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KEYWORDS	ABSTRACT
Cultural Transitions, Economic Strains, Fearful Realities & Psychological Stress	"Sowing Seeds of Resilience" examines the impact of psychological stress on the women living in rural areas. The article explores the interconnectedness amid cultural transitions, financial strains & fearful realities by employing the comprehensive approach to examine intricate experiences of women residing in the rural locations southern Punjab, aiming to comprehend their unique challenges. The study was quantitative in nature wherein findings reveal a complex scenario in which cultural shifts and financial difficulties synergistically contribute to heightened psychological stress. In this regard, actual terrifying occurrences exacerbate this situation. Study demonstrates the resilience exhibited by these groups. Thus, exerting specific efforts and comprehending the interconnections between these aspects are crucial for the promotion of mental well-being. This inclusive analysis of the thought processes of rural women provides valuable insights for policymakers and scholars to comprehend the situations by utilizing this knowledge to devise specific strategies that assist these resilient women in addressing wide range of challenges.
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INTRODUCTION

Students in higher education are regarded as the leaders of the next generation because they will be responsible for administration of the nation in the years to come. However, stress has a negative impact on their academic performance as well as their ability to learn (Fel, Jurek, & Kłóś, 2023; Janiszewska, Barańska, Jędrych, Kulik, Kasperek & Drop, 2019). There are a number of research studies that indicate that students who are enrolled in undergraduate and postgraduate programs are in the stage of transition from adolescent to adulthood, and they are experiencing higher levels of stress. According to World Health Organization (WHO), mental problems are the primary cause of impairment among disabled individuals aged 14-44 years old (Sandeep & Ravishankar, 2018)

Lee, 2008). That is the consequence of a great deal of different sources of stress. Any event that causes a person to feel uncomfortable and provokes bad sensations and emotions, such as suicidal thoughts or addiction, is considered to be a source of stress. Similarly, it is also important to note that not everyone experiences the same negative emotions whenever they are under pressure. Thus, this research delves into the intricate web of challenges faced by the rural women, thus examining the multifaceted nature of psychological stress arising from cultural transitions, economic strains, and fearful realities.

In less developed areas, such as rural communities, mostly cultural transition takes place, marked by changes in socio-economic system, patterns of life, and numerous traditions. These transitions, along with continual economic burden & imposition of surprisingly frightful realities, collectively contribute towards mental stress among rural women (Jokhio, Rizvi, & MacArthur, 2020). Existing literature, drawing from works like Erikson's theories on identity development, Bronfenbrenner's ecological systems theory and studies on the intergenerational transmission of the cultural values underscores profound impact of cultural shifts on individual and collective well-being (Sandeep & Ravishankar, 2018; Yang, 2023). Also, the way gender, rural identity, and socioeconomic factors interact makes this study very important. This is in line with the feminist stress-coping models that stress empowerment-centered ways of coping. By examining the psychological stress experienced by rural women during cultural transition, economic burden, and frightful realities, the objective of this research is to contribute to the worthy comprehension of interference, policy consideration, and community support structures tailored to explore the animation of the rural women experiencing multidimensional challenges. In this connection, the rural communities often undergo significant transformations due to cultural shifts and economic changes, impacting the lives of the individuals, particularly women.

LITERATURE REVIEW

Cultural Transition & Future Generation

Cultural transition, defined as the valuable shift in social norms, values, practices, and life patterns, has been recognized as the authoritative stimulation in shaping the identities and experiences of individuals, particularly future generations. Complex interaction between cultural changes and wellbeing of consecutive groups has acquired the attention of numerous disciplines. Scholars have highlighted the significance of cultural identity formation during periods of transition, suggesting that the navigation of evolving cultural landscapes plays a pivotal role in shaping the psychosocial development of individuals (Yang, 2023). Bronfenbrenner's ecological systems theory emphasizes the impact of cultural shifts on microsystems within which individuals operate, influencing their cognitive and emotional development (Bonsi, Anderson, & Carder, 2023; Zabaniotou, 2020). As societies transform, future generations receive not only tangible values but also psychological ones that remain integrated into cultural transformation. This dynamic has been explored through the lens of intergenerational transmission of cultural values where the evolving cultural milieu shapes cognitive frameworks and value systems passed down to subsequent generations (Bonsi, Anderson & Carder, 2023). The work on cultural transmission underscores that impact of cultural transitions extends beyond immediate effects, permeating the educational experiences and aspirations of the future generations. This perspective aligns with the notion that cultural transitions are not isolated

events but ongoing processes that mold the perceptions and behaviors of evolving societal cohorts (Beausang & Mama, 2023).

Individual Economic Strains

The systematic study of individual financial stress has gained considerable attention in literature, with intellectuals exploring the multidimensional economic challenges to individuals' wellbeing. Scholars laid the foundation by introducing the concept of stress process theory, which posits that economic strains can act as chronic stressors, influencing mental health outcomes. This framework underscores enduring psychological toll of economic hardship on individuals (Chudzicka, Chiang, Hapon, Szeja, Karamushka, & Ho, 2023). Besides, the work of the family stress model emphasizes how economic strains reverberate within familial contexts, affecting not only individuals but also interpersonal relationships and family dynamics. Their research contributes valuable insights into the cascading effects of economic strains on various life domains (Dabbagh, Alwatban, Alrubaiaan, Alharbi, AlMuteb & Almutairi, 2023; Yeager, 2018). The transactional model of stress and coping enhances a psychological perspective by clarifying the dynamic interaction between people and their economic environments. This model provides a nuanced understanding of how the individuals appraise economic strains and employ coping strategies to navigate financial challenges. Recent research delves into the health consequences of economic strains, highlighting the intricate link between financial hardship and physical well-being. Their studies underscore the need to consider the broader health implications of the person's economic stress beyond the psychological domain (Chudzicka et al., 2023).

Fearful Realities about Future Hopelessness

The exploration of intersection between frightful realities and future despair among women from less developed areas extends within context rich in sociological, psychological and gender-focused scholarship. Disaster-related distress introduces the concept of fear as a potent emotional response, emphasizing its potential to shape perceptions of the future. This perspective lays the groundwork for understanding how various fearful realities may contribute to sense of hopelessness among rural women (Krafft, 2023). In realm of gender studies, scholars like have highlighted unique challenges faced by women, particularly in navigating societal expectations & gender roles. When combined with frightful realities, these challenges may worsen the feelings of despair in future. The work on women's mental health underscores intricate interplay amid fear & mental well-being, suggesting that fearful experiences can impact psychological outcomes (Thoms, 2023). A psychological lens, such as that provided offers insights into how persistent fearful realities may contribute to negative cognitive outlook on future. Beck's work emphasizes role of distorted thinking patterns in shaping feelings of hopelessness and despair. Moreover, research delves into the socio-economic aspects of rural life, shedding light on unique challenges faced by rural women. Intersectionality of financial challenges, social expectations, and frightful realities creates a complex web affecting future hopes (Chudzicka et al., 2023).

Psychological Stress Contributes to Health Issues & Hopelessness

The correlation between psychological stress, health ailments, and feelings of hopelessness among rural women has attracted attention from various academic perspectives. The research introduced

the stress process model, elucidating how chronic stressors, inclusive of psychological stress, can lead to adverse health outcomes (Wicks, Barton, Andrews, Orbell, Sandercock & Wood, 2023). This framework gains significance when considering the distinct challenges faced by rural women within their socio-cultural contexts. Additionally, underscore bidirectional relationship between psychological stress and health problems, highlighting how health issues can intensify stress levels. Thus, particularly in rural areas with limited healthcare access, this connection holds heightened importance (Anjum, Aziz, & Hamid, 2023). Exploration into the psychological ramifications of the stress, such as feelings of hopelessness, aligns with Beck's cognitive theory of depression. Beck posits that distorted thinking patterns, exacerbated by chronic stress, can engender negative cognitive evaluations of oneself and the future. This model offers insights into how psychological stress might contribute to sense of the hopelessness among these rural women. Furthermore, the socio-ecological viewpoint enriches the comprehension of this phenomenon by emphasizing the effective interplay between the individual experiences, family dynamics, and community factors in the rural settings, amplifying the impact of psychological stress on health and well-being (Webb, Kyaddondo, Ford, Bergqvist, & Cox, 2023).

Supported Theories

Feminist Stress Coping Model

Feminist Stress Coping Model, when applied to rural women experiences, starts by acknowledging the inherently gendered stressors entrenched in rural life. In many rural communities, traditional gender roles persist, shaping women's lives within and beyond their households. Model underscores the significance of comprehending how these gendered expectations contribute to rural women's stress. Managing household duties and engaging in agricultural work often burdens women in rural settings, impacting their mental and emotional welfare. By acknowledging and validating these gendered stressors, the model lays groundwork for exploring coping strategies rooted in a feminist perspective (McKinney & Meinersmann, 2023). Central to this model for the rural women is the adoption of empowerment-based coping strategies. Faced with gendered stressors, rural women may actively challenge and redefine traditional roles. This involves embracing agency in decision-making, renegotiating responsibilities, and rejecting limiting stereotypes. Coping mechanisms shift from mere adaptation to proactive empowerment. Initiatives to bolster the women's education, skill development & economic freedom may be part of this approach. By promoting the empowerment centric coping strategies, the model encourages rural women to navigate stressors with resilience, self-determination, and a commitment to challenging systemic gender inequalities (McKinney & Meinersmann, 2023).

Social Cognitive Theory

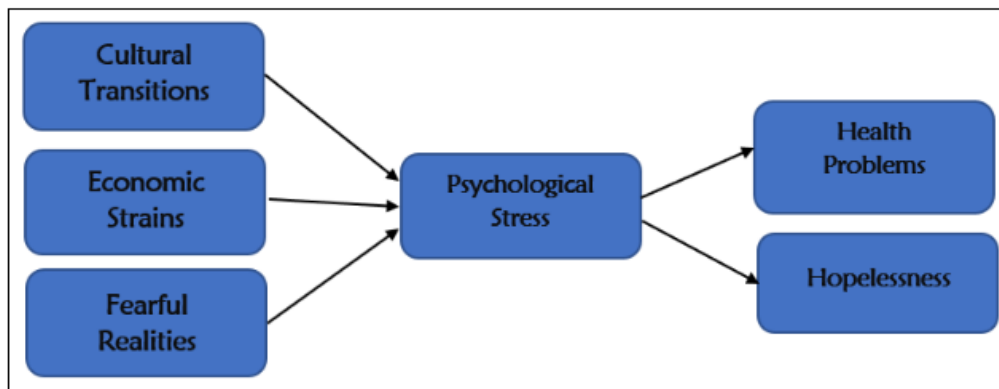
Applied to the experiences of rural women, social cognitive theory highlights the importance of observational learning within rural communities. In these settings, branded by strong community bonds, women learn from observing the experiences and behaviors of others. Whether acquiring agricultural skills, assuming specific roles within community, managing household responsibilities, rural women engage in observational learning, drawing from the experiences of those around them. This aspect underscores the significance of role models and community dynamics in shaping the

behaviors and aspirations of rural women (Almulla & Al-Rahmi, 2023). Social Cognitive Theory emphasizes cognitive factors, particularly self-efficacy, in influencing the behaviors and choices of rural women. Self-efficacy, defined as one's belief in their ability to accomplish tasks and overcome challenges, plays a pivotal role in shaping rural women's decisions in various domains. For instance, witnessing others successfully manage new agricultural techniques/initiating community projects may bolster a woman's sense of self-efficacy. This, in turn, affects her willingness to engage in similar activities & assume leadership roles within community. Cognitive factors, includes self-perception and confidence, become crucial in understanding the actions as well as aspirations of rural women (Schmidt & Ritter, 2023).

Figure 1 Psychological Stress & Life Complexity of Rural Women



Figure 2 Theoretical Model



RESEARCH METHODOLOGY

The research project titled "Sowing Seeds of Resilience" employs a strategy that is based on numbers in order to investigate mental stress that is experienced by women living in rural parts of southern Punjab. The collection of quantitative data for study is accomplished through use of standardized surveys. These surveys capture the prevalence and intensity of cultural shifts, economic strains, and scary realities. The use of random selection techniques ensures that women from all different rural locations are represented, ultimately resulting in collection of data from 280 women. Incorporating

qualitative data into the research makes it more robust and enables us to investigate in the greater depth ways in which rural women are impacted by cultural shifts, financial difficulties, and mental strain. Ethical behavior is of the utmost significance. In order to accomplish this, it is necessary to maintain confidentiality and ensure that all the individuals are aware of the nature of the research before it begins.

RESULTS OF STUDY

Through the careful execution of these investigations and the comprehension of their findings, the research has the potential to provide valuable information regarding the mental stress that women in rural regions experience. Using this information, personalized programs might be developed to better support them.

Table 1 Mean, STDEV, T-Values, P-Values

	OS	SM	SD	TS	PV
Cultural Transitions → Psychological Stress	0.137	0.135	0.046	3.006	0.000
Economic Strains →→→ Psychological stress	0.206	0.205	0.046	4.504	0.000
Fearful Realities →→→→ Psychological stress	0.360	0.358	0.045	8.078	0.000
Psychological stress →→→→ Health Problems	0.492	0.489	0.045	10.869	0.000
Psychological stress →→→→→ Hopelessness	0.475	0.473	0.051	9.319	0.000

The favorable values in "Original Sample" column indicate strong correlations among the discussed factors. As cultural shifts occur with greater frequency, there is typically a corresponding increase in psychological stress. The sample values closely approximate the actual ones, indicating that the normal values in example are suitable for all data. A p-value of 0.000 indicates a high likelihood of mathematical statement being true. This corroborates notion that observed correlations are not attributable to chance or randomness. T-statistics are large, mainly in rows labeled Stress from mind to health issues & "Stress from mind leads to no hope". This provides compelling evidence refuting a simplistic notion. Table demonstrates robust correlation amid cultural shifts, financial concerns, alarming statistics, psychological pressure, health problems, loss of optimism. Exceedingly low p-values and substantial t-statistics indicate that these associations are highly to be due to random chance in dataset.

Table 2 Correlation among Variables

	CT	ES	FR	HP	HL	PS
CT	1.000					
ES	0.414	1.000				
FR	0.291	0.448	1.000			
HP	0.291	0.448	1.000	1.000		
HL	0.386	0.465	0.486	0.486	1.000	
PS	0.327	0.424	0.492	0.492	0.475	1.000

Gaining insight into these links is crucial for comprehending the intricate relationships within the examined situation. The relational chart provides the crucial data regarding the interconnections among the objects under study. These links and their orientations facilitate further investigations. Thus, they provide a more inclusive and comprehensive comprehension of interconnections within analyzed domain.

Table 3 Specific Indirect Effects

Cultural Transitions -----> Psychological stress -----> Health Problems	0.067
Economic Strains -----> Psychological stress -----> Health Problems	0.101
Fearful Realities -----> Psychological stress -----> Health Problems	0.177
Cultural Transitions -----> Psychological stress -----> Hopelessness	0.065
Economic Strains -----> Psychological stress -----> Hopelessness	0.098
Fearful Realities -----> Psychological stress -----> Hopelessness	0.171

The table illustrates the impact of cultural shifts, financial stress, and distressing circumstances on both physical ailments and a sense of despair. This occurs via inducing psychological distress as an intermediary. For instance, the impact of cultural changes on mental stress is quantified as 0.067. Consequently, this has an indirect effect on health issues. These values indicate the strength of the correlation between the initial factors & subsequent outcomes. Table indicates that psychological stress serves as an intermediary factor between the cultural changes, financial difficulties, and the frightening circumstances on one hand, and health problems and the sense of hopelessness on the other hand.

Table 4 Latent Variable Covariances

	CT	ES	FR	HP	HL	PS
CT	1.000	0.414	0.291	0.291	0.386	0.327
ES	0.414	1.000	0.448	0.448	0.465	0.424
FR	0.291	0.448	1.000	1.000	0.486	0.492
HP	0.291	0.448	1.000	1.000	0.486	0.492
HL	0.386	0.465	0.486	0.486	1.000	0.475
PS	0.327	0.424	0.492	0.492	0.475	1.000

The table displays the number of distinct latent variables that are interconnected in a model. This facilitates the identification of correlations among these elements. Acquiring these connections is crucial for comprehending the intricate interplay between the cultural shifts, financial difficulties, alarming realities, health concerns, a pessimistic perspective, as well as the stress in our academic environment.

Figure 3 Path Coefficient & P-Value

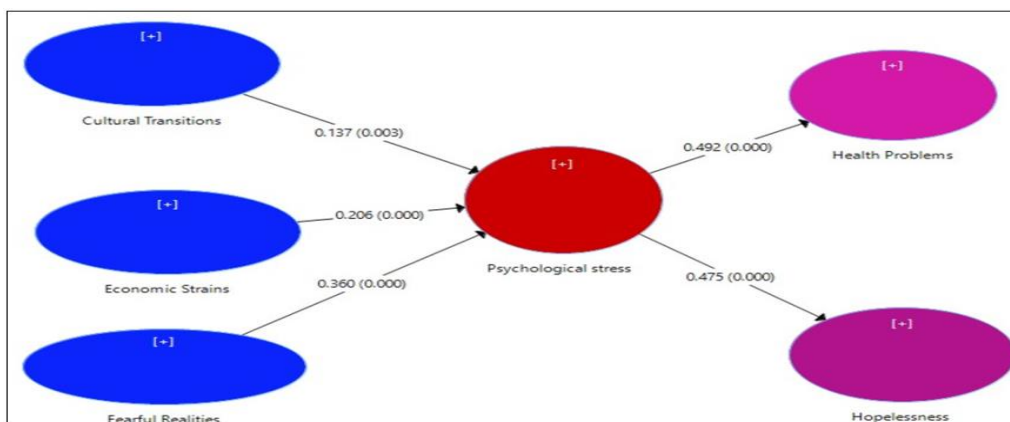


Figure 4 Total Effect of All Construct

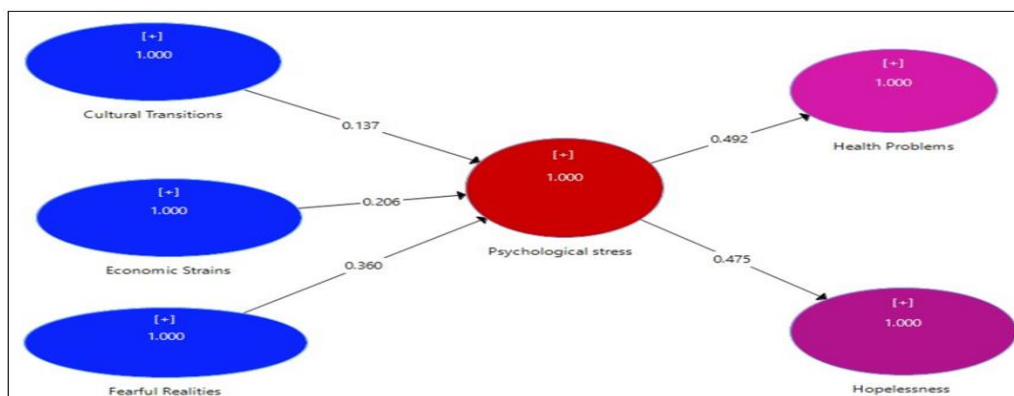
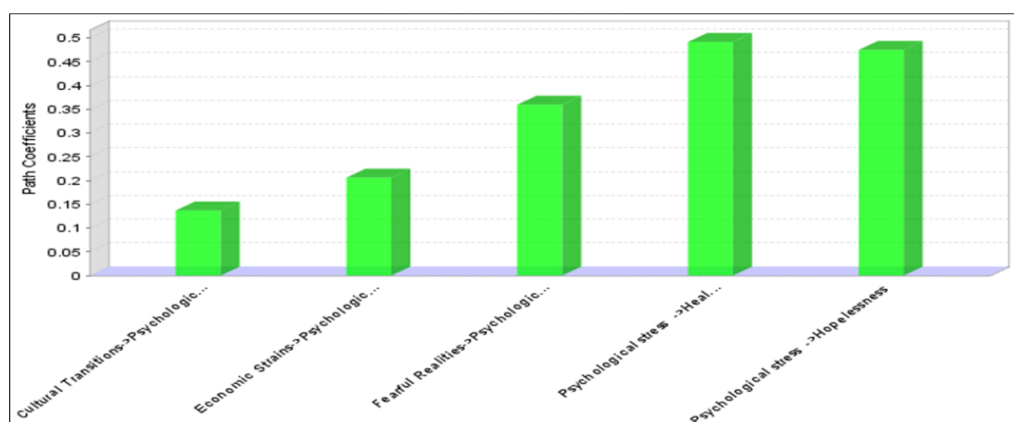


Figure 5 Path Coefficient



DISCUSSION

Small-town women are experiencing mental stress as a result of challenges they face financially and the terrifying realities they face. This conversation sheds light on a profound narrative that is taking place out there. These things are shown to interact with one another in study. It focuses on ways in which all of these factors simultaneously affect mental health. Large-scale transformations in culture, which are frequently accompanied by monetary adjustments, are major drivers of stress (Gopalkrishnan, 2018). Problems with money make tension worse, and the fact that these problems are compounded by frightening realities. The presentation emphasizes the significance of targeted initiatives that realize and assist rural women in addressing their distinct concerns. It emphasizes importance of local support networks and resilience-building initiatives tailored to their specific circumstances (Armour et al., 2019). The results demonstrate robustness of these groups, providing insights for leveraging their positive attributes. It is crucial to acknowledge and address the many types of anxiety experienced by women residing in rural regions. It promotes the development of enduring excellent health (Navarro, Titos, & Araujo-Hernández, 2022). An in-depth examination of individual experiences enables us to gain a more comprehensive understanding of mental health difficulties. This results in the implementation of initiatives aimed at fostering the resilience and

providing assistance to these women in navigating a multitude of the challenges (Chudzicka et al., 2023; Grafova, 2018).

CONCLUSION

"Sowing Seeds of Resilience" examines the impact of significant cultural shifts, financial challenges, and distressing circumstances on the stress levels of women residing in rural communities. The study demonstrates the resilience of these women as they navigate the various challenges. The research demonstrates the interconnection between cultural shifts and financial difficulties. It underscores the notion that frightening realities exacerbate mental distress. This investigation provides specific information necessary for tailored assistance and systems. Understanding the level of difficulty of these groupings is of utmost importance. This knowledge is essential for formulating comprehensive strategies to enhance mental well-being. This study provides empirical evidence that reinforces the need of supporting the rural women based on their lived experiences. It seeks to acknowledge and address the combination of factors influencing their mental state. It is crucial to further investigate how rural women cope with changes in customs, financial difficulties, as well as challenging the life circumstances for future research purposes. Consequently, this will facilitate a more comprehensive understanding of them. Examining the impact of community support groups and cultural influences on the individuals' resilience might provide valuable insights for developing the effective problem-solving solutions.

The study indicates necessity of developing targeted mental health services specifically designed for women in country. This research contributes to growing body of knowledge on the psychological well-being of rural women facing cultural transitions, economic strains, and fearful realities. By shedding light on their experiences, we aim to sow seeds of resilience and empower these women to navigate the challenges they encounter in their unique socio-cultural contexts. These initiatives should take the culture into account in order to provide more effective assistance to these women. The financial assistance programs and community-based support groups can alleviate stress. Those responsible for creating regulations should carefully consider these vital particulars. It is imperious to develop strategies that address unique challenges faced by women in the country and facilitate the establishment of environment conducive to improving mental well-being. This study highlights significant aspects of the mental stress; but, due to its limited duration, the exact causes cannot be definitively determined. Further investigation employing longitudinal methodologies is required. Besides, study's focus on rural women may not reveal & significant variations among them. Further research should investigate various geographical regions and encompass broader spectrum of rural living experiences.

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