

## An examination of associations with reported stress in England a focus on the influence of Age and Gender

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### Abstract

This study is an examination of associations with reported stress in England, with a focus on the influence of age and gender. The researcher used secondary data and the data is a part of a wider program of surveys commissioned by the Department of Health and the UK Data Archive. For the analyzed data SPSS software has been used. The results suggested that the stress influences people of different ages and genders in England at different levels. Gender and age-stress association were statistically significant, but stronger than that seen with age. Also, it shown that the age-stress-gender association is complex. But this stats concludes that there are statistical significant relationships with an associated significant . It can be seen that the value of these relationships with men is slightly stronger than with women and the gender-stress-age association is complex. But one clear conclusion is that the gender-stress relationship loses significance if it is controlled for age.

**KEYWORDS:** Stress, Age, Gender, face problems, Gender-stress, Age-Stress

### Introduction

The main aim of this report is to present a statistical analysis that explores the relationship between stress, age and gender in England. In our daily life stress is not something strange, and everyone may feel pressure when they are facing adverse circumstances (Oiff et al., 2007). Lazarus and Launier (1978) define pressure as a bargain between the environment and the individual, and also explain stress in terms of the "person environment fit". A perfect person environment fit results in no or low stress, and a difference in the person environment fit results in a higher pressure (P:287-327) .

In addition, gender affects each element in the stress process as much in the input, by determining whether a situation will be perceived as stressful, as in the output, influencing coping responses and the health implications of stress reactions (Barnett et al., 1987). Although the relationship between literary research gender and stress revealed conflicting results, many researchers have been identified that women find themselves under stress more often than men (Almeida and Kessler, 1998; McDonough and Walters, 2001). According to Borchard (2012), many experts believe that this is due to the various pressures faced by women because of their gender, because women occupy multiple - and often conflicting - roles in their family, in society and at work. In the past decade, researchers have also focused on the role of reproductive hormones on stress, especially estrogen.

Furthermore, the stresses take different forms. For example, as adults, stress is a daily event, but children are not exempt from its impact and subsequent consequences. Symptoms of stress are especially apparent in teenagers(Bittman, 1999). As Aldwin (1990; P:49-69) pointed out, "most life event inventories sample problems that are more relevant to younger age groups, for example divorce, marriage, starting new jobs and having children. Inventories that include items more relevant to older adults, for instance retirement or divorce of children, tend to show

few age differences in the amount of stress reported". Therefore, older people may report the same number of life events, though the kind of event may vary according to life stage (Murrell et al., 1984; Teri and Lewinsohn, 1982). "Older people report fewer hassles and rate these hassles as less stressful than do younger people" (Aldwin, 1990; P:49-69).

This research will focus on the general Health Survey for England (HSE) 2010 (Health Survey for England, 2010) and explore the association with gender and age.

### **The Research Problem and Questions**

Although modern life brings numerous means of physical comfort, the needs of the mind are often under-addressed. This problem can be identified throughout all socio-economic groups of the population (Nayak, 2008). According to Bojar et al., (2011) the problem of stress is not just confined to those in high-stress management positions, but also affects ordinary workers, businessmen, professionals and even children. Stress is part of life, because the demands of an increasingly complex and competitive world are inevitable and unavoidable. Certainly, the overwhelming speed of change is taking place in today's world is breathtaking (Nayak, 2008). Our stress no longer serves a healthy evolutionary purpose (E.g. reacting to predators) and so has become pathogenic (like a disease) in the modern world, no individual is stress-free. Everyone has experienced the pressure, whether in the home, work, education, or any other social or economic activities, no individual is stress-free. Everyone has experienced the pressure, whether in the home, work, education, or any other social or economic activities (Michie, 2002). Therefore, in modern times the stress has become a part of life, and concern about its effect on individuals and society has increased in recent years (Nayak, 2008).

The stress response differs according to gender and age, both physically and mentally (Ian, 2002). Beena and Poduval (1992) argued that, in the workplace, when age increases, pressure experienced also rises due to increased management responsibilities. Female executives showed a higher level of pressure, because women experience more job changes than men. According to Mayes (1996), the relationship between the age of various pressures and physical symptoms.

Furthermore, gender had significant impact on personal experiences of stress and ways of coping with it. Patton and Goddard (2006) reported that women experience significantly higher levels of burnout, stress, exhaustion and work-related physical illness, mental illness, and fatigue than men. Ghorayshi and Belanger (1996) stated that the pressure of raising the presence of women expected to be successful in a particular workplace can lead to an overwhelming negative stress response. According to Vagg and Spielberg (1998), the higher levels of occupational stress and the promotion of competition, the more women feel the pressure. On the other hand, when the pressures are reported, usually participating in decision-making is the smallest, with departmental conflicts, dealing with health problems, no overtime, and the lack of management support ranking higher (Vagg with Spielberg, 1998).

The Research Questions:

- 1) Is there a relationship between being able to face problems and gender in England?
- 2) Is there a relationship between being able to face problems and age?

## The Analyses

A. The gender-stress analysis will be elaborated, so that age is taken into account. For example this will examine whether the association between gender and stress is similar or diluted across age groups.

B. Age-stress will be elaborated using gender to see if the age-stress association is similar or different for males and females.

- Once these analyses are completed their relative strength of association will be examined.

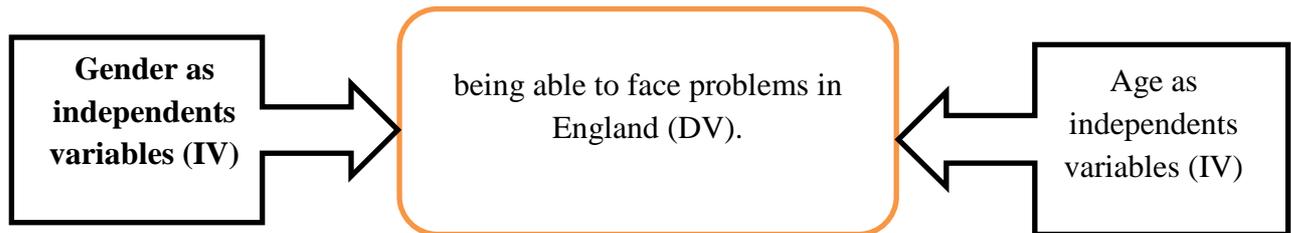


Figure (1) shows the relation between gender and age as independent variables (IVs) with being able to face problems in England as the dependent variable (DV).

## Hypotheses

- 1- Null Hypotheses (H<sub>0</sub>): where no association exists between the variables.
- 2- Alternative Hypotheses (H<sub>1</sub>): where there is a statistically significant association between variables.

## Research Methodology

This quantitative method was employed to analyse the factors underlying the ability of being able to face problems in England. In this study quantitative data has been collected using a questionnaire. Kerlinger (1973) observes that the survey in this investigation includes studies of small and large populations, and involves choosing and researching samples selected from the group to find out the relative happenings, distribution and interrelations of psychological and sociological variables. The survey is a method of gathering data about people from a random and therefore representative sample of people. It is a method which may supply a quick, accurate and inexpensive means of collecting data from a great number of the population. It is therefore a suitable approach for gathering information. Describing the population may also be used to clarify the variances and the relationship between variables (Fisher and Foreit, 2002). A questionnaire was used in collecting the data that is analyzed in this study.

In this research, the researcher used secondary data and the data is a part of a wider program of surveys commissioned by the Department of Health and the UK Data Archive Study Number 6986, which is designed to monitor trends in the nation's health. Since 2010 the survey has been carried out by the Joint Health Surveys Unit of the National Centre for Social Research and the Department of Epidemiology and Public Health, University College Medical School, London (Health Survey for

England, 2010). According to Dale et al. (1988: p3), secondary data examination is an experimental practice carried out by an investigator on data that has been gathered or collected in some way, commonly by someone else. However, the distanced nature of secondary data provides its inherent benefit: because the data was not collected to answer a specific research questions and because the analyst did not participate in the planning and execution of the data collection process, there can be no inherent bias towards a particular conclusion, which could have occurred, however subconsciously, if collected by the analyst (Boslaugh, 2007).

The HSE used a questionnaire to collect data from 10,494 respondents (Health Survey for England, 2010). The sample of this study is 10,494 (76.04%). A marginally larger proportion of the respondents were found to be female (50.5%), and their age spanned from under 15 to 84 years.

### **The Measures of this research:**

#### **1- Demographic information including age and gender.**

Age and gender are two of the measures that affect the stress level of people in England, and how they respond to stress. One way of responding to stress is the physiological stress response, and it is particularly in this reaction that some researchers believe that there are significant differences in the way in which women and men respond to pressure (Sonnkalb, 2012). According to Davidson and Cooper (1984), in the workplace, women in middle-management experienced higher stress levels than men in the similar positions, stemming from pressures in their work and home environments. Furthermore, younger age groups reported higher stress scores than the older age groups (Gadzell et al., 1990). The older and more experienced the participants were the less stress they reported as compared to younger and less experienced participants, who reported higher levels of stress (Flynn, 2001).

#### **2-Being able to face problems**

For the purpose of the present study, the GHQ-12 was chosen as a screening tool for an examination of associations with reported stress in England with a focus on the influence of age and gender, and was used to screen the 12-item version of the general health questionnaire in England 2010. It is defined by Goldberg (1972) as a screening device for identifying minor psychiatric disorders. The GHQ-12 includes six items on the semblance of new and distressing phenomena, such as "felt constantly under strain", and six items that focus on an inability to undertake normal functions, for example "felt capable of making decisions about things" (see appendix, table 15). The respondents were asked to indicate whether they had experienced changes in these domains during the past few weeks, with response options ranging from better than usual to much less than usual. A total score is achieved by scoring the responses on a continuous scale (0-4), and calculating a sum score. The responses are scored as 0 for better than or as usual, and 1 for less or much less than usual. The presence of three or more items in this range is then coded as decreased general mental health (Goldberg and Williams, 1988). The dichotomous scoring of the GHQ-12 means that it is sensitive to short-term disorders, but not the enduring attributes of the respondent (Goldberg et al., 1997). The GHQ-12 is widely used in a primary care setting to screen for current anxiety and mood disorders, and is reliable and valid in community samples with different cultural contexts (Furukawa and Goldberg, 1999; Goldberg and Williams, 1988).

## Data Preparation and Presentation

The researcher will analyse the data that concerns the ability to face problems in England as a dependent variable (DV), and then test the impact of gender and age as independent variables (IVs) on being able to face problems in England. The data will present an overview of some statistical techniques that use a review of basic statistical summaries; frequencies, figures, numerical measures and tables using Statistical Package for the Social Science (SPSS) V.19 program. This can give huge results in a short time by identifying the statement questions, and their numbers and rates. SPSS is one of the programs we can use to pilot an explanation and analyse data in a short time (Balnaves and Caputi, 2001:122).

In the present study, we used quantitative secondary data, and GHQ-12 to statically examine the associations of reported stress in England with a focus on the influence of age and gender. This will enable the investigation of the relationships between stress, gender and age in England.

Due to the different genders and ages of people in England, they are facing different levels of stress. According to Steiner et al. (2007), although the physical mechanisms underlying reactions to stress remains constant across organisms, many factors mediate an individual's mental reaction to various stressors at any given time. Individual factors such as age and gender contribute to a person's experience of stress. Gender has been determined as an important aspect of stress reaction. The existence of some pressure are highly specific to gender, such as pregnancy, while others are can be more generally related to gender, such as power and status to achieve (Van Well and Klugkist, 2008). According to Schmaus et al. (2008), women under stress showed increased heart pressure response rate, reported more overall stress and are more likely to that men find stress more positive when compared to matched males. The most commonly identified male stressors involve striving for achievement and self-reliance, while female stressors tend to be in the area of interpersonal relationships, friends, love, and family pressure (Rudolph, 2002). Age is another factor that can affect the pressure source and specific stress response. As previously concluded, pressure is an inevitable part of our daily lives, throughout our lives. Even in the womb, babies showed reactions to pressure (Murkoff et al., 2002). Hence, these two factors were chosen for investigation in this research, to try and identify underlying patterns in the individual variation.

Samples of respondents were collected randomly from England where the account 7980 and 2514 are missing data. There are 2514 missing values from 10,494 (1/4%), and this will affect the analysis. Therefore, some caution is needed when interpreting the results (technical report). The respondents in this study were roughly half male (49.5%) and half female (50.5%).

<b>Table (1) Being able to face problems</b>			
		Frequency	Valid Percent
Valid	More than usual	421	5.3
	Same as usual	6888	86.3
	Less able than usual	573	7.2
	Much less able	98	1.2
	Total	7980	100.0
Missing	Don't know	63	

	Not applicable	2451	
	Total	2514	
Total		10494	

Table (1) shows that around 8.4% of respondents reported being less able than usual or much less able to face problems than usual.

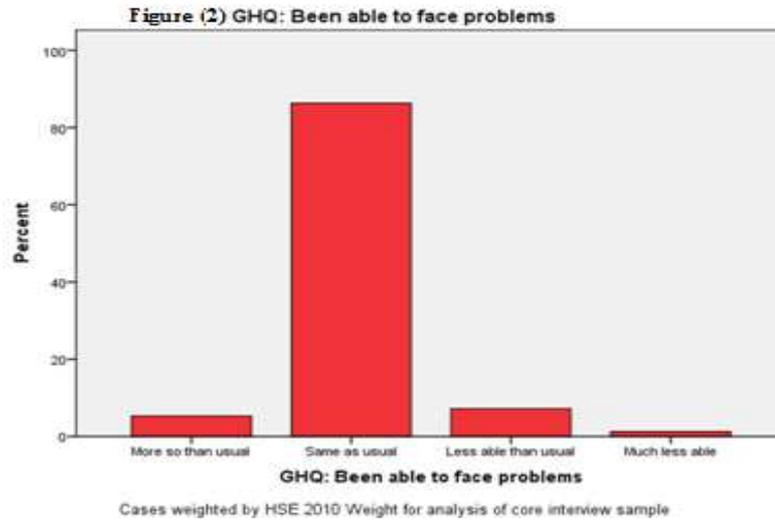


Figure (2) shows the percentage of respondents being able to face problems.

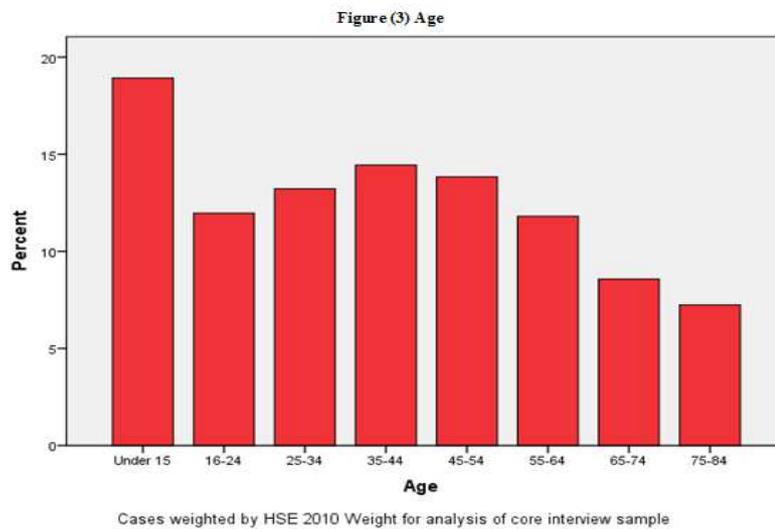


Figure (3) shows the age distribution of the respondents

			GHQ: being able to face problems				Total	P-Value
			More so than usual	Same as usual	Less able than usual	Much less able		
Sex	Male	Count	234	3361	257	49	3901	

		% within Sex	<b>6.0%</b>	<b>86.2%</b>	<b>6.6%</b>	<b>1.3%</b>	<b>100.0%</b>	<b>Cramer's V= 0.04</b> <b>P=.009</b>
	Female	Count	187	3527	317	48	4079	
		% within Sex	<b>4.6%</b>	<b>86.5%</b>	<b>7.8%</b>	<b>1.2%</b>	<b>100.0%</b>	
	Total	Count	421	6888	574	97	7980	
		% within Sex	5.3%	86.3%	7.2%	1.2%	100.0%	
		% within GHQ: being able to face problems	100.0 %	100.0%	100.0%	100.0 %	100.0%	
		% of Total	5.3%	86.3%	7.2%	1.2%	100.0 %	

Table (2) shows that 7.9% of men and 9% of women reported that they were less able to face problems than usual. The analyses revealed that the gender-stress association was statistically significant (  $P < 0.05$ ). But pretty weak (Cramer's  $V = 0.04$ ).

The age-stress association is complex (see appendix table 3). But it is that say ( $P < 0.05$ ). The age-stress association is statistically insignificant ( $P = 0.08$ ), but stronger than that seen with age.

**Table(3) Age \* GHQ: Being able to face problems cross tabulation**

			More so than usual	Same as usual	Less able than usual	Much less able	Total	P-value
Age	Under 15	Count	37	278	19	4	338	<b>Cramer's V= .075</b> <b>P=0.08</b>
		% within Age	<b>10.9%</b>	<b>82.2%</b>	<b>5.6%</b>	<b>1.2%</b>	<b>100.0%</b>	
	16-24	Count	105	912	72	25	1114	
		% within Age	<b>9.4%</b>	<b>81.9%</b>	<b>6.5%</b>	<b>2.2%</b>	<b>100.0%</b>	
	25-34	Count	82	1048	84	11	1225	
		% within Age	<b>6.7%</b>	<b>85.6%</b>	<b>6.9%</b>	<b>0.9%</b>	<b>100.0%</b>	
	35-44	Count	66	1191	95	13	1365	
		% within Age	<b>4.8%</b>	<b>87.3%</b>	<b>7.0%</b>	<b>1.0%</b>	<b>100.0%</b>	
	45-54	Count	52	1129	114	25	1320	
		% within Age	<b>3.9%</b>	<b>85.5%</b>	<b>8.6%</b>	<b>1.9%</b>	<b>100.0%</b>	
	55-64	Count	26	997	93	10	1126	

		% within Age	<b>2.3%</b>	<b>88.5%</b>	<b>8.3%</b>	<b>0.9%</b>	<b>100.0%</b>
	65-74	Count	29	746	42	5	822
		% within Age	<b>3.5%</b>	<b>90.8%</b>	<b>5.1%</b>	<b>0.6%</b>	<b>100.0%</b>
	75-84	Count	24	587	55	5	671
		% within Age	<b>3.6%</b>	<b>87.5%</b>	<b>8.2%</b>	<b>0.7%</b>	<b>100.0%</b>
Total		Count	421	6888	574	98	7981
		% within Age	5.3%	86.3%	7.2%	1.2%	100.0%
		% within GHQ: Being able to face problems	100.0%	100.0%	100.0%	100.0%	100.0%
		% of Total	5.3%	86.3%	7.2%	1.2%	100.0%

Table (3) concludes that age and being able to face problems are associated (Cramer's V= .075) . The relationships are stronger than gender .

❖ **Table(4) Age \* GHQ: Being able to face problems \* Sex cross tabulation**

Sex		GHQ: Being able to face problems				Total		
		More so than usual	Same as usual	Less able than usual	Much less able			
Male	Age	Under 15	Count	24	141	8	1	174
			% within Age	<b>13.8%</b>	<b>81.0%</b>	<b>4.6%</b>	<b>.6%</b>	<b>100.0%</b>
	16-24	Count	61	463	35	12	571	
		% within Age	<b>10.7%</b>	<b>81.1%</b>	<b>6.1%</b>	<b>2.1%</b>	<b>100.0%</b>	
	25-34	Count	49	519	39	7	614	
		% within Age	<b>8.0%</b>	<b>84.5%</b>	<b>6.4%</b>	<b>1.1%</b>	<b>100.0%</b>	
	35-44	Count	40	572	40	7	659	
		% within Age	<b>6.1%</b>	<b>86.8%</b>	<b>6.1%</b>	<b>1.1%</b>	<b>100.0%</b>	
	45-54	Count	23	571	50	13	657	
		% within Age	<b>3.5%</b>	<b>86.9%</b>	<b>7.6%</b>	<b>2.0%</b>	<b>100.0%</b>	
	55-64	Count	10	489	41	7	547	
		% within Age	<b>1.8%</b>	<b>89.4%</b>	<b>7.5%</b>	<b>1.3%</b>	<b>100.0%</b>	
	65-74	Count	18	359	20	2	399	
		% within Age	<b>4.5%</b>	<b>90.0%</b>	<b>5.0%</b>	<b>.5%</b>	<b>100.0%</b>	
	75-84	Count	9	247	23	1	280	

			% within Age	<b>3.2%</b>	<b>88.2%</b>	<b>8.2%</b>	<b>.4%</b>	<b>100.0%</b>		
	Total		Count	234	3361	256	50	3901		
			% within Age	<b>6.0%</b>	<b>86.2%</b>	<b>6.6%</b>	<b>1.3%</b>	<b>100.0%</b>		
Female	Age	Under 15	Count	14	137	10	4	165		
			% within Age	<b>8.5%</b>	<b>83.0%</b>	<b>6.1%</b>	<b>2.4%</b>	<b>100.0%</b>		
		16-24	Count	43	448	37	13	541		
			% within Age	<b>7.9%</b>	<b>82.8%</b>	<b>6.8%</b>	<b>2.4%</b>	<b>100.0%</b>		
		25-34	Count	33	529	45	3	610		
			% within Age	<b>5.4%</b>	<b>86.7%</b>	<b>7.4%</b>	<b>.5%</b>	<b>100.0%</b>		
		35-44	Count	26	619	55	6	706		
			% within Age	<b>3.7%</b>	<b>87.7%</b>	<b>7.8%</b>	<b>.8%</b>	<b>100.0%</b>		
		45-54	Count	29	559	64	12	664		
			% within Age	<b>4.4%</b>	<b>84.2%</b>	<b>9.6%</b>	<b>1.8%</b>	<b>100.0%</b>		
		55-64	Count	17	508	52	3	580		
			% within Age	<b>2.9%</b>	<b>87.6%</b>	<b>9.0%</b>	<b>.5%</b>	<b>100.0%</b>		
		65-74	Count	11	387	22	4	424		
			% within Age	<b>2.6%</b>	<b>91.3%</b>	<b>5.2%</b>	<b>.9%</b>	<b>100.0%</b>		
		75-84	Count	15	340	31	4	390		
			% within Age	<b>3.8%</b>	<b>87.2%</b>	<b>7.9%</b>	<b>1.0%</b>	<b>100.0%</b>		
			Total		Count	188	3527	316	49	4080
					% within Age	4.6%	86.4%	7.7%	1.2%	100.0%
Total	Age	Under 15	Count	38	278	18	5	339		
			% within Age	11.2%	82.0%	5.3%	1.5%	100.0%		
		16-24	Count	104	911	72	25	1112		
			% within Age	9.4%	81.9%	6.5%	2.2%	100.0%		
		25-34	Count	82	1048	84	10	1224		
			% within Age	6.7%	85.6%	6.9%	.8%	100.0%		
		35-44	Count	66	1191	95	13	1365		
			% within Age	4.8%	87.3%	7.0%	1.0%	100.0%		
		45-54	Count	52	1130	114	25	1321		
			% within Age	3.9%	85.5%	8.6%	1.9%	100.0%		
		55-64	Count	27	997	93	10	1127		
			% within Age	2.4%	88.5%	8.3%	.9%	100.0%		

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	65-74	Count	29	746	42	6	823	
		% within Age	3.5%	90.6%	5.1%	.7%	100.0%	
	75-84	Count	24	587	54	5	670	
		% within Age	3.6%	87.6%	8.1%	.7%	100.0%	
	Total	Count	422	6888	572	99	7981	
		% within Age	5.3%	86.3%	7.2%	1.2%	100.0%	

Table (4) shows that the age-stress-gender association is complex. But this stats concludes that there are statistical significant relationships with an associated significant degree of (0.000). It can be seen that the value of these relationships with men is slightly stronger than with women.

**Table (5) Sex \* GHQ: Being able to face problems\*Age cross tabulation**

Age			GHQ: Being able to face problems				Total	
			More so than usual	Same as usual	Less able than usual	Much less able		
Under 15	Sex	Male	Count	24	141	8	1	174
			% within Sex	<b>13.8%</b>	<b>81.0%</b>	<b>4.6%</b>	<b>.6%</b>	<b>100.0%</b>
	Female	Count	14	137	10	4	165	
		% within Sex	<b>8.5%</b>	<b>83.0%</b>	<b>6.1%</b>	<b>2.4%</b>	<b>100.0%</b>	
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25-34	Sex	Male	Count	49	519	39	7	614
			%	<b>8.0%</b>	<b>84.5%</b>	<b>6.4%</b>	<b>1.1%</b>	<b>100.0%</b>

		Female	within Sex		%			
			Count	33	529	45	3	610
		% within Sex	<b>5.4%</b>	<b>86.7%</b>	<b>7.4%</b>	<b>.5%</b>	<b>100.0%</b>	
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			% within Sex	<b>3.5%</b>	<b>86.9%</b>	<b>7.6%</b>	<b>2.0%</b>	<b>100.0%</b>
		Female	Count	29	559	64	12	664
			% within Sex	<b>4.4%</b>	<b>84.2%</b>	<b>9.6%</b>	<b>1.8%</b>	<b>100.0%</b>
		Total	Count	52	1130	114	25	1321
			% within Sex	<b>3.9%</b>	<b>85.5%</b>	<b>8.6%</b>	<b>1.9%</b>	<b>100.0%</b>
55-64	Sex	Male	Count	10	489	41	7	are7
			% within Sex	<b>1.8%</b>	<b>89.4%</b>	<b>7.5%</b>	<b>1.3%</b>	<b>100.0%</b>
		Female	Count	17	508	52	3	580
			% within Sex	<b>2.9%</b>	<b>87.6%</b>	<b>9.0%</b>	<b>.5%</b>	<b>100.0%</b>
		Total	Count	27	997	93	10	1127
			% within Sex	2.4%	88.5%	8.3%	.9%	100.0%

65-74	Sex	Male	Count	18	359	20	2	399
			% within Sex	4.5%	90.0%	5.0%	.5%	100.0%
	Female	Count	11	387	22	4	424	
		% within Sex	2.6%	91.3%	5.2%	.9%	100.0%	
	Total	Count	29	746	42	6	823	
		% within Sex	3.5%	90.6%	5.1%	.7%	100.0%	
75-84	Sex	Male	Count	9	247	23	1	280
			% within Sex	3.2%	88.2%	8.2%	.4%	100.0%
	Female	Count	15	340	31	4	390	
		% within Sex	3.8%	87.2%	7.9%	1.0%	100.0%	
	Total	Count	24	587	54	5	670	
		% within Sex	3.6%	87.6%	8.1%	.7%	100.0%	
Total	Sex	Male	Count	234	3361	256	50	3901
			% within Sex	6.0%	86.2%	6.6%	1.3%	100.0%
	Female	Count	188	3527	316	49	4080	
		% within Sex	4.6%	86.4%	7.7%	1.2%	100.0%	
	Total	Count	422	6888	572	99	7981	
		% within Sex	5.3%	86.3%	7.2%	1.2%	100.0%	

Table (5) shows that the gender-stress-age association is complex. But one clear conclusion is that the gender-stress relationship loses significance if it is controlled for age.

According to Ablanado-Rosas (2011), stress levels differ at different levels of occupational status, gender and age. Our finding is that there is a significant association between gender, age and stress, and therefore the hypothesis H1 is

accepted. In particular, we conclude that the relationship between age and stress is stronger than the relationship between gender and stress. On the other hand, we also found that the gender-stress relationship loses significance as we controlled for age. In addition, it can be seen that the value of relationships with men is slightly stronger than with women. The HSE (2012) reported that pressure can affect people in different ways, with what one person finds to be a normal level of pressure being unmanageable for another. With each new situation, a challenge will determine whether someone has the resources to cope. If they do not have enough resources, they will begin to feel the pressure. Evaluation of the situation will depend on various factors, including gender and age. The analysis used in this research was designed to identify the role and extent of pressure in modern life. The results showed that older people experience lower life stress and role stress. Young people experience more pressure, as compared to the older people (Anitha Devi, 2007). Therefore it can be concluded that the younger age group are more susceptible to stress, probably caused by lack of experience and age group experience (Nayak, 2008).

Although previous studies have shown that there is no correlation between the level male and female assessment of their performances under stress, the age variable has not been considered in previous studies (Schultz and Schultz, 2003). Everyone has experienced the pressure every day. Stress can lead to serious health problems, which is concerning (Caple, 2001). According to Wyncarczyk (2012), women are anxious about five times a week, while men anxious about four times a week. The women said they found it difficult to cope with the pressure, and felt overburdened eight or more times in a week. Also, a study by Mitra and Sen (1993) in their study found that male and female executives differed

significantly on role ambiguity, role conflict, inter role distance, future prospects and human relation at work and femininity and masculinity dimensions. Male executives with masculine sex role orientation faced greater job stress and anxiety than females possessing an androgynous personality. Authors attributed this fact to a greater reluctance to self disclose among men and different socialization patterns laid down for both men and women society.

### **Conclusion**

It can be seen that coping with stress and challenges are a dimension of well-being that is fundamental to the experience of relating to others in society and is likely to be associated with people's well-being in a number of domains. There is an association between gender and being able to face problems among responders. However, there is also an unlikely but interesting statistically significant relation between age and being able to face problems.

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