

सन्दर्भ-ग्रन्थ

- Arshad, M., Mohsin, M. N. & Mahmood, M. (2014). Marital Adjustyment and Life Satisfaction Among Early and Late Marriages. *Journal of Education and practice*, .5, (17).
- Bargh & Chartrand T. (1999). The unbearable automaticity of being: *American Psychologist* 56, 462-479.
- भारद्वाज. एन. (2012). महिला शक्तिकर: जयपु, सागर पब्लिकेशन.
- Kumar, P. (1994). Gender differences, wife's employment and marital duration as factors in marital adjustment. *Indian Journal of Clinical Psychology*, 21 (2), 23-26.
- Kumar A. P., Thangadurai P., Prasad, J., Jayakaran, R. & Jacob, K.S. (2010). Risk factors for suicide in rural south India. *Br J Psychiatry*, 196: 26-30.
- Langer, E. (1989). *Mindfulness, Reading MA: Addison Eesley*
- Lakshminarayanan, R. (2007). An overview of Strategic Planning to Combat Occupational Stress-Need of the hour in the present Indian Context.
- Misra, P. (1998). Predictors of work-family conflict among Indian women. *Indian Journal of Clinical Psychology*, 25 (1), 13-19.
- Manoranjitham, S. D., Rajk, M. J. (2015). Power Religious and Socie-Economic Values of Working Women and NonWorking Women. *International Journal of Scientific*. 3, (9).
- Mehta, M. & Kalra, S. (2006). Type A Behavior in relation to health of working women. *Indian Journal of health Psychology*, 1, 33-34.
- Mankar, J. (2015). Power Religious and Socie-Economic Values of Working Women and Non-Working Women. *International Journal of Scientific*. 3, (9).
- Pestonjee, D. M. (1992). *Stress and coping the Indian experience*. New Delhi Sage Publications.

- Rattani, S. A. (2012). Working and Nonworking Women's Description and Experiences of their Roles in Society. *International Journal of Humanities and social science*. 2.(19)
- Schabroeck, J., Ganster, D. C. & Fox, M. L. (1992). Dispositional affect and work related stress, *Journal of applied Psychology* 77, 322-335.
- Steffy, B. D., Jones, J. W. & Murphy, L. (1987). A demonstration of the impact of stress abatement programs on reducing employees, accidents and their costs *American Journal of Health promotion*, 1, 217-229.
- Sobre, K. (2016). Marital Adjustment Among Women: A Comparative Study of nuclear and Joint Families. *The International journal of Indian psychology*. 3 (2).
- Selye, H. (1956). *The stress of life*, New York: Mc Graw Hill.
- सिंह, एन. (2009). भारतीय महिलाएं एक सामाजिक अध्ययन: दिल्ली ओमेगा पब्लिकेशन..
- शर्मा, आर. & मिश्रा. एन. के. (2010). भारतीय समाज में नारी का अवधारणात्मक स्वरूप, नई दिल्ली: अर्जुन पब्लिकेशन हाउस,
- Sobre, K. (2016). Marital Adjustment Among women: A comparative Study of nuclear and Joint Families. *The International Journal of Indian Psychology*. 3, 2.
- Tripathi, A. K., Upadhyay, S., & Bhalla, T. (2011). Effect of Types of Family and Marital Status on Occupational Stress and Family Stress, *Journal of Social Work*, 3 (1), 1-16.
- <http://ranjanagupta.jagranjunction.com/2014/01/26/कामकाजी-महिला-एक-विमर्श/>
- [Www.tetsuccess key.com/2015/08Adjustment.html](http://www.tetsuccesskey.com/2015/08/Adjustment.html).