

RELATIONSHIP BETWEEN QUALITY OF LIFE AND PERCEIVED

STRESS: A CASTE PERSPECTIVE

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ABSTRACT

The present study was done on 200 (General-N=100 and SC-N=100) women of Varanasi belongs to joint and nuclear family. They were chosen according to the stratified sampling method. Data collection tool was Perceived Stress Scale: 14 items (Cohen, Kamarck and mermelstain 1983) and Quality of Life was developed by THE WHOQOL GROUP in 1991. Data was analyzed with the help of correlation. Findings explore that perceived stress and quality of life has been positively correlated in General and SC caste women of nuclear and joint family.

KEYWORDS: Perceived Stress, Quality of Life, Joint and Nuclear Family and Caste