



## PSYCHOLOGICAL DISTRESS AMONG CAREER ORIENTED WOMEN & ITS PREVENTION

Kusha Pandit Chawla\*<sup>1</sup>

<sup>1</sup>Asst. Prof, A P Goyal Shimla University, Shimla, India.

### ABSTRACT

Work life in itself comes along with a lot of demands on the part of employees. Due to economic growth and development the work life has become even more challenging. It is also true that to keep up with their male counterparts females employees have to go that extra mile. Considering the fact when the employee happens to be a woman the idea of maintaining a balance seems a tough routine. Though the balance that has to exist between work and family life depends upon the cultural aspects too but it has always been a difficult task, be it any female employee belonging to any culture or society. The current study is a review of psychological stresses that today's working women have to deal with in each sphere of their lives. The present study is also an attempt to review the preventive measures that can come for rescue and contribute in the overall life satisfaction of female employees. This in result starts affecting the physical, emotional, psychological well being of women employee and eventually the overall life satisfactions suffers the most. At times, the outcome of the career oriented behavior of women is family conflicts which may further result in distrust, unhappiness, lack of respect towards each other, ego clashes and unhealthy family environment. Many of the studies done in the relevant field have come up with the preventive measures that can help working women stay relaxed and stay focused in their lives. Most notably, Progressive muscle relaxation therapy, Yoga, Meditation and Breathing exercises can help working women fight stressful situations head on and give their best in each sphere of their lives.

**Keywords:** Stress, Career oriented women, Psychological distress, Work life, Family.

