

# Study of Stress, Well-Being and Satisfaction Level among in Women

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**Abstract:** *The main aim of the present study was to examine the life satisfaction and stress among women. A sample of 200 women was drawn randomly from the population. Life Satisfaction Scale) and stress scale were used for data collection. Mean, standard deviations t- test and correlation were the statistics calculated. The results indicated that there was significant difference regarding life satisfaction and stress between working and non-working women. Results revealed that working and non-working women differed significantly on their satisfaction ( $t=5.52$ ). Working women were more satisfied with their life, on stress scale non-working women have higher level stress as compared to working women. A significant negative relationship was found between life satisfaction and stress.*

**Keywords:** Stress, Satisfaction, and Working and Non-Working Women.

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