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## A STUDY ON STRESS AMONG WOMEN ENTREPRENEURS

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### ABSTRACT:

Women have become an influential force in the fast-paced world of entrepreneurship, pushing norms and fostering innovation in a wide range of sectors. Yet stress frequently lurks in the background of their entrepreneurial successes. The under- female entrepreneurs are investigated in this article. It looks at the particular pressures they experience as a result of societal norms, gender biases, and the tricky challenge of juggling work and personal obligations. We shed light on the frequently unsaid struggles these women endure by investigating the effects of this stress as well as coping mechanisms and support networks. This article also discusses the stress that Women Entrepreneurs experience. By analyzing the nuances of this problem, we hope to improve *women's overall performance and well-being*.

### Introduction:

Women have emerged as potent change agents in an era characterized by the unrelenting pursuit of innovation and entrepreneurship, knocking down barriers and smashing glass ceilings in the commercial sector. Women entrepreneurs have made great gains, leaving an enduring imprint on industries ranging from technology to fashion and beyond as the global landscape of entrepreneurship continues to change. The widespread and particular strains faced by women in entrepreneurial roles, however, are a tragic reality that frequently goes unrecognized beneath the surface of success and strength.

Women are endowed with steadfast resolve and resiliency, but women are also confronted with a unique set of pressures brought on by societal norms, gender biases, and the persistent problem of finding a work-life balance. These pressures, which are frequently disregarded or minimized, can significantly affect a person's mental, emotional, and physical health.

In this article, an effort is made to study the factors that contribute to the stress of women entrepreneurs. This also studies the strategies to lessen the stress that female entrepreneurs frequently experience.

### Statement of the Problem:

The serious and frequently disregarded issue of stress among female entrepreneurs is the focus of the current topic. Even while women are making great achievements in the realm of entrepreneurship, their particular experiences, pressures, and difficulties are still not fully recognized and addressed.

These difficulties include managing societal norms and gender biases, juggling their personal and professional life, and dealing with the negative impacts of prolonged stress on their mental