

WOMEN LAWYERS STRESS MANAGEMENT: ISSUES AND CHALLENGES**R. Sumonthini Prathipa¹ and Dr. S. Hannah Sharon²**¹Research Scholar and ²Assistant Professor, Department of Management Studies, Mother Teresa Women's University, Kodaikanal, TamilNadu, India**ABSTRACT**

Stress is the common factor for all professional in recent scenario. When it comes to legal professionals its comparatively high as they are dealing with the real-life problems faced by the people. Women layers are the ones who are facing stress at higher scale compared to men as they must balance between family and profession, apart from this various other factor contribute to the cause of stress among women lawyers. Managing stress has been ignored among women legal professionals as they have very less time to analyse what they are going through. On the long run this might break them down physically and emotionally and can become a barrier in their career development. Women lawyers concentrating in their well being and exploring more about self would help them in stress management. This paper discusses on the determinants and strikes of stress among women lawyers and few suggestions to steer stress management.

Keywords: Stress Management, Women, Lawyers, Professionals, Stress.

INTRODUCTION

Stress is the most discussed topic among the people around the globe, as all stages and level of people are going through stress in their day today life. The stress among the adults is considerably high in recent days. Women are no where exceptional to this as they must balance between family and work life. Taking stress on the long run will lead to the pulling down of self as well as destroy the peace around.

Women and stress are reciprocal as women swing between family and work life. Women lawyers are facing stress more than any other professional as they deal with the real-life problems faced by their clients. Juggling between courts, counsels and other work environment issues they forget to take care of their well being which leads to stress at higher level. Apart from this the competition and gender inequality that they face are some of the sources of stress.

The lack of stress management affects women lawyer's personal life and becomes a barrier in their carrier development. The stress that is faced by the women lawyers make them stay stagnant in the place where the began their carrier. Women lawyers hesitate to move forward considering the barriers that they face in their day to day life which lead to stress again. Managing stress has been ignored among women legal professionals as they have very less time to analyse what they are going through.

Stress management is the key to prevail over stress in a better way, as it leads to physical and mental contentment. It also enables women lawyers to concentrate on oneself which will enable them to flourish in their sphere. Not just concentrating on their well being but also stress management help them to allocate their time in a better way.

CAUSE OF STRESS AMONG WOMEN LAWYERS

There are various contributors to the cause of stress among women lawyers which leads to their pull down. Apart from their personal issues the work-related stress also contributes to the stress cause among women lawyers. Let's discuss few important factors below.

1. Gender Inequality and Lack of Opportunity.

Gender inequality is one of the hazardous acts which contribute to the stress among the women lawyers. In India there are a greater number of male lawyers compared to women layers, where women are given less opportunities. To start up an own legal firm or to practice law oneself is challenging as women are branded weak. When opportunities are withheld it leads to stress among women lawyers. In most of the place's women are pushed to

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dependent on their senior men lawyers and for years their opportunity towards their advancement in career is withheld.

2. Peer Pressure.

Peer pressure is one of the common agents for the cause of stress, right from children to adults. Peer pressure leads to higher level of stress among as women lawyers tend to compare themselves with their peers having higher number of cases or clients. Not just that they also try to fit into the frame of their colleagues and face financial barriers.

3. Dealing with Clients.

The legal professionals deal with the real-life problems faced by common people and these problems sometimes have impact in their personal life and contribute to the cause of stress. Handling clients and organizing their court hearing is difficult task as women find it difficult to organize and explain the court proceedings are source of stress among women lawyers.

4. Imbalance Work-life.

This is one common problem for all women professionals especially with women lawyers as they have vague time of working. They work beyond the court working hours regarding their client case right from documentation to filing the case must be done by them. This cause stress and lead to imbalance in work- life. Women lawyers find it difficult to balance between family and work which at times leads to lose their personal life.

AFFECTS OF STRESS AMONG WOMEN PROFESSIONAL

1. Effects on Physical Health

The stress leads to several effects of on women lawyers as they have imbalance lifestyle. Travelling to several places, vague meal time and late working hours are the contributors of stress. The stress that they take in has a negative impact on health which leads to several health conditions. Most of the women lawyer has less time to concentrate on their self-care like exercising, walking or concentrating on proper diet due to the stress that is caused by work this leads to bad health conditions. More time for work and family and less time for self is one root cause for several diseases in recent days.

2. Effect on Emotional Health

As the women lawyers deal with the real-life problems of the people, they tend to involve themselves into the situations which affects their mental health. Not just that the arguments that takes place in the courts and the interrogations that happens in the courts leads the women lawyers to hyper tension situation which affect their mental health. The more they take stress the more it affects the mental peace of the women layers. At times they tend to doubt themselves and their choices out of stress. Thee interactions and comparison among the peers also have an impact on women lawyer's psychological aspect.

3. Effects on Social Atmosphere

The above mentioned affects the person individually, but the stress taken by women lawyers has much more effects on social life. As a human being all are connected in a social circle such as family, friends, relatives, peers and so on. When an individual is affected in any of the above-mentioned aspects it disturbs all the layers of the circle. The most affect is on the family as they go through the impact of stress of the women lawyers in day to day activities. At times the women lawyers tend to burst out their stress on their family and friends which affects their relationship or connect with them.

Suggestions to Stress Management for Women Lawyers.

Stress management is very important all professionals especially for women lawyers as they face different problems in their day today life. The following are few suggestions for women lawyers on their stress management.

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1. To take time for self – It is very important to take time for self by engaging in activities that they are interested in apart from their work. Recreational activities with family and friends will enable to overcome stress. Listening to music and taking enough sleep will help to manage stress.
2. To concentrate on health- Health is wealth without good health running towards goal will pull one down or become a barrier to attain the goal. Exercising, regular health check-ups and concentrating on diet are some of the ways to manage stress.
3. To allocate responsibility- It is not necessary for a women lawyer to do all the work by themselves, hiring an office assistant or a junior will reduce their work load and manage their work environment in a healthier way.
4. To elevate towards advancement- Moving towards advancement is always a booster to satisfaction which will support to managing stress in a better way.

CONCLUSION

Stress is one of the psychological challenges that all professionals face in their day to day activities, women lawyers are highly affected by stress. Taking stress lightly will lead to severe damage in both personal and professional life. As women lawyers address people issues and challenges it is necessary for them to stabilize their physical and emotional health. Addressing their issues and need on the first will enable them to understand where they stand and what should be done to move forward. Effective management of stress can help them overcome stress and contribute towards their professional advancement. Women lawyers represent and empower the women community as they stand up for social welfare of women. Thus, it is madidate for women lawyers to work on the stress management for betterment of the self and for their advancement.

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