

Correlation of Stress and Blood Glucose Level in Working Women from Tribal Region of Navapur, Dist-Nandurbar

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Abstract : Working women have to face complex issues of family life and professional life. Stress is the condition that results from person's response to physical, emotional or environmental factors. The stress response can cause problems when it overreacts or fails to turn off and reset itself properly. In the present investigation correlation between stress and blood glucose level in working women group and non working women group was studied. Working women when compared with non working women, experienced more physical and psychological stress. An additional increase in fasting blood glucose levels could be attributed to stress and anxiety they undergo at the workplace. This may lead to increase their susceptibility to develop type II Diabetes Mellitus in coming future.

Keywords : blood sugar, nutrition, stress, working women

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