

## REVIEWER'S REPORT

Manuscript No.: IJAR-53701

Date: 08-09-2025

**Title: Stress Levels and Associated Factors among Working Mothers in Meerut: A Cross-Sectional Study**

### Recommendation:

**Accept as it is .....YES.....**

Accept after minor revision.....

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality			✓	
Techn. Quality		✓		
Clarity			✓	
Significance			✓	

Reviewer Name: Mir Jaffar

### Reviewer's Comment for Publication.

#### Abstract Evaluation:

The abstract provides a comprehensive summary of the study, effectively presenting the rationale, theoretical grounding, methodology, results, and conclusions. The integration of Role Theory and the Transactional Model of Stress and Coping situates the research within established frameworks. The sampling design, use of the Perceived Stress Scale, and statistical tools are mentioned clearly, reflecting methodological rigor. The findings are quantitatively detailed, with clear distinctions between moderate, high, and low stress prevalence. Contextual insights specific to semi-urban India are well emphasized, underscoring the originality of the study. The conclusion succinctly links findings to systemic interventions and policy implications, highlighting the study's applied significance.

#### Introduction Evaluation:

The introduction establishes the global and national context of women's workforce participation, linking it to emerging psychosocial challenges. It clearly identifies working mothers as a population experiencing heightened stress due to dual responsibilities. By situating stress within the framework of the Transactional Model, the narrative moves beyond a physiological view and frames stress as a cognitive appraisal of demands versus resources. Relevant references strengthen the scholarly grounding. The section provides a strong rationale for the study by situating the problem in both global discourse and the specific context of Indian society.

#### Scientific Contribution:

The manuscript makes a valuable contribution to research on women's mental health, particularly in the understudied context of semi-urban India. By highlighting how stress determinants in Meerut differ from metropolitan and Western settings, it adds a comparative dimension to the literature. The focus on occupational sector, family structure, and number of children as key variables enriches the understanding of stress heterogeneity among working mothers.

# International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

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### Methodological Rigor:

The cross-sectional survey design is clearly stated, with stratified random sampling ensuring representativeness across occupational sectors. The use of the Perceived Stress Scale, a validated tool, lends credibility to the measurement of stress. Statistical techniques (t-tests and ANOVA) are appropriate for comparing group differences. The inclusion of prevalence rates (low, moderate, high stress) enhances clarity and allows for meaningful interpretation of the findings.

### Results and Interpretation:

The results are presented with precision, reporting both prevalence rates and group differences. The identification of higher stress among mothers with more children, as well as among healthcare and business professionals, aligns with role overload theory. The nuanced finding that nuclear families report higher stress, though not statistically significant, adds depth to the analysis. The interpretation effectively links findings to the conceptual framework, reinforcing the theoretical contribution.

### Clarity and Structure:

The manuscript is well-structured, with a logical flow from background to objectives, methodology, results, and implications. Terminology is clear and accessible, while maintaining academic rigor. The balance of quantitative detail and theoretical interpretation enhances readability and scientific value.

### Significance:

The study is significant for both academic scholarship and applied policy. It addresses women's mental health in a transitional socio-cultural setting, drawing attention to systemic factors such as family support, workplace flexibility, and childcare provision. Its findings hold relevance for educators, policymakers, and mental health professionals concerned with reducing stress among working mothers and fostering gender-sensitive workplace policies.

### Overall Assessment:

The manuscript is coherent, methodologically sound, and contextually relevant. It contributes to the literature on work-family conflict and maternal well-being by offering empirically grounded insights specific to semi-urban India. The integration of theory, statistical evidence, and socio-cultural interpretation strengthens the overall contribution.