

# Stress, Health, and Work-life Balance: A Study of Married Women Teachers

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## ABSTRACT

*Women's roles are versatile in the society. If a woman is in a working position, then they are facing many challenges in their life. Marriage is an officially and communally certified union of man and woman. Teachers play an important role in society. While married woman teacher's life is entire of challenges, responsibilities, issues, and a busy schedule. It leads to stress which causes physical and mental health issues. This paper discusses the issues faced by married women teachers.*

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**Keywords :** Married Women Teachers, Stress, Mental Health, Mental Health Issues Faced by Teachers

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## Introduction

The women are the vertebrae its society. The lives of working women are so busy that they often rise earlier than the local morning walkers. She does daily household chores, attend business meetings as well as maintains social relationships by attending functions Everyone knows that a woman is the person of the family who turns a 'house' into a 'home'.

In many societies, juggling work and family responsibilities has become a significant personal and family concern. The two most important aspects of people's lives are their jobs and relationships. These realms are closely related, contrary to the initial notion that they are distinct aspects of existence. (Ford et al., 2007).

## **Married Working Women**

A woman is traditionally expected to take care of her parents as she is their daughter. Her duties as a wife, include taking care of her husband's clothing, food, and other personal requirements. As a mother, she must worry about the children's necessities as well as their education. She must be qualified, disciplined, and a good worker to be considered a staff member. She is also expected to engage in volunteer work and public activities as a member of society. Women are therefore subjected to suffering as a result of these numerous responsibilities. They become vulnerable and defenceless as a result.

Married Working women fall into a variety of groups under several headings, such as economic, social, adjustment, and physiological issues. Even now, it is still widely believed that women should be primarily responsible for taking care of their families and children. The issues that working women face at work are numerous. They experience discrimination at work and are not regarded as being as productive as males. This mindset results in feelings of inferiority, inefficiency, or incapacity. These cause mental exhaustion, illnesses linked to stress, and a significant level of job dissatisfaction among working women.

## **Stress**

Stress is a typical reaction that happens when the human body sees a danger, challenge, or interest, whether genuine or envisioned. It sets off a perplexing series of physiological responses that set up the body to one or the other battle or escape from the apparent risk.

## **Stress Issues Faced by Teacher**

Educators can change the existences of understudies, excite their fantasies, and push ahead the constraints of individual points of view. An educator's occupation is to take care of, instruct, and raise youngsters to become productive in society.

Instructive jobs are turning out to be all the more wide-ranging as well as harder to recognize. There are numerous prerequisites past the requests of moderate education, similar to specialized results, examinations, and administrations remembered for the homeroom and research center.

The educator's pressure can turn into separation, laziness and nonattendance and in the long run slow down understudy accomplishment (Guglielmi and Tatrow, 1998).

## **Mental Health:**

Psychological well-being is a basic part of well-being and prosperity that supports our individual and joint capacities to simply decide, construct relations, and structure the world we live in. Psychological well-being is a legitimate common freedom. What's more, it is vital to individual, local area, and financial turn of events.

## **Mental Health Issues Faced by Teachers:**

Emotional well-being issues are a typical reason for stopping the instructing calling. (Maguire M. 2007) Variables like worker execution, paces of sickness, truancy, mishaps, and staff turnover are impacted by representatives' emotional well-being status. Working wedded ladies can have more pain in their wedded life than non-working wedded ladies (Hashmi et al., 2007).

In a review of head educators by the Public Relationship of Head Educators (NAHT) (2000), 40% of respondents detailed having visited their PCP with a pressure-related issue in the earlier year, 20% considered that they drank excessively and 15% accepted they were drunkards, 25% experiencing hypertension, sleep deprivation, sorrow, and gastrointestinal problems.

## **Health Outcomes of Married Women Teachers Due to Stress:**

Stress in itself isn't hurtful however we want objectives and difficulties throughout everyday life, or we get exhausted. Certain individuals can endure a wide range of significant life-altering events without feeling saved; while others find it challenging to adapt when life gets distressing. Stress is a notable trigger for melancholy and can likewise influence actual well-being.

Instructor stress is a broad, diverse peculiarity (Kyriacou,1987). At the financial level, educator stress might bring about costs due to stress-related worker non-appearance, representative turnover, decreased worker results, and representative medical issues. At the individual level, it might result in burnout.

Hence, the issue of instructor stress has social, individual, and monetary implications. The issue of pressure is of incredible worry among common individuals, along with ladies. Stress likewise prompts actual issues, in light of the fact that the inside body changes to attempt to adapt to pressure, stress may likewise prompt degenerative sicknesses of the heart, kidneys, veins, and different pieces of the body along with this prompts strain and cerebral pains.

Educator stress may likewise bring about instructive issues, like decreased instructor skills (O'Connor and Clarke, 1990). Undeniably, the issue of instructor stress has social, individual, and financial ramifications. It's a reality that ladies are more inclined to stress than men. There is the connection between orientation and stress is complex. The ladies are more impacted by stress than men. Arroba and James, 2002.

## Conclusion:

The daily routine of married women is so hectic. The social role and office role and expectations lead to burnout. The lady deals with their expert life challenges at work. Yet at the same time, she needs to perform family work, raising youngsters to meet their needs. They are not getting enough relaxation or having time for recreation. It results they felt in stress, which is a serious mental issue for women educators with adverse consequences on day-to-day existence, its belongings could be reflected in psychological well-being and well-being outcomes.

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