

# Knowledge, Attitude and Practice (KAP) of Stress Level among Working Married Women and Unmarried Working Women in Metropolitan City

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**Abstract**—Stress is simply a fact of nature, forces from the inside or outside world affecting the individual. The individual response to stress in ways that affect the individual as well as their environment because of the over abundance of stress in our modern cities, people usually think of stress as a negative experience, but from biological point of view stress can be neutral, negative, positive experience.

## **Aim and Objectives**

To study the knowledge, attitudes and practices for level of stress among working married and working unmarried women .A descriptive cross-sectional study was conducted among 200 respondents in Delhi/NCR. The data was collected from 100 married and 100 unmarried working women pre-tested questionnaire was used to assess the level of stress among them.

## **RESULT**

A total of 200 respondents were enrolled in this study. The study reveals that among working women, the working married women were having higher level of stress. The percentage of married working women stressed are 43%.

Whereas in case of unmarried working women the study reveals that they are comparatively less stressed than the married working women the percentage of unmarried working women stressed is 41%.

## **CONCLUSIONS**

On preliminary results suggest that the level of stress was found higher in working married women as compared to unmarried working women. The females those who are unmarried and working are low on stress level with higher life satisfaction in comparison to the married working women.