A STUDY ON EMOTIONAL STABILITY AMONG WORKING AND NON-WORKING WOMEN IN COIMBATORE CITY

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ABSTRACT

Individuals’ steadiness of mood, their ability to withstand minor setbacks, failures, difficulties, and other stresses without becoming upset emotionally. Emotional issues may also manifest themselves as physical illness. Emotional issues that are not dealt with properly can present as psychological problems and may affect how we interact with others in the family and in the working environment. The purpose of this research is to the stability of emotions among working and non-working women in Coimbatore city. A non-probability convenience sampling consisting of 150 working women and 150 non-working women respondents chosen. The collected data was analyzed with simple percentage analysis, Chi-square, Analysis of Variance and Henry Garrett Ranking Techniques. Results indicate that Non-working women are more stable in emotions when compared to working women group.