

**EVALUATION OF A STRESS MANAGEMENT  
PROGRAMME WITH THE DESTITUTE WOMEN AT  
SHISHU POLLI PLUS, GAZIPUR**

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## ABSTRACT

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This research was conducted to evaluate a stress management program with destitute women at Shishu Polli Plus (SPP), Gazipur. The destitute widows or divorced women were chosen as participants of the study. In Bangladesh, homeless widows or divorced women live with ongoing severe stress due to their terrible life events. Their independent living is being hampered due to several stressors. The purpose of the study was whether a stress management group improve participant's self awareness level to cope with stress and reduce their perceived stress for better participation in their day to day living. A pre-test post-test design was chosen in the study to evaluate the effectiveness of the programme. Eighteen participants were selected from the SPP through purposive comprehensive sampling. The *self-reporting questionnaire* adopted by WHO, was used in sample selection. The stress management programme was conducted for 1 month. Participants attended in 1 session per week with 1 hour duration. A pre-test and a post test were conducted before and after administering the stress management program in the purpose of data collection. A *self-rating questionnaire* (SRQ) scale and *Perceived stress scale* (PSS) were used in data collection. Statistical analysis of related *t* test was used in data analysis. Data were compared to find out any significance changes between pre-test and post-test scores. The results of the study has shown that participant's awareness level for coping with stress significantly raised after attending in the programme. Their perceived stress also reduced significantly.

So, a structured stress management programme offers better coping strategies through raising self-awareness to stress and helps to reduce perceived stress for destitute women.

**Key Words:** Stress, Coping with stress, Stress management program and Women with destitution.