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**RELATIONSHIP BETWEEN LIFE EVENT STRESS,  
SOCIAL SUPPORT AND HEALTH FOR WOMEN**

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# Relationship between Life Event Stress, Social Support and Health for Women

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**Abstract – Indian society has been tremendously compound and its social and financial structures are considerably different. Social support has important implications for the health and well-being of the aged. The aged in India has been providential in the sense that aged in India held a prestigious position in the family. The family support classification is very much intact in India, which gives support to all aged people. This paper focuses on association between life event stress, social support and health for women.**

**Keywords: Social Support, Life Event Stress, Health, Women**

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## INTRODUCTION

In Indian civilization, the responsibility of women is that of housewife. Though, during post-independence, it has been realized that the country cannot development without the active participation and co-operation of women. Consequently hard work had been made to endow with equal opportunities to women – be it in the field of education and livelihood. These efforts have more and more brought a change in the life of women, authority their attitudes, values and participations in different walks of life. A large body of experiential work shows that women's role participation affects their physical and psychological health.

In Today's time operational women is ragged by the disagreement between home and job. She is familiar with anxiety, stress and tension. Stressful events are the situations that bother the individual. Stressful occurrence could be connected to job, job-environment, relations, family, natural calamities etc. Such events could be social and psychological. These events are stress producing events to women – either working or a housewife [Cutrona. C.E. (1990)].

## LIFE EVENT STRESS:

Stress is a major source hurting human being. In common parlance stress is experienced when an individual becomes incapable to cope with the demands of environment.

Psychosocial stress has a negative impact on health, which is studied with reference to life events. Major life events refer from cataclysmic events such as death of a spouse or being fired from a job to mere mundane

but problematic events such as having trouble with one's boss. Stressful life events are the stress events / situations which the individual experience during a given period of time in life. Because the accumulation of minor irritations may also be stressful, alter has been focused on the cumulative health of daily stresses include having too many meetings (at job) thereby not having enough time for one's family. More recent studies on the stressful life events and its impact on health (PWB) have been made by Withingson and co-workers in 1995.

## REVIEW OF LITERATURE:

Mental health concerns intellectual capabilities, emotional control and various social skills such as empathy and assertiveness. In one sense the living arrangement of the individuals is indicator of the physical and psychological wellbeing including income, health status, the availability of care giver and marital affluence? Health is related to physical (type of stressors) economic and social aspects of living environments (type of support available). The social environment provides safety, freedom. The overall living environment can also be measured indirectly by how well people thrive in it. When people flourish in an environment, the quality of that environment is apparently sufficient, though not necessarily ideal. A number of studies demonstrated that social networks is (social support) associated with more favorable health outcomes, both mental and physical including older populations. Volunteering and informal health showed strong associations with physical and psychological health [Jane Ogden, 2000]. It is apparent that the happiest people have good quality social relationships. Although, they perceive their social relationships in at

least two, out of three important areas (family, friends and romantic partners) to be very positive.

### RELATION BETWEEN LIFE EVENT STRESS, SOCIAL SUPPORT AND HEALTH:

Stress is major source hurting human being. In common parlance stress is expressed when an individual becomes incapable to cope with the demand of environment, which results in pressure and strain, bringing the person full tensed and uncomfortable. In stressful events the individual is threatened beyond his capacity to endure. Then the adopts some coping strategies stress has been used by the researchers as a term for stress – providing events and conditions, that are social psychological rather than physical in nature and also as a strain variable [Rajbir S and Radhy S (2007)]. Life stress presumably encompasses all Stress Producing Events and the conditions in past and present. Among the many indicators affecting the physical and mental health is stress. Health or wellbeing means lack of stress, stress inoculation and resistance to future stressors. Coping skills and predictability of stressors are the major description of the well-being condition.

### SOCIAL SUPPORT:

Social Support usually means the continuation and accessibility of people on whom we can rely, people who let us know that they care about, value and love us [P.V Ramamurti & D Jamuna (2004)]. An imperative person who thinks that belongs to a social network of communication and mutual compulsion experience social support. It could be deliberate in terms of the arrangement of a person's social associations in general, or of a meticulous type of such as matrimony, acquaintance, or managerial membership. In addition, social support is also conceptualized in terms of the "functional" content of the associations such as the degree to which the relationships involve flow of affect.

- The emotional apprehension
- Instrumental or substantial aid
- Information

### CONCLUSION:

In this paper we found that Social support has important implications for the health and well-being of the aged. The aged in India has been fortunate in the sense that aged in India held a prestigious position in the family. The family support system is very much intact in India, which gives support to all aged people. In stressful events the individual is endangered beyond his ability to endure. Such stressful events produce serious adverse effects on the health and psychological wellbeing of women.

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