

ABSTRACT

The present study attempts to investigate the phenomenon of occupational stress through p-e fit approach. It also aims to study the effects of time frame on p-e fit. The sample [N = 370] for the study is women working in eight different occupations, four traditional and four nontraditional types. The sample also contains a male subsample of 80 for the purpose of comparing male-female difference in stress and strain. The moderating effects of social support (both family and work supports) and dependenceproneness are also studied. A self report questionnaire has been used for data collection. The results overall support the hypotheses formed. Retrospected and anticipated fits taken together with the present fit are found to be better predictors of strain. All the moderator variables are found to moderate stress-strain relationships in various degrees. Women in nontraditional occupations are found to have higher stress and strain levels. Sparing difference has been found between the male and female groups regarding stress and strain. Profile analyses were made to obtain occupational stress patterns.

Key words :

Occupational stress, P-e fit, Time frame, Women's study, Daily hassles, Social support, Dependenceproneness, Male-female difference, Profile analysis.