



## MENTAL HEALTH STATUS AMONG WOMEN ENTREPRENEURS IN THANJAVUR DISTRICT-ON OVER VIEW

M. Chandra<sup>1</sup> and Dr. G. Kanaga<sup>2</sup>

<sup>1</sup>Research Scholar, Dept. of Social Work, Cauvery College for Women, Trichy.

<sup>2</sup>Research Supervisor, Dept. of Social Work, Cauvery College for Women, Trichy.

### ABSTRACT :

*Women to play a multiple role in family as well as in society. In present days, various changes are formulated in our government for the welfare of women but in our Indian context in male dominated society, they are not facing the new challenges and development. As a women entrepreneurs to be face d in lot of problems in family, society and business. They will suffer not only physically but major they affect in psychological and mental stress in the competitive world. Women have to planned properly in family and business life to reduce the stress to improve their standards of life.*



**KEYWORDS :** women male domination, development, mental stress, multiple role.

### INTRODUCTION

Entrepreneurship is one of the important factors of industrialisation. Women's skills and knowledge, their talents and abilities in business and compelling desires of wanting to do something positive are some of the reasons for women entrepreneurs to organise industries. In India, though women have played a important role in the society, their entrepreneurial ability has not been properly tapped due to the lower status of women in the society.

### REVIEW OF LITERATURE:

1. **Frese & Gielnik (2014):** suggested that entrepreneurs differ from salaried employees in their personality traits, especially in traits such as self-sufficiency, need for achievement.
2. **Lokeswara choudhry (1999):** carried out a study on women entrepreneurs of vikaram sarabhai industrial Estate in Chennai city. It is found that hard work, achievement, motivation, self-confidence etc., played a major role in keeping the entrepreneurial job successfully.
3. **Balu .V. (1998) :** stated that providing suitable education ,training and making than more self-confidence the women entrepreneurs can be developed.

### STATEMENT OF THE PROBLEM:

Women who earlier stayed at home to attend their domestic duties now maintain both in work and family simultaneously, women moved from traditional roles of human makers and child rearing to social and business matters. These are the multiple role played by women to face more problems, challenges and development in the field of family, business, psychological, economical and social aspects.

**SIGNIFICANCE OF THE STUDY :**

Women entrepreneurs make up approximately 1/3 of the all entrepreneurial globally. There was an approximate 126 million were either starting or already running a new business in various economic all over the world. Recent study found that 49% of entrepreneurs have a mental illness and 72% of entrepreneurs were directly and indirectly affect mental health condition. So, the researcher would like to study in the area of improving the mental health status of women entrepreneurs.

**Scope of the study:**

Women are active in many areas like marketing, production and administration but very few percentage of women entrepreneurs to face lack of knowledge in technical, business strategy etc., they are not balanced in family and business face more obstacles and challenges meet their day to day life. Govt should formulate the policies to women entrepreneurs to improve the standards of life.

**Title of the study :**

Mental Health Status among women entrepreneurs in Thanjavur District-On over view.

**OBJECTIVES OF THE STUDY:**

1. To find out the socio-demographic characteristics of the respondents.
2. To study the physical and psychological problems of the respondents.
3. To know the various motivating factors of the respondents.
4. To identified the various conflicts faced by women entrepreneurs.
5. To given the suitable suggestion and recommendations of the respondents.

**Hypothesis:**

1. There is a significant association between type of family and various conflicts of the respondents.
2. There is a significant association between Psychological Problems and various developments of the respondents.

**RESEARCH METHODOLOGY:**

The researcher applied the descriptive research design for her study. The universe of the study is 100. The data were collected from district industries centre(DIC), Thanjavur. Sample size is 50. She had adopted the simple random sampling method and use interview schedule. Secondary data were collected from books, journals, and websites. After the data collection the researcher applied stactical test on simple test, chi-square test were used in this study.

**Table no-1**  
**Age group of the respondents**

S.No	Age	Respondents	Percentage
1	25-29 years	15	30%
2	30-34 Year2s	20	40%
3	35-39 years	5	10%
4	40-43 years	10	20%
	<b>Total</b>	<b>50</b>	<b>100%</b>

The above table indicates the age group of the respondents nearly half (40%) of the respondents belonging the age group between 30-34 years, more than one fourth (30%) of the respondents age group between 25-29 years , one fifth (20%) of the respondents belonging the age group between 40-43 years and remaining small portions (10%) of the respondents belonging the age group between 35-39 years.

**Table no-2**  
**Education qualification of the respondents.**

S.No	Education	respondents	Percentage
1	Higher secondary	34	68%
2	Degree	16	32%
	<b>Total</b>	<b>50</b>	<b>100%</b>

This table shows the education qualification of the respondents. More than half( 68%) of the respondents are completed in higher secondary level, less than half(32%)of the respondents are completed in degree.

**Table no-3**  
**Family type of the respondents**

S.No	Family type	Respondents	Percentage
1	Joint family	27	54%
2	Nuclear family	23	46%
	<b>Total</b>	<b>50</b>	<b>100%</b>

This table indicated that family type of the respondents, less than half (46%) of the respondents are lived in nuclear families and more than half (54%) of the respondents are lived in joint family system.

**Table no-4**  
**Conflicts faced by the respondents**

S.No	Conflicts	Respondents	Percentage
1	Yes	16	32%
2	No	34	68%
	<b>Total</b>	<b>50</b>	<b>100%</b>

This table highlights the conflicts faced by the respondents. Majority (68%) of the respondents are not faced conflicts with family and business places and nearly half (32%) of the respondents are conflict with family and business places.

**Table no-5**  
**Development indicators of the respondents**

S.No	Development	Respondents	Percentage
1	Yes	34	68%
2	No	16	32%
	<b>Total</b>	<b>50</b>	<b>100%</b>

The above table says that Development indicators of the respondents more than half (68%) of the respondents are improved to feel about the development indicators of the respondents. More n one fourth (32%) of the respondents are not improved and feel about the development indicators of the respondents.

**Table no-6**  
**Motivation factors of the respondents.**

S.No	Motivation	Respondents	Percentage
1	Parents	9	18%
2	Self	18	36%
3	Relatives	13	26%
4	Friends	10	20%
	<b>Total</b>	<b>50</b>	<b>100%</b>

This table indicates that motivational factors of the respondents. More than one fourth (36%) of the respondents are motivated by self, More than one fourth (26%) of the respondents are motivated by their relatives, nearly one fourth (20% and 18%) are motivated by their parents and friends.

**Table no-7**  
**Income level of the respondents**

S.No	Income	Respondents	Percentage
1	10,000-14,000	15	30%
2	15,000-19,000	8	16%
3	20,000-24,000	20	40%
4	25,000-29,000	7	14%
	<b>Total</b>	<b>50</b>	<b>100%</b>

This table shows that income level of the respondents. Nearly half (40%) of the respondents income between 20,000-24,000, more than one fourth (30%) of the respondents income between 10,000-14,000 and remaining few portions (16% ,14%) of the respondents income from 15,000-19,000 and 25,000-29,000.

**Table no-8**  
**Psychological problems of the respondents.**

S.No	Psychological problem	Respondents	Percentage
1	Stress	34	68%
2	Low self esteem	16	32%
	<b>Total</b>	<b>50</b>	<b>100%</b>

This table shows that various psychological problems of the respondents .more than half (68%) of the respondents are faced in stress, more than one fourth (32%) of the respondents are faced in low self esteem.

**Hypothesis-1**

**There is an significant relationship between type of family and conflicts of the respondents.**

Type of family	Conflicts		Total
	Yes	No	
Nuclear family	11	12	23
Joint family	5	22	27
<b>Total</b>	<b>16</b>	<b>34</b>	<b>50</b>

$$\text{Expectation AB} = \frac{A \times (B)}{N}$$

A=23  
B=16  
N=50

$$\begin{aligned} \text{Expectation (AB)} &= \frac{A \times (B)}{N} \\ &= \frac{23 \times 16}{50} \\ &= 7.36 \end{aligned}$$

Type of family	Conflict		Total
	Yes	No	
Nuclear family	7.36	15.64	23
Joint family	8.64	18.36	27
<b>Total</b>	<b>16</b>	<b>34</b>	<b>50</b>

**Calculated of chi-square test**

Group	Observed frequency	Expected frequency	Oij-Eij	(Oij-Eij) <sup>2</sup> Eij
AB	11	7.36	-3.64	3.64/7.36=0.494
Ab	12	15.64	3.64	3.64/15.64=0.232
aB	5	8.64	3.64	3.64/8.64=0.421
Ab	22	18.36	-3.64	3.64/18.36=0.198

$$X^2 = \sum \frac{(O_{ij} - E_{ij})^2}{E_{ij}} = 1.345$$

Degree of freedom in this (as=(r-1) ( c-1) =(2-1) (2-1)=1. The table value of the x<sup>2</sup> for 1 degree of freedom at 5% level of significant is 3.841. The above table shows that there is no significant association between type of family of the respondents and the conflict members. Hence , the research hypothesis is accepted.

**Hypothesis -2**

There is an association between psychological problem and various development indicators of the respondents.

Psychological problem	Development indicators		Total
	Yes	No	
Stress	25	9	34
Low- self Esteem	9	7	16
<b>Total</b>	<b>34</b>	<b>16</b>	<b>50</b>

$$AB = \frac{34 \times 16}{50} = 10.88$$

Psychological problem	Development indicators		Total
	Yes	No	
Stress	10.88	23.12	34
Low -self Esteem	05.12	10.88	16
<b>Total</b>	<b>34</b>	<b>16</b>	<b>50</b>

**Calculated of the Chi-Square**

Group	Oij	Eij	Oij -Eij	(Oij-Eij) <sup>2</sup>	(Oij-Eij) <sup>2</sup> Eij
AB	9	10.88	1.88	3.543	3.534/10.88=0.324
Ab	25	23.12	1.88	3.534	3.534/23.12=0.152
aB	7	5.12	1.88	3.534	3.534/5.12=0.703
Ab	9	10.88	1.88	3.534	3.534/10.88=0.324

$$X^2 = \sum \frac{(O_{ij} - E_{ij})^2}{E_{ij}} = 1.503$$

$$(R-1) (C-1) (2-1) (2-1) = 1$$

The table value of  $\chi^2$  for the degrees of freedom at 5 percent level of significant is 1.503. The calculated value Null hypothesis significance of relationship between the psychological problems and their various development indicators of the respondents.

**MAJOR FINDINGS:**

1. Nearly half (40%) of the respondents are belong the age group between 30-34 years.
2. More than half (68%) of the respondents are completed in higher secondary level.
3. More than half (54%) of the respondents are lived in joint families.
4. Majority (68%) of the respondents are faced conflicts with their life.
5. Nearly one third (68%) of the respondents are developed in their personal life.
6. Less than half (36%) of the respondents are self motivated.
7. More than one fourth (40%) of the respondents monthly income between 20,000-24,000.
8. Majority (68%) of the respondents are low self Esteem.

**SUGGESTION:**

1. To change the outlook of the women in the aspect of career and business development.
2. Time management and strategy to improve the skills of women.
3. As a women entrepreneur to meet the challenges ,to prove their abilities, through reach their goal.
4. Co-operation and adjustment are the coin and needed for development of women entrepreneurs.

**CONCLUSION:**

As a government to concentrate in the areas to formulate the policies to strengthen the women entrepreneurship in economic and social aspects. Simultaneously, the women have to update the knowledge, computer package, proper planning to develop their skills and leadership abilities to avoid the mental stress and improve the stamina in families as well as business.

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