



Research & Women in Science, Technology & Mathematics: *Representation, Challenges & Opportunities*



Dr. Anupama Gupta

About The Book

This book is a systematic presentation of various issues & factors related to women's less participation in Science, Technology, Mathematics & Research (STM/R). Through this book, an attempt has been made to focus on real ground level problems hindering the progress & participation of Indian women in STM/R & each chapter will act as 'stepping stone' to illustrate the constraints due to women's Health, Family Responsibility, Safety & Job Satisfaction/Financial Independence/Security and provide new approach to involve, absorb and retain women in STM/R.

This book is intended for broad audience, ranging from researchers to experts working in Retention, Recruitment & Representation of Women in STM/R.

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WOMEN AND STRESS

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Stress is "Psychological, Physiological and behavioural response by the individuals when they perceive a lack of equilibrium between the demands placed upon them and their inability to meet those demands, which over a period of time, leads to ill health" (Palmer, 1989). The word "Stress" itself stems from the Latin word stringere, meaning "to draw tight" (McEwen, 2003). Stress has been referred to as the "Silent Killer" as it silently causes heart diseases, high blood pressure, chest pain, and an irregular heartbeat (Chilnick, 2008).

The world labour Report, produced by the U.N'S International Organization, States, "Stress has become one of the most serious health issues of the 20th Century and a worldwide epidemic." "Work place stress", 2018).