

A BEHAVIOURAL STUDY ON PSYCHOLOGICAL STRESS MANAGEMENT IN WATERSCARCITY BACKDROP*Dr.P.Bharathi*ABSTRACT

*Water is essential for our survival. Fetching water is the prime responsibilities for every woman in every household. They have to walk for miles in searching and fetching of water. Along with their multiple responsibilities they have satisfy the household water demand. It is an unwritten fate that women must do this job irrespective of her physical and mental illness. Collection of water is a painful journey especially in dry areas. Water scarcity effect on perceived stress, worry and negative emotions. Apart from physical pain in collecting water women also suffer from emotional stress of managing little water. Women tend to ones using and managing water in the home day to day. Women play a major role in domestic water management. The present study aims to examine the stress as it relates to water scarcity and the way they manage.*

**Keywords:** *Water, Stress, Scarcity.*

**Section I Introduction:**

Water is essential for our survival. Women are responsible for finding a resource to their families needs to survive for drinking, cooking, sanitation and hygiene. Women tend to ones using and managing water in the home day to day. Today around the world WOMEN will spend 200 million hours for collecting water. Fetching of water is the prime responsibilities for women in every household. They have to walk for miles in searching and fetching of water. It is an unwritten fate that women's must do this job irrespective of her physical and mental illness. Collecting water is a painful journey especially in dry areas.

With the increasing threat of climate change water scarcity will become a burning issue. Inadequate access to water is linked to psychological stress especially among women. When access to water is altered it can profoundly impact the psychological well being of women i.e., it increase the risk of developing mental disorders. The entire burden of providing and management of water for the family create great pressure on physical and mental health of women.

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