

Perceived Occupational Stressors and its Relationship with Happiness among Working Women in Jordan

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Abstract

This study aimed to examine the relationship between perceived occupational stressors and happiness among working women in Jordan. The sample consisted of (568) working women, ranging in age from 22 to 60 years from social community societies. Two questionnaires were used, perceived occupational stressors scale, and the Oxford Happiness Scale. The results showed that the levels of perceived occupational stressors and happiness among working women were moderate, and there were no statistical significant differences in the perceived occupational stressors levels, or happiness among working women in Jordan related to: age, marital status, scientific qualification, and years of experience, except age variable on work environment aspect at perceived occupational stressors in favor of women from (22-less 30).And a significant positive correlation between occupational stressors and Happiness. The researchers recommend that trainings should be provides to working women so that they may be able to perform their duties more effectively with more happiness.

Key words: Perceived Occupational Stressors, Happiness, Working Women

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