health*, 19(5), 297-312.
- Carayon, P., Smith, M. J., & Haims, M. C. (1999). Work organization, job stress, and work-related musculoskeletal disorders. *Human Factors*, 41(4).
- Carver, C. S., (2007). COPE (complete Version). Department of Psychology, University of Miami. United States. Retrieved from:

 http://www.psy.miami.edu/faculty/ccarver/sclCOPEF.html
- Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, 56, 267–283.
- Chandola, T., Brunner, E., & Marmot, M. (2006). Chronic stress at work and the metabolic syndrome: prospective study. *British Medical Journal*, 332(7540), 521-525.
- Cohen, F. (1984). Coping. In Matarazzo, J.D., Weiss, S. M., Herd, J. A., Miller, N. E., and Weiss, S.E. (eds.), Behavioral Health: A Handbook of Health Enhancement and Disease Prevention, JohnWiley and Sons, New York, pp. 261–274.

- Cohen, S. (1994). "Perceived Stress Scale. Mind Garden." Inc. Retrieved from www. mindgarden.com
- Cohen, S., & Hoberman, H. (1983). Positive events and social supports as buffers of life change stress. *Journal of Applied Social Psychology*, 13, 99-125.

http://dx.doi.org/10.13072/midss.462

- Craciun, B. (2012). Coping strategies, self-criticism and gender factor in relation to quality of life. *Procedia, Social & Behavioral Sciences*, 78(16): 466 470.
- Creswell, J., & Plano Clark, V. (2007). Designing and Conducting Mixed Methods Research.

 Thousand Oaks, CA: Sage
- Crow, J. R. A. E. (2005). Religiousity and U.S Army spouses' perceptions of coping with deployment and satisfaction with life. Dissertation.
- Dalal, A. K., & Misra, G. (2006). Psychology of health and well-being: Some emerging perspectives. *Psychological Studies*, 2(2).
- Dalal, A. K., & Misra, G. (2011). New directions in health psychology. Sage Publications.

 Retrieved from http://perspectivesclinic.com/health-psychology/
- Das, S. (2018). A comparative analysis of the perceived and actual stress and its symptoms among the nurses working in intensive care unit of selected hospitals in Odisha. Shiksha o Anusandhan University. Shodhganga@INFLIBNET. Retrieved from http://hdl.handle.net/10603/233802
- Dimiceli, E. E., Steinhardt, M. A., & Smith, S. E. (2010). Stressful experiences, coping strategies, and predictors of health-related outcomes among wives of deployed military

- servicemen. *Armed Forces and Society*, 36(2), 351–373. https://doi.org/10.1177/0095327X08324765
- Dinges, N. G., & Joos, S. K. (1988). Stress, coping, and health: models of interaction for Indian and native populations. American Indian and Alaska Native Mental Health Research (Monographic Series), 1(1), 8–55 discussion 56–64. Retrieved from http://www.ncbi.nlm.nih.gov/pubmed/3155148
- Dinse, H. R., Kattenstroth, J. C., Lenz, M., Tegenthoff, M., & Wolf, O. T. (2017). The stress hormone cortisol blocks perceptual learning in humans. *Psychoneuroendocrinology*, 77, 63–67. https://doi.org/10.1016/J.PSYNEUEN.2016.12.002
- Dohrenwend, B. P., Pearlin, L, Clayton, P., & Hamburg, B. (1982). Panel report on stress and life events. In G. R. Elliott and C. Eisdorfer (Eds.), Stress and human health: Analysis and implications of research. New York: Springer.
- Eatough, E. M. (2010). Understanding the relationships between interpersonal conflict at work, perceived control, coping, and employee well-being. Graduate Theses and Dissertations. https://scholarcommons.usf.edu/etd/1623
- Emslie, C., Hunt, K., & Macintyre, S. (1999). Gender differences in minor morbidity among full time employees of a British university. *Journal of epidemiology and community health*, 53(8), 465–475. https://doi.org/10.1136/jech.53.8.465
- Erickson, K. M. (2012). Perception of stressors and resources for managing the deployment process as predictors of reservist spouse's general wellbeing. Dissertation Abstracts

 International Section A: Humanities and Social Sciences. Walden University. Retrieved from

- http://ezproxy.library.uvic.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2012-99070-028&site=ehost-live&scope=site
- Everson, R. B. (2005). Quality of life among army spouses: parenting and family. The Florida State University, ProQuest Dissertations Publishing. 3183061.
- Fauci, A. S., Braunwald, E., Kasper, D. L., Hauser, S. L., Longo, D. L., Jameson, J. L., & Loscalzo, J. (Eds.). (2008). Harrison's principles of internal medicine (17th ed.). New York, NY: McGraw-Hill. ISBN-13: 978-0071466332; ISBN-10: 0071466339.
- Feizi, A., Aliyari, R., & Roohafza, H. (2012). Association of perceived stress with stressful life events, lifestyle and sociodemographic factors: A large-scale community-based study using logistic quantile regression. *Computational and Mathematical Methods in Medicine*, 2012, 1–12. https://doi.org/10.1155/2012/151865
- Fields, G.P. (2001). Religious therapeutics: Body and health in yoga, Ayurveda and tantra.

 Albany: State University of New York Press.
- Flake, E. M., Davis, B. E., Johnson, P. L., & Middleton, L. S. (2009). The psychosocial effects of deployment on military children. *Journal of developmental and behavioral pediatrics : JDBP*, 30(4), 271–278. https://doi.org/10.1097/DBP.0b013e3181aac6e4
- Folkman, S., & Lazarus, R. S. (1980). An analysis of coping in a middle-aged community sample. *Journal of Health and Social Behavior*, 21(3), 219–239. https://doi.org/10.2307/2136617
- Folkman, S., & Moskowitz, J. T. (2000). Stress, positive emotion, and coping. *Current Directions in Psychological Science*, 9(4), 115–118. http://doi.org/10.1111/1467-8721.00073

- Globalfirepower. (2018). Total available active military manpower by country. Retrieved from https://www.globalfirepower.com/active-military-manpower.asp
- Government of India (2019, June 26). Women in armed forces. Ministry of Defence Press Information Bureau. Retrieved from

https://pib.gov.in/Pressreleaseshare.aspx?PRID=1575770

- Holmes, T. H., & Rahe, R. H. (1967). The Social Readjustment Rating Scale Life, change, and stress. *Journal of Psychosomatic Research*, (11), 213–218.
- Indian women most stressed in the world: Nielsen survey. June (2011). Retrieved from http://articles.economictimes.indiatimes.com/2011-06-29/news/29717262_1_indian-women-stress-workplaces.

International encyclopaedia of the social sciences, 2nd edition

- Joseph, A. L., & Afifi, T. D. (2010). Military wives' stressful disclosures to their deployed husbands: The role of protective buffering. *Journal of Applied Communication Research*, 38(4), 412–434. https://doi.org/10.1080/00909882.2010.513997
- Kaila, H. L. (2007). Women managers in Indian organizations. *Journal of the Indian Academy of Applied Psychology*, 33(1), 93–102. Retrieved from http://search.proquest.com/docview/621625865?accountid=44542 LA English
- Kathuria, C. (2019, February 26). Army wives on the risks of being in the line of duty.

 Retrieved from https://www.shethepeople.tv/news/india-attacks-pakistan-army-wives-speak-risks-duty/

- Knapp, T. S., & Newman, S. J. (1993). Variables related to the psychological well being of army wives during the stress of an extended military separation. *Military Medicine*, 158, 77-80.
- Knox, J., & Price, D. H. (1995). The Changing American Military Family: Opportunities for Social Work. *Social Service Review*, 69(3), 479–497. https://doi.org/10.1086/604136
- Larsen, J. L., Clauss-Ehlers, C. S., & Cosden, M. A. (2015). An exploration of army wives'
- responses to spousal deployment: Stressors and protective factors. *Couple and Family Psychology: Research and Practice*, 4(4), 212–228. https://doi.org/10.1037/cfp0000049
- Latha, K.S., & Reddy, H. (2006). Patterns of stress, coping styles and social supports among. *J. Indian Assoc. Child Adolesc. Ment. Health* 2006; 3(1): 5-10. Retrieved from https://jiacam.org/ojs/index.php/JIACAM/article/view/246/239
- Lazarus, R. S. (1966). Psychological stress and the coping process. New York: McGraw-Hill.
- Lazarus, R. S. (1993). Coping theory and research: Past, present, and future. *Psychosomatic Medicine*, 55, 234-247.
- Lazarus, R. S., & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Springer.
- Lazarus, R. S., & Folkman, S. (1986). Cognitive Theories of Stress and the Issue of Circularity. In M. H. Appley, & R. Trumbull (Eds.), Dynamics of Stress. *Physiological, Psychological, and Social Perspectives* (pp. 63-80). New York: Plenum. https://doi.org/10.1007/978-1-4684-5122-1_4
- Li, M., Mardhekar, V., & Wadkar, A. (2012). Coping strategies and learned helplessness of employed and nonemployed educated married women from India. *Health Care for Women International*, 33(5), 495-508. doi:10.1080/07399332.2011.646373

- Lyon, B. L. (2012). Stress, coping, and health: A conceptual overview (update). In V. H. Rice (Ed.), Handbook of stress, coping, and health: Implications for nursing research, theory, and practice (p. 2–20). Sage Publications, Inc.
- Malhotra, S., & Shah, R. (2015). Women and mental health in India: An overview. *Indian Journal of Psychiatry*, 57(Suppl 2), S205–S211. https://doi.org/10.4103/0019-5545.161479
- Mansfield, A. J., Kaufman, J. S., Marshall, S. W., Gaynes, B. N., Morrissey, J. P., & Engel,C. C. (2010). Deployment and the use of mental health services among U.S. Armyspouses. New England Journal of Medicine, 362, 101-109.
- Marnocha, S. (2012). Military Wives' Transition and Coping: Deployment and the Return Home. *ISRN Nursing*, 2012, 1–8. https://doi.org/10.5402/2012/798342
- Matud, M. P. (2004). Gender differences in stress and coping styles. *Personality and Individual Differences*, 37(7), 1401–1415. doi:10.1016/j.paid.2004.01.010
- Mayor, E. (2015). Gender roles and traits in stress and health. *Frontiers in psychology*, 6, 779. https://doi.org/10.3389/fpsyg.2015.00779
- McCubbin, H. I, Dahl, B. B, Lester, G. R, Benson, D., & Robertson, M. L. (1976). Coping repertoires of families adapting to prolonged war-induced separations. *Journal of Marriage and the Family*, 38(3), 461–471. https://doi.org/10.2307/350415
- Mehta, M. (2012). A study of stress and stress coping strategies of entrepreneurs with regard to their multi-tasking roles. The M. S. University of Baroda.

- Miles, M. B., Huberman, M. A., & Saldaña (2014). Qualitative data analysis: a methods sourcebook and the coding manual for qualitative researchers. Thousand Oaks, CA: SAGE.
- Mondal, P. (1996). Psychiatry in ancient India: Toward an alternative standpoint. *NIMHANS Journal*, 14(3), 166–99.
- Moore, K. A., & Cooper, C. L. (1996). Stress in mental health professionals: a theoretical overview. *International Journal of Social Psychiatry*, 42(2), 82–89. https://doi.org/10.1177/002076409604200202
- Naidu, M. (2011). Indian women in marriage: When the sacred marriage thread becomes a noose. Routledge Taylor & Francis Group, (December), 37–41.
 https://doi.org/10.1080/10130950.2011.575587
- Nakano, K. (1991). Coping strategies and psychological symptoms in a Japanese sample. *Journal of Clinical Psychology*, 47(3), 346–350. https://doi.org/10.1002/1097-4679(199105)47:3<346::AID-JCLP2270470304>3.0.CO;2-H
- Nath, A., Venkatesh, S., Balan, S., Metgud, C. S., Krishna, M., & Murthy, G. (2019). The prevalence and determinants of pregnancy-related anxiety amongst pregnant women at less than 24 weeks of pregnancy in Bangalore, Southern India. *International journal of women's health*, 11, 241–248. https://doi.org/10.2147/IJWH.S193306
- National Health Portal. (2015, April 2). Women's Health. Retrieved from https://www.nhp.gov.in/healthlyliving/women-s-health
- Nelson, L. S., Marlowe, J., & Grandin, D. (1987). Coping with Separation: An analysis of outcomes and strategies used by working and nonworking wives during routine deployment. Part A.

- Padden, D. L., Connors, R. A, & Agazio, J. G. (2011). Stress, coping, and well-being in military spouses during deployment separation. Western Journal of Nursing Research, 33(2), 247–67. doi:10.1177/0193945910371319
- Pestonjee, D.M. and Singh, U.B. (1983). EDP managers: An organizational behaviour study.

 Manuscript, Indian Institute of Management, Ahmedabad, Gujarat, India.
- Pittman, J. F., Kerpelman, J. L., & McFadyen, J. M. (2004). Internal and external adaptation in Army families: Lessons from Operations Desert Shield and Desert Storm. *Family*
- Relations, 53(3), 249–260. https://doi.org/10.1111/j.0197-6664.2004.0001.x
- Prabhu, S.G., & Shekhar, R. (2017). Resilience and perceived social support among school-going adolescents in Mangaluru. *Indian J Soc Psychiatry* 2017;33:359-64.
- Prakash, J. (2008). Psychiatric morbidity in temporarily separated wives of serving soldiers.

 AFMC Pune.
- Prakash, J., Bavdekar, R., & Joshi, S. (2011). The woes of waiting wives: Psychosocial battle at homefront. *Medical Journal Armed Forces India*, 67(1), 58–63. doi:10.1016/S0377-1237(11)80016-X
- Press Trust of India. (2015, March 8). Indian women play multiple roles, but ignore health.

 Times of India. Retrieved from https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Indian-women-play-multiple-roles-but-ignore-health/articleshow/46491974.cms
- Rana, U. S. (2017, December 27). 20% Sailor Shortage in Navy, 15% Officer Posts Vacant In Army, Nirmala Sitharaman Tells Parliament. News18.com. Retrieved from:

- http://www.news18.com/news/india/20-sailor-shortage-in-navy-15-officer-posts-vacant-in-army-nirmala-sitharaman-tells-parliament-1616303.html
- Rao, K., Apte, M., & Subbakrishna, D. K. (2003). Coping and subjective wellbeing in women with multiple roles. *The International Journal of Social Psychiatry*, 49(3), 175–184. https://doi.org/10.1177/00207640030493003
- Rice, V. H. (Ed.). (2012). Handbook of stress, coping, and health: Implications for nursing research, theory, and practice (2nd ed.). Sage Publications, Inc.
- Rossetto, K. R. (2010). "You can freak out or deal with it": Military wives' perspectives on communication and family resilience, coping, and support during deployment. Dissertation Abstracts International Section A: Humanities and Social Sciences, 70(9-A), 3271.

 Retrieved from http://gateway.proquest.com/openurl?url_ver=Z39.882004&rft_val_fmt=info:ofi/fmt:kev:mtx:dissertation&res_dat=xri:pqdiss&rft_dat=xri:pq diss:3372644%5Cnhttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=psy c6&NEWS=N&AN=2010-99050-348
- Runge, C. E., Waller, M., MacKenzie, A., & McGuire, A. C. (2014). Spouses of military members' experiences and insights: qualitative analysis of responses to an open-ended question in a survey of health and wellbeing. *PloS one*, 9(12), e114755. https://doi.org/10.1371/journal.pone.0114755
- Sarrasin, O., Mayor, E. & Faniko, K. (2014). Gender traits and cognitive appraisal in young adults: the mediating role of locus of control. *Sex Roles* 70, 122–133 (2014). https://doi.org/10.1007/s11199-013-0336-6
- Satpathy. B. (2018). Pancha kosha theory of personality. International Journal of Indian Psychology, 6(2), 33-39. DIP:18.01.105/20180602, DOI:10.25215/0602.105 (12) (PDF)

- Pancha Kosha Theory of Personality. Retrieved from https://www.researchgate.net/publication/326258350_Pancha_Kosha_Theory_of_Person ality [accessed Feb 14 2020].
- Schneiderman, N., Ironson, G., & Siegel, S. D. (2008). Stress and health: Psychological, behavioral, and biological determinants. Annual review of clinical psychology. doi: 10.1146/annurev.clinpsy.1.102803.144141 Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2568977/?report=classic
- Scott, C. J. (2010). Optimal Stress: Living in your best stress zone. John Wiley & Sons, Inc., Hoboken, New Jersey.
- Segerstrom, S. C., & Miller, G. E. (2004). Psychological stress and the human immune system: a meta-analytic study of 30 years of inquiry. *Psychological Bulletin*, 130(4), 601–630. https://doi.org/10.1037/0033-2909.130.4.601
- Selye, H. (1956). The stress of life. New York. McGraw-Hill.
- Selye, H. (1983) The Stress Concept: Past, Present and Future. In: Cooper, C.L., Ed., Stress Research Issues for the Eighties, *John Wiley & Sons*, New York, 1-20.
- Singh, K. (2013). Indian Military Thought KURUKSHETRA to KARGIL and Future Perspectives. Lancer Publishers LLC, Atlanta, GA.
- Spielberger, C. (1979). Understanding stress and anxiety. Harper and Row Publishers, New York.
- Stokols, D. (1979). A congruence analysis of human stress. In I. G. Sarason & C. D. Spielberger (Eds.), *Stress and anxiety*, Vol. 6. New York: John Wiley.

- Suman, M. (2010). Women in the armed forces. Indian Defence Review. Vol 25.1 Jan-Mar 2010.
- Sumra, M. K., & Schillaci, M. A. (2015). Stress and the multiple-role woman: Taking a closer look at the "Superwoman". *PLoS ONE* 10(3): e0120952. https://doi.org/10.1371/journal.pone.0120952
- Tashakkori, A., & Teddlie, C. (1998). Mixed methodology: Combining qualitative and quantitative approaches. Thousand Oaks, CA: Sage.
- Tobin, D.L. (2001). User Manual for the COPING STRATEGIES INVENTORY.
- Tobin, D. L., & Griffing, A. S. (1995). Coping and depression in Bulimia Nervosa. *International Journal of Eating Disorders*, 18(4), 359-363.
- Tobin, D. L., Holroyd, K.A., Reynolds, R. V.C, & Wigal, J. (1985). The hierarchical structure of coping. Presented at the meeting of the Society of Behavioral Medicine, New Orleans.
- VandenBos, G. R. (Ed.). (2007). APA Dictionary of Psychology. American Psychological Association.
- Verma, N., & Singh, A. (2014). Stress Management and Coping Embedded in the Bhagwad Gita. *Indian Journal of Health and Wellbeing*, 5(4), 517-519–519.
- Vimala, B., & Madhavi, C. (2009). A study on stress and depression experienced by women IT professionals in Chennai, India. *Psychology Research and Behaviour Management*, 2, 81–91. Retrieved from http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=3218769&tool=pmcentrez&r endertype=abstract.

- Wang, J., Korczykowski, M., Rao, H., Fan, Y., Pluta, J., Gur, R. C., McEwen, B. S., & Detre,
 J. A. (2007). Gender difference in neural response to psychological stress. *Social cognitive and affective neuroscience*, 2(3), 227–239.
 https://doi.org/10.1093/scan/nsm018
- Weiten, W., and Lloyd, M. A. (2005). Psychology applied to modern life: Adjustment in the 21st century. 8th edn, Thomson Wadsworth Publishing, Belmont, CA.
- Wheeler, A. R. (2009). While they are at war: Stress and coping in army national guard spouses. ProQuest LLC. University of Nebraska.
- WHO Definition of Health. (2003). Retrieved from http://www.who.int/about/definition/en/print.html
- Wong, K. F. E., Yik, M., and Kwong, J. J. (2006). Understanding the emotional aspects of escalation of commitment: The role of negative affect. *Journal of Applied Psychology*, 91, 2, 15.
- Yaribeygi, H., Panahi, Y., Sahraei, H., Johnston, T. P., & Sahebkar, A. (2017). The impact of stress on body function: A review. *EXCLI journal*, 16, 1057–1072. https://doi.org/10.17179/excli2017-480