



**RESEARCH ARTICLE :**

## Dual role of working women: A cause of stress

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**SUMMARY :** Women are playing a vital role in the economic and social development of the nations all over the world. Working women have a whole set of problems involving both family and professional lives. This study shows the level of stress increasing day by day in dual career women which causes some physiological changes and health problems which cause stress. Stress' word has been derived from physics and mechanics where it is defined as physical pressure exerted upon and between different parts of body, when deformation occurs as a result it is called strain. This research is devoted towards finding the root causes of the existing problems faced by the working women. Working women have to bear pressure created by the multiple roles they have to play in conflicting situations, which may adversely affect their job performance and health also. Women globally progressed and reached a new paradigm. It is very difficult to maintain a balance between professional life and family. Keeping in mind the above situation, the study was planned with the objectives to study the effects of stress on physiological parameters and to suggest possible approaches to stress management. Various physiological and some aptitude tests were done to observe the effects of stress. The major findings of the study showed considerable average difference in blood pressure, pulse pressure was found among the working women in corporate sector, whereas the difference in heart rate, respiration rate and temperature was found among the women's working as financial advisors. In case of aptitude test result shows that performance of the workers reduces in the evening as compared to morning, which altogether shows the physical as well as mental stress among the working womens.

**KEY WORDS:**

Dual role,  
Physiological  
responses, Stress,  
Aptitude test,  
Deformation

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