



3rd Global Conference on Psychology

24 - 26 October 2025

Oxford, United Kingdom

How Does Life Skill Training Influence Stress Management Among Mothers?

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ABSTRACT

This study aims to evaluate the effectiveness of life skills training in managing stress among working mothers. A total of 100 working mothers (Age range: 25-35) with moderate to high levels of stress (scores ranging from 150 to 299 on the Holmes and Rahe Stress Scale) were included in the study. The intervention group attended a training program comprising five 2 hours sessions per week for five consecutive weeks. The stress levels of mothers significantly decreased after the training sessions. The mean and SD total stress scores decreased significantly in the intervention group immediately after the intervention, highlighting the positive impact of training on reducing stress levels among mothers. Employers, healthcare providers, and community organizations should consider offering life skill training as a regular component of their wellness programs. As more working mothers gain access to effective stress management tools, the overall mental health of this demographic could improve, potentially reducing healthcare costs associated with stress-related conditions.

Keywords: Life Skill Training, Stress Management, Working Mothers, Empowerment.