



A Study On The Stress Self Management Of Tribal Labor Women In Jawadhu Hills, Tamilnadu

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ABSTRACT

“My Policy is to have no Policy” –Abraham Lincoln.

Stress is a common feeling during pregnancy. Physical discomforts and other changes give stress during in pregnancy time. Some types of stress may cause serious health problems like high blood pressure, and lead to problems like premature birth. Learn about ways to help manage some stresses in Pregnancy time.

Feeling stress is common during pregnancy because pregnancy is a time of many changes. Common family life, Pregnancy Women body and her emotions are changing to the abnormal condition during pregnancy time. We Measure in this study the Stress Levels in Tribal Labor Women Before and After Self Management of Stress.

Index Terms –Stress issues in Tribal Labor Women, Stress Self Management of Tribal Labor Women.

INTRODUCTION

Stress is defined as our body's physical, mental and biochemical response to events that fear, confound, endanger or irritate as evaluated from the perspective of a person. Stress may be a friend who helps us prepare for the next challenge if it is managed properly. If not addressed appropriately, it can become an enemy, producing issues such as high blood pressure, ulcers, asthma and an overactive thyroid. According to the medical meaning of the phrase, "Stress" is "the body's overall response to environmental condition." Anxiety, depression and stress in pregnancy are risk factors for adverse outcomes for mothers and children. Anxiety in pregnancy is associated with shorter gestation and has adverse implications for fetal neurolevel. High levels of stress that continue for a long time may cause health problems, like high blood pressure and heart disease. During pregnancy, stress can increase the chances of having a premature baby (born before 37 weeks of pregnancy) or a low-birth weight baby (weigh < 2.5 kg.). Babies born too soon or too small are at increased risk for health problems.

Stress Level is rising in both personal and professional life in today's dynamic and competitive work environment. Neighborhood stress. Some women may have stress from living in a neighborhood with poverty and crime. We don't completely understand the effects of stress on pregnancy. But certain stress-related hormones may play a role in causing certain pregnancy complications. Serious or long-lasting stress may affect her immune system, which protects you from infection. This can increase the chances of getting an infection of the uterus. This type of infection can cause premature birth. Normal pregnancy discomforts, like trouble sleeping, body aches and morning sickness may feel even worse with stress. Stress-related hormones may play a role in causing certain pregnancy complications. Serious or long-lasting stress may affect your immune system, which protects you from infection. This can increase the chances of getting an infection of the uterus. Tribal Labor Women may have problems eating, like not eating enough or eating too much. This can make you underweight or cause you to gain too much weight during pregnancy. It also may increase her risk of having gestational age.

SELF MANAGEMENT OF STRESS IN TRIBAL LABOR WOMEN

Stay healthy, Eat healthy foods balanced diet can help to keep the immune system and fit it will reduce stress. Get plenty of sleep and exercise. Exercise can help reduce stress and also helps prevent common pregnancy discomforts. Try relaxation activities, like prenatal yoga or meditation can help her manage stress and prepare for labor and birth. Breathing and relaxation practices might help relax and slow down stress. Take a childbirth education class is during in pregnancy. Physical activity and relaxation can also help to reduce stress.

Individuals commonly unwind by reading a book, talking a walk, listening to music, or spending time with a friend or a pet. Laughing it's difficult to be anxious it it's beneficial to Labor health consider watching a funny show and music has a profoundly soothing influence on the body. Slow paced instrumental music can aid to reduce relaxation by lowering blood pressure, heart rate and hormones control. The sound is nature also be quite relaxing and Increasing with animals May aid in the release of oxytocin, brain that increase happiness.

Forming positive relationship is must, eat complex carbohydrates, such as whole wheat, vegetables, fiber-rich foods like fruits, lean proteins, such as chicken and other non- veg foods and Avoid some foods high in fat like cheese, red meat, refined crabs or sugar, coffee, soda which interfere with sleep, Nicotine, a stimulant that can increase anxiety, alcohol, a natural depressant. The availability of nutritious snakes will aid in the improvement of diet control and Management of Stress. Make sure enough sleep in night is must.

OBJECTIVE

To Measure the Stress Levels in Tribal Labor Women Before and After Stress Self Management.

HYPOTHESIS

There is no difference between the Stress Levels in Tribal Labor Women Before and After Stress Self Management.

RESEARCH METHODOLOGY

Method of Research Field Research- Personal interview we uses a detailed schedule with open and closed questions. Through personal interview we were followed a rigid procedure and seeks answer of collecting data involves presentation of oral-verbal stimuli and reply in terms of oral-verbal response. Sample size 30n Tribal Labor Women in pudurnadu Phc Tirupattur district.

ANANLYSIS OF DATA

Sampling Design- probability sampling, Analysis of Data the data statistically analyzed the stress level before and Stress Self after Management of Tribal Labor Women with the help of Mean, SD and t-test.

TABLE

TABLE - Mean SD and t- value of stress level before and after Stress Self Management of Tribal Labor Women.

	Group	N	Mean	S.D	T-Value	Level of Significant
Tribal Labor Women	Levels of Stress Self before Management	30	2.1	26.17	-5.02839	significant
	Levels of Stress Self After Management	30	3.33	20.67		

From Table: showing the Mean of stress of Tribal Labor Women is 2.1 which is lower than that of stress Self after Management of Tribal Labor Women i.e.3.33. The SD Values of are found 26.17 and 20.67 respectively. The t- value is -5.02839.The p-value is<.00001. The result is significant at $p<.05$. Hence null Hypothesis is rejected and alternate Hypothesis accepted.

CONCLUSION

Thought this study, we can find the Stress Level is much difference between before and after Stress Self Management of Tribal Labor Women.

According to the factories the Stress Level is decreased after Stress Self Management of Tribal Labor Women.

SUGGESTION

1. To the participate all the programs in family for leading a balanced Life.
2. To proper planning for sudden management in labor issues.
3. To the present movement Awareness of Labor management.
4. To the Personal Productivity Skills during in Pregnancy.
5. To do self physical Activity and meditation with siddha Doctor's Advice.
6. Stay healthy, Eat healthy foods for balanced diet.
7. Labor Women night sleep is Must with left lateral position.

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