

Survey on Pressure Situation of Professional Women and Causes Analysis

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Abstract

With the development of society and the rise of women's status, professional women become non-ignorable in the workplace. The development of professional women also results in all kinds of pressure. Through the survey of the status of professional women's occupational pressure, this paper aims to analyze the differences of the total pressure in age, disposition, education, marital status, type of work and demographics, so as to explore the main factors; besides, this paper will also study the coping situation and discuss the relationship between the way of release and occupational pressure. Hope to conduct a more in-depth study of professional women's stress from wider angles in all around, providing a scientific basis for most professional women to adjust the physical and mental state, relieve stress, avoid the negative effects of burnout and improve work efficiency. This research has adopted cluster sampling method, surveyed by way of questionnaire, and discussed the status and influencing factors of women's occupational stress. The investigation on the influencing factors and countermeasures of female occupational stress could provide a more effective way of pressure relief for the majority of women, improve their work efficiency and better serve society! Therefore, it becomes an important topic to study the stress of professional women.

Keywords: profession women, stress, influencing factors, way of coping

1. Introduction

In recent years, due to the progress of modernization and rapid changes of social systems, in urban society, women's role has changed significantly, accounting for a significant proportion of the total labor forces in society, who, like men, are under the same evaluation criteria as well as the same pressure, becoming the backbone of the social development. Women are no longer as in the past, but gradually play an increasingly important role in society, and also bear various conflicts and pressures.

The study of professional women started relatively later and less in China. The research is targeted at the relationship between occupational burnout, stress and job satisfaction, and focuses on quantitative research, less qualitative one. Based on the data from the World Bank, about 64% of Chinese women are in the workplace, ranking second to none in the top 10 largest economies in the world. Last year, about 52% of 7 million college graduates in China are women. There is no doubt that pressure on women is also growing, so research on occupational stress is in desperate demand. As women's role in society will affect family stability, thereby affecting social stability, the study of women's pressure has very important value of society and times.

The investigation on the influencing factors and countermeasures of female occupational stresses could provide a more effective way of pressure relief for the majority of women, improve their work efficiency and better serve society.

2. Methods

This survey focused on female insurance employees, female teachers, female nurses, and ordinary female staff, to understand the source of stress from their age, marital status, education, work experience, position, self-perception, ability etc.

Questionnaires were designed based on the factors affecting women's stresses to survey from their age, education, work experience, position and facing pressures. The method of questionnaire was used to understand women's basic condition and their facing pressures. Investigators was responsible to issue the questionnaire and explain the content while the respondent filled in according to actual situation.

3. Analysis of Survey Result

3.1 Analysis of Respondent Demographics

Among the respondents, 33.3% were ordinary workers, 26% teachers, 20% nurse and 20% insurance employees, from ago from 20 to 35, accounting for 80%, and age of above of 35 account for 20%. Marital status: single women accounted for 33.3%, while married for 53.3%. Education: junior college and below accounted for 53.3%, bachelor for 26.7% and master for 20%. Disposition: introverted women accounted for 46.7%, the extroverted for 53.3%; release method included sports, talk, sleep and reading, accounted for 20%,40%,20% and13.3% respectively.

Table 1. Survey on pressure situation of professional women

Occupation	number of people	percentage
nurse	21	20%
Teacher	28	26.70%
insurance	21	20%
worker	35	33.30%
Age	number of people	percentage
20-25	20	19%
25-30	29	27.60%
30-35	35	33.30%
35-50	21	20%
Marital status	number of people	percentage
single	35	33.30%
married	56	53.30%
divorced	14	13.30%
education background	number of people	percentage
low education level	21	20%
College degree	35	33.30%
Bachelor's degree	28	26.70%
Master's degree	21	20%
Personality tendency	number of people	percentage
Introverted	49	46.70%
extroverted	56	53.30%
Way of release stress	number of people	percentage
sports	21	20%
shopping	42	40%
sleep	21	20%
read	21	20%

3.2 Relationship between Age and Stress

The age was concentrated between 20 and 50. As Figure 1:

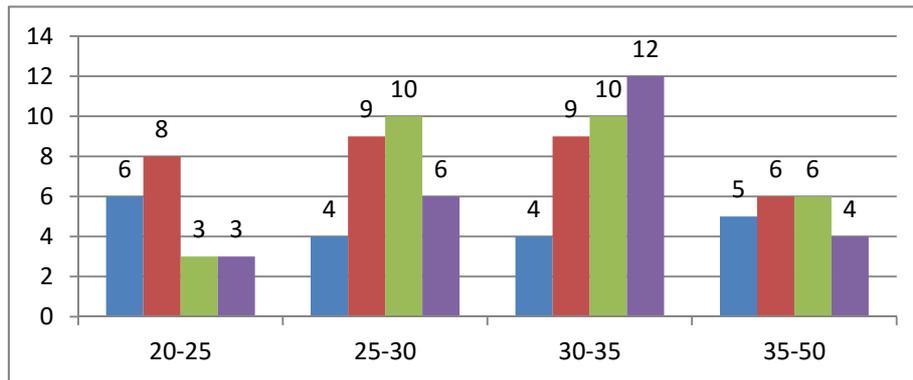


Figure 1. Relationship between Age and Stress value

It showed that the age between 20 and 25 suffered minimum stress, possibly because women at this age basically were just graduated from college, so they were full of curiosity to work and life, and assigned with easy work; women from 25 to 35 suffered the greatest stress, because most of them have married, and facing multiple pressure from marriage, family and career, they need stabilize their marriage and their family within this period and lay solid foundation for their career, thus their pressure were largest from various aspects; women over 35 years were comparatively in peace, because they have a relatively stable career and family.

3.3 Relationship between Marital Status and Stress

The marital status of study object includes the single, the married and the divorced. Analysis of occupational stress in different marital status groups showed as the following Figure 2:

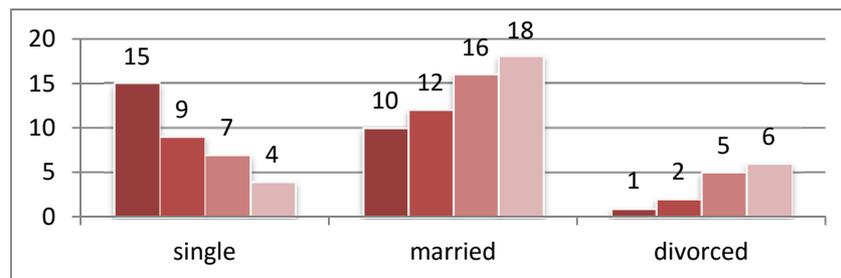


Figure 2. Relationship between Marital Status and Stress value

As shown in Figure 2, marital status affected women's stress to a large extent. A stable and united family would definitely reduce the stress on women, more conducive for them to fully play their talents at work! Married women faced pressure from children, caught in the family and work, they had to inevitably confront various conflicts and stresses; single women still held the hope to balance life and work, so it is uncertain whether the condition will be reversed.

3.4 Relationship between Occupational Group and Stress

This survey mainly focused on nurses, teachers, insurance employees and company workers and respectively made analysis of their stress from life and career, it was concluded as following in Figure 3:

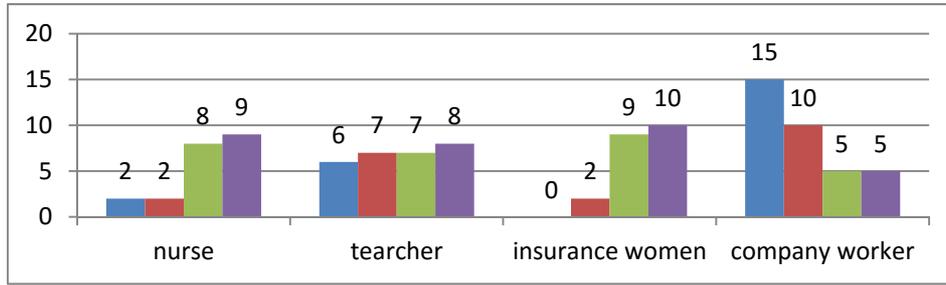


Figure 3. Relationship between Career and Stresses

According to the result, there are different stress in different industry. By the four industries in the survey, as Figure 3, the pressure higher to low: insurance employees > nurses > teachers > company workers, determined by the nature of industry, to be specific, insurance industry belongs to emerging services, with great risk, and their performance assessment will directly affect their salary and further influence their life. The second is nurse. Nurse belongs to professional technicians with big intensity of work, big career risk and low social status, so they have to work in high-concentrated attention and high-tensed, while their income fails to be in proportion to their workload. Additionally, this profession determines that nurses have narrowed range of career. Furthermore, it is very common for them to work overtime, which further increase their pressure. The profession of teachers is relatively stable. As teachers deal with students, there is rare intrigue; besides, this profession makes teachers have summer vacation, which is conducive for them teachers to better organize their work and life, and relax themselves. For ordinary workers, they are from the grass-roots level, whose work is single and share simple interpersonal relationship, so they have small stress.

3.5 Relationship between Deposition and Stress

Disposition in this study includes introverts and extroverts, the stress value of different disposition as showed in Figure 4:

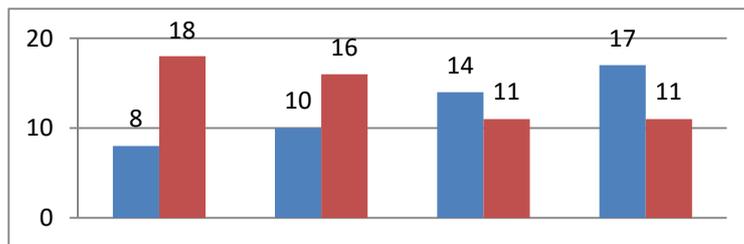


Figure 4. Relationship between Disposition and Stress

As we can see from Figure 4, there were 46% introverted women and 54% extrovert women in this survey, disposition has an influence on stress relieving, the introverted prefer to complain or swallow hard, which is not good to release stress and health; while the extroverted are outgoing, energetic, confident and sociable, tend to look at things with a positive attitude, and can rationally analyze and make response to stress.

3.6 Relationship between Education and Stress

Educational level would affect the stress and way of coping. In this survey, the surveyed groups had the education background of below junior college, junior college, undergraduate and master, as shown in Figure 5:

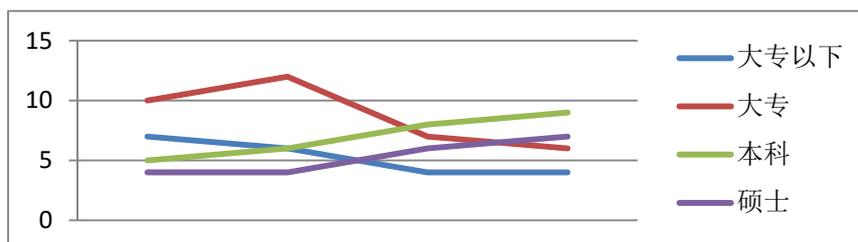


Figure 5. Relationship between Education and Stress

Through above comparison, it could be concluded that education determines the level of knowledge and conflicts in the work. The survey results showed that workers with and below junior college took relatively common simple work, whose ability was well matched with their work, so they had less stress. Most undergraduates suffered huge pressures because their abilities failed to meet their demand in the pursuit of their career, so the current work was not their ideal one. Graduate worked in middle or high management level in a company, but they were critical to their work and it was hard for them to cope with interpersonal relationship.

3.7 Relationship between Way of Release and Pressure

On the whole, the way of coping stress for occupational women shows mixing features, and most of them choose active way. Talk is the most common way for female workers to cope with stress. When feeling stressful, they will turn to friends, not only helpful in timely solving their problems but also conducive to reduce the negative effects from stress. The second is sleep and sports, which facilitates emotional persuasion and pressure release. The third is reading, which is an effective way to release stress.

4. Suggestions and Countermeasures

At present, stress has become shortcoming for women in the workplace, if you fail to release, your life and work will be disordered by enormous stress, possibly resulting in worse impact. So to learn to release stress will improve work efficiency and enhance work excellence.

1. Have a positive attitude to reality

What women need to do is get yourself a precise position, have a positive attitude to reality, and learn to know themselves, because no one has no shortcomings but virtue, and otherwise is the same. So you should learn to accept yourself, and also rightly evaluate, understand and know others.

2. Find a suitable way of release

Swimming, walking, jogging, yoga and other aerobic exercises are good to release pressure, release negative emotions and keep a positive attitude! Appropriate exercise will help to eliminate fatigue and can also improve brain function. In order to relax yourself, you can select your favorite sports which can generate joy of motion, let yourself enjoy catharsis in sports, and make yourself sweat. Such a person will be a lot more comfortable.

3. Try to communicate and exchange idea with others

It is benefit to learn to balance your work and life, try to communicate and exchange idea with others, and get the support from your family. After all, it is the key to maintain the balance between family and career in order to get happy family and successful career!

4. Strengthen yourself cultural accomplishment

Finally, we should improve our knowledge and skills in the workplace, and recharge ourselves in our spare time. In addition, we should also strengthen our own cultivation and foster a broad mind. Moreover, we should establish the concept of fair competition and mutual assistance. Last but not least, we should give yourself the confidence to meet new challenges!

In short, women's stress comes from a wide aspects, affected by many factors, such as age, occupation, marital status, education, work experience and disposition. Women should improve their pressure under their own circumstances and enhance their physical and mental health so as to improve work efficiency; meanwhile, family and society should give women more love and understanding. Only in this way can they be more relaxed and enjoy exciting life.

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