

Table of Contents

Certificate.....	iii
Acknowledgement	vii
List of Tables	x
List of Figures	xii
Acronyms.....	xiii
Prologue	1
Abstract	3
Chapter 1 - Introduction and Review of Literature.....	6
Stress	6
Coping	12
Health	18
Stress, Coping and Health	20
Stress and Women.....	24
Stress and Women: The Army Context.....	26
Highlights of Literature Review	29
Theoretical Framework.....	31
Rationale	32
Conceptual Framework.....	33
Research Questions.....	34
Objectives	34
Hypotheses.....	35
Chapter 2 - Methodology	37
Purpose of The Study	37
Research Design.....	37
Participants.....	39
Tools.....	41
Procedure of Data Collection	43
Limitations	44
Analysis.....	45
Ethical Considerations (Human Subjects Protection)	48
Chapter 3 - Results.....	50
Participant Distribution	50
Results of Quantitative Data Analysis	53
Hypothesis 1.....	53
Hypothesis 2.....	54

Hypothesis 3.....	56
Hypothesis 4.....	57
Hypothesis 5.....	58
Hypothesis 6.....	60
Intervening Variables	61
Results of Qualitative Data Analysis	64
Major Stressors.....	66
Sexual Needs	79
Identity	81
Resilience	83
Physical and Psychological Health	86
Actions to be Healthy	87
Chapter 4 - Discussion and Conclusion	90
Stress	91
Coping Strategies	93
Health	98
Conclusion	99
Implications.....	101
References.....	101
Appendix A - Informed Consent (English).....	116
Appendix B - Research Questionnaire (English).....	117
Appendix C - Informed Consent (Hindi).....	127
Appendix D - Research Questionnaire (Hindi).....	128
Appendix E - Semi-Structured Interview	135
Appendix F - Analysis Descriptives Tables.....	138
Appendix G - Definitions.....	148
Research Variables.....	148
Common Terms In The Research.....	148