

Study of Work Stress among Working Women in Three Districts of Western Province, Sri Lanka

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Work stress experienced at workplace has become issues of great concern over the last decade, both internationally and nationally. Given the value of work in the society, the duration spent at work and the current changes that are affecting the nature of it, it is not surprising that work stress appears to be increasing. The present study is aimed at analysing the Work stress of working women participating in sundry types of vocation in three districts: Colombo, Gampaha and Kaluthara belonging to Western Province in Sri Lanka. Primary data was collected through a questionnaire, observation and interviews. The *chi-square* testing is utilized to test the relationship between Work stress factors and socio demographic factors: age, education, marital status and family type. Among the total 500 samples 330 (66%) working women belong to urban area and 170 (34 %) belong to rural area. The district sagacious statistical analysis reveals that 54% of working women from Colombo, 26% from Gampaha and 20% from Kaluthara District respectively are facing for work stress. The analysis reveals that there is an association between marital status and family type with Work stress factor cumbersomely as a result of hefty physical work. There is an association between age, inculcation, marital status with stress factor, and the nature of work and all four demographic factors are associated with stress factor work contentment level. There is an association between education and marital status with stress factor salary availability in time. There is an association between age, inculcation and family type with stress factor leave availability in time. In all the above cases significance is less than 0.05 and 0.01 which betokens that there is an association between demographic factors and Work stress factors. The outcomes of the findings suggest that the employee welfare and human resource management departments should conduct work allocations based on their age, education and marital status. This research

recommends organizations to develop a supportive colleague culture and measure the contentment level of employees for a sustainably stress-free workforce.

Key words: *Factors; Stress; Woman; Work; Western Province.*