# The Daily Impact of Modern Life on Women's Mental Health: Unveiling Stressors and Building Resilience

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**Abstract:** This exploratory study examines the effects of modern life challenges—work-life balance, financial pressures, family dynamics, and emotional stress—on women's mental health. Data was gathered from 75 women through structured questionnaires, with subsequent analysis using descriptive statistics and regression methods. Findings reveal that all identified factors significantly influence women's mental health, with financial challenges having the most profound effect. The study underscores the importance of addressing these stressors to improve women's well-being and suggests implementing targeted interventions, such as flexible work policies and financial support, to alleviate these pressures. By recognizing and addressing these factors, society can better support women in maintaining their mental health amidst modern-day challenges.

*Keywords: Emotional Stress, Financial Pressures, Family Dynamics, Women's Mental Health, Work-Life Balance.*

## I. INTRODUCTION

In recent decades, modern life has presented a complex web of challenges that significantly influence individuals' mental health. For women, these challenges often intersect with societal expectations, family roles, and the evolving demands of the workforce. While women have made tremendous strides in gaining access to education, career opportunities, and political participation, they continue to face unique stressors that affect their psychological well-being. Modern life's fast-paced nature, technological advancements, and economic pressures have created a multi-dimensional environment that can both empower and overwhelm women (Cohen et al., 2020)[1]

Research indicates that women are disproportionately affected by stressors such as balancing work and family responsibilities, social expectations of beauty and success, financial strain, and increased use of technology that blurs the boundaries between personal and professional life These stressors often contribute to a variety of mental health concerns, including anxiety, depression, and burnout. Studies also highlight that women's mental health can be further compounded by gender-based violence, workplace discrimination, and societal pressures to meet unrealistic standards (Kuehner, 2017)[2]

World health organization recognizes mental health as a critical component of overall well-being, and emerging evidence suggests that modern life challenges have exacerbated mental health issues among women globally (WHO, 2021)[3] Moreover, social media, while offering platforms for empowerment and connection, has been shown to increase feelings of inadequacy, comparison, and isolation, particularly among young women (Fardouly et al., 2015)[4.] The persistent pressure to meet the demands of multiple roles, often referred to as the "second shift," continues to be a significant source of stress for many women, affecting both their emotional and physical health (Hochschild & Machung, 2012)[5].

This study aims to explore how modern life challenges influence women's mental health, specifically identifying the key stressors and examining the broader impact on their well-being. By understanding these stressors, it becomes possible to create interventions that address the specific mental health needs of women, fostering healthier communities and promoting mental well-being across genders.

➤ *Research Gap:*
Research gap can be identified as follows:

- Lack of detailed, empirical studies on how modern life challenges—social, economic, and technological—collectively affect women's mental health.
- Limited understanding of how societal expectations, professional pressures, and family roles intersect to create unique mental health stressors for women.
- Insufficient focus on targeted interventions: The existing literature may not sufficiently explore specific, actionable strategies for addressing these challenges at individual, organizational, and societal levels.
- Underexplored impact of technological and economic changes: The rapid technological advancements and economic shifts that define modern life might be inadequately addressed in existing research on women's mental health.

This gap emphasizes the need for research that not only identifies and analyzes these specific stressors but also informs effective, tailored interventions to improve women's mental health outcomes in today's complex environment.

➢ *Need of the Study:*
The rapid pace of modern life, driven by complex social, economic, and technological transformations, has created an increasingly challenging environment for women. Despite the progress made in gender equality, women continue to face unique stressors that significantly impact their mental health. These challenges are compounded by societal expectations, professional pressures, and the multifaceted roles they are expected to play within families and communities. As women navigate these often-conflicting demands, their mental well-being becomes vulnerable to a range of stressors, leading to heightened levels of anxiety, depression, burnout, and other mental health issues.

Existing research has yet to fully explore how these various dimensions—societal, economic, technological, and familial—intersect to shape women's mental health outcomes in today's fast-paced world. While there is some understanding of individual stressors, there is a lack of empirical studies that provide a comprehensive view of how these factors collectively influence women's mental health. Furthermore, current literature offers limited insight into effective, targeted interventions that can address these complex stressors at individual, organizational, and societal levels.

In light of these gaps, there is an urgent need to better understand how modern life challenges uniquely affect women's mental health. This research aims to bridge these gaps by examining the specific stressors women face in contemporary society, including the interplay of societal expectations, professional demands, and family responsibilities. By identifying the unique mental health challenges that arise from these intersecting factors, this study seeks to inform policies and interventions that can effectively support women's mental health in today's complex environment.

The findings from this research will be invaluable for mental health professionals, policymakers, and organizations aiming to design more targeted strategies to improve the mental well-being of women and address the specific pressures they face in the modern world.

➢ *Statement of the Problem:*
The rapid pace of modern life, with its evolving social, economic, and technological challenges, has increasingly impacted women's mental health. Despite significant progress in gender equality, women continue to face unique stressors that may contribute to rising mental health issues. These stressors are often exacerbated by societal expectations, professional pressures, family responsibilities, and the demands of balancing multiple roles.

As a result, understanding how these challenges influence women's mental well-being becomes crucial for developing effective strategies to address their mental health needs.

This study seeks to explore the specific stressors that negatively affect women's mental health and examine the broader impact of modern life challenges on their overall mental well-being. By identifying these factors, the research aims to inform policies and interventions that support women's mental health in contemporary society.

➢ *Objectives:*

- To identify how modern life challenges influence women's mental health.
- To explore specific stressors that negatively affect women's mental health.
- To find the impact of modern life challenges on women's mental health.

➢ *Hypothesis:*

- H0: There is a significant impact of modern life challenges on women's mental health
- H1: There is no significant impact of modern life challenges on women's mental health

## II. RESEARCH METHODOLOGY

This study employs a primary data collection approach, utilizing direct information gathered from participants to explore the impact of modern life challenges on women's mental health. The research is exploratory in nature, aiming to identify and gain a deeper understanding of the stressors affecting women's mental health in contemporary society.

➢ *Research Design*
An exploratory study design is chosen for this research, as it allows for a flexible approach to gather preliminary insights into the subject matter. The focus is on exploring the various challenges women face in modern life and how these challenges contribute to their mental health issues. Given that this is an initial investigation into the topic, the study will not only gather data on existing conditions but also aim to

identify patterns and trends that can be further investigated in future research.

➤ *Sampling Technique*

A convenience sampling technique will be used to select participants for this study. Convenience sampling involves choosing participants who are easily accessible and willing to participate. This approach is cost-effective and time-efficient, which is essential given the scope and timeframe of the study. However, it is acknowledged that the convenience sampling method may limit the generalizability of the results to a broader population. Despite this limitation, it will provide valuable insights into the mental health challenges experienced by women in the sample population.

➤ *Sample Size*

The study will involve a sample size of 75 women. This sample size is deemed adequate for the exploratory nature of the study, enabling sufficient data collection for statistical analysis while being manageable in terms of resources and time. Participants will be selected from various backgrounds, ensuring a broad representation of women's experiences in modern society.

➤ *Data Collection*

Primary data will be collected through structured questionnaires designed to capture a range of variables that influence women's mental health. The questionnaires will include both closed-ended and Likert scale questions, addressing factors such as social pressures, work-life balance, family responsibilities, and emotional well-being. The data collection process will ensure confidentiality and anonymity of participants to encourage honest and accurate responses.

➤ *Data Analysis*

Once the data is collected, it will be analyzed using descriptive statistics and regression analysis.

• Descriptive Statistics: The data will first be analyzed using descriptive statistics, including calculating the mean

and standard deviation for key variables. This will provide an overview of the central tendencies (average values) and variability (spread) of the responses. Descriptive statistics will help in understanding the general patterns and distribution of mental health challenges faced by the participants.

• Regression Analysis: To understand the relationship between modern life stressors and mental health outcomes, regression analysis will be conducted. This will allow for the identification of any significant predictors of mental health issues among women, such as work pressure, social expectations, and family obligations. Regression analysis will help in quantifying the strength of these relationships and provide insight into the extent to which these stressors contribute to women's mental health challenges.

➤ *Ethical Considerations*

Ethical guidelines will be strictly followed throughout the research process. Participants will be fully informed about the purpose of the study, the nature of their participation, and their right to withdraw at any time without penalty. Informed consent will be obtained from all participants, and their responses will be kept confidential, ensuring privacy and anonymity.

➤ *Limitations*

While the research methodology provides a robust framework for understanding women's mental health challenges in modern life, there are certain limitations. The use of convenience sampling may not capture the diversity of experiences across all demographic groups. Additionally, the self-reported nature of the data could introduce biases, as participants may not fully disclose personal or sensitive information.

➤ *Obective:2 To Explore Specific Stressors that Negatively Affect Women's Mental Health*

• *Grouping Constructs and Challenges:*

Table 1 Grouping Constructs and Challenges

| Construct | Challenges |
|---|---|
| Work-Life Balance Challenges | 1. I maintain a healthy balance between work, family, and personal time.<br>4. I have habits (e.g., smoking, excessive caffeine) that negatively affect my work-life balance.<br>5. My workplace policies around maternity leave are supportive of my needs as a working woman.<br>6. Managing my child's temperament has affected my ability to concentrate on work tasks. |
| Financial and Socio-economic Challenges | 2. Financial challenges significantly impact my mental well-being and productivity at work.<br>3. My position in society influences the way I am treated at work.<br>10. My current socio-economic status influences my ability to advance professionally. |
| Family and Relationship Challenges | 9. My upbringing has shaped my approach to balancing work and family responsibilities.<br>11. I have experienced personal relationship issues that have impacted my workplace performance. |
| Psychological and Emotional Challenges | 7. I find it challenging to consider others' perspectives in high-pressure situations.<br>8. My professional aspirations motivate me to work harder despite challenges.<br>12. My past experiences influence my emotional reactions to workplace challenges.<br>13. Abuse or harassment in adulthood has affected my ability to thrive professionally. |

• Independent Factors: Work-Life Balance Challenges, Financial and Socio-economic Challenges, Family and Relationship Challenges, Psychological and Emotional Challenges
• Dependent Factors: Women's Mental Health

## III. DATA ANALYSIS AND INTREPRETATION

➢ *Descriptive Statistics:*

Table 2 Descriptive Statistics

|  | N | Minimum | Maximum | Mean | Std. Deviation | Variance |
|---|---|---|---|---|---|---|
| Employee type | 75 | 1 | 2 | 1.28 | .452 | .204 |
| Age | 75 | 1 | 3 | 2.09 | .841 | .707 |
| Marital Status | 75 | 1 | 4 | 2.48 | .777 | .604 |
| No children | 75 | 0 | 4 | .56 | .904 | .817 |
| Highest Education Qualification | 75 | 1 | 4 | 2.85 | .911 | .830 |
| Monthly income | 75 | 1 | 4 | 1.91 | 1.105 | 1.221 |
| Valid N (list wise) | 75 |  |  |  |  |  |

Source: SPSS Analysis

A summary of descriptive statistics for demographic variables in table 1 is as follows: The sample (N = 75) had a balanced representation of employee types (M = 1.28, SD = 0.452) and a predominantly middle-aged demographic (M = 2.09, SD = 0.841). Marital status varied, with a slight skew toward married participants (M = 2.48, SD = 0.777). Most participants had few or no children (M = 0.56, SD = 0.904). Educational attainment was relatively high (M = 2.85, SD = 0.911), and monthly income levels showed variability across the sample (M = 1.91, SD = 1.105). These findings indicate diversity in key demographic characteristics.

➢ *Normality Assumption – Parametric:*

The normality assumption is essential in many parametric statistical tests and methods because these tests rely on the idea that the data follows a normal distribution.

Table 3 Statistics

| | | WORKLIFEBALANCE_CHALLENGES | FINANCIALECONOMICCHALLENGES | FAMILYRELATIONSHIPCHALLENGES | PSYCHOLOGICALEMOTIONALCHALLENGES | SQRT_MENTALHEALTH |
|---|---|---|---|---|---|---|
| N | Valid | 75 | 75 | 75 | 75 | 75 |
| | Missing | 0 | 0 | 0 | 0 | 0 |
| Skewness | | .563 | -.782 | -.536 | -.323 | -.085 |
| Std. Error of Skewness | | .277 | .277 | .277 | .277 | .277 |
| Kurtosis | | -.216 | -.298 | .121 | .301 | -1.173 |
| Std. Error of Kurtosis | | .548 | .548 | .548 | .548 | .548 |

Source: Data Analysis

To assess the normality of the variables, skewness and kurtosis values were analyzed in the table no 2 along with their respective standard errors. A variable is considered approximately normally distributed if its skewness and kurtosis values fall within the range of ±2 (Kim, 2013)[6]. The results for each variable are reported below:

- *Work-Life Balance Challenges*

The skewness was 0.563 (SE = 0.277), and the kurtosis was -0.216 (SE = 0.548). Both values fall within the acceptable range of ±2, indicating approximate normality.

- *Financial Economic Challenges*

The skewness was -0.782 (SE = 0.277), and the kurtosis was -0.298 (SE = 0.548). These values also lie within the acceptable range of ±2, suggesting the data is approximately normally distributed.

- *Family Relationship Challenges*

The skewness was -0.536 (SE = 0.277), and the kurtosis was 0.121 (SE = 0.548). Since both values are within ±2, the distribution of this variable can be considered approximately normal.

- *Psychological Emotional Challenges*

The skewness was -0.323 (SE = 0.277), and the kurtosis was 0.301 (SE = 0.548). Both measures are well within the benchmark range, indicating approximate normality.

- *Mental Health*

The skewness was -0.085 (SE = 0.277), and the kurtosis was -1.173 (SE = 0.548). While the kurtosis is slightly closer to the lower bound, it remains within the acceptable range, suggesting that the data is approximately normal.

➤ *Normal Distribution of Residual Errors – Regression Assumption*
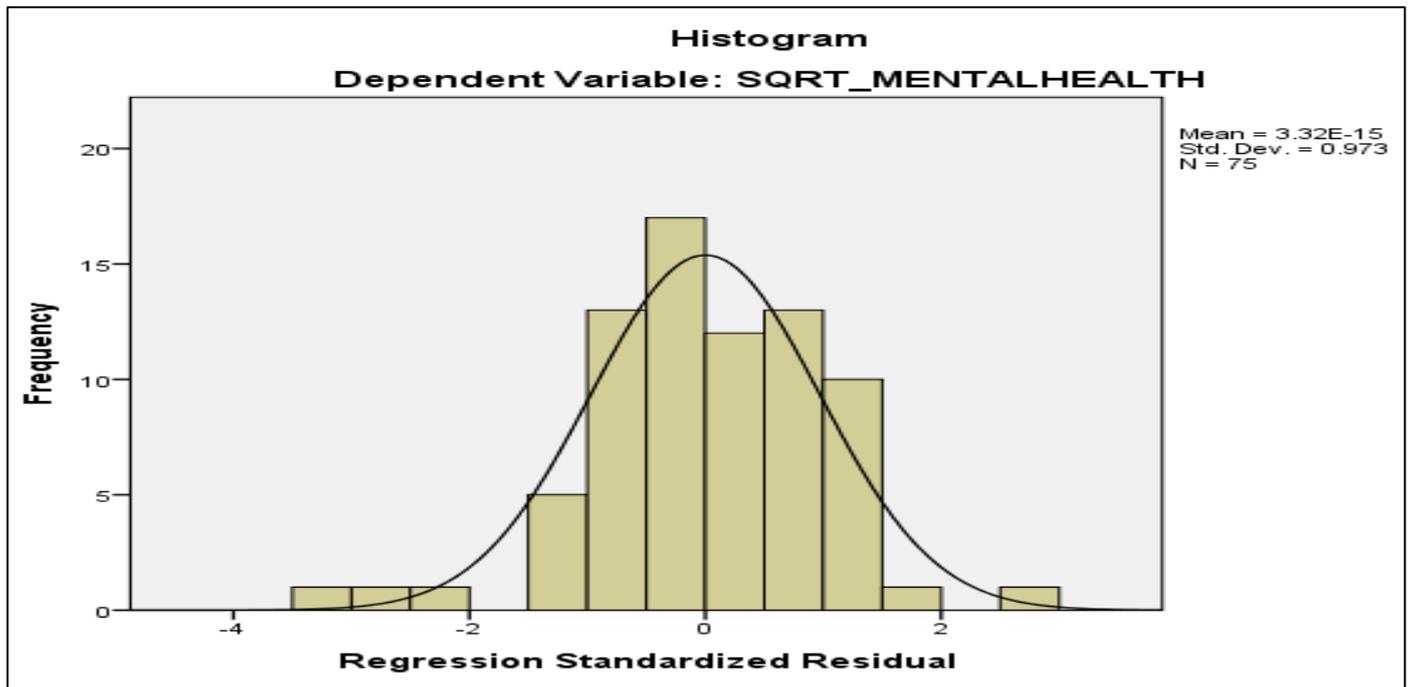


Graph 1 Dependent Variable: SQRT_MENTALHEALTH
Source: SPSS

It is understood from the graph 1 the residuals appear to approximate a normal distribution, as indicated by the bell-shaped curve overlay in the histogram. The mean of the residuals is approximately zero (Mean = $3.32 \times 10^{-15}$), with a standard deviation of 0.973. This aligns with the expectation of residuals being symmetrically distributed around zero (Field, 2018)[7]. The visual inspection of the histogram supports the conclusion that this assumption has been met, indicating that the regression model is appropriate for interpreting the relationship between the independent variables and Mental Health.

➤ *Homoscedasticity – Regression Assumption*
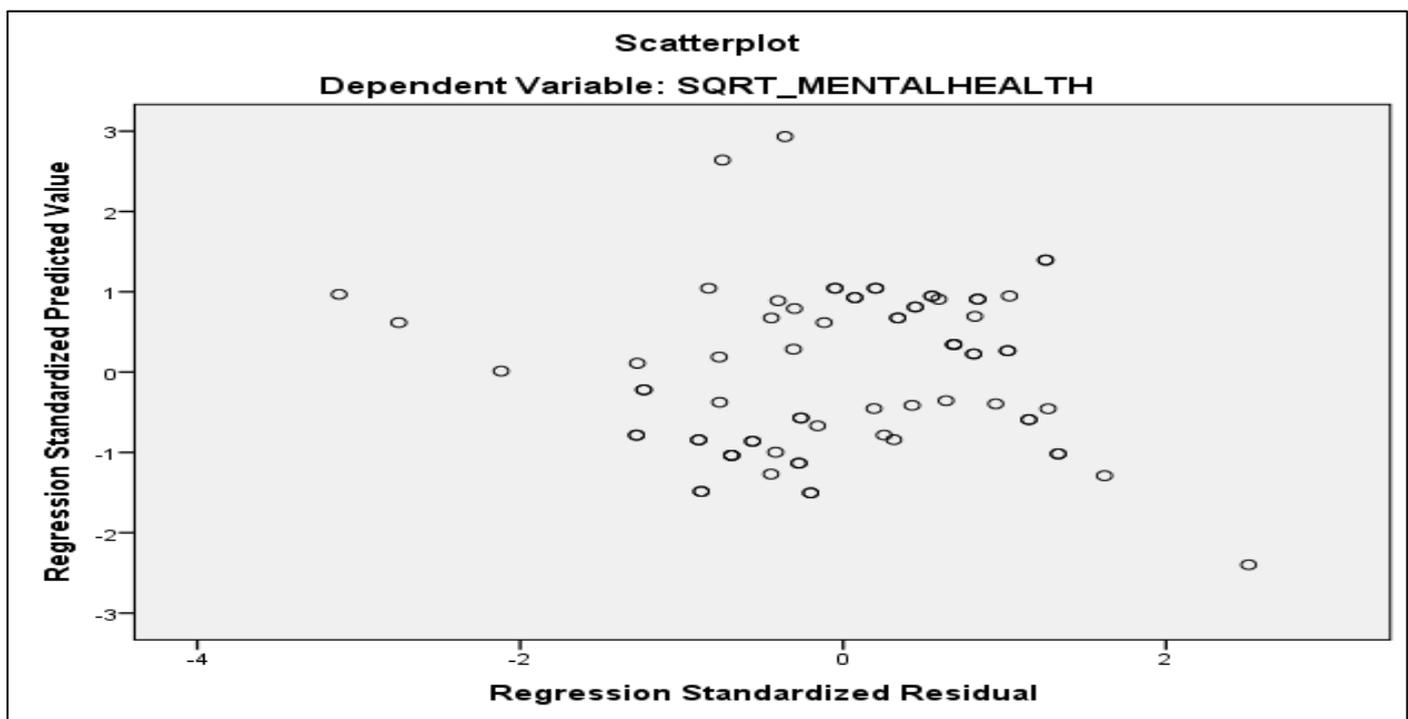


Graph 2 Dependent Variable: SQRT_MENTALHEALTH
Source: SPSS

It is observed from the graph 2 that to evaluate the assumption of homoscedasticity in the regression model, a scatterplot of standardized residuals against standardized predicted values was analyzed. Homoscedasticity refers to the condition where the variance of residuals is constant across all levels of the predicted values. This assumption ensures that the regression model produces unbiased and efficient estimates. The scatterplot shows a random pattern with no clear funneling or systematic clustering, indicating that the variance of residuals remains relatively consistent across predicted values. This supports the homoscedasticity assumption. A lack of distinct patterns (e.g., a cone-shaped spread) suggests that the model fits the data well without systematic biases in error variance (Field, 2018). In conclusion, the visual inspection of the scatterplot provides evidence that the assumption of homoscedasticity has been met, further validating the reliability of the regression model.

➤ *Regression Results*

A regression analysis was conducted to explore the impact of modern-life challenges on women's mental health. The key challenges examined included work-life balance difficulties, financial and socio-economic pressures, family and relationship dynamics, and psychological and emotional stressors. The analysis aimed to determine how these factors collectively and individually influence mental health, providing insights into significant predictors. The findings are intended to guide interventions and policy recommendations to support women's well-being.

- $H0_1$: There is no significant impact of modern life challenges on women's mental health
- $H1$: There is a significant impact of modern life challenges on women's mental health

Table 4 Model Summary[b]

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | | Durbin-Watson |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. F Change | |
| 1 | .734[a] | .538 | .512 | .143 | .538 | 20.411 | 4 | 70 | .000 | 1.849 |
| a. Predictors: (Constant), Psychological-Emotional Challenges, Family and Relationship Challenges, Financial and Socio-economic Challenges, Work-Life Balance Challenges | | | | | | | | | | |
| b. Dependent Variable: Mental Health | | | | | | | | | | |

Source: SPSS

As per table no 3 that the regression model was conducted to investigate the influence of modern-life challenges on women's mental health. These challenges included Work-Life Balance Challenges, Financial and Socio-Economic Challenges, Family and Relationship Challenges, and Psychological-Emotional Challenges. The model summary provided key insights into the relationship between these predictors and the dependent variable (mental health), as follows:

The model demonstrated that a significant portion of the variance in mental health could be explained by the identified challenges. The coefficient of determination ($R^2 = 0.538$) indicates that 53.8% of the variability in mental health is accounted for by the predictors included in the model. This highlights the substantial impact these challenges collectively have on mental health. Furthermore, the adjusted ($R^2 = 0.512$), which considers the number of predictors and sample size, confirms the robustness of the model. This adjustment ensures that the model's explanatory power is not overestimated due to the inclusion of multiple variables. In the residuals, was 1.849. This value falls within the acceptable range of 1.5–2.5, indicating that the residuals are independent. The absence of significant autocorrelation supports the assumption of error independence, ensuring the reliability of the regression results (Field, 2018).

These findings underline the critical role that modern-life challenges play in shaping women's mental health outcomes. Work-Life Balance Challenges highlight the ongoing struggle many women face in juggling professional and personal responsibilities. Financial and Socio-Economic

Challenges reflect the broader impact of economic pressures and societal inequalities. Family and Relationship Challenges emphasize the influence of interpersonal dynamics and familial responsibilities on women mental well-being. Finally, Psychological-Emotional Challenges of women capture the internal stressors and emotional burdens that many women navigate in modern society.

The statistical significance and explanatory power of the model suggest that these factors are not only relevant but also actionable. This information could inform policies and interventions aimed at improving women's mental health. Employers, policymakers, and mental health professionals can leverage these insights to design targeted support systems, such as flexible work policies, financial assistance programs, family support services, and counseling initiatives.

In conclusion, the regression model provides a comprehensive understanding of the relationship between modern-life challenges and women's mental health. The results emphasize the need to address these challenges collectively to enhance mental health outcomes for women.

➢ *ANOVA Table (Regression – Model Fitness)*

Table 5 ANOVAª

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 1.680 | 4 | .420 | 20.411 | .000ᵇ |
| | Residual | 1.440 | 70 | .021 | | |
| | Total | 3.120 | 74 | | | |
| a. Dependent Variable: Mental Health | | | | | | |
| b. Predictors: (Constant), Psychological-Emotional Challenges, Family and Relationship Challenges, Financial and Socio-economic Challenges, Work-Life Balance Challenges | | | | | | |

Source: SPSS

The results of the analysis of variance (ANOVA) as per table no 4 provide insight into the overall fit and significance of the regression model examining the relationship between modern-life challenges (Work-Life Balance Challenges, Financial and Socio-Economic Challenges, Family and Relationship Challenges, and Psychological-Emotional Challenges) and women's mental health.

The regression model was statistically significant, $F(4,70)=20.411, p<.001$ $F(4, 70) = 20.411, p < .001$ $F(4,70)=20.411, p<.001$, indicating that the predictors collectively explain a meaningful proportion of the variance in women's mental health. The small p-value ($< .001$) confirms that the relationship between the independent variables and the dependent variable is not due to chance. This supports the conclusion that the model fits the data well and that the independent variables are important contributors to explaining women's mental health.

Table 6 Coefficientsª

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Collinearity Statistics | |
|---|---|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | | | Tolerance | VIF |
| 1 | (Constant) | .945 | .099 | | 9.584 | .000 | | |
| | Work-Life Balance Challenges | .070 | .029 | .239 | 2.446 | .017 | .693 | 1.442 |
| | Financial and Socio-Economic Challenges | .088 | .024 | .335 | 3.614 | .001 | .768 | 1.301 |
| | Family and Relationship Challenges | .041 | .019 | .192 | 2.143 | .036 | .823 | 1.215 |
| | Psychological-Emotional Challenges | .070 | .029 | .233 | 2.406 | .019 | .702 | 1.424 |
| a. Dependent Variable: Mental Health | | | | | | | | |

Source: SPSS

It is understand from table no 5, that the constant (B = 0.945, p < 0.001) indicates that when all independent variables are at zero, the predicted women's mental health score is .945. This serves as the baseline mental health level.

➢ *Work-Life Balance Challenges*

For every one-unit increase in Work-Life Balance Challenges, mental health increases by 0.070 units (B = 0.070, p = 0.017). The standardized coefficient (B = 0.239) suggests a moderate positive effect, meaning an increase in work-life balance challenges slightly worsens women's mental health. The Variance Inflation Factor (VIF = 1.442) indicates no multicollinearity issues.

➢ *Financial and Socio-Economic Challenges*

A one-unit increase in Financial and Socio-Economic Challenges results in a 0.088-unit increase in mental health scores (B = 0.088, p = 0.001). The standardized coefficient (B = 0.335) shows that this variable has the strongest effect among the predictors, suggesting that financial challenges significantly impact women's mental health. The VIF value of 1.301 confirms no multicollinearity concerns.

➢ *Family and Relationship Challenges*

Each one-unit increase in Family and Relationship Challenges leads to a 0.041-unit increase in Women's mental health scores (B = 0.041, p = 0.036). The standardized coefficient (B = 0.192) reflects a smaller but significant positive impact. The VIF value of 1.215 confirms no multicollinearity.

➢ *Psychological-Emotional Challenges*

For every one-unit increase in Psychological-Emotional Challenges, mental health increases by 0.070 units (B = 0.070, p = 0.019). The standardized coefficient (B = 0.233) indicates a moderate positive effect on women's mental health. The VIF value of 1.424 indicates no multicollinearity concerns.

The analysis demonstrates that all four predictors— Work-Life Balance Challenges, Financial and Socio-Economic Challenges, Family and Relationship Challenges, and Psychological-Emotional Challenges—have a significant and positive impact on mental health. Financial and Socio-Economic Challenges (B = 0.088, B = 0.335) have the most substantial effect, highlighting their critical role. The results suggest that targeted interventions addressing these

challenges could improve women's mental health outcomes effectively.

> *Objective:1 To Find the Impact of Modern Life Challenges on Women's Mental Health*

- *Hypothesis Acceptance:*
The null hypothesis ($H_0$) is rejected, and the alternative hypothesis ($H_1$) is accepted. The analysis demonstrates that modern life challenges, including Work-Life Balance Challenges, Financial and Socio-Economic Challenges, Family and Relationship Challenges, and Psychological-Emotional Challenges, have a significant and positive impact on women's mental health. These findings highlight the critical need for addressing these challenges through targeted interventions to enhance mental well-being.

## IV. FINDINGS

> *The Findings of the Descriptive Statistics for the Demographic Variables are as Follows:*

- Employee Type: The sample (N = 75) had a predominantly balanced representation of employee types (M = 1.28, SD = 0.452).
- Age: Participants were mostly middle-aged, with a mean age of 2.09 (SD = 0.841).
- Marital Status: Marital status was diverse, with a slight majority being married (M = 2.48, SD = 0.777).
- Children: Most participants reported having few or no children, with a mean of 0.56 (SD = 0.904).
- Education: Educational attainment was relatively high, with a mean of 2.85 (SD = 0.911).
- Income: Monthly income varied considerably among participants, with a mean of 1.91 (SD = 1.105).

> *Normality Assumption – Parametric:*
The analysis of the distribution characteristics for the various variables reveals the following:

- Work-Life Balance Challenges: The skewness (0.563) and kurtosis (-0.216) fall within the acceptable range of ±2, indicating that the data for work-life balance challenges is approximately normally distributed.
- Financial/Economic Challenges: With a skewness of -0.782 and a kurtosis of -0.298, both values are within the acceptable ±2 range, suggesting that the distribution for financial and economic challenges is also approximately normal.
- Family Relationship Challenges: The skewness (-0.536) and kurtosis (0.121) are both within the ±2 range, indicating that the data for family relationship challenges follows an approximately normal distribution.
- Psychological/Emotional Challenges: The skewness (-0.323) and kurtosis (0.301) are well within the acceptable range, which suggests that the distribution for psychological and emotional challenges is approximately normal.
- Mental Health: The skewness (-0.085) and kurtosis (-1.173) both fall within the acceptable range, although the kurtosis is closer to the lower bound. This still suggests an approximately normal distribution for the mental health variable.

In conclusion, all variables exhibit skewness and kurtosis values that fall within the acceptable range, indicating that the distributions for work-life balance, financial/economic challenges, family relationship challenges, psychological/emotional challenges, and mental health are approximately normal.

> *Regression Findings:*

- The findings underline the critical role that modern-life challenges play in shaping women's mental health outcomes. Work-Life Balance Challenges highlight the ongoing struggle many women face in juggling professional and personal responsibilities. Financial and Socio-Economic Challenges reflect the broader impact of economic pressures and societal inequalities. Family and Relationship Challenges emphasize the influence of interpersonal dynamics and familial responsibilities on women mental well-being. Finally, Psychological-Emotional Challenges of women capture the internal stressors and emotional burdens that many women navigate in modern society.
- The statistical significance and explanatory power of the model suggest that these factors are not only relevant but also actionable. This information could inform policies and interventions aimed at improving women's mental health. Employers, policymakers, and mental health professionals can leverage these insights to design targeted support systems, such as flexible work policies, financial assistance programs, family support services, and counseling initiatives.
- The analysis demonstrates that all four predictors—Work-Life Balance Challenges, Financial and Socio-Economic Challenges, Family and Relationship Challenges, and Psychological-Emotional Challenges—have a significant and positive impact on mental health. Financial and Socio-Economic Challenges (B = 0.088, B = 0.335) have the most substantial effect, highlighting their critical role. The results suggest that targeted interventions addressing these challenges could improve women's mental health outcomes effectively.
- In conclusion, the regression model provides a comprehensive understanding of the relationship between modern-life challenges and women's mental health. The results emphasize the need to address these challenges collectively to enhance mental health outcomes for women.

## V. SUGGESTION

> *Various Studies have also Discussed and Identified Key Suggestion for Building Resilience, a Few Among them are,*

- Provide flexible work policies and financial support: Implementing flexible hours and financial assistance

helps women manage work-life balance and reduces stress.

- Address the challenges collectively: Tackling issues like stress and family dynamics together can improve overall mental health outcomes for women.
- Get support from family: Having family support eases emotional burden and helps in balancing responsibilities.
- Sharing responsibility among family members: Dividing household duties ensures that no one person feels overwhelmed, promoting better mental health.
- Maintaining a positive and happy environment at home and work: A positive atmosphere reduces stress and increases well-being.
- Maintain regular health check-ups: Regular health checks help catch issues early, preventing long-term mental and physical health problems.
- Maintain proper diet, eat and sleep on time: A balanced diet and adequate sleep are key to mental and physical health.
- Maintain healthy conversations among family members and colleagues: Open communication helps prevent misunderstandings and supports emotional well-being.
- Follow the daily practice of yoga and exercise: Regular physical activity boosts mood, reduces stress, and promotes overall health.
- Always be conscious about what's happening around you: Being aware of your surroundings helps reduce anxiety and maintain mental balance.
- Prioritize self-care: Taking time for yourself ensures you're physically and mentally strong to handle life's challenges.
- Set boundaries: Setting clear boundaries helps protect your personal space and well-being from external pressures.
- Maintain social connections: Strong social networks provide emotional support and reduce feelings of isolation.
- Show gratitude: Practicing gratitude increases positivity and strengthens mental health.
- Think good, do good: Focusing on positive thoughts and actions leads to a healthier, happier mindset.
- Time management and delegation: Properly managing time and delegating tasks prevents burnout and improves efficiency.
- Seek professional support: Reaching out for professional help when needed ensures you get the guidance and care required for better mental health.

(Kossek et al., 2012) Goyal et al. (2014) (Schreuder et al., 2014) Rebar et al. (2015) (Macan, 1994).

## VI. CONCLUSION

The study highlights the significant impact of modern lifestyle challenges on women's mental health. Factors such as work–life balance issues, financial pressures, family responsibilities, and emotional stress play a crucial role in shaping the psychological well-being of women. The findings indicate that financial challenges and role-related pressures are among the most influential stressors affecting mental health. As women continue to balance multiple responsibilities in personal and professional domains, the need for supportive environments becomes increasingly important. Organizations, families, and policymakers must recognize these challenges and promote strategies such as flexible work arrangements, emotional support systems, and awareness programs on mental well-being. Strengthening resilience through social support, counseling, and work-life balance initiatives can help women manage stress more effectively. Overall, addressing these stressors is essential for improving women's quality of life, productivity, and overall well-being in modern society.

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