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Research Articals – 05

S.No	Title of paper	Name of journal	Year of publication	ISSN number	Link to article/paper/abstract of the article	Is it listed in UGC Care list/Scopus/Web of Science/other, mention
1	Home Science is a way of women empowerment	Knowledge Resonance Journal	2021	2231-1629	https://knowledgeresonance.com/	Yes
2	A Study Awareness about COVID 19 among Adolescent Girls	International Journal of Scientific Research in science and technology	2021	2395-602X	IJSRST, International Journal of Scientific Research in Science and Technology	UGC Care Listed Journals
3	Impact of climate change on Agriculture : in view of India	Vidyabharati International Interdisciplinary Research Journal	2022	ISSN :2319-4979	www.viral.org/specialissues/2022/SP2022	Yes
4	E-learning and Its challenges on rural area	International Journal of Scientific Research in Social Science and Technology	2023	ISSN: 2395-602 X ISSN:2395-6011	www.technoscienceacademy.com	Yes

Book Chapters – 1

Sl. No.	Title of the paper	Title of the book/chapters published	Year of publication	ISBN/ISSN number of the proceeding	Publication International/ National/ Local
1	Preventive ways of stress management for working women	Current trends in health wellness and life management	2022	ISBN: 978-93-94570-35-1	International



A Study on Awareness about COVID 19 among Adolescent Girls

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ABSTRACT

Present study was carried out to assess an awareness about COVID -19 among adolescent girls from 11 and 12 standards (15 - 16 years) residing in Pusad taluka of Yavatmal district, Maharashtra State. Awareness about COVID-19 was assessed using a Pre tested questionnaire through a personal interview method. Data was collected, tabulated and frequency calculated. the findings of study showed that 70 percent of adolescent girls were aware about following three preventive measures to protect from COVID 19, also take proper care i.e., wash hand and legs immediately, cloth were washed and use sanitizer after coming outside to home whereas 70 percent of adolescent girls were aware about following three preventive measures to protect from COVID 19, also take proper care i.e., wash hand and legs immediately, cloth are washed and use sanitizer after coming outside to home. It was observed that 62 percent of adolescent girls used sanitizer. Among the respondents, 83.1% and 74.9% indicated they prefer frequent hand washing with soap and water and use alcohol-based sanitizer, respectively and only 31 percent adolescent girls were knowing exactly time sanitizer used to clean hand. Majority of girls were unaware about nutritional care i.e. need to be change in dietary pattern or food intake for improving immunity power and necessity of maintaining sound health.

Keywords: Adolescent girls, COVID-19, awareness, nutritional care, preventive measurements.

1. INTRODUCTION

Global health experts and South Asian governments have expressed concern about the spread of COVID- 19 and potential for more than 7.6 million deaths in South Asia if no action were taken (Walker et al, 2020). India reported its first COVID-19 case on January 30, 2020 and numbers began to rise in late March 2020, (Johns Hopkins Corona virus Resource Center, 2020) albeit at a low rate, which may be attributed to several government policies including stopping all international flights and implementing a nation-wide lockdown at an early stage of the pandemic. By early April 2020, country officials had identified several areas as hotspots of COVID-19 infections in the country. India faces threat of a serious outbreak due to deep challenges in practicing social distancing and access to water and soap for hand washing (Austrian et al 2020).

Adequate nutrition is required for all cells, including those of the immune system, to function at their best (Childs et al 2019). An "activated" immune system additionally enhances energy demands during the SARS-CoV-2 infection, with an increased basal metabolic rate. Therefore, optimized nutrition for the best immune outcomes would be one that supports immune cell function by allowing them to engage robust responses to pathogens, but also to improve the responsiveness when appropriate, avoiding any underlying chronic inflammation. Cena et al (2020) suggest that to improve the efficiency of the immune system, it would be advisable to include specific foods in the diet as good sources of antioxidants, such as fresh fruit and vegetables, soy, nuts (Yahfoufi et al 2018), and omega-3 fatty acids all being low in saturated fats and trans fats (Seidemann et al 2018). These nutrients help to improve immunity power during Corona Pandemic.

It is essential to take personnel care and preventive measure during Corona Pandemic because the Corona is transmitted disease whereas nutritional care is necessary i.e. change in dietary pattern to food intake for improving immunity power to maintain sound health. On this background present study is carried out during the IInd phase of Corona Pandemic to assess an awareness about COVID-19 among adolescent girls about personnel care, preventive measure and nutritional care.

II. METHODOLOGY

Purposively 100 adolescent girls of 15-16 years studying in 11th and 12th class were selected from Pusad taluka of Yavatmal District. Collected information on awareness about Coronavirus focusing on personal preventive measures and awareness about personnel care against Corona- 19, collected by personal interview method with a pre-planned questionnaire.

Data was collected, tabulated and percentages were calculated to assess the awareness among adolescent girls towards COVID-19.

III. RESULT AND DISCUSSION

Table 1. Awareness about personnel preventive measure against COVID -19

Table 1 showed the information about personnel preventive measure against COVID -19. From the table it was noticed when asked how to protect yourself the responses were as follows 3 percent for maintaining social distance, 13 percent for use of mask, 14 percent for use of sanitizer and 70 percent adolescent girls gave responses for using the above three preventive measures. When asked adolescent girls What to do after coming home from outside, responses were as wash hand and legs (10 %), use of sanitizer (13%), wash wear cloth (7%) and 70 percent use all three preventive measures. When asked about hand cleaning majority responses getting for used sanitizer (62%) followed by soap (18%) and only use water 4 percent whereas 16 percent have no idea about hand cleaning. Response getting for at what exactly time hand should be scrub 31 percent responses getting for 20 seconds followed by 29 percent for 30 seconds, 27 percent for 10 seconds and 13 percent for 15 seconds. When asked about which ideal cloth mask responses getting for triple layer cloth mask 38 percent followed by 21 percent for single layer cloth mask and 15 percent responses for handkerchief whereas 26 percent had no idea respectively. Responses getting for type of mask majority responses for mask should cover nose and mouth (79%) whereas 13 percent and 3 percent responses for mask cover only mouth and cover face while remaining 5 percent have no idea about type of mask.

Table 2: Awareness about nutritional care during COVID -19

Table 2 depicted the information of awareness about nutritional care during COVID- 19. The question asked regarding the changes in diet, maintaining good health and requiring improving immunity power the responses recorded in yes or no. The response recorded for the changes in diet 24 percent of adolescents agree with change in diet while 76 percent were not agreeing with change in diet. Maintaining good health 24 percent adolescent girls were agree whereas 76 percent were not agreed while 29 percent adolescent were agreed for improving immunity and 71 percent were not agree for improving immunity.

IV. DISCUSSION

From table 1 it was observed that 70 percent of adolescent girls were aware about following three preventive measures to protect from covid 19, also take proper care i.e., wash hand and legs immediately, cloth were washed and use sanitizer after coming outside to home. Priya and Sheela (2020) observed that that majority of respondents have good knowledge (52.8%), average knowledge (43.50%) and 3.7% respondents had poor knowledge when conducting a survey among adolescent girls from Pune city.

It was observed that 62 percent of adolescent girls used sanitizer. Desalegn (2021) et al also observed the same during study on the public knowledge, attitude, and practice (KAP) and response of the service providers regarding COVID-19 most of the public had a positive attitude (60.7%) towards implementation of preventive measures against COVID-19.

Among the respondents, 83.1% and 74.9% indicated they prefer frequent hand washing with soap and water and use alcohol-based sanitizer, respectively and only 31 percent adolescent girls knew exactly the time sanitizer was used to clean their hands. In this context. It is necessary to get proper guidance regarding the correct way to clean hands by using sanitizer. In case of mask 38 percent responds for three-layer clothing mask and it was surprised that 79 percent adolescent girls knowing that mask should cover nose and mouth. It was noted that studied adolescent girls were well aware about personnel preventive measure against Corona-19. Where as from table 2, it was noted that majority of girls were unaware about nutritional care i.e. need to be change in dietary pattern or food intake for improving immunity power and also necessary to maintain sound health.

V. CONCLUSION

this survey was carried out during the second wave of corona-19 pandemic so it is urge to give proper education to adolescents to protect from Covid- 19 pandemic because adolescent is next responsible generation of Nation.

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Table1. Awareness about personnel preventive measure against COVID -19 (n=100)

S.No.	Awareness about personnel preventive measure against COVID -19	Percentage (%)
I	How to protect yourself	
A	Maintain social distance	3
B	Use of mask	13
C	Use of sanitizer	14
D	All of above	70
II	What to do after coming home from outside	
A	Wash hand and legs	10
B	Use sanitizer	13
C	wash clothes	7
D	All of above	70
III	Hand should be wash using	
A	only use water	4
B	Using soap	18
C	Using sanitizer	62
D	Using vinegar	16
IV	At what exactly time sanitizer used to clean hand	

A	10 seconds	27
B	20 seconds	31
C	15 seconds	13
D	30 seconds	29
V	Which is ideal mask	
A	Handkerchief	15
B	Single layer cloth mask	21
C	Tripple layer cloth mask	38
D	No idea	26
VI	What type of mask used	
A	Cover nose and mouth	79
B	Cover only mouth	13
C	Cover face	3
D	No idea	5

Table 2: Awareness about nutritional care during COVID -19 (n=100)

S. No.	Awareness about personnel care during COVID -19	Percentage (%)
I	Change in diet is required	
a	Yes	24
b	No	76
II	Maintaining good health is necessary	
a	Yes	24
b	No	76
III	Improving immunity is necessary	
A	Yes	29
B	No	71



E-Learning and Its Challenges on Rural Areas

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ABSTRACT

The present paper explored the challenges of E-learning with future solution in rural areas. E-learning is an not more effective tool for development of educational sector in rural area. E-learning is learning, utilizing electronic technologies to access educational curriculum outside of a traditional classroom. In most cases, it refers to a course, program or degree delivered completely online. The basic objective of this research paper is to understand concept of e-learning with its challenges.

Keywords: E-Learning, Rural Area, Challenges

I. INTRODUCTION

E-Learning is referred to as teaching and learning by using electronic media. This methodology supports the use of networking and communications technology in teaching and learning. E-Learning is generally meant for remote learning or distance learning, but can also be used in face-to-face mode.

E-learning is defined "as acquisition of knowledge and skill using electronic technologies such as computer and Internet based courseware and local and wide area networks." The term was introduced in 1995 when it was called "Internet based Training", then "Web-based Training" (to clarify that delivery could be on the Inter- or Intra-net), then "Online Learning" and finally e-learning, adopting the in vogue use of "e" during the .com boom.

Types of e- learning:

1] **Synchronous training:** Means "at the same time," involves interaction of participants with an instructor via the Web in real time.

a. **Virtual classroom:** Virtual classroom duplicates the features of a real classroom online. Participants interact with each other and instructors online, instant messaging, chat, audio and video conferencing etc.

2] **Asynchronous training:** Which means "not at the same time," allows the participant to complete the WBT at his own pace, without live interaction with the instructor.

a. **Embedded learning:** Embedded learning is information that is accessible on a self-help basis, 24/7. It can be delivered to the place of work, or to mobile learners. Electronic performance support system (EPSS) is a type of embedded learning. The advantage is that embedded learning offers learners the information they need whenever they need it.

b. Courses: The clear advantage of a self-paced course is convenience. Participants can get the training they need at any time. This can include just-in-time training where a participant gets exactly the training he or she needs to perform a task.

3] Discussion groups: A discussion group is a gathering of conversations that occur over time. They are also called message boards, bulletin boards and discussion forums. Discussion groups can be used to support a group of participants taking the same class or can be used to support participants performing related tasks. A discussion group is a very competent way to supply expert answers to a large group of people. A single answer to a common question can help many.

4] Blended learning: Most companies prefer to use a mix of both synchronous and asynchronous e-learning methods according to their requirement, which is also called as a mix-up of methods.

Keywords : E-Learning, Rural Area, Challenges

II. OBJECTIVES

1. To study the concept of e-learning.
2. To study the Challenges of e-learning in rural area.

III. METHODOLOGY

This study is based on secondary information which is collected through books and internet.

Challenges of online education in rural area

- ❖ The biggest challenge of the online education system is poor internet connection.
- ❖ It is very difficult for rural students to do any kind of lab work or practical in an online education system.
- ❖ Lack of skill among teachers in rural areas to use digital platform can be seen as another notable factor that affects the spread of online education.
- ❖ Those who live in the rural area, there is no proper system of electricity; due to this, students who live in the village cannot study through online education.
- ❖ In rural area, most of the students belong to the lower income category, so, not every student has a laptop, computer, and smart phone to study through online.
- ❖ Lack of infrastructure and hardware accommodation which hampers the reliability of e-education.
- ❖ There are many subjects on which students need practical learning, but in an e-learning system, it is very difficult to teach such subjects due to which students are unable to take practical education.
- ❖ Penetration of digital education among the female population in rural area. In the study, observed internet and literacy are primarily available to men. In such a scenario, it becomes even more challenging to enable women to access these resources.

IV. LITERATURE REVIEW

Dwivedi, Shri (2021) In this day and age, everyone wants to be educated, and the government is making every effort to make education free and mandatory for everyone. However, the COVID-19 has changed the overall situation, allowing people to work from home while students take classes online. However, the government is also making every effort to make education free and mandatory for everyone in this country. In this essay, we

will explore education for all and online learning in COVID-19, as well as the obstacles faced by rural students, as well as government-sponsored programmes and digital platforms, as well as their various advantages and disadvantages.

Deepshikha Aggarwal, suggested that use of E-Learning in vocational and informal training is very effective in a developing country like India where majority of population is illiterate and residing in rural areas. The regions where university infrastructure is not available people can access information and educate themselves via Web which is a very cheap solution and moreover will raise the level of education, literacy and economic development. Author summarised that the Indian market is in initial stage, but it will continue to acquire E-Learning teaching methodology in order to meet its educational need and enhancing business opportunities.

A study in South Africa and found that many rural learners are deprived of the online teaching-learning process, owing to a lack of digital gadgets to connect to the Internet, the learning management system, and software.

Sambad English Bureau 2020. A study conducted in Nepal shows that many students got disturbed during their online class because of electricity problems (63.2%), and because of Internet problems (63.6%). Similarly, about half of the teachers got troubled by their online teaching because of the power problems (42.3%), and because of Internet problems (48.1%) . News that children are sitting on the trees, near any high places or river banks for attending classes is seen through electronic media and social media platforms in Odisha.

V. CONCLUSION

Most of the students think that offline education is the best way of learning because students who live in rural areas do not get the proper guidance of handling the technology unavailability of the network, lack of resources to buy the necessary gadget and data, power problem, inadequate knowledge, not conducive home climate, and lack of direct contact between student and teacher. It is suggested here that proper training should be provided to both the students and teachers. Smartphones and other necessary extensions should be provided to economically poor students. Government of India should take some important steps for effective education specially in rural area.

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Current Trends in Health, Wellness and Lifestyle Management



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CURRENT TRENDS IN HEALTH, WELLNESS AND LIFESTYLE MANAGEMENT

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CONTENT

1. Management of NCDs - Diabetes, Hypertension & Cardiovascular Disease - Manvi Rastogi, Ishita Mishra.....	1
1.1 Diabetes:	1
1.2 Hypertension:	3
1.3 Cardiovascular Disease:.....	4
2. Women's Health - Dr. Kavita Kumari.....	6
2.1 Introduction:	6
2.2 Factors Influencing Health Status of Women:	7
2.3 Facts Based Information Related to Women Health:	8
2.4 Conclusions:	11
2.5 Recommendations:	11
2.6 References:	11
3. Preventive Ways of Stress Management for Working Women - Varsha P. Garule	13
3.2 Positive stress:	14
3.3 Negative Stress:	14
3.4 Preventive Ways of Stress:	16
3.5 Conclusion:	16
3.6 References:	17
4. Perceptions and Buying Behaviours of Health Foods - Dr. Chetna Agarwal	18
4.1 Introduction:	18
4.2 Eating as Behaviour Versus Eating as a Social Practice:	19
4.3 Food Classification:	20
5. Kokum-The Superfood of India - Sweeta Rani Rai, Ariba Sayeed.....	23
5.1 Introduction:	23
5.2 Components of Kokum:	24
5.3 Pharmacological and Biological Properties of Kokum:	26
5.4 Neuroprotective Effects:	28
5.5 Conclusion:	30
5.6 References:	30

3. Preventive Ways of Stress Management for Working Women

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3.1 Introduction:

In medieval period, agriculture was the main source of income. Joint family was the unit of society and the elder person in the family i.e. Karta was dealing with all the business of the family. Agriculture was the main source of their livelihood. Work was distributed and fixed according to the age and capacity of the member of the family. Women have respect but very little scope in this family structure. They were limited to cooking meals and nourish their child. Every member of the family has fixed, limited and routine work. Bread and butter were their primary need and they were happy with it. They have their limited world. There was poverty but no problem of stress in this era.

But in modern period, due to industrialization and development in information and technology world has become a small village. No doubt men and women have given equal rights. Science has given more facility to even a common man. But it create greed in every person. "Want of more and more" is the disease of this new world. Its finally results into stress. Men, women even a small children is facing a problem of stress.

Stress at work and at home is likely to become the biggest bugbear of the 21 century. Stress has already become more common than common cold as per research. It is difficult to make an exact definition of stress but broadly speaking it is any type of change that causes physical, emotional or psychological strain. Various scholars states different definition according to their thinking and views.

- According to Richard S. Lazarus, "Stress as a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize."
- According to Hans Selye, "Stress is the body's nonspecific response to a demand placed on it."

Some people thought that stress make bad impact on their duties. Due to burden of job and fear of loosing it, they are suffering from it. Stress is a reaction to a change or challenge. In the short term, stress can be helpful, it makes you more alert and gives you energy to get things done. But in long-term stress can lead to serious health problems. We can classified stress into two categories according to their result. Mainly positive stress and negative stress.

3.2 Positive stress:

Stress is said to be positive when the situation offers an opportunity for one to gain something. Eustress means beneficial stress-either psychological, physical or biochemical, radiological. It gives motivation which is necessary for performance. Positive stress gives us spirit to achieve success, to get more financial benefits.

3.3 Negative Stress:

Negative stress affects physiologically, emotionally and behaviorally which leads to several health problems. The process of physiological stress response starts from the moment the body realizes the presence of the stressor, followed by the sending of signals to the brain, and to the specific sympathetic and hormonal responses to eliminate, reduce or cope with the stress.

In this modern era of globalization, industrialization, information and technology each person apart from sex, race, caste and religion has given equal rights. Women are equally work with men in every field of life. Equal remuneration has been given for equal work.

In this busy and running life, women have to face dual responsibility i.e duties of office and work of home. As a result of this, they are suffering more stress as compare to men. It has been seen under the research that due to this stress, most of the working women are facing the problem of heart attack, headaches, accidents, depression and anxiety, upset stomach, problem in pregnancy and in menstrual cycle etc. There are various reasons behind it, such as...

- **Working women have various responsibilities** – Women have to play various roles while doing the service or jobs. Some essential work are necessary for them to do before going to job or duty such as cleaning home, preparing lunch box for husband and children, Nurturing of children is very important for working women. They can not avoid this while doing the official job or service. They cannot take their children at the office and nobody remain available for taking care of their children. This become very difficult situation for these working women.
- **Home work of Children-** With official work and house work, women have to take care of the studies of their children and to guide them time to time. This is very important duty on them. But due to less time and other extra household work, she could not spend more time. So they worried about the study and future of their children which create more stress on them.
- **Official work-** Sometime, women have to do office work at home also. Simultaneously they have to do regular house work. This burden of workload create pressure and cause anxiety in them.
- **Relatives-** We, the Indian people follow culture, norms, rituals, customs etc..."Atithi Devo Bhav" is a well known maxim that we follow. We give to much importance to our guest and treat them very respectfully. Relatives also don't hesitate to come once home frequently. Specially women have to give respect as well as hospitality and courtesies While doing all other works, women have to face with this difficult task. In all this type of situation they fill more stressful.

- **Other Programme-** Indian culture is very social and participation of women is part and parcel in them. So while doing all daily work, they have to attend all the other programme like marriage ceremony, engagement, birthday etc.
- **Lack of job satisfaction** - Today is the world of struggle and competition. So most of the people have to do the job or service in which they are not interested. For meeting the needs of livelihood and other necessary things such as children's education, hospital and medicinal spendings, women also do different job and contribute for home. They have educational qualification but cannot get the job as they like and enough remuneration. So they didn't get satisfaction in it and become the victim of stress.
- **Career stress** - During this period most of the economy of this world is running through corporate sector which is private and profit based. No doubt, it has its own benefit. It mainly gives emphasis more on production in less time with minimum spending. More job opportunities for men and women are available in this sector but there is no security in job. It required maximum work in minimum time, so they could get more profit. In this fatal situation women worker suffer with more stress.

According to the National Women Health Information Center, the effect of stress on women's physical and emotional health can range from headaches to irritable bowel syndrome. In this busy life, women are facing specific effects of stress such as....

- **Eating disorders:** This may have something to do with stress levels. Like depression. This illness has been linked to low level of serotonin and is often treated with serotonin-boosting antidepressant drugs.
- **Stomach ailments:** Stress can make you reach for junk or comfort foods, or upset your stomach to the point that you feel like you can't eat. Common stress-related stomach troubles include cramps, bloating, heartburn and even irritable bowel syndrome. Depending on how you respond, these can lead to weight loss or weight gain.
- **Skin reaction:** Stress can lead to breakouts and even itchy rashes and hives in some people.
- **Emotional conditions:** From being in a blue or irritable mood to more serious mental issues like depression, your emotional health suffers when there's stress in your life. Women are better than men in hiding some emotions like anger and aggressiveness because the parts of their brains responsible for these emotions are larger than men's, but depression strikes women twice as often as men, says Rosch, adding, "The emotional effects of stress on women can range from postpartum depression after pregnancy to depression after menopause."
- **Sleep problems:** Trouble falling or staying a sleep is common in women affected by stress, and this is particularly counterproductive since a good night's sleep can help ease stress.
- **Lack of Concentration:** Stress makes it hard to focus and be effective in your responsibilities at home or work, and that can compound your problems if your stress comes from your job to begin with.
- **Heart disease:** Stress can negatively affect the entire cardiovascular system and lead to high blood pressure, stroke and heart attack.
- **Cancer:** Some studies have suggested a link between stress and the development of breast and ovarian cancer.

3.4 Preventive Ways of Stress:

Stress is unavoidable nowadays. It is by product of modern era. But where there is problem, there is a solution. To handle with any problem, first of all we have to understand its origin. Stress is a psychological problem. To enhance the ability to handle the critical situation is one of the proper way to reduce stress. We can adopt following methods to minimize stress.

- **Proper time management:** Women have to play various role while doing job at office and work at home. She have to do lot of work. Proper time management is very important. It reduce the chaws of our mind which help in keeping our mind peaceful.
- **Loving the profession:** Every routine work creates boredom. It tired the nervous system resulting into dullness behavior. So if we want to be fresh and creative in our field, whether at office or home, we should have to love our work. When we are on ground, we are not tired only because we love playing.
- **Family support:** Women are more emotional as compare to male. They need mental support from their family. It creates energy in them for efficient working on field and home.
- **Encourage personal hobbies:** Hobbies are the means of self-satisfaction. It helps to relieve stress by keeping you engaged in something you enjoy. It gives you an opportunity to enhance your life. So we have to search and enjoy new hobbies like hearing music, gardening and day out with family or friends. Find fun ways to relax. Connect with family and friends and people you enjoy being around.
- **Improve your diet:** By eating well-balanced meals and skipping junk food, you can improve your physical well-being and in turn your emotional health. A healthy diet is essential for good health and nutrition. It keeps away from us various diseases such as cancer, helps in control our sugar level.
- **Utilising stress to your advantage:** Stress is after all an emotional aspect. We should have to learn to manage it properly. We should have to transform the energy produce through stress into creative work. Consider that stress provide an opportunity to improve your performance.
- **Yoga and Meditation:** Yoga is such type of exercise which consider the relation of mind and body. So we have to reserve time for exercise. Meditation and yoga is a phenomenal way of dealing with stress and depression. When one do yoga and meditation regularly, he fill fresh with positive attitude. New innovative ideas comes in mind which we can use it in our regular work.

3.5 Conclusion:

Stress is a product of inability to manage the situation. Truly speaking, it is a gift of modernization, industrialization and development of information and technology. Due to this world has become a small village. The whole world is open before us which creates competition resulting into struggle and greed. No doubt, science provide facility to even a common man. But in this busy world we all forgot the roots of law of nature. Mahatma Gandhi says "Nature is capable to supply the need of all of us but unable to complete our greed". Every person from the children to old one everybody facing the problem of Stress. Especially women are becoming the victim of it. In this modern age, they have given equal rights to men.

So dual responsibilities fall on them i.e to care, nourish their children and also look after their home and office work also. As a result most of the women are undergoing the problem of stress.

Every problem has its own solution. The first thing is that we have to understand it wholly. Stress is an emotional and psychological aspect. We can eliminate it by proper management. For this we should have to love our profession. We need our family support also. We should encourage our personal hobbies and improve our diet which help to give proper nutrition to our body and feel better, enthusiastic to us. We should do regular exercise, yoga and meditation which help in keeping our body sound and our mind peaceful.

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