

Effect of cognitive behavior therapy on women experiencing stress at workplace

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ABSTRACT

Stress is a personal experience; vary with each individual, more so between gender, women are more prone to experience stress than men at workplace. The aim of the present study was to examine the effect of cognitive behavior therapy on working women who are experiencing different stress level at their workplace. A pre-test was conducted to assess women's stress level at their working place. Cognitive behavior therapy was applied for four weeks continuous and then post-test was conducted. It was found that cognitive behavior therapy showed a positive impact on working women's stress level. It was concluded that cognitive behavior therapy is a useful and important technique for reducing the experience of stress in working women at their workplace.

Key Words : Stress, Working women, workplace, Cognitive behavior therapy{CBT}

INTRODUCTION

Workplace stress is stress that is caused due to circumstances at work. Just as stress caused by any other event or happening workplace stress affects a healthy body negatively unless the condition is not nipped in the bud and addressed immediately. Workplace stress also needs to be seen from a larger a perspective since the proportion of people reporting workplace stress has increased dramatically over the years, causing susceptibility to various chronic illness and in certain cases death too.

In general, women are more likely than men to experience physical symptoms of stress, such as fatigue, irritability, headaches and depression. Women are also more likely than men to cope with job stress with unhealthy behaviors, such as poor eating habits. Heavy workload, conflicting or uncertain job responsibilities and job insecurity are stressors across organizations and that the risk for job stress can be reduced through smart, strategic action."

Stressed workers tend to be fatigued, prone to mistakes and injuries, and are more likely to be absent. Stress, very simply, is a built-in condition. Humans are hard-wired to have a physical and psychological "stress" reaction when facing a perceived threat, whether it is real or not. Stressed workers have an elevated risk of mental health problems, ranging from anxiety and substance abuse, and perhaps, the most significant, depression. In fact, stress