

APPENDIX - V

Table 1: Distribution of Career Women by Age in Different Employment Organisations

Year of Age	Employment Organisation									
	University		Research		Bank		Government		Industry	
	N	%	N	%	N	%	N	%	N	%
< 28	8	8.00	6	6.12	3	2.88	26	14.77	6	9.52
29-36	24	24.00	26	26.53	33	31.73	61	34.66	10	15.87
37-44	20	20.00	49	50.00	44	42.31	41	23.30	24	38.10
45-52	35	35.00	16	16.33	18	17.31	39	22.16	23	36.51
> 53	13	13.0	1	1.02	6	5.77	9	5.11	00	00
TOTAL	100	100	98	100	104	100	176	100	63	100
MEAN	42.1		39.2		39.9		37.8		40.4	
S.D.	9.42		6.45		6.60		8.56		7.55	

Table 2: Distribution of Career Women by Level of Education in Different Employment Organisations

Level of Education	Employment Organisations									
	University		Research		Bank		Government		Industry	
	N	%	N	%	N	%	N	%	N	%
Engineering Diploma	-	-	25	25.51	-	-	-	-	30	47.61
Graduation	-	-	3	3.06	42	40.38	38	21.89	9	14.29
P.G.Diploma	5	5.00	-	-	1	0.96	4	2.27	1	1.59
Professional Degree	10	10.00	23	23.47	10	9.62	28	15.91	17	26.98
Post Graduation	61	61.00	32	32.65	51	49.04	103	58.52	5	7.94
M.Phil.	13	13.00	-	-	-	-	2	1.14	-	-
Ph.D.	11	11.00	15	15.31	-	-	1	0.57	1	1.59
TOTAL	100	100	98	100	104	100	176	100	63	100

Table 3: Distribution of Career Women by Motivators for Persuing Education and Career

Motivators	Education				Career			
	First		Second		First		Second	
Father	186	34.38	104	19.22	133	24.58	78	14.42
Mother	151	27.91	132	24.40	103	19.04	97	17.93
Parents	73	13.49	13	2.40	31	5.73	12	2.22
Self	36	6.65	121	22.37	69	12.75	152	28.10
Friends	12	2.22	19	3.51	33	6.10	31	5.73
Teacher	26	4.81	43	7.94	27	5.00	31	5.73
Brother	29	5.36	39	7.21	32	5.91	31	5.73
Sister	13	2.40	20	3.70	15	2.77	18	3.33
Spouse	3	0.55	30	5.54	76	14.05	66	12.20
Other Family Members	12	2.22	20	3.70	22	4.17	25	4.61
TOTAL	541	99.99	541	99.99	541	100	541	100

Table 4. Distribution of the Respondents by Their Mean Personal and Family Income in Different Employment Organizations

Sr No.	Organization	Total Personal Income Per Month in Rs.		Total Family Income Per Month in Rs.	
		Mean	S.D.	Mean	S.D.
1.	Institutes of higher education	8431.2	923.07	19,668	8,198.54
2.	National research organizations	10438	2435.99	21,464	8,499.14
3.	Banking institutions	14183	1439.8	20,918	5,685.13
4.	Government establishments	7884.1	1222.85	16,682	5,566.92
5.	Industry	9741.9	217.77	19,270	4,457.53
	TOTAL	9875.1	2769.54	19,216	6,884.36

Table 5 : Distribution of Career Women by the Mean Time Spent in a day on Various Activities in Different Employment Organisations

Activities	Mean Time Spent in Hours Employment Organisations				
	Institutes of Higher Education N = 100	National Research Organisations N = 98	Banking Institutions N = 104	Government Establishments N = 176	Industry N = 63
Paid Work	8.2	11.7	8.1	9.0	9.8
Rest, Sleep and Leisure	6.4	3.9	7.4	7.1	5.7
Care of Family Members	3.6	3.2	3.2	2.9	2.5
Cooking	3.3	2.9	3.0	2.8	3.4
Marketing and Management	1.7	1.6	1.5	1.5	2.0
Personal Care	0.8	0.7	0.8	0.7	0.6
TOTAL	24.0	24.0	24.0	24.0	24.0

Table 6 : Distribution of Career Women by the Mean Time Spent on Paid Work in Different Employment Organisations

Employment Organisation	Mean Time Spent in Hours N = 541	
	In Employment Organisation	On Office Work in Family Organisation
Institutes of Higher Education	7.2	1.0
National Research Organization	10.6	1.1
Banking Institutions	7.9	0.2
Government Establishments	8.4	0.6
Industry	9.3	0.5
TOTAL	8.6	0.7

Table 7: Distribution of Career Women by the Means of Transport Utilized by Them to go to Employment Organisation

Sr. No.	Means of Transport	Employment Organization					Total
		University	National Research Organization	Banking Institutions	Government Establishment	Industry	
1.	Auto	33 (33.0)	7 (7.1)	23 (22.1)	16 (9.1)	-	79 (14.6)
2.	City Bus	44 (44.0)	36 (36.7)	51 (49.0)	112 (63.6)	1 (1.6)	244 (45.1)
3.	Own Vehicle	19 (19.0)	27 (27.6)	29 (27.9)	48 (27.3)	17 (27.0)	140 (25.9)
4.	Office Vehicle	-	26 (26.5)	1 (1.0)	-	44 (69.8)	71 (13.1)
5.	By Walk	4 (4.0)	2 (2.0)	-	-	1 (1.6)	7 (1.3)
	TOTAL	100 (100)	98 (100)	104 (100)	176 (100)	63 (100)	541 (100)

(Percentages in Parantheses)

Table 8 : Distribution of Career Women by the Type of Transport Problems Faced by Them

Sr. No.	Type of Transport Problem	Employment Organisation					Total
		University N=100	National Research Organization N = 98	Banking Institutions N = 104	Govern ment Establis hment N = 176	Industry N=63	
1.	Rush during peak hours	18 (51.44)	11 (50.0)	30 (73.17)	62 (65.96)	-	121 (63.02)
2.	Non-availability of buses in time	9 (25.71)	-	1 (2.44)	11 (11.70)	-	21 (10.94)
3.	Traffic Jam	5 (14.29)	9 (40.90)	10 (24.39)	10 (10.64)	-	34 (17.71)
4.	Heavy Traffic	1 (2.86)	1 (4.55)	-	7 (7.45)	-	9 (4.69)
5.	Long Distance	1 (2.86)	1 (4.55)	-	3 (3.19)	-	5 (2.60)
6.	Expensive	1 (2.86)	-	-	1 (1.06)	-	2 (1.04)
	TOTAL	35 (100)	22 (100)	41 (100)	94 (100)	-	192 (100)

(Percentages in Parantheses)

Table 9: Distribution of Career Women based on the power of control delegation and decision making enjoyed by them in different employment organisations

N = 541

Characteristics	Employment Organisation									
	Institutes of Higher Education N = 100		National Research Organisation N = 98		Banking Institutions N = 104		Government Establishments N = 176		Industry N = 63	
	N	%	N	%	N	%	N	%	N	%
Power of Control	30	30.0	24	24.5	24	23.1	53	30.1	9	14.3
Power of Delegation	50	50.0	39	39.8	44	42.3	95	54.0	37	58.7
Participation in Decision making	64	64.0	44	44.9	27	26.0	84	47.7	22	34.9
Family Organisation										
Power of Control	77	77.0	78	79.6	83	79.8	117	66.5	39	61.9
Power of Delegation	74	74.0	72	73.5	77	74.0	128	72.7	40	63.5
Participation in Decision making	94	94.0	88	89.8	94	90.4	142	80.7	61	96.8

Multiple Responses

Table 10. Distribution of the Respondents by Type of Family in Different Employment Organization

Type of Family Organization	Employment Organization									
	Inst. H.E.		N.R. O.		Bank		Govt. Estt.		Industry	
	N	%	N	%	N	%	N	%	N	%
Joint	49	49.0	36	36.7	31	29.8	56	31.8	17	27.0
Nuclear	51	51.0	62	63.3	73	70.2	120	68.2	46	73.0
TOTAL	100	100	98	100	104	100	176	100	63	100

Table 11. Distribution of Career Women by Number of Family Members in Different Employment Organisations

Number of Family Members	Employment Organisation									
	Institutes of Higher Education		National Research Organisations		Banking Institutes		Government Establishments		Industry	
	N	%	N	%	N	%	N	%	N	%
2	2	2.0	1	1.0	-	-	3	1.7	-	-
3	14	14.0	26	26.5	19	18.3	50	28.4	15	23.8
4	25	25.0	32	32.7	50	48.1	54	30.7	31	49.2
5	31	31.0	24	24.5	23	22.1	42	23.9	13	20.6
6	26	26.0	13	13.3	10	9.6	25	14.2	4	6.3
Above 6	2	2.0	2	2.0	2	2.0	2	1.2	-	-
TOTAL	100	100	98	100	104	100	176	100	63	99.9
MEAN	4.8		4.3		4.3		4.3		4.1	
SD	1.24		1.09		0.97		1.16		0.84	

Table 12: Distribution of Career Women by Their Sources of Family Income in Different Employment Organisations

Sr. No.	Sources of Family Income	Organisation					Total
		University	National Research Organization	Banks	Government Organization	Industry	
		N=100	N = 98	N=104	N=176	N=63	N=541
1.	House Rent	18 (18.0)	18 (18.4)	13 (12.5)	21 (11.9)	12 (19.0)	82 (15.2)
2.	Interest on Bank Deposits	10 (10.0)	13 (13.3)	12 (11.5)	25 (14.2)	1 (1.6)	61 (11.3)
3.	Agriculture Income	4 (4.0)	5 (5.1)	5 (4.8)	12 (6.8)	2 (3.2)	28 (5.2)

Percentages in paranthesis

Table 14. Career Women by Number of Children in School Education in Different Employment Organizaitons

Number of Children	Employment Organization									
	Institutes of Higher Education		National Research Organizations		Banking Institutions		Government Establishments		Industry	
	N	%	N	%	N	%	N	%	N	%
0	49	49.0	32	32.7	43	41.3	84	47.7	31	49.2
1	28	28.0	30	30.6	17	16.3	53	30.1	16	25.4
2	18	18.0	35	35.7	43	41.3	30	17.0	13	20.6
3	3	3.0	1	1.0	1	1.0	8	4.5	2	3.2
4	2	2.0	-	-	-	-	1	0.6	1	1.6
TOTAL	100	100	98	100	104	100	176	100	63	100
MEAN	.8		1.1		1.0		.8		.9	
S.D.	.97		.85		.93		.97		1.36	

Table 15. Extent of Involvement in Household Work by Various Participants in Different Employment Organisations

N = 541

Participants	Employment Organization														
	Institutes of Higher Education			National Research Organizations			Banking Institutions			Government Establishments			Industry		
	Extent of Involvement N=100			Extent of Involvement N = 98			Extent of Involvement N = 104			Extent of Involvement N = 176			Extent of Involvement N = 63		
	N	MEAN %	SD	N	MEAN %	SD	N	MEAN %	SD	N	MEAN %	SD	N	MEAN %	SD
Respondent	100	54.8	20.40	98	48.9	18.78	103	58.4	17.81	173	55.7	17.77	63	52.1	16.96
Spouse	79	18.6	10.98	87	18.7	10.58	73	18.4	10.82	115	22.2	14.29	56	21.3	12.44
Children	39	16.8	13.25	49	11.9	10.62	48	17.1	15.54	45	16.5	15.87	29	12.1	11.38
Other Family Members	29	16.8	13.54	29	14.1	12.47	26	24.2	18.37	50	25.7	16.42	19	17.1	15.48
Servants	78	24.5	16.06	83	28.9	17.85	76	20.9	14.01	120	28.3	17.61	50	23.1	14.53

Table 16: Distribution of the Career Women by husband's contribution in carrying out multiple roles

N = 541

	Employment Organisation										Total	
	Institute of Higher Education		National Research Organisation		Banking Institution		Government Establishment		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
Husbands attitude towards career	90	90.0	87	88.8	85	81.7	137	77.8	57	90.5	456	84.3
Support from husband to carry out multiple roles	88	88.0	85	86.7	83	79.8	113	75.6	54	85.7	443	81.9
Husband lend an ear to their problems	81	81.0	77	78.6	77	74.0	135	76.7	50	79.4	420	77.6
Husband gets time to spend with them	86	86.0	78	79.6	76	73.1	135	76.7	52	82.5	427	78.9
Husband's role more comfortable	65	65.0	63	64.3	77	74.0	115	65.3	46	73.0	366	67.7

Table 17 : Distribution of Career Women by Their Length of Service in Employment Organisation

Number of Years of Service	Employment Organisation									
	University		National Research Organization		Banking Institutions		Government Establishment		Industry	
	N	%	N	%	N	%	N	%	N	%
3 - 10	30	30.00	24	24.49	14	13.46	62	35.23	10	15.87
11 - 18	19	19.00	33	33.67	54	57.92	53	30.11	11	17.46
19 - 26	32	32.00	34	34.70	26	25.00	45	25.57	34	53.97
27 - 34	19	19.00	7	7.14	10	9.62	16	9.09	8	2.70
TOTAL	100	100	98	100	104	100	176	100	63	100
MEAN	18.4		16.3		17.6		15.2		19.6	
S.D.	10.39		7.09		6.79		9.18		7.27	

Table 18 : Distribution of Career Women by the Year in Which Their Career was Started

Period of Career	Employment Organisation										Total	
	Institutes of Higher Education		National Reseach Organisations		Banking Institutions		Government Establishments		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
1958-1963	7	7.0	-	-	2	1.9	2	1.1	-	-	11	2.0
1964-1969	12	12.0	5	5.1	4	3.8	8	4.5	6	9.5	35	6.5
1970-1975	29	29.0	20	20.4	21	20.2	38	21.6	25	39.7	133	24.6
1976-1981	12	12.0	37	37.8	32	30.8	29	16.5	17	27.0	127	23.5
1982-1987	11	11.0	15	15.3	37	35.6	42	23.9	7	11.1	112	20.7
1988-1994	29	29.0	21	21.4	8	7.7	57	32.4	8	12.5	123	22.7
TOTAL	100	100	98	100	104	100	176	100	63	100	541	100

Table 19 : Distribution of Career Women by the Time at Which The Career was Started

The Time the Career Started	Employment Organisation										Total	
	Institutes of Higher Education		National Research Organizations		Banking Institutions		Government Establishments		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
1. Before marriage	70	70.0	65	66.3	80	76.9	131	74.4	51	81.1	397	73.4
2. Soon after marriage	12	12.0	24	24.6	12	11.5	27	15.3	6	9.5	81	15.0
3. After the birth of first child	8	8.0	7	7.1	10	9.6	10	5.7	3	4.8	38	7.0
4. After the birth of two children	-		-		-		1	0.6	1	1.6	2	0.4
5. When the last child started going to school	10	10.0	2	2.0	2	1.9	7	4.0	2	3.2	23	4.3
TOTAL	100	100	98	100	104	100	176	100	63	100	541	100

Table 20: Distribution of Career Women based on the reasons for break of service in different employment organisations

N = 541

Reasons	Employment Organisations					Total
	Institutes of Higher Education	National Research Organizations	Banking Institutions	Government Establishments	Industry	
1. Marriage	2 (14.3)	5 (20.8)	3 (15.0)	3 (5.6)	-	13 (10.9)
2. Child birth	4 (28.6)	9 (37.5)	10 (50.0)	30 (55.6)	-	53 (44.5)
3. Family Obligations	1 (7.1)	3 (12.5)	3 (15.0)	9 (16.7)	-	16 (13.4)
4. Transfer of spouse	3 (21.4)	5 (20.8)	3 (15.0)	8 (14.8)	-	19 (16.0)
5. Self transfer	-	1 (4.2)	1 (5.0)	1 (1.9)	-	3 (2.3)
6. Further education	4 (28.6)	-	-	-	-	4 (3.4)
7. Dissatisfaction with job	-	1 (4.2)	-	-	-	1 (0.8)
8. Sick	-	-	-	3 (5.6)	2 (28.6)	5 (4.2)
9. Strike	-	-	-	-	5 (71.4)	5 (4.2)
TOTAL	14 (100)	24 (100)	20 (100)	54 (100)	7 (100)	119 (100)

Percentages in Parantheses

Table 21. Distribution of Career Women Based on the Duration of Break in Their Service in Different Employment Organisations

N = 541

Sr. No.	Employment Organisation	Duration of Interruptions (in months)														Total	
		1-6		7-12		13-18		19-24		Above 24		First	Second	First	Second	First	Second
		First	Second	First	Second	First	Second	First	Second	First	Second						
1.	University	4 (28.4)	1 (50.0)	3 (21.4)	-	-	-	2 (14.3)	-	5 (35.5)	1 (50.0)	14 (11.76)	-	24 (20.17)	2 (6.45)	14 (11.76)	2 (6.45)
2.	National Research Organisation	8 (33.3)	4 (44.4)	10 (41.7)	2 (22.2)	3 (12.6)	1 (11.1)	-	2 (22.2)	3 (12.6)	-	24 (20.17)	2 (29.63)	9 (29.63)	9 (29.63)	24 (20.17)	9 (29.63)
3.	Banks	5 (25.0)	3 (50.0)	8 (40.0)	1 (16.7)	3 (15.0)	-	4 (20)	2 (33.3)	-	-	20 (16.81)	2 (19.35)	20 (16.81)	6 (19.35)	20 (16.81)	6 (19.35)
4.	Government Organisation	17 (31.6)	6 (42.8)	25 (46.4)	6 (42.8)	5 (9.3)	2 (14.1)	6 (11.2)	-	1 (1.9)	-	54 (46.38)	-	54 (46.38)	14 (45.16)	54 (46.38)	14 (45.16)
5.	Industry	6 (85.7)	-	-	-	1 (14.3)	-	-	-	-	-	7 (5.88)	-	7 (5.88)	-	7 (5.88)	-
	TOTAL	40 (33.6)	14 (45.1)	46 (38.6)	9 (29.1)	12 (10.1)	3 (9.6)	12 (10.1)	4 (12.9)	9 (7.6)	1 (3.2)	119 (100)	4 (12.9)	119 (100)	31 (99.99)	119 (100)	31 (99.99)

(Percentage in Parantheses)

Table 22 : Frequency and Percentage distribution of the sample in different organisations by scores on - Employment Organisation Stressors Scle (EOSS)

Range of Scores	Employment Organisation										Total	
	Institutes of Higher Education		National Research Organisations		Banking Institutions		Government Establishments		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
Work Stressors												
< 24	3	3.0	7	7.1	-	-	2	1.1	3	4.7	15	2.77
25-40	34	34.0	38	38.8	33	31.7	56	31.8	35	55.6	196	36.23
41-56	62	62.0	53	54.1	69	66.3	113	64.2	25	39.3	322	59.52
57-72	1	1.0	-		2	1.9	5	2.8	-	-	8	11.48
> 73	-		-		-		-		-		-	
Role Stressors												
< 24	6	6.0	9	9.2	6	5.8	8	4.5	10	15.9	39	7.21
25-40	33	33.0	37	37.8	38	36.5	62	35.2	30	47.6	200	36.97
41-56	60	60.0	52	53.0	58	55.8	103	58.5	23	36.5	296	54.71
57-72	1	1.0	-		2	1.9	3	1.7	-	-	6	1.11
> 73	-		-		-		-		-		-	
Personal Development Stressors												
< 21	2	2.0	4	4.1	3	2.9	4	2.3	2	3.2	15	2.77
22-35	29	29.0	33	33.7	25	24.0	46	26.1	29	46.0	162	29.94
36-49	65	65.0	52	53.0	67	64.4	109	61.9	32	50.8	325	60.07
50-63	4	4.0	9	9.2	9	8.7	17	9.7	-	-	39	7.21
> 64	-		-		-		-		-		-	
Interpersonal Relations Stressors												
< 24	7	7.0	2	2.0	1	1.0	8	4.5	1	1.6	19	3.51
25-40	31	31.0	39	39.8	46	44.2	58	33.0	36	57.1	210	38.82
41-56	62	62.0	55	56.1	56	53.8	108	61.4	26	41.3	307	56.75
57-72	-	-	2	2.0	1	1.0	2	1.1	-	-	5	0.92
> 73	-		-		-		-		-		-	
Organisational Climate Stressors	17-59		17-49		19-56		16-56		18-46		16-59	
< 21	6	6.0	10	10.2	3	2.9	6	3.4	5	7.9	30	5.55
22-35	27	27.0	27	27.6	38	36.5	38	21.6	26	41.3	156	28.84
36-49	64	64.0	61	62.2	61	58.7	127	72.2	32	50.8	345	63.77
50-63	3	3.0	-	-	2	1.9	5	2.8	-	-	10	1.84
> 64	-		-		-		-		-		-	
Overall Stressors												
< 114	3	3.0	2	2.0	-	-	2	1.1	-	-	7	1.29
115-190	31	31.0	38	38.8	36	34.6	48	27.2	39	61.9	192	35.49
191-266	66	66.0	58	59.2	67	64.4	126	71.6	24	38.1	341	63.03
267-342	-		-		1	1.0	-		-		1	0.18
> 343	-		-		-		-		-		-	

Table 23 : Frequency and Percentage distribution of Career Women by scores on Family Organisation Stressors Scale

Range of Scores	Employment Organisation										Total	
	Institutes of Higher Education		National Research Organisations		Banking Institutions		Government Establishments		Industry			
	N = 100		N = 98		M = 104		N = 176		N = 63			
	N	%	N	%	N	%	N	%	N	%	N	%
Work Stressors												
< 21	4	4.00	7	7.14	2	1.92	12	6.82	3	4.76	28	5.18
22-35	33	33.00	38	38.78	36	34.62	50	28.41	36	57.14	193	35.67
36-49	63	63.00	53	54.08	63	60.58	108	61.36	24	38.10	311	57.49
50-63	-	-	-	-	3	2.88	6	3.741	-	-	9	1.66
> 64	-	-	-	-	-	-	-	-	-	-	-	-
Role Stressors												
< 22.5	8	8.00	9	9.18	4	3.85	12	6.82	4	6.35	37	6.84
22.6-37.5	28	28.00	35	35.71	39	37.50	46	26.14	30	47.62	178	32.90
37.6-52.5	64	64.00	54	55.10	59	56.73	111	63.06	29	46.03	317	58.60
52.6-67.5	-	-	-	-	2	1.92	7	3.98	-	-	9	1.66
> 67.6	-	-	-	-	-	-	-	-	-	-	-	-
Personal Development Stressors												
< 19.5	12	12.00	15	15.31	8	7.69	22	12.50	10	15.87	67	12.38
19.6-32.5	25	25.00	33	33.67	41	39.42	41	23.30	31	49.21	171	31.61
32.6-45.5	55	55.00	48	48.98	47	45.19	100	56.82	22	34.92	272	50.28
45.6-58.5	8	8.00	2	2.04	8	7.69	13	7.38	-	-	31	5.73
> 58.6	-		-		-		-		-		-	
Interpersonal Relations Stressors												
> 22.5	7	7.00	10	10.20	7	6.73	15	8.52	4	6.35	43	7.95
22.6-37.5	38	38.00	25	25.51	31	29.81	36	20.45	33	52.38	163	30.13
37.6-52.5	51	51.00	60	61.22	61	58.65	119	67.61	26	41.27	317	58.60
52.6-67.5	4	4.00	3	3.06	5	4.81	6	3.41	-	-	18	3.32
> 67.6	-	-	-	-	-	-	-	-	-	-	-	-
Organisational Climate Stressors	15-55		15-55		15-63		15-58		15-47		15-63	
> 22.5	8	8.00	17	17.35	13	12.50	17	9.66	10	15.87	65	12.01
22.6-37.5	27	27.00	22	22.45	31	29.81	32	18.18	27	43.86	139	25.69
37.6-52.5	63	63.00	57	58.16	57	54.81	123	69.89	26	41.27	326	60.26
52.6-67.5	2	2.00	2	2.04	3	2.88	4	2.27	-	-	11	2.03
> 67.6	-	-	-	-	-	-	-	-	-	-	-	-

Table 23 (Contd...)

Overall Stressors												
< 108	4	4.00	8	8.16	3	2.88	7	3.98	3	4.76	25	4.62
109-180	34	34.00	32	32.65	37	36.68	42	23.86	37	58.73	182	33.64
181-252	62	62.00	58	59.18	62	59.62	126	71.59	23	36.57	331	61.18
253-324	-	-	-	-	2	1.92	1	0.57	-	-	3	0.55
> 325	-	-	-	-	-	-	-	-	-	-	-	-

Table 24 : Frequency and Percentage distribution of the sample from different employment organisations by scores on Employment Organisation Stress Coping Strategies (EOSCS) Scale

Range of Scores	Employment Organisation										Total	
	Institutes of Higher Education		National Research Organisations		Banking Institutions		Government Establishments		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
> 22.5	1	1.00	1	1.02	-		-		-		2	0.37
22.6-37.5	5	5.00	10	10.20	8	7.69	12	6.82	6	9.52	41	7.58
37.6-52.5	80	80.00	67	68.40	79	75.96	139	78.98	42	66.67	407	75.23
52.6-67.5	14	14.00	20	20.40	16	15.38	23	13.07	12	19.05	85	15.7
> 67.6	-		-		1	0.96	2	1.13	3	4.76	6	1.11
TOTAL	100		98	100	104	99.99	176	100	63	100	541	100
Mean	45.5		45.9		46.6		45.4		47.2		45.9	
S.D.	6.10		8.45		7.02		6.68		8.23		7.19	

Table 25: Frequency and Percentage distribution of the sample from different employment organisations by scores on Family Organisation Stress Coping Strategies (FO-SCS) Scale

Range of Scores	Family Organisation										Total	
	Institutes of Higher Education		National Research Organisations		Banking Institutions		Government Establishments		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
> 22.5	-	-	-	-	-	-	-	-	-	-	-	-
22.6-37.5	3	3.00	-	-	4	3.85	2	1.14	3	4.76	12	2.22
37.6-52.5	74	74.00	70	71.43	75	72.11	138	78.41	48	76.19	405	74.86
52.6-67.5	22	22.00	24	24.49	24	23.08	31	17.61	11	17.46	112	20.70
> 67.6	1	1.00	4	4.08	1	0.96	5	2.84	1	1.59	12	2.22
TOTAL	100	100	98	100	104	100	176	100	63	100	541	100
Mean	48.5		49.6		48.9		48.2		48.0		48.6	
S.D.	6.43		7.14		7.17		7.11		7.59		7.06	

Table 26 : Frequency and Percentage distribution of the sample from different organisations by scores on Employment Organisation Social Support Scale

Range of Scores	Employment Organisation										Respondents	
	Institutes of Higher Education		National Research Organisations		Banking Institutions		Government Establishments		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
< 24	3	3.0	1	1.0	-	-	2	1.1	-	-	6	1.11
25-40	17	17.0	32	32.7	33	31.7	79	44.9	21	33.3	182	33.64
41-56	50	50.0	52	53.1	55	52.9	80	45.5	32	50.8	269	49.72
57-72	29	29.0	12	12.2	15	14.4	14	8.0	10	15.9	80	14.79
> 73	1	1.0	1	1.0	1	1.0	1	0.5	-	-	4	0.74
TOTAL	100	100	98	100	104	100	176	100	63	100	541	100
Mean	49.3		45.9		45.7		42.4		46.7		45.4	
S.D.	11.60		10.86		9.69		9.68		10.46		10.61	

Table 27 : Frequency and Percentage distribution of the sample from different organisations by scores on Family Organisation Social Support Scale

Range of Scores	Employment Organisation										Respondents	
	Institute of Higher Education		National Research Organisation		Banking Institu-tion		Government Establish-ment		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
< 24	-	-	1	1.0	1	1.0	2	1.1	-	-	4	0.74
25-40	6	6.0	3	3.1	10	9.6	9	5.1	2	3.2	30	5.55
41-56	20	20.0	25	25.5	28	26.9	53	30.1	18	28.6	144	26.62
57-72	58	58.0	59	60.2	55	52.9	93	52.8	39	61.9	304	56.19
> 73	16	16.0	10	10.2	10	9.6	19	10.8	4	6.3	59	10.90
TOTAL	100	100	98	100	104	100	176	100	63	100	541	100
Mean	61.8		60.7		57.7		59.2		60.3		59.8	
S.D.	12.27		10.94		11.61		11.70		9.14		11.43	

Table 28: Distribution of the respondents by the scores earned on extent of stress experienced in different employment organisations

Range of Scores	Employment Organisation										Total	
	Institute of Higher Education		National Research Organisation		Banking Institu-tion		Government Establish-ment		Industry			
	N	%	N	%	N	%	N	%	N	%	N	%
0-4	29	29.0	22	22.4	32	30.8	50	28.4	24	38.1	157	29.0
5 - 9	37	37.0	45	45.9	34	32.7	84	47.7	22	34.9	222	41.0
10 - 14	23	23.0	21	21.4	20	19.2	28	15.9	11	17.5	103	19.0
15 - 19	9	9.0	6	6.1	9	8.6	11	6.2	4	6.3	39	7.2
20 - 24	2	2.0	3	3.1	6	5.8	2	1.1	-	-	13	2.4
25 - 29	-	-	1	1.0	2	1.0	1	0.6	1	1.6	5	0.9
30 - 34	-	-	-	-	1	1.0	-	-	-	-	1	0.2
35 - 39	-	-	-	-	-	-	-	-	1	1.6	1	0.2
40 - 44	-	-	-	-	-	-	-	-	-	-	-	-
45 - 49	-	-	-	-	-	-	-	-	-	-	-	-
50	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL	100	100	98	99.9	104	100	176	99.9	63	100	541	99.9

Table 29 : Perceived Level of Career Role Fulfilment

Scores	Institutes of Higher Educating		National Research Organization		Banking Institutes		Government Establishments		Industry		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
0	1	1.0	1	1.02	6	5.77	2	1.14	3	4.76	13	2.40
1-3	51	51.1	31	31.63	38	36.54	86	48.86	11	17.46	217	40.11
4-6	39	39.0	58	59.18	51	49.04	74	42.04	44	69.84	266	49.17
7-9	8	8.0	8	8.16	8	7.69	12	6.82	4	6.35	40	7.39
10	1	1.0	-	-	1	0.96	2	1.14	1	1.59	5	0.92
TOTAL	100	100	98	99.99	104	100	176	100	63	100		
Mean	3.7		4.2		3.8		3.7		5.3		4.0	
S.D.	1.81		1.65		1.91		1.72		6.01		2.67	
0	-	-	-	-	3	2.88	1	0.57	1	1.59	5	0.92
1-3	7	7.0	12	12.24	15	14.42	32	18.18	3	4.76	69	12.75
4-6	62	62.0	59	60.20	70	67.31	112	63.64	32	50.79	335	61.92
7-9	29	29.0	27	27.55	15	14.42	30	17.04	26	41.27	127	23.48
10	2	2.0	-	-	1	0.96	1	0.57	1	1.59	5	0.92
TOTAL	100	100	98	99.99	104	99.99	176	100	63	100		
Mean	5.6		5.6		4.8		4.7		7.1		5.3	
S.D.	1.67		1.60		1.85		1.73		8.84		3.48	
0	-	-	-	-	3	2.88	-	-	1	1.59	4	0.74
1-3	1	1.0	1	1.02	5	4.81	16	9.09	1	1.59	24	4.44
4-6	14	14.0	27	27.55	53	50.96	110	62.50	14	22.22	218	40.30
7-9	70	70.00	57	58.16	32	30.77	36	20.45	41	65.08	236	43.62
10	15	15.00	13	13.27	11	10.58	14	7.95	6	9.52	59	10.90
TOTAL	100	100	98	100	104	100	176	99.99	63	100	-	-
Mean	7.8		7.2		6.0		5.8		8.9		6.8	
S.D.	1.58		1.69		2.30		1.99		11.67		4.48	

Table 30 : Distribution of Career Women by Perceived Level of Familial Role Fulfilment

Scores	Institutes of Higher Educating		National Research Organization		Banking Institutes		Government Establishments		Industry		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
0	1	1.0	1	1.02	4	3.85	4	2.27	3	4.76	13	2.40
1-3	29	29.0	30	30.61	31	29.81	53	30.11	19	30.16	162	29.94
4-6	57	57.0	55	56.12	57	54.81	105	59.66	30	47.62	304	56.19
7-9	11	11.00	11	11.22	9	8.65	12	6.82	9	14.29	52	9.61
10	2	2.0	1	1.02	3	2.88	2	1.14	2	3.17	10	1.85
TOTAL	100	100	98	99.99	104	100	176	100	63	100	541	99.99
Mean	4.4		4.3		4.1		4.0		5.6		4.4	
S.D.	2.02		1.98		2.11		1.79		9.12		3.62	
0	-	-	-	-	-	-	1	0.57	1	1.59	2	0.37
1-3	3	3.0	11	11.22	14	13.46	25	14.20	5	7.94	58	10.72
4-6	49	49.0	57	58.16	65	62.50	105	59.66	37	58.73	313	57.86
7-9	46	46.0	28	28.57	20	19.23	42	23.86	17	26.98	153	28.28
10	2	2.0	2	2.04	5	4.81	3	1.70	3	4.76	15	2.77
TOTAL	100	100	98	99.99	104	100	176	99.99	63	100	541	100
Mean	6.3		5.6		5.4		5.4		7.0		5.8	
S.D.	1.64		1.91		1.88		1.87		9.55		3.70	
0	-	-	-	-	-	-	-	-	1	1.59	1	0.18
1-3	2	2.0	5	5.10	7	6.73	9	5.11	1	1.59	24	4.44
4-6	10	10.0	35	35.71	45	43.27	52	29.55	19	30.16	161	29.76
7-9	62	62.0	42	42.85	42	40.38	93	52.84	29	46.03	268	49.54
10	26	26.0	16	16.32	10	9.62	22	12.50	13	20.63	87	16.08
TOTAL	100	100	98	99.99	104	100	176	100	63	100	541	100
Mean	8.4		7.0		6.7		7.0		8.8		7.4	
S.D.	1.66		2.01		2.13		1.98		11.75		4.45	

Table 31 : Distribution of Respondents by Responses on Items on EOSS

Item No.	Frequency											
	Always		Frequently		Sometimes		Rarely		Never		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
8.1	43	7.9	135	25	174	32.2	140	25.9	49	9.1	541	100
8.2	138	25.5	119	22	182	33.6	83	15.3	19	3.5	541	100
8.3	42	7.8	68	12.6	129	23.8	119	22	183	33.8	541	100
8.4	206	38.1	138	25.5	88	16.3	77	14.2	32	5.9	541	100
8.5	78	14.4	78	14.4	151	27.9	110	20.3	124	22.9	541	100
8.6	153	28.3	129	23.8	121	22.4	93	17.2	45	8.3	541	100
8.7	42	7.8	70	12.9	107	19.8	116	21.4	206	38.1	541	100
8.8	143	26.4	116	21.4	126	23.3	86	15.9	70	12.9	541	100
8.9	83	15.3	90	16.6	134	24.8	142	26.2	92	17.0	541	100
8.10	58	10.7	83	15.3	189	34.9	104	19.2	107	19.8	541	100
8.11	141	26.1	127	23.5	118	21.8	95	17.6	60	11.1	541	100
8.12	112	20.7	108	20.0	132	24.4	95	17.6	94	17.4	541	100
8.13	46	8.5	70	12.9	126	23.3	149	27.5	150	27.7	541	100
8.14	197	36.4	123	22.7	105	19.4	65	12.0	51	9.4	541	100
8.15	121	22.4	78	14.4	118	21.8	100	18.5	124	22.9	541	100
8.16	54	10.0	70	12.9	92	17.0	127	23.5	198	36.6	541	100
8.17	64	11.8	92	17.0	109	20.1	98	18.1	178	32.9	541	100
8.18	48	8.9	73	13.5	163	30.1	111	20.5	146	27.0	541	100
8.19	141	26.1	124	22.6	118	21.8	99	18.3	59	10.9	541	100
8.20	66	12.2	78	14.4	118	21.8	120	22.2	159	29.4	541	100
8.21	55	10.2	95	17.6	152	28.1	111	20.5	128	23.7	541	100
8.22	151	27.9	140	25.9	110	20.3	78	14.4	62	11.5	541	100
8.23	58	10.7	88	16.3	150	27.7	136	25.1	109	20.1	541	100
8.24	42	7.8	77	14.2	108	20.0	130	24.0	184	34.0	541	100
8.25	116	21.4	121	22.4	139	25.7	97	17.9	68	12.6	541	100
8.26	164	30.3	134	24.8	128	23.7	78	14.4	37	6.8	541	100
8.27	42	7.8	95	17.6	116	21.4	121	22.4	167	30.9	541	100
8.28	207	38.3	114	21.1	100	18.5	73	13.5	47	8.7	541	100
8.29	114	21.1	114	21.1	142	26.2	84	15.5	87	16.0	541	100
8.30	85	15.7	142	26.2	67	12.4	84	15.5	163	30.1	541	100
8.31	151	27.9	182	33.6	127	23.5	51	9.4	30	5.5	541	100
8.32	244	45.1	127	23.5	117	21.6	41	7.6	12	2.2	541	100
8.33	45	8.3	83	15.3	137	25.3	120	22.2	156	28.8	541	100
8.34	77	14.2	107	19.8	142	26.2	120	22.2	95	17.6	541	100
8.35	107	19.8	101	18.7	143	26.4	101	18.7	89	16.5	541	100
8.36	106	19.6	95	17.6	118	21.8	106	19.6	116	21.4	541	100
8.37	115	21.3	140	25.9	114	21.1	92	17.0	80	14.8	541	100
8.38	52	9.6	59	10.9	101	18.7	93	17.2	236	43.6	541	100
8.39	136	25.1	125	23.1	132	24.4	79	14.6	69	12.8	541	100
8.40	138	25.5	147	27.2	135	25.0	77	14.2	44	8.1	541	100
8.41	81	15.0	96	17.7	138	25.5	103	19.0	123	22.7	541	100
8.42	88	16.3	115	21.3	119	22.0	98	18.1	12	2.2	541	100
8.43	59	10.9	100	18.5	112	20.7	113	20.9	157	29.0	541	100
8.44	60	11.1	94	17.4	134	24.8	112	20.7	141	26.1	541	100

Table 31 (Contd...)

8.45	73	13.5	99	18.3	141	26.1	110	20.3	118	21.8	541	100
8.46	131	24.2	133	24.6	143	26.4	90	16.6	44	8.1	541	100
8.47	60	11.1	78	14.4	112	20.7	131	24.2	160	29.6	541	100
8.48	46	8.5	81	15.0	151	27.9	137	25.3	126	23.3	541	100
8.49	124	22.9	115	21.3	139	25.7	98	18.1	65	12.0	541	100
8.50	168	31.1	134	24.8	128	23.7	65	12.0	46	8.5	541	100
8.51	86	15.9	115	21.3	126	23.3	99	18.3	115	21.3	541	100
8.52	57	10.5	69	12.8	118	21.8	110	20.3	187	34.6	541	100
8.53	155	28.7	145	26.8	133	24.6	70	12.9	38	7.0	541	100
8.54	132	24.4	132	24.4	157	29.0	79	14.6	41	7.6	541	100
8.55	56	10.4	99	18.3	137	25.3	119	22.0	130	24.0	541	100
8.56	191	35.3	134	24.8	113	20.9	73	13.5	30	5.5	541	100
8.57	77	14.2	110	20.3	145	26.8	96	17.7	113	20.9	541	100
8.58	120	22.2	121	22.4	147	27.2	104	19.2	49	9.1	541	100
8.59	58	10.7	84	15.5	118	21.8	120	22.2	161	29.8	541	100
8.60	197	36.4	161	29.8	102	18.9	54	10.0	27	5.0	541	100
8.61	46	8.5	89	16.5	92	17.0	90	16.6	224	41.4	541	100
8.62	62	11.5	72	13.3	121	22.4	87	16.1	199	36.8	541	100
8.63	134	24.8	133	24.6	133	24.6	90	16.6	51	9.4	541	100
8.64	43	7.9	182	33.6	130	24.0	92	17.0	94	17.4	541	100
8.65	80	14.8	97	17.9	149	29.5	107	19.8	108	20.0	541	100
8.66	206	38.1	120	22.2	133	24.6	69	12.8	13	2.4	541	100
8.67	57	10.5	70	12.9	144	26.6	151	27.9	119	22.0	541	100
8.68	106	19.6	130	24.0	140	25.9	112	20.7	53	9.8	541	100
8.69	77	14.2	109	20.1	165	30.5	124	22.9	66	12.2	541	100
8.70	42	7.8	75	13.9	132	24.4	131	24.2	161	29.8	541	100
8.71	55	10.2	88	16.3	120	22.2	138	25.5	140	25.9	541	100
8.73	73	13.5	104	19.2	140	25.9	111	20.5	113	2.6	541	100
8.74	173	32.0	148	27.4	109	20.1	75	13.9	36	6.7	541	100
8.75	60	11.1	130	24.0	153	28.3	110	20.3	88	16.3	541	100
8.76	110	20.3	135	25	157	29.0	87	16.1	52	9.6	541	100

Table 32 : Distribution of Respondents by Responses on Items on FOSS

Item No.	Frequency											
	Always		Frequently		Sometimes		Rarely		Never		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
9.1	205	37.9	241	44.5	73	13.5	17	3.1	5	.9	541	100
9.2	218	40.3	157	29.0	124	22.9	37	6.8	5	.9	541	100
9.3	214	39.6	126	23.3	126	23.3	55	10.2	20	3.7	541	100
9.4	97	17.9	105	19.4	176	32.5	116	21.4	47	8.7	541	100
9.5	66	12.2	85	15.7	167	30.9	137	25.3	86	15.9	541	100
9.6	140	25.9	132	24.4	124	22.9	96	17.7	49	9.1	541	100
9.7	107	19.8	102	18.8	152	28.1	100	18.5	80	14.8	541	100
9.8	48	8.9	94	17.4	139	25.7	149	27.5	111	20.5	541	100
9.9	144	26.6	176	32.5	107	19.8	88	16.3	26	4.8	541	100
9.10	204	37.7	139	25.7	105	19.4	58	10.7	35	6.5	541	100
9.11	68	12.6	110	20.3	156	28.8	119	22	88	16.3	541	100
9.12	73	13.5	111	20.5	132	24.4	127	33.5	98	18.1	541	100
9.13	123	22.7	138	25.5	137	25.3	78	14.4	65	12.0	541	100
9.14	74	13.7	99	18.3	134	24.8	123	22.7	111	20.5	541	100
9.15	142	26.2	166	30.7	135	25.0	75	13.9	23	4.3	541	100
9.16	204	37.7	200	37.0	76	14.0	43	7.9	18	3.3	541	100
9.17	244	45.1	161	29.8	88	16.3	36	6.7	12	2.2	541	100
9.18	17	12.9	110	20.3	145	26.8	104	19.2	112	20.7	541	100
9.19	58	10.7	114	21.1	172	31.8	119	22.0	78	14.4	541	100
9.20	165	30.5	145	26.8	124	22.9	73	13.5	34	6.3	541	100
9.21	182	33.6	142	26.2	106	19.6	71	13.1	40	7.4	541	100
9.22	64	11.8	91	16.8	143	26.4	129	23.8	114	21.1	541	100
9.23	65	12	78	14.4	86	15.9	117	21.6	195	36.0	541	100
9.24	57	10.5	85	15.7	107	19.8	115	21.3	177	32.7	541	100
9.25	109	20.1	156	28.8	127	23.5	102	18.9	47	8.7	541	100
9.26	161	29.8	141	26.1	123	22.7	78	14.4	38	7.0	541	100
9.27	84	15.5	93	17.2	109	20.1	104	19.2	151	27.9	541	100
9.28	12	22.4	12	22.4	108	20.0	84	15.5	107	19.8	541	100
9.29	204	37.7	135	25.0	96	17.7	62	11.5	44	8.1	541	100
9.30	86	15.9	19	16.6	110	20.3	130	24.0	125	23.1	541	100
9.31	61	11.3	87	16.1	100	20.0	123	22.7	162	29.9	541	100
9.32	79	14.6	111	20.5	143	26.4	120	22.2	88	16.3	541	100
9.33	61	11.3	85	15.7	90	16.6	84	15.5	221	40.9	541	100
9.34	163	30.1	171	31.6	101	18.7	70	12.9	36	6.7	541	100
9.35	51	9.4	83	15.3	117	21.6	111	20.5	179	33.1	541	100
9.36	50	9.2	71	13.1	105	19.4	102	18.9	213	39.4	541	100
9.37	151	27.9	170	31.4	105	19.4	74	13.7	41	7.6	541	100
9.38	167	30.9	135	25.0	131	24.2	71	13.1	37	6.8	541	100
9.39	140	25.9	161	29.8	123	22.7	65	12.0	52	9.6	541	100
9.40	56	10.4	93	17.2	117	21.6	99	18.3	176	32.5	541	100
9.41	147	27.2	147	27.2	117	21.6	81	15.0	49	9.1	541	100
9.42	174	32.2	154	28.5	105	19.4	73	13.5	35	6.5	541	100
9.43	82	15.2	96	17.7	116	21.4	99	18.3	148	27.4	541	100
9.44	82	15.2	93	17.2	125	23.1	102	18.9	139	25.7	541	100

Table 32 (Contd...)

9.45	224	41.4	130	24.0	101	8.7	48	8.9	38	7.0	541	100
9.46	132	24.4	139	25.7	127	23.3	81	15.0	63	11.6	541	100
9.47	70	12.9	91	16.8	130	24.0	104	19.2	146	27.0	541	100
9.48	143	26.4	138	25.5	118	21.8	81	15.0	61	11.3	541	100
9.49	166	30.7	129	23.8	126	23.3	76	14.0	44	8.1	541	100
9.50	66	12.2	203	37.5	130	24.0	76	14.0	66	12.2	541	100
9.51	168	31.1	155	28.7	149	27.5	45	8.3	24	4.4	541	100
9.52	120	22.2	130	24.0	159	29.4	83	15.3	49	9.1	541	100
9.53	211	39.0	115	21.3	123	22.7	62	11.5	30	5.5	541	100
9.54	76	14	88	16.3	137	25.3	97	17.9	143	26.4	541	100
9.55	226	41.8	113	20.9	92	17.0	69	12.8	41	7.6	541	100
9.56	50	9.2	79	14.6	116	21.4	70	12.9	226	418	541	100
9.57	91	16.8	10	18.7	89	16.5	86	15.9	174	32.2	541	100
9.58	234	43.3	131	24.2	86	16.1	60	11.1	29	5.4	541	100
9.59	78	14.4	92	17.0	122	22.6	125	23.1	124	32.9	541	100
9.60	60	11.1	113	20.9	97	17.9	108	19.8	164	30.3	541	100
9.61	262	48.4	108	20.0	96	17.7	52	9.61	23	4.3	541	100
9.62	79	14.6	88	16.3	130	24.0	141	26.1	103	19.0	541	100
9.63	143	26.4	152	28.1	114	21.1	90	16.6	42	7.8	541	100
9.64	175	52.3	141	26.1	120	22.2	63	11.6	42	7.8	541	100
9.65	63	11.6	103	19.0	95	17.6	107	19.8	173	32.0	541	100
9.66	66	12.2	106	19.6	91	16.8	116	21.4	162	29.9	541	100
9.67	157	29.0	164	30.3	110	20.3	68	12.6	42	7.8	541	100
9.68	57	10.5	95	17.6	125	23.1	99	18.3	165	30.5	541	100
9.69	186	34.4	150	27.7	108	20.0	68	12.6	29	5.4	541	100
9.70	80	14.8	97	17.9	145	26.8	100	18.5	119	22.8	541	100
9.71	189	34.9	141	26.1	122	22.6	68	12.6	21	3.9	541	100
9.72	80	14.8	131	24.2	171	31.6	92	17.0	67	12.4	541	100

Table 33 : Distribution of Respondents by Responses on PGI Health Questionnaire N-2

N=541

S.No.	STATEMENTS	N	%
10.1	I often get watering eyes.	81	15.0
10.2	I feel heaviness of the eyes.	111	20.5
10.3	I feel burning sensation in the eyes	115	21.3
10.4	My appetite is not good.	96	17.7
10.5	My digestion is poor.	118	21.8
10.6	I get belching (burp)	95	17.6
10.7	My taste remains bad.	53	9.8
10.8	I often get wind formation in stomach.	122	22.6
10.9	I feel heaviness of stomach and often it gets distended.	116	21.4
10.10	I have to go to toilet straight after meals.	19	3.5
10.11	I feel sick in stomach.	22	13.3
10.12	I get vomiting.	30	5.5
10.13	I always feel thirsty.	86	15.9
10.14	I have got fears like- fear of dark, crowds, closed space etc.	63	11.6

Table 33 (Contd...)

10.15	I find trouble in getting off to sleep or staying asleep.	117	21.6
10.16	I feel run down (hunt, catch)	44	8.1
10.17	I get shakes of hands or body.	36	6.7
10.18	I suffer from backache.	203	37.5
10.19	I feel tired all the time.	128	33.7
10.20	I wish to do everything but I can't	174	32.2
10.21	I don't feel like doing anything	63	11.6
10.22	I feel heaviness in the head.	109	20.1
10.23	I feel as if head is going to explode.	52	99.6
10.24	I often get headaches	174	32.2
10.25	I feel "heat" coming out of the body.	101	18.7
10.26	I get pessimistic ideas.	73	13.5
10.27	I get sinking sensation.	47	8.7
10.28	I get palpitation of heart.	68	12.6
10.29	I get empty headedness.	65	12.0
10.30	I find difficulty in urination.	37	6.8
10.31	I get panic or fainting attacks.	38	7.0
10.32	I feel edgy (nervous/tense).	77	14.2
10.33	I feel my "brain is getting weak".	57	10.5
10.34	I am becoming forgetful.	162	29.9
10.35	I feel scared if someone speaks loud.	101	18.7
10.36	I remain frightened all the time; not sure what will happen next.	61	11.3
10.37	I feel mixed up (confused) when I talk to others.	66	12.2
10.38	I can't tolerate noises.	167	30.9
10.39	I get easily irritated.	116	21.4
10.40	I have become superstitious.	62	11.5
10.41	Many silly ideas come into my head.	78	14.4
10.42	I can't forget the past happenings.	172	31.8
10.43	I don't feel like talking and mixing with others.	73	13.5
10.44	I feel like crying.	33	6.1
10.45	I don't feel happy.	38	7.0
10.46	I don't feel interested enough in the family.	38	7.0
10.47	I feel like going away somewhere.	72	13.3
10.48	Many times I wish I was dead.	27	5.0
10.49	I am afraid that I may or have become the victim of some incurable disease.	31	5.7
10.50	I find no relief even after consulting many doctors.	31	5.7
10.51	I never lose my temper.	83	15.3
10.52	All my habits are good.	169	31.2
10.53	I always speak the truth	195	36.0
10.54	I always remain calm and composed.	163	30.1
10.55	Nothing irritates me.	113	20.9
10.56	I never hide anything from anybody.	115	21.3
10.57	I never indulge in back biting.	206	38.1
10.58	I don't like people praising me.	154	28.5
10.59	I never speak nonsense.	217	40.1
10.60	I like everybody without exception.	116	21.4

Table 34 : Distribution of Respondents by Responses on Items on SSEO

Item No.	Frequency											
	Always		Frequently		Sometimes		Rarely		Never		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
18.1	55	10.2	119	22.0	226	41.8	12	22.4	20	3.7	541	100
18.2	34	6.3	101	18.7	216	39.9	151	27.9	39	7.2	541	100
18.3	34	6.3	78	14.4	200	37.0	175	32.3	54	10.0	541	100
18.4	26	4.8	80	14.8	145	26.8	185	34.2	105	19.4	541	100
18.5	113	20.9	118	21.8	148	27.4	107	19.8	55	10.8	541	100
18.6	56	10.4	106	19.6	184	34.1	131	24.2	64	11.8	541	100
18.7	98	18.1	111	20.5	166	30.7	122	22.6	44	8.1	541	100
18.8	42	7.8	104	19.2	184	34.0	132	24.4	79	14.6	541	100
18.9	39	7.2	120	22.2	149	27.5	135	25.0	98	18.1	541	100
18.10	52	9.6	111	20.5	167	30.8	137	25.3	74	13.7	541	100
18.11	49	9.1	81	15.0	142	26.2	131	24.2	138	25.5	541	100
18.12	34	6.3	113	20.9	187	34.6	137	25.3	70	12.9	541	100
18.13	32	5.9	97	17.9	162	29.9	163	30.1	87	16.1	541	100
18.14	33	6.1	100	18.5	170	31.4	153	28.3	85	15.7	541	100
18.15	57	10.5	110	20.3	182	33.6	118	21.8	74	13.7	541	100
18.16	36	6.7	84	15.5	188	34.8	142	26.2	91	16.8	541	100

Table 35 : Distribution of Respondents by Responses on Items on SSFO

Item No.	Frequency											
	Always		Frequently		Sometimes		Rarely		Never		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
19.1	126	23.3	254	47.0	128	23.7	29	5.4	4	0.7	541	100
19.2	162	29.9	222	41.0	108	20.0	41	7.6	8	1.5	541	100
19.3	146	27.0	188	34.8	120	22.2	62	11.5	25	4.6	541	100
19.4	148	27.4	150	27.7	144	26.6	50	9.2	49	9.1	541	100
19.5	172	31.8	168	31.1	108	20.0	57	10.5	36	6.7	541	100
19.6	184	34.0	185	34.2	114	21.1	33	6.1	25	4.6	541	100
19.7	142	26.2	175	32.3	129	23.8	71	13.1	24	4.4	541	100
19.8	151	27.9	155	28.7	142	26.2	55	10.2	38	7.0	541	100
19.9	167	30.9	160	29.6	125	23.1	64	11.8	25	4.6	541	100
19.10	192	35.5	187	34.4	109	20.1	40	7.4	14	2.6	541	100
19.11	202	37.3	159	29.4	113	20.9	50	9.2	17	3.1	541	100
19.12	132	24.4	174	32.2	160	29.6	49	9.1	26	4.8	541	100
19.13	165	30.5	179	33.1	123	22.7	57	10.5	17	3.1	541	100
19.14	137	25.3	172	31.8	137	25.8	54	10.0	41	7.6	541	100
19.15	157	29.0	164	30.3	151	27.9	56	10.4	13	2.4	541	100
19.16	157	29.0	185	34.2	138	25.5	39	7.2	22	4.1	541	100

Table 36: Mean Score on Practices Pursued to Overcome Manifestations of Stress

Practices	Frequency of Use										Total Score	Mean
	Always		Frequently		Sometimes		Rarely		Never			
	N	%	N	%	N	%	N	%	N	%		
I. Good for health												
Physical exercise	12	2.2	26	4.8	110	20.3	88	16.3	305	56.4	975	1.8
Yoga	15	2.8	29	5.4	90	16.6	66	12.2	341	63.0	859	1.6
Meditation	15	2.8	33	6.1	106	19.6	90	16.6	297	54.9	927	1.7
Relaxation training	24	4.4	35	6.5	137	25.3	98	18.1	247	45.7	994	1.8
Company of friends	49	9.1	78	14.4	167	30.9	107	19.8	140	25.9	1167	2.2
Company of family	77	14.2	109	20.1	147	27.2	80	14.8	128	23.7	1550	2.9
Listen to music	78	14.4	113	20.9	156	28.8	94	17.4	100	18.5	1598	3.0
Watch T.V.	57	10.5	108	20.0	159	29.4	93	17.2	124	22.9	1504	2.8
Go to temple	48	8.9	78	14.4	147	27.2	114	21.1	154	28.5	1375	2.5
Maintain silence	52	9.6	62	11.5	178	32.9	141	26.1	108	20.0	1432	2.6
Pursue hobbies	22	4.1	34	6.3	119	22.0	114	21.1	252	46.6	1083	2.0
Watch nature	27	5.0	41	7.6	101	18.7	132	24.4	240	44.1	1106	2.0
Take a trip to another city	24	4.4	69	12.8	134	24.8	125	23.1	189	34.9	1237	2.3
See a movie	36	6.7	67	12.4	146	27.0	127	23.5	165	30.5	1305	2.4
Buy some thing/ spend money	28	5.2	75	13.9	142	26.2	116	21.4	180	33.3	1278	2.4
Take a nap	42	7.8	109	20.1	160	29.6	107	19.8	123	22.7	1463	2.7
II. Bad for health												
Take sedatives or other drugs	9	1.7	43	7.9	99	18.3	166	30.7	224	41.4	1065	2.0
Eat extra	25	4.6	75	13.9	114	21.1	85	15.7	242	44.7	1179	2.2
Take tea or coffee	55	10.2	111	20.5	152	28.1	92	17.0	131	24.2	1490	2.8
Smoke cigarettes	-	-	-	-	-	-	-	-	541	100	541	1.0
Drink liquor/beer/ whisky	-	-	-	-	-	-	-	-	541	100	541	1.0