



WORK , STRESS AND HEALTH SOCIOECONOMIC STATUS

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ABSTRACT

As all know that Health is Wealth and work is central to the psychological health and well being of individual and communities . There is a link between Stress and Socioeconomic status. Those lower in Socioeconomic status tend to face greater stressors. It also know that stress affect health that those experiencing greater level of perceived stress tend to have more stress symptoms and face more stress related health problems. Socioeconomic status can encompass quality of life attributes as well as the opportunities and privileges afforded to people within Society.

INTRODUCTION

Man is a social animal , needs time for self , family and society to satisfy their various needs. In Today's highly competitive Environment people are giving more importance to their work by working hard , spending more time at office , learning and adopting to the changing business environment to stay relevant. Work life balance is a concept including proper prioritizing between “work” (Career and Ambition) and “Life style” (Health , Pleasure , leisure , family and spiritual development) . Stress is a actually a normal part of life . at times it serves a useful

purpose . Stress can motivate you to get that promotion at work, or run lat mile of marathon . But if you don't get a handle on your stress and it becomes long term, it can seriously interfere with your job , family life , and health. Work Stress has been identified as a risk factor for Hypertension , Diabetes , Heart Diseases , Blood Pressure , Sleep Deprivation , Male infertility . thus stress might be affecting Health. We can maintain good health only if we are aware of various factors which affect our health. Socioeconomic status is typically broken into three level High , Middle , Low. Status is



assessed on the basis of Income, Education and Occupation . Low Status indicates Physical and Mental Health problems on the other side high status indicates good physical and mental health.

Work

Work is an activity Such as , a job , that a person uses physical or mental effort to do, usually. Job strain and repetitive and Hazardous work condition may have detrimental effects on physical health. Stress experienced and perceived can affect one's psychological well being work stress research has examined the psychological demands of work load , workers perceived sense of control over their performance, safety , stressors, work organization and work atmosphere.

Family and Job Conflict

Those managing multiple roles may be at added risk of stress due to competing responsibilities at work and at home. In India working woman has to face so many problems like a household work and do a job in

office. Lower wage workers are more likely to work for small businesses and there for less likely to have access sick days. Higher rates of job dissatisfaction and job related stress have been observed in workers with more frequent overtime requirements. The fear of job loss has a significant impact on physical and mental health, the effect of mental health is greater than the effect on physical health.

Stress

A state of Mental or emotional strain or tension resulting from adverse or very demanding circumstance. Stress is your body's way of responding to any kind of demand or threat when sense danger whether it's real or imagined the body's defenses kike into high gear in a rapid automatic process " Fight or Flight " reaction or "Stress-Response" .

Types of Stress

- 1) Acute Stress :- acute stress is the most common type of stress.
- 2) Episodic Acute Stress :- when acute stress happens frequently it's called Episodic Acute Stress.



3) Chronic Stress :- if acute stress isn't resolved and beings increase or lost for long periods of time it becomes Chronic Stress.

Health

Health is a state of complete Physical Mental and Social well being and not merely the absence of disease or infirmity. health constitutes the freedom from disease, pain, or defect, making the normal human condition "healthy." The constant rush of stress hormones can put a lot of were and tear on your body, causing it to age more quickly and making it more prone to illness. If you have been stress out for a short period of time, you may start to notice some of these physical signs :-

Headache , fatigue , Difficulty Concentrating , Upset Stomach , Irritability when stress becomes long term and is not properly addressed it can lead to a number of more serious health condition . Depression , High blood pressure , Abnormal heartbeat , Fertility problem , Heart attack etc.

Socioeconomics Status

Socioeconomic status encompasses not just income but also educational attainment , financial security, and subjective perfection of social status and social class. Socioeconomic status overall human functioning including our physical and mental health. Socioeconomic status is typically broken into Three Level. 1) High 2) Middle 3) Low to describe the three places of family or an individual may fall into when placing a family or individual into one of these categories any or all of these three variables (Income , Education , and Occupation) can be assessed.

Education in higher Socioeconomic families is typically stress as much more important both within household as well as the local community in poor areas , where food , shelter and safety are priority education can take a back sheet youth are particularly at risk for many health and social problem in the United State such as Unwanted Pregnancies , Drug Abuse and Obesity. However it's also been found that children who



live in poverty suffer from greater health problems that adults—and the more time spent in poverty , the worse the health outcomes.

CONCLUSION

Work Worries effect physical and Mental health. multiple factors can affect the physical health and psychological well-being of workers. Stress in offices and Families is another thing. Education income and profession determines our social status. it also indicates Physical and Mental Health.

References

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