Stress Management Strategies for Modern Homemakers

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Abstract

The proportion of women engaged in full-time homemaking remains high in many developing countries, and homemaking continues to play a significant role regardless of employment status. Various scholars, including Saranya Devi (2018) and Solanki et al. (2019), have suggested that, in developing countries, homemakers perform domestic work without compensation, contributing significantly to the national economy while potentially experiencing stress from completing such tasks. One way to manage stress is through self-management skills, which involve practising brief stress-management techniques to address distressing emotions that arise in daily life. The current study aims to identify and analyse potential sources of stress for modern homemakers, review existing stress-management strategies, and propose techniques that fit within a homemaker's routine. Coping and stress originate in the domestic sphere, with a focus on modern homemakers. Stress can impact mental health, while coping skills acquired at a younger age can influence lifestyle, career, and domestic stress levels later in life. Concepts of stress and coping are well established in general, while appraising stress originating from the home, especially for homemakers, is more challenging. Prior research covers some aspects of this appraisal, but only for working mothers. Stress experienced after resuming homemaking following a child's education is a common transitional issue.

Keywords: *Stress management, modern homemakers, coping strategies, role strain, Transactional model, time demands, and social isolation.*

1. Introduction

Coping with household activities can be stressful. When conflicting demands arise, women often find it difficult to balance their daily duties and household chores, which can be stressful. Coping

with household activities can be stressful (Solanki et al., 2019). The literature on stress was reviewed, covering its definition, sources, the stresses faced by modern homemakers, and coping strategies. The Transactional Model was explored as an overarching theoretical framework, based on stress operational definitions and situational analyses of variability, linking time- and task-organisation stress measures with sociocultural variables and community-perception levels. Stress was defined as an environmental mismatch that exceeds an individual's capacity to cope. Stress was thus separated from strain, conceptualised as the psychological and physiological responses that deviate from the homeostatic state.

"Stress" remains a concept that has given rise to multiple definitions. The theoretical and operational definitions of stress have undergone significant evolution, seeking to distinguish a broad notion of "stress" from domains such as "strain" and "burnout". An assessment of definitions and models of stress is conducted with respect to their relevance to the role of modern homemaking in daily life. Stressors arise when individuals perceive a discrepancy between environmental demands and their personal resources. Modern homemakers face a variety of demands, and daily life can become increasingly stressful. Role theory extends to the personal and social expectations associated with specific roles.

Two emergent patterns of difficulty in daily living are examined: time limitation and task specification. Longstanding, locally developed findings on home-based organisation–stress links motivate the exploration of daily time use. Thirty European metropolitan areas, differing in sociocultural and economic characteristics, exhibit significant community-level variation in time allocated to formal tasks.

2. Conceptual Foundations of Stress and Coping

Stress is the inability to meet the demands placed on us by others. Ideal stress management entails balancing these demands with available resources (Solanki et al., 2019). The increasing demands on homemakers, including time management, parenting, financial management, and household upkeep, lead to increased stress. In addition to role demands, age and life stage, and psychosocial factors such as social support, influence perceptions of demands (Currie, 2018). The level of stress you experience in the homemaking role will depend on the demands placed on you and the resources available to you to meet those demands.

The Transactional Model of stress proposes that stress experienced by individuals depends on an individual's perception of the demand or threat posed by the situation and their estimate of available coping resources. In this frame, a situation can be considered "stressful" when both the demand and the perceived lack of resources are acknowledged. The essential components of most analytical frameworks consist of five primary appraisal, secondary appraisal, coping efforts, mediators influencing demand or resource perception, and situational events. These components can apply in general. Hence, this analytical framework can be used effectively to organise and understand stressors in domestic life.

2.1. Definitions and Models of Stress

Stress is generally referred to as a condition or an interaction process between the individual and a stressor that causes the perception of an imbalance between the demands or pressures placed on an individual and the individual's capacity to cope with those demands. Stress is conventionally defined as a stimulus or action that imposes pressure or demands on an individual, or as the strain the individual experiences in response to external pressures (Solanki et al., 2019). To manage stress effectively, it is necessary to understand the nature of stress and the different levels of the stress process.

Stress results primarily from environmental conditions and the stressor. Thus, workplace stress differs from stress within the family or at home. There are specific stressors and stress responses for distinct types of activity. Stressors are specific sources of stress (Protsenko, 2012). Labelling or identifying stressors is critical prior to alleviating stress. Definitions of stress should be developed in parallel with the specific nature of the stressors.

2.2. The Transactional Model of Stress and Coping in Domestic Contexts

The Transactional Model of Stress and Coping posits that, within domestic life, the stress outcome depends on personal appraisal and coping strategies. According to Currie (2018), coping comprises cognitive and behavioural efforts in response to and for the purpose of preventing stress. This process is ongoing and involves the person's evaluation of a potential stressor to determine its importance. For instance, a homemaker facing an inconvenience at home, such as a child losing a shoe, perceives the situation as stressful when she has social commitments but not when she does not (Solanki et al., 2019). The appraisal specifies the following steps in the coping process. The individual and social factors that influence one's appraisal and coping may include the home environment, relationship

approaches, cultural background and gender norms (E. Rentscher, 2019). In the marital context, stressors may arise when a partner's support through problem- and emotion-focused coping mitigates or exacerbates the homemaker's overall stress.

The nearby surroundings present further considerations. Problems such as health issues, unemployment, and housing difficulties lead couples to share a life partner. However, psychosocial stressors differ across individuals. Evaluating environments, whether domestic or workplace, goes beyond their physical and spatial dimensions to include an individual's social embeddedness and connectivity.

3. Sources of Stress for Modern Homemakers

According to Cohn, modern homemakers are under enormous pressure to manage their households, and many feel inadequate in their efforts. Stressors occurring within the household are characterised and classified in ways similar to those in organisations, including time and role pressure, task pressure, and interpersonal and social support (G. Lingren, 1992).

Homemakers are under constant stress due to the demands of multiple roles. They face role conflict and role strain in fulfilling their domestic duties (Solanki et al., 2019). As a result, personal needs may be neglected, or responses may be excessive or ineffective relative to individual expectations and those articulated by other household members. Budgeting, shopping, meal planning and maintenance are the second source. Household activity pressure has led to rigorous, accurate, and continuous management. Social isolation is yet another common source, derived from a perceived lack of support or connection to the community.

3.1. Time Demands and Role Strain

Household time demands stem from multiple sources. Many indispensable tasks constitute homemaking, and household roles often overlap with occupational responsibilities for homemakers engaged in formal employment. Nonetheless, the time devoted to holling homemaking tasks typically exceeds compatibility with dual-income positions. A time-surplus household can accommodate the time demands of full-time jobs that require external output. In contrast, managing time-, energy-, and space-consuming activities without a spouse or partner constitutes a distinct challenge (G. Lingren, 1992). Unfilled time varies between households and serves an essential purpose. For women, married or unmarried, uninterrupted attention to active children can require 12 hours or

more of continuous involvement; activity becomes urgent in the evening and may not cease until midnight.

3.2. Household Management and Financial Pressures

Managing a household is an important function of family life. Despite technological advances and the introduction of modern conveniences, household management has become increasingly demanding over the years. A large number of roles are expected from a homemaker with limited resources (Elina LeFebvre, 1972). Financial management is one of the functions that a homemaker is required to perform. Financial management is generally defined as decision-making concerning the acquisition, allocation, and financing of funds. It includes aspects such as budgeting, spending and saving for life-cycle needs, obtaining credit and insurance protection, and investing and managing total wealth. Financial management is important for individuals and families. Good financial management practices are likely to improve the family's economic conditions (Mae Hall, 1965).

3.3. Social Isolation and Support Networks

Social isolation commonly refers to the lack of a suitable social network or to the absence of positive social support. Regular socialisation with friends and relatives is widely recognised as an essential factor contributing to social well-being and health (Honda & Kita, 2021). However, in the modern, fast-paced world, particularly in Japan, social fractures have emerged, resulting in a surplus of cohabiting individuals who remain alone throughout their daily lives. Community-connected mothers desire a cessation of excessive engagement in electronic media; thus, a social prescription using the Internet is not capable of enforcing their loneliness. Furthermore, mothers with lower perceived community connectivity seem to be at a greater risk of social isolation.

4. Evidence-Based Stress Reduction Techniques

According to Morris (2012), one can alter one's thought processes through cognitive restructuring and behavioural management plans. Modified exercises help implementation in housewife routines. Various mindfulness, acceptance, and other therapies encourage awareness of thoughts, feelings, and surroundings, with or without formal meditation. Designated methods incorporate everyday activities such as chores, family interactions, shopping, and equipment use, thereby linking methods to homemaking. To counteract the disengagement caused by excessive demands, increasing routines

and scheduling more tasks will mitigate it. Task scheduling helps balance enjoyable planned events with other commitments. Maintaining consistent wake-up and bedtime times, controlling bedroom light and noise, and establishing a pre-bed routine can all improve sleep hygiene. In increasing domestic comfort by guidelines on physical activity, dieting and fluid intake.

4.1. Cognitive-Behavioural Approaches

Cognitive-behavioural approaches emphasise the relationship among thoughts, feelings and behaviours. Cognitive therapies aim to change maladaptive thinking patterns, attitudes, beliefs, and assumptions to facilitate more effective responses to stress. A range of interventions, including cognitive restructuring, problem-solving, and behavioural experiments, is effective in the domestic setting (Solanki et al., 2019). Homemakers have a high cognitive load, and these strategies are particularly crucial for them. The theoretical models frame the home situation in terms of transaction appraisal, the coping process and the level of perception outcome (Abbasian et al., 2014).

Cognitive restructuring involves recognising and questioning negative evaluations by assessing arguments for and against specific beliefs, and by reassessing thoughts to foster a more positive view of events. Problem-solving is the process of identifying and defining a problem, developing a solution, and testing whether a satisfactory solution has been found. Behavioural experiments involve predicting outcomes before performing an activity and then performing the activity to measure what actually occurs.

4.2. Mindfulness and Acceptance-Based Interventions

The literature on coping and stress management strategies emphasises primarily modifying an individual's thinking and acceptance of circumstances, which remain central. These strategies focus on the important stress-confronting skills of cognitive restructuring, problem-solving, and behavioural experiments while avoiding exaggerated thinking that one's self-worth is vulnerable or that something terrible will happen if things go poorly. Another reason for their prominence is their focus on accepting the situation and remaining in the present. The modern era reflects problems of immobility, disconnection, and fragmentation, which are easily combined with boredom or frantic overactivity. The resulting motivation to temporarily disconnect from the web of endless online distractions, social media titillation, and other avenues of hyperconnectivity resonates strongly. The inclination to

"show up, realise that things may not be good, and get on with things without the encumbrance of elaborate forethought, agitation, and promoting a false sense of getting somewhere" is intuitively attractive in a time when relationship-building with self and others feels even more important than before (Solanki et al., 2019).

4.3. Behavioural Activation and Routine Structuring

To reduce the likelihood of stress, whether at home or elsewhere, behavioural activation can help establish routines and schedule household and social activities. Such an approach can be helpful when specific goals, such as time for self-care, are not being met. Co-existing problems, such as low mood or lack of energy, can reduce motivation to engage in planned sessions of structured problem-solving or cognitive restructuring; however, behaviourally focused strategies can increase motivation to use non-avoidant techniques. Difficulty is often encountered in planning problem-centred activities when the overall problem—which is positive, in that it is the opposite of too much work and not enough time—is difficult to specify in detail. A provisional, generic self-care plan that includes engaging in non-goal-oriented, purely relaxing activities can also facilitate engagement and overcome inertia.

Behavioural activation (BA) is the reinforcement of daily activities designed to increase contact with sources of reinforcement and pleasure (Solanki et al., 2019). BA schedules sessions for young children, such as filling in worksheets of activities for Sundays, or reinforces the toddler's own chosen, parent-specified, and peer-specified activities for the week. This can sometimes lead to a pen-and-paper schedule carrying a negative connotation for young children if they experience it as work or as something imposed by adults, especially at school. A conditioning approach to emotional and behavioural change can also include emotional and/or autonomy-restoration sessions. Alternatively, psychobiological pathways can be addressed through concrete alterations in time-use structure, even when cognitive mechanisms remain unchanged.

Routine-structuring refers to the prior definition of regularity as a pattern with a period shorter than one duration of time-use, flexible in its adaptation, and longer than a single activity. Advance scheduling of known or closely predictable events, such as online meetings, allows free travel time to be extended into the interim period.

4.4. Sleep Hygiene and Physical Activity

Establishing good sleep hygiene is an important component of any stress-reduction intervention, yet few studies have specifically highlighted its importance for modern homemakers. Guidelines often encourage participants to monitor sleep patterns objectively, analyse contributing factors (e.g., disturbances, time taken to fall asleep, daytime fatigue), and plan changes and improvements. Key recommendations include: keeping to a regular sleep schedule; creating a relaxing bedtime ritual; minimising alcohol and caffeine consumption; avoiding large meals just before sleep; ensuring comfort, darkness, quietness, and a cool temperature in the bedroom; turning off screens and devices an hour before bed; and heading to bed only when sleepy. Online resources provide tools, checklists, and worksheets on sleep hygiene.

Insufficient physical activity can also be a factor in stress and mood difficulties. Therefore, general guidelines for healthy adults recommend aerobic activity of moderate intensity for approximately 150 minutes per week (e.g., walking briskly for 30 minutes on five days) or of vigorous intensity for approximately 75 minutes per week (e.g., running). Strength training on two or more days is also recommended (e.g., lifting weights, body-weight exercises, or using resistance bands), as is regular short-duration, practice-based muscle-strengthening and balance exercises for those with mobility limitations. Recent publications have specifically suggested special balance and strength-training activities that are safe for older adults and help reduce the risk of falls. People who find it difficult to stay active may benefit from setting small, achievable activity goals.

5. Practical Implementation in the Home Environment

Modern homemakers carry multiple responsibilities, which require effective management strategies to enable personal development and social growth and prevent depression and chronic diseases. Time, role conflict, and maintenance stress are critical sources of domestic tension that require effective organisation among family members and timely evaluation/use of self-care activities.

Daily planning methods such as checklists, planners, bullet journals, and digital management applications enable prioritising which tasks to select, contingency planning for time estimates, and adjustments to expected schedules or at-home individual changes. Practices such as explaining upcoming task loads, discussing workload expectations, and listing rigid yet flexible roles each spouse

carries help establish acceptable boundaries, delegate duties, facilitate work sharing, and create new task-sharing roles developed through couple or family discussions or agreements.

Negotiations can also reveal differences in partners' commitments, thereby revealing the excess burdens borne by one individual. Self-care appointments signal an intention to care for oneself and provide the time needed for tasks—the anticipated completion of a postponed work or family item permits resumption of neglected chores. Micro-breaks integrated into routine tasks enable the restoration of energy, productivity, and engagement.

5.1. Daily Planning and Priority Setting

Reducing stress through daily planning and priority setting is critical for effective homemaking in modern society. Time demands have continued to increase, while many time-saving devices have been introduced into households; consequently, it is now common to spend more time and accomplish less. For many families, effective daily time planning, priority setting, and contingency planning are not merely desirable practices for attaining goals but necessary strategies for functioning effectively (A. Burkhart-Kriesel et al., 1990).

Planning and priority setting in homemaking provide a mechanism for adapting to an increasingly routine-oriented world of time use. For those who plan, a clearer picture of the day emerges, allowing extra time for recovery or for incorporating non-routine activities. Prioritising tasks provides focus and reduces the waste of time, energy, and resources on nonessential activities. Contingency planning mitigates the stress associated with unexpected disruptions by developing alternative solutions in advance.

5.2. Boundary Management and Delegation

Good management of boundaries at home can reduce one's perception of excessive duties and thus lessen role overload among modern homemakers. It may also help to share or delegate responsibilities to your partner or children. Not only will this reduce the amount of work you take on, but it will also foster a team-oriented environment conducive to effective time and task management (Shirmohammadi et al., 2023).

5.3. Couple and Family-Movement of Shared Responsibilities

Modern homemakers can reduce their stress effectively when families and couples actively share household tasks. The shift to shared responsibilities (also known as the "movement of shared responsibilities") helps reduce role strain.

In the context of this argument, teamwork is supported, and the burden on the homemaker is reduced. It starts through family talks. Through family discussions, partners with each other and engage in role exchange, negotiating who will do what based on strengths, availability, and preferences. Use chore charts, tools or apps to help clarify. Ensure it is referenced regularly to adapt to changing demands, such as work or child care.

Some advantages include lower stress levels, greater satisfaction with marriage, and better modelling for children of cooperation and equity. Research indicates that when chores are divided fairly between parents, the depression levels fall. Also, the overall family well-being improves. In practice, couples may take turns with cooking or cleaning, as appropriate. This enhances their empathy. Furthermore, assigning chores to older children according to their age fosters a sense of sharing within the family. This movement changes domestic life from individualised overburdening to shared support.

Shared Household Responsibilities

Task Category	Traditional Homemaker Load	Shared Allocation Example	Stress Reduction Benefit
Meal Preparation	80-90%	Partner cooks 3 nights/week, kids help prep	Lowers time pressure, builds family bonds
Cleaning & Laundry	70-85%	Rotate weekly: spouse's laundry, children's rooms	Reduces overload, promotes fairness
Childcare	85-95%	Partner bedtime routine, family outings	Eases role strain, improves well-being

Task Category	Traditional Homemaker Load	Shared Allocation Example	Stress Reduction Benefit
Financial Management	60-75%	Joint budgeting sessions	Shares mental load, enhances support
Grocery Shopping	75-90%	Alternate trips or online together	Cuts daily fatigue, fosters teamwork

This table presents estimated percentages from studies on the domestic labour division.

5.4. Self-Care Scheduling and Recovery Windows

Daily life requires great effort and attention, and often reduces time for leisure and recovery. These demands can affect well-being, reducing energy and focus; for some, self-care can seem unachievable. Scheduling self-care and recovery windows may help by allowing micro-breaks between demanding and taxing tasks, including stress exposures. Micro-breaks – focused short breaks that help regulate feelings, thought, and action – can enhance energy, happiness, and performance. Research suggests that routinising self-care improves well-being; for parents, everyday access to adult conversations and solitary time is associated with enhanced mental health.

Scheduling and pacing self-care are key to good health.

Many people cope better when they schedule recovery windows and take planned micro-breaks. Weather, work, family, and social obligations can often make people feel depleted, and there may be little time for leisure and recovery. A micro-break is a short (>10 minutes) pause that restores a person's capacity, energy, or focus, enabling them to continue working at a high level. Any activity can create such a break, but the most helpful activities are focused and enjoyable.

6. Social Support and Community Resources

Stress, embedded in the fabric of modern life and expressed in various forms, is a major concern for individuals, families, and households worldwide. Stressors arise from diverse sectors — work, home, school, social networks, systems, and institutions. Stress management has been acknowledged as an essential part of human resource management and occupational health programmes in the workplace, especially when working in teams and with other (non-physical) resources (Solanki et al., 2019). Stress management intervention is therefore critical in individual and household settings. Stress management strategies relevant to the home environment can (i) make home life less stressful, (ii) help cope with stress, or (iii) manage life during stressful times.

Formal and informal social support and community resources play a key role in stress management for modern homemakers, offering complementary functionalities that bolster the management methods already detailed. Connections with others provide additional perspectives, guidance, understanding, and emotional support, while services and community resources expand access to knowledge and expertise. Social media and other online networks create broader opportunities for social engagement, while digital tools enable the sharing of everyday life, chores, and time. Formal and informal networks can be remote, reducing barriers of distance and enhancing connections to people and services. Community resources — including institutions, activity centres, associations, libraries, and towns — provide additional professional support, disseminate knowledge and information, and facilitate the sharing of tools and equipment.

Formal support encompasses health professionals, social workers, and community agents; informal sources comprise relatives, friends, and neighbours. Professionals in mental health, social, welfare, or family counselling play a critical role in early detection, referral, and intermediation. Platforms, agencies, services, and regulatory bodies that stimulate and support families, formal interactions, and leisure activities extend help and guidance to alleviate pressure within the domestic sphere.

6.1. Formal and Informal Support Networks

Formal and informal support can help individuals cope with and build resilience to daily stressors. Formal support networks comprise professionals and structured resources, such as well-being initiatives, public services, businesses, and online portals. Informal

support networks are those provided by families, friends, neighbours, community groups, faith organisations and local associations. Support entails companionship; it is not a one-off action. Support should be a dynamic process that evolves with life challenges.

A range of digital tools can facilitate help-seeking through social networks (e.g., Facebook or WhatsApp groups), community forums addressing common issues, or direct approaches via email or telephone. Websites like Google Docs enable joint planning. Other programs help you track tasks, household budgets, activities or child-rearing. The use of tele-support reduces travel costs and waiting times; thus, proximity is not a concern. Access to professionals – including therapists, coaches, and social workers – requires knowledge of available services and sufficient openness to seek help. According to Solanki et al. (2019), caregivers may also benefit from sharing experiences, insights, and strategies with family and friends.

6.2. Digital Tools and Online Communities

In the contemporary information age, various digital tools, such as mobile applications, websites, and devices, can be used to reduce domestic stress. As the need to reduce stress at home increases, many products and services are being developed. One such survey suggested that technology is an effective stress reliever for homemakers. Stress Management Technology for Homemakers includes Stress Cleansing Apps, a Stress Management Application, Personal Stress Assessment Software, Digital Stress Management Applications, Recovery Lifestyle Stress Management, a Lady Stress Management Tool, an Embedded Isometric Analysis App, Diagram Dust Removal Technology, a Morale Multiplier, and a Stress-Control Facility Management Safety Module (Solanki et al., 2019).

The number of online groups that allow individuals to share their experiences without compromising their privacy is growing substantially. Digital communication applications such as Zoom and Skype can connect people without requiring them to leave their homes.

6.3. Professional Services and When to Seek Help

A modern homemaker invests an inordinate amount of time caring for her children and maintaining the home, often resulting in excessive time demands and role strain. Though these burdens are constant components of daily life, they do not make each day equally stressful. Stress intensifies, instead, when additional unexpected demands

emerge—a broken appliance, an unanticipated visitor, an out-of-stock pantry item, or a child's request for a school project. Household and social demands, then, can vary significantly from household to household and from day to day, and what either well-resourced or resource-constrained homemakers find manageable (Solanki et al., 2019). Data indicate that the average time dedicated to domestic labour is declining in most countries, yet the distribution and organisation of household tasks remain problematic for many. An estimated 83% of women and 91% of men performed household chores for less than 21 hours per week in 2015, but a substantial share in each group (13% women; 5% men) continued to engage in more than 60 hours of domestic duties per week.

These and similar observations reflect the limits of prioritisation and the substantial psychosocial determinants of domestic engagement. Social support, obligations to and among outsiders, and perceived community connectedness all play important roles. Formal or informal arrangements for hiring additional help influence domestic loads, as do the presence of travelling support personnel and invitations to become engaged with local community organisations. Finally, access to digital connectivity affects the ability to both manage workloads and engage in socialising.

7. Measurement and Evaluation of Stress Outcomes

Measurement and evaluation of outcomes associated with stress and coping management programmes for modern homemakers are essential for gathering evidence of their effectiveness and supporting refinements in methodology (Solanki et al., 2019). Similar approaches have been taken in occupational contexts (Saranya Devi, 2018). Outcomes can be assessed using primary subjective self-report measures, complemented by secondary objective indicators, depending on the scope, focus, and characteristics of the specific programme.

Self-report measures can be administered via paper-and-pencil or word-processor formats, through individual or group sessions, and in a simple pre-post manner for estimation and palpability; more detailed approaches incorporate midpoint administration for provision of in-progress feedback, open the possibility of repeated embedded applications for continued health-tracking, and allow for retrospective consideration of distress experienced during each previous period between assessments. Instruments may comprise recognised and validated scales of perceived stress, worry, subjective

distress, or well-being, along with assessments of frequency with which other stress-oriented cognitions, attitudes, preoccupations or emotional states are experienced. Objective indicators can include apathetic or voluntary inactivity, selected activity levels (e.g., number of sessions or duration), sleep timing, intensity, recovery states, other related parameters of concern, and indicators of diurnal activity-weighted energy expenditure.

Appropriate designs for evaluating home-based stress intervention programmes include focused feasibility studies of implementation and integration into domestic routines; determination of participant adherence over time and in accordance with recommendations; and collection of outcome measures to track trajectories over the course of the programme and assess its potential contribution.

7.1. Self-Report Instruments and Objective Indicators

Measurement and evaluation of stress outcomes are generally underdeveloped and impractical in home settings; therefore, a robust assessment approach within domiciles is essential for the strategic identification and mapping of stress. To this end, both self-report instruments and objective indicators could be relevant. Widely used self-report instruments include the Perceived Stress Scale, the State-Trait Anxiety Inventory, and the Daily Hassles Scale. At the same time, potential objective indicators comprise sleep duration, physical activity patterns, and daily mood ratings. Instruments and indicators that could plausibly be assessed or monitored at home are worth considering.

Development and evaluation of stress management programs for household and homemaker stress typically examine subjectively perceived demand, coping, and related outcomes. Program evaluation designs adopted in such studies consistently emphasise measures of perceived demand, coping strategies, and strain or distress. As households seek to establish effective programs, assessment prototypes can inform further consideration of implementing stress-management techniques; stress assessment may serve as an alternative for program evaluation. Any indications that dominant or harmful stress conditions have altered following program implementation could be highly pertinent. (Solanki et al., 2019)

7.2. Program Evaluation in Home Settings

Measuring the reduction in stress resulting from the application of the described strategies permits assessment

of their efficacy. Multiple self-report instruments exist, such as perceived stress scales. Moreover, objective indicators (e.g., mobility, physical activity, mood) can be monitored across various digital platforms and devices. When applied to home settings, program evaluations must consider specific characteristics that influence both intervention design and monitoring. Feasibility of the proposed measures, their adaptability to a home context, and a corresponding set of outcome metrics are also essential.

Studies on coping resources among Indian homemakers have demonstrated that 42% of respondents sought assistance from family, friends, or social networks to alleviate role stress associated with domestic demands (Solanki et al., 2019). While program evaluation within home settings can serve as a valuable resource for both practitioners and researchers, careful consideration of the methodology used to assess outcomes of home-based interventions that require minimal or no technician support is crucial.

8. Policy and Cultural Considerations

The analysis of modern homemakers' stress underscores the roles of public policy, workplace culture, and associated societal expectations regarding work-life balance and gender roles in reproducing or mitigating such stress. While certain stress-inducing roles and social arrangements may reflect and reproduce embedded socio-cultural meanings, many criticisms of work-life balance and associated societal expectations remain applicable worldwide, to both working and non-working women across most cultural backgrounds (Solanki et al., 2019). Furthermore, policies and workplace accommodations for women's work-life responsibilities remain relevant. However, they are often difficult to implement in hierarchical organisational structures or in low-resourced or poorly educated environments. Hence, even when such solutions involve whole or extended family involvement, their theoretical frameworks, policy recommendations, workplace practices, or entire solution pathways sometimes reflect embedded local socio-cultural meanings; however, it is not uncommon to find theoretical frameworks, policy recommendations, workplace practices, or entire solution pathways that refrain from explaining or addressing the reproduction of such meanings. These implicit socio-cultural assumptions or prescriptions influence further along what, if any, interventions are likely to ameliorate stress, related symptoms, and reduced activity at home; and thereby what, if any, systematic advancements, enhancement of understanding, or institution

development are productively envisaged even within or even prior to conducting a relatively narrowly defined review of domestic stress or a more elaborated multi-context practice-guide review.

8.1. Work-Life Balance and Societal Expectations

Societal pressures toward achieving work-life balance and equal sharing of domestic responsibilities remain strong, yet unequal divisions of unpaid work persist. Gendered expectations for domestic roles lead women to assume the bulk of family budgeting, phone calls, meal planning, grocery shopping, household maintenance, and related duties, thereby contributing to domestic strain. Women reported increased time spent on household tasks and job-related worries during the COVID-19 pandemic; approximately half of them felt overwhelmed by household and family responsibilities (G. Lingren, 1992). Balancing domestic and professional obligations while managing household demands constitutes the primary challenge for contemporary homemakers.

8.2. Cultural Variations in Domestic Labour and Stress Responses

Cultural variations in the distribution of domestic responsibilities lead to distinct stressors and coping strategies. Indian and Nordic participants exemplify disparate approaches: Indian women, balancing multiple roles and constrained by rigid social frameworks, adopt various styles simultaneously; Nordic women, articulating a strong desire to share domestic labour with partners, predominantly adopt a single style. Consequently, Indian homemakers with dual-role priority experience overload stress due to perceived inequitable contributions, whereas Nordic homemakers prioritising the share style report manageable strain (Kumar Solanki et al., 2019).

9. Conclusions

Life in the modern domestic sphere is often perceived, contrary to the ideal, as stressful. Given that raising children is increasingly combined with other commitments, society's professional life has become a significant factor in shaping homemaker stress levels. Moreover, in more traditional sexual division of labour patterns, spouses shared household chores and associated stress. In those environments, it is expected that would-be homemakers will access job vacancies that allow continuity in their education and the continuation of their preferred career. Women, even when they combined other commitments with housekeeping, were expected to have frequent, direct access to family support in carrying out their household tasks. Since no profession other than domestic

work deals so extensively with demand/effort sagistics, activity, as well as the solutions to demand and effort management, must be modelled on the Transactional Model of Stress.

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