



STUDY ON THE INFLUENCE OF WORK STRESS AND SOCIAL  
SUPPORT ON THE HAPPINESS OF CAREER WOMEN -  
AROMATHERAPY AS MODERATOR VARIABLE

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Abstract

Taiwan's National Development Council Population Estimate (2021) revealed that Taiwan's 15-64-year-old female labor force continues to increase, which may be related to population growth, medical progress, and social structure. Longer careers and pressure have given women in the workplace more than ever. Women have greater pressure in life and work. Similarly, the British survey also found that women aged 25-54 are under more stress than men. The peak of female stress falls between 35-44 years old, which is 1.4 times that of males of the same age. In view of this, this study reviews the literature and seeks factors that can reduce work pressure and improve women's happiness. In this study, work stress and social support are the main variables that affect the well-being of career woman, and aromatic essential oils and therapy are the adjustment variables that regulate work pressure. In order to quickly collect a large number of career woman's opinions, this study distributed questionnaires at high-speed rail stations in Taichung City and Kaohsiung City, Taipei City, and collected 290 valid questionnaires. The results of the linear structural equation model show that work pressure will negatively affect the well-being of respondents, among which work burden and inner conflict have the most obvious influence; social support positively affects well-being; aromatherapy plays the role of work pressure which affects well-being. Sense of adjustment variables. In addition, the model analysis results show that there is a high negative correlation between work pressure and social support, which means that the higher the social support that respondents feel in the workplace, the lower their inner work pressure feeling.

Keywords: career women, happiness, work pressure, social support

### Introduction

According to statistics from the National Development Association of Taiwan (2021), the female population aged 15-64 in Taiwan accounted for 63.59% of the total female population in 1980, and the female population aged 15-64 accounted for 70.8% of the total female population in 2021. %. The 15-64-year-old female labor force continues to increase. The reasons may be related to population growth, medical progress, and social structure. Longer careers and pressures than ever before. Women not only have to bear the burden of family support, but also other jobs, including workplaces and social services, etc., so that today's women in the workplace have greater pressure in life and work than in the past. The British Health and Safety Agency (HSE, Health and Executive) released a 2016 statistical report on work-related stress, anxiety and depression. This survey is mainly derived from the quarterly labor survey interviews conducted on 38,000 households. The data shows that 25-54 years old women are under more pressure than their male colleagues. The peak of female stress falls between 35-44 years old, which is 1.4 times that of males of the same age. Women in this age range not only bear work pressure, but also family responsibilities, such as taking care of children and elderly parents (Taiwan Women's Health Network, 2020 ).

In Taiwan, Common Wealth Magazine (2018) found that Taiwan's women's total stress index is 53.2 points, among them, the "economic

burden" index is 65.7 points, which is relatively higher than the other two. From the perspective of age group, the ethnic group with a higher total stress index is the 30-44 years old respondents. Women of this age are facing important turning points in their lives such as getting married, raising children, and even buying a house. The average stress index exceeds 54 points. The pressure is as high as 67.9 points. Up to 74.4% of women take on unpaid housework and the responsibility of taking care of their families, representing society and women's role positioning is still quite traditional. Women have long played the role of major sharers of housework in social concepts and cultivated high pressure on the family. In terms of work stress, the female workplace stress index is about 50.6 point. The main stress comes from "communication with boss" and "complex work content." Among them, women aged 25-44 are under greater pressure, especially those who are 25-29 years old social freshmen who are in the initial stage of the workplace. According to the survey of women's workplace and stress, most women aged 15-64 have occupations, and women of this age generally have higher stress values in their workplaces and lives.

Happiness is the subjective feelings that an individual produces when facing people and things. The higher the happiness, the easier it is to have a good physical and mental condition. Carruthers & Hood (2004) believes that "happiness" often reminds people of positive emotions such as optimism, self-realization, life goals, life satisfaction, happiness and vitality. Because of

this, well-being is often used as an indicator to measure individual physical and mental health conditions and to measure workplace pressure and work performance. From this we can see that personal happiness will be affected by emotions, mind and real life events. Reviewing the literature found (Scheck, Kinicki, Davy, 1997; Wang Wenzong, Zhu Yingqian, Cai Zhiyong, Wang Nianci, 2010; Li Liliang, Chen Kejia, Lai Zhengquan, 2012; Lai Shiguo, Li Chenghan, Wang Enpu, 2013; Zhou Zhean, 2017) To affect the feeling of happiness. In addition, according to Dunn (1995), Lehrner et al. (2005), Davis et al. (2005) on aromatic essential oil therapy studies, it was found that aromatic essential oils have significant effects on stress relief and mood improvement. Therefore, this study also tried to Essential oil therapy incorporates factors that may mediate work stress and affect well-being.

Another factor that may affect happiness and work pressure is social support. Both the direct and buffering effects of social support can protect individuals from the impact of stress, and indirectly have positive effects on their health and well-being. This means that the two forces of social support can simultaneously operate and strengthen the individual's ability to face stress and reduce harm, promote individual physical and mental health and adaptability, and thereby enhance the feeling of happiness (Bailey, Wolfe, & Wolfe, 1994). In addition, Gencoz & Ozlale (2004) believes that there is a positive correlation between appreciation in social support and individual self-esteem. The more individual feelings are appreciated, the higher the self-esteem and the higher the natural happiness. It is also because

social support can positively enhance the individual's positive emotions, and therefore, it also helps to enhance the individual's sense of happiness. Sheldon & Hoon (2007) used college students in the United States and Singapore as examples to test the happiness of college students and found that social support factors among college students have a unique predictive effect on happiness. Similarly, other research results for college students also pointed out that there is a direct negative relationship between social support and depression symptoms. The higher the social support, the lower the degree of depression, and the more satisfied with life. Therefore, social support affects happiness. Important factors (Crockett, Iturbide, Torres, McGinley, Raffaelli & Carlo, 2007; Gencoz & Ozlale, 2004). The research of Pozo-Munoz, Salvador-Ferrer, Alonso-Morillejoy, & Martos-Mendez (2008) found that social support has a direct and positive effect on the happiness of teachers or middle school students. Zeng (2007) and Wu (2001) both used college students as research objects and found that social support positively affects happiness. Similarly, Liu (2007), Wu (2007), Lu (1998) and other studies also pointed out that there is a positive relationship between social support and happiness. Therefore, it can be concluded that the higher the degree of social support an individual feels, the more care and assistance he perceives from others or groups, the stronger the individual's ability to solve stress or problems, and the more positive the emotions in life. The individual's ability to adapt to life, and the higher the feeling of happiness in life. In summary, this research proposes hypotheses that work pressure will

negatively affect happiness, social support will positively affect happiness, and that aroma oil therapy plays a mediating variable in work pressure that affects happiness.

## Literature Review

### *Work Pressure*

Michie (2002) believes that stress is the result of the interaction between the individual and the organizational environment. When an individual is in an uncertain, uncontrollable, threatening or unknown environment, once the pressure exceeds the individual's ability to load, there may be body and mind. Negative reaction. The sources of individual work stress are diversified, which may include the interaction between the individual's own personality traits, external environmental factors (such as school, society), and non-professional stressors. Therefore, the sources of stress are broad and multi-faceted (Huang, 2004). The source of individual work pressure may involve the individual's personality, values, self-requirements, etc., plus the work environment, organizational atmosphere and culture of the workplace, and the interaction process with customers, colleagues and supervisors may all become sources of stress. The main reason that affects the individual's physical and mental health and work enthusiasm comes from the individual's work pressure. By exploring the theoretical model of individual work pressure, it is helpful to understand the individual's perception and response to work. The following explores three modes that can explain individual work stress:

Kyriacou and Sutcliffe (1978) proposed an individual work stress model. The model emphasizes whether various sources of stress will cause stress. It also depends on whether the individual thinks it is a threat, and the individual's personal characteristics are also the main factors affecting individual perception. Explains the relevance of individual personality traits and stress. From Kyriacou and Sutcliffe's individual work stress research model, it can be understood that the individual's personal characteristics will affect the individual's stress evaluation and adjustment behavior, and the individual's work pressure may also come from environmental requirements, which may be other people's requirements. The pressure exerted may also come from psychological, such as the pressure given by oneself.

Moracco and Mcfadden's (1982) individual work stress model subdivided the stressors of non-work itself into social and family aspects. The potential stressors of this model include social, work, and family aspects, and they all constitute individuals in varying degrees. On the other hand, this theoretical model also returns the support points of job burnout and physical and mental illness caused by the accumulation of long-term work pressure to the social and family level.

The individual work stress model of Tellenback, Brenner, and Lofgren (1983) is different from the above two models in that this model proposes the influence of "social characteristics of the workplace" on stressors, and also shows the role played by individual personal characteristics. The intermediary role explains the importance of

stress through assessment and adaptation mechanisms.

### *Social Support*

The concept of social support originated from the study of community psychology in the 1970s, and has been widely discussed in various fields through the application and extension of follow-up research. In short, social support is that the individual perceives and actually receives care or assistance from others to solve the problem. As early as 1974, Caplan pioneered the concept of social support. He believed that it was a concept of continuous social aggregation. Individuals interacted with others, social networks, groups, or organizations to provide interpersonal and mutual assistance relationships between individuals and others. To achieve self-reward and improve personal deficiencies Cassel (1974) believes that social support has the function of protecting individuals and alleviating stress because of the support of social networks to individuals. Cobb (1976) believes that social support can focus on information exchange at the interpersonal level. It is an individual's perception of being cared, respected, and assisted by surrounding groups or others, and that he belongs to a certain social network. From this, it can be seen that an interaction process between the social support test paper individual and the social network, through the feeling of being cared for, respected, and supported by others, enables the individual to have the ability to deal with stress and solve problems.

In terms of the sources of social support, Caplan (1974) divided the sources of social support into formal

and informal sources. Formal sources refer to some social organizations and groups, such as governments, schools, religious groups, and social welfare organizations. Formal sources refer to units and objects that are not structured, such as family and friends. Cassel (1976) believes that informal sources often have a greater impact on individuals' feelings of social support.

In terms of the types of social support, Cohen & Wills (1985), Gottlieb (1983), etc. believe that social support can be divided into the following three types:

- (1) Emotional support: Refers to the individual's psychological level of feelings, such as the feelings and assistance that others give to the individual, such as respect, care, sympathy and encouragement, and help the individual to relieve the pressure encountered in life.
- (2) Informational support: Others or organizations provide individuals with information and suggestions that can help solve problems, and help them solve problems, such as providing books, education, information, etc.
- (3) Substantive support: Others or organizations give individuals various forms of help that help solve problems, such as donations, food, job vacancies, etc.

Also because social support has the above three functions, social support also has the equivalent effect of changing cognition, relieving and reducing stress, and directly giving substantial assistance. Changing cognition is to let individuals understand how to overcome difficulties and alleviate related pressures through information



provided or direct assistance from others or groups; at the same time, it may also allow individuals to have positive, positive, healthy and happy emotions, and finally get help from themselves, others, and organizations. Solve the problem. Similarly, Dormann & Zapf (1999) believes that it will support two kinds of forces, namely the direct effect and the cushioning effect. The direct effect refers to whether the individual is facing pressure or crisis, social support has a positive effect on the individual's physical and mental condition. The buffering effect refers to that the interpersonal relationship in social support can protect or relieve the various pressures faced by the individual, and indirectly produce positive benefits for the individual's body, mind and life.

#### *Aroma Oil Therapy*

In terms of the role of aromatic essential oils in the human body, Price and Price (2001) found that adding essential oils to the bath can help the body eliminate fatigue. The study of Kohara et al. (2005) found that using lavender to soak feet can improve the fatigue of patients with terminal cancer. Kane (2004) confirmed that lavender and lemon essential oil can improve the pain of wound dressing. Weng (2005) investigated people's consumption behaviors of aroma oil therapy and found that consumers' main motivation for purchasing essential oils is health. The biggest influence on aroma oil use loyalty is to restore fatigue, and the most significant variable that affects purchase intention is to increase vitality. Huang (2005) not only found that essential oils can strengthen pregnant women's physical fitness and anti-palpitations, but also proposed that

essential oils can improve the symptoms of allergic rhinitis through inhalation. Lin (2007) found that aromatherapy has the most significant effect on improving personal fatigue in terms of the effect of aromatherapy on high-tech personnel's stress relief. Experimental methods have shown that aromatherapy has the most obvious effect on improving personal fatigue, followed by work fatigue. At the same time, the interviewees also said that the use of aromatic essential oils is helpful for improving sleep and pain relief.

In the psychological aspect of essential oils, Warren and Warrenburg believe that the taste of essential oils can enhance creativity; aromatic molecules initiate a series of neural responses through the human sense of smell, and stimulate the limbic system of the brain that controls emotions, so that people can use the sense of smell to affect certain people. Things produce memories. Wen (2001) confirmed that the scent of lavender can promote the activity of brain wave alpha wave, and the fragrance of jasmine can promote the activity of Belta wave, indicating that lavender can calm people and jasmine can make people concentrate. Similarly, Cai (1997) and Zhang (2006) also found that when the human body breathes in the fragrance of essential oils, the olfactory cells immediately activate the brain's memory, allowing taste and emotion to be combined. Therefore, the above two studies can show that essential oils can improve the body's mood and taste can be used as a way to restore memory.

In the research on improving human emotions, aromatherapy has been used to improve anxiety the most. Wilkinson's use of chamomile improved

the patient's anxiety. Redd and Manne (1992) experimentally confirmed that cancer patients who used essential oils were less anxious than those who had not been exposed to essential oils. Dunn (1995) used lavender to massage patients and found that the anxiety of patients before and after the massage was indeed significantly different. Lehrner et al. (2005) conducted a survey of 200 people who went to the dental clinic and found that chamomile and lavender can reduce anxiety and enhance positive mood. Davis et al. (2005) surveyed nurses in the emergency room by random sampling and found that the use of aroma massage and music can improve the stress and anxiety of emergency room nurses. From the above research, it can be understood that aromatic essential oils are beneficial to the human body's stress perception, fatigue and pain relief, anxiety release, concentration, etc. There are also many studies that apply aromatic essential oils to relieve stress in the workplace, most of which are obvious. It can be seen that aromatic essential oils help the human body and psychology directly and obviously.

### *Happiness*

Happiness is the inherently subjective and negative feelings that an individual produces when facing different people and things in life. Among them, positive emotions will reflect the degree of personal happiness at work, while negative emotions are indicators of personal subjective pain. Taris & Schreurs (2009) believes that the happier employees, the better their work performance, and the increase in efficiency and productivity. Carruthers & Hood (2004) believes that "happiness" often reminds people of positive emo-

tions such as optimism, happiness, vitality, and self-acceptance, as well as self-realization, life goals, and a satisfied life. Happiness can be explained from three types of models. One is the top-down model. Happiness comes from the satisfaction that comes after the goal is achieved. The second is the bottom-up model. The generation of happiness is explained by personality traits such as cognition, memory, and conditioning theory. The third is the integration model, where happiness comes from the result of comparison with reference standards. This research also reviewed the research related to happiness and found that there are many aspects to construct happiness, including life satisfaction, interpersonal relationship, self-affirmation, physical and mental health, work achievement, self-acceptance, autonomy, environmental control, self-growth, etc. Inside.

In the evaluation methods of happiness, external evaluation and questionnaire survey are the two most commonly used methods. However, the external assessment method is easy to abandon the characteristics of the subject's internal cognition, so it is rarely used. The questionnaire method is currently the main tool for measuring happiness, which can be divided into two parts: 1. Measuring overall life satisfaction; 2. Measuring the frequency of personal positive and negative emotions. The following is a common happiness scale.

#### (1) General Well-Being Schedule (GWB)

The Overall Well-being Scale is a self-reported subjective well-being measurement tool compiled by Dupuy

in 1970 for the National Center for Health Statistics in the United States. The full scale has 33 questions, including: Six subscales of worry about health, energy, contentment and interesting life, depression/happy mood, emotion/behavior control, relaxation versus tension/anxiety (translated by Yang Zhongfang et al., 1997).

#### (2) Oxford Happiness Inventory (OHI)

The Oxford Happiness Scale was compiled by Argyle in 1987 based on the "Beck Depression Inventory" (Beck Depression Inventory), forming a happiness scale with a positive skewness scale. Its content includes seven concepts: optimism, social commitment, and positive. Emotion, sense of control, physical health, self-satisfaction, psychological alertness, etc. (translated by Yang et al., 1997).

#### (3) Shi Jianbin and Lu Luo Happiness Scale

Shi and Lu et al. (1997) translated the Oxford Happiness Scale, and added 20 questions on the localization dimension, making it a 48-item "Chinese Happiness Scale" for measuring the Taiwan region The happiness index of the general public. This scale includes nine dimensions: satisfaction of self-esteem, harmony in relationship, pursuit of money, achievement at work, optimism in life, living better than others, realization of self-control and ideals, short-term happiness, right Health needs.

#### (4) Lin Happiness Scale

Lin (1996) revised the test questions of the Oxford Happiness Scale and compiled the "Happiness Scale", which

was scored using a positive skew scale. The official scale had 24 questions and was scored using a four-point scale. Including: "self-affirmation", "life satisfaction", "interpersonal relationship", "physical and mental health" four subscales.

### Methods

#### (1) Interviewee

This research uses questionnaire surveys in the three major metropolitan areas of Taiwan—Taipei City, Taichung City, and Kaohsiung City. The method is to ask interviewers to interview respondents outside high-speed railway stations in the three metropolitan areas. First of all, after the interviewer explains to the interviewee's intention and purpose of the survey, he first asks whether the interviewee is willing to participate in the questionnaire survey, and whether the age meets the requirements of 18-64 years old. After the survey is completed, they will receive a small gift from the survey. gift. The valid questionnaires obtained in this survey are 101 in Taipei, 88 in Taichung, and 101 in Kaohsiung, for a total of 290 valid questionnaires. The investigation time is from March 1 to 20, 2021.

#### (2) Research Framework

Reviewing related research findings (Scheck, Kinicki, Davy, 1997; Wang, Zhu, Cai, Wang, 2010; Li, Chen, Lai, 2012; Lai, Li & Wang, 2013; Zhou, 2017), work stress Negatively affect happiness. Several studies including Crockett also pointed out that social support is an important factor that positively affects happiness (Crockett, Iturbide, Torres Stone, McGinley, Raffaelli, & Carlo, 2007; Gencoz & Ozlale,



2004). Dunn (1995), Davis et al. (2005), Price and Price (2001), Kohara et al. (2004), Huang (2005), Lin (2007) found that essential oils help the body relieve fatigue and stress; Kane (2004) It is confirmed that essential oils can reduce pain. Also because aromatic essential oils and therapies have significant benefits for people's body and mind, this research also regards aromatic essential oils and therapies as regulating variables that regulate work pressure and affect well-being.

Regarding the questionnaire item design, the work stress items of this study were considered and modified from Scheck, Kinicki, Davy (1997), Lai, Li & Wang (2013); the social support items were considered and modified from Crockett, Iturbide, Torres Stone, McGinley, Raffaelli, & Carlo (2007); The well-being item is modified from the study of Shi & Lu (1997) and Lin (1996); the item of aroma oil therapy is modified from Price and Price (2001), Kohara (2004), Huang (2005), Lin (2007), etc. (See Figure 1.)

Figure1. Framework Diagram

(A) Statement Statistical Analysis

In the social support item, "1. When I am sad, relatives and friends will understand my feelings and feelings" has the highest score, followed by "8. They will accompany you to face unsatisfactory situations." (see Table1.)

In terms of internal conflicts, the most disagreed by the interviewees is "3. Work is often challenging and

makes me feel stressed." In terms of professional identity, the most disagreed by interviewees is "9. When I don't perform well, it's hard to get the respect of my colleagues." In terms of workload, the most disagreed with respondents is "13. I often feel that I can't do anything." In terms of self-identification, the most disagreed with respondents is "19. I often feel bad because I haven't achieved performance." (see Table 2.)

Table 1. Summary of Social Support Narrative Statistics

Social support questions	average	standard deviation	Reliability
1. When I'm sad, friends and family will understand how I feel	4.23	.672	.829
2. They ( and family ) make me feel important	3.94	.512	
3. They will accompany you on leisure activities (ex. Shopping and chat sports, etc)	4.01	.399	
4. They will keep secret for you	3.87	.412	
5. They will care how you feel	3.92	.457	
6. They will accompany you when you are depressed	3.77	.395	
7. When you are in trouble, they will care about you and make you feel not alone	3.95	.388	
8. They will accompany you to face unsatisfactory situations	4.04	.394	
9. They will respect what you say and do	3.84	.403	
10. No matter how well you perform, they will acknowledge your efforts	3.95	.448	
11. They will accompany you through difficult times	3.89	.532	
12. You feel supported and cared for	3.98	.510	

Table 2. A Summary Of Work Pressure Descriptive Statistics

The composition	Question item	average	Reliability
Inner conflict	1. For the sake of performance, sometimes I will make some tricky behaviors.	1.98	.820
	2. Too busy at work has affected my time with my family.	1.89	
	3. Work is often challenging and makes me feel stressed.	1.79	
	4. Work often makes me sacrifice my vacation.	1.94	
	5. Some people do not have much respect for the work I do.	2.33	
	6. I think my job status is not high.	4.16	
	7. My family doesn't seem to agree much with my work.	3.46	
	8. When I can't do my job alone, it's hard to get the support of my supervisor and colleagues.	2.89	
	9. When I don't perform well, it's hard to get the respect of my colleagues.	2.24	

The composition	Question item	average	Reliability
	10. My family wants me to change my job.	2.46	
	11. I can only get a small amount of support from supervisors and colleagues.	3.88	
The burden of work	12. Work takes up all my time and prevents me from doing anything else.	2.02	.809
	13. I often feel that I can't do anything.	1.97	
	14. I often work harder than others to achieve results.	2.22	
	15. I feel tired of communicating with people at work.	2.33	
Self-identification	16. I am often reviewed by my supervisor at work.	2.50	.792
	17. I feel that my expertise is not available in the company.	2.76	
	18. I think my position in the company is not important.	2.79	
	19. I often feel bad because I haven't achieved performance.	2.20	
	20. I feel that I am not happy about what I am doing in my current job.	3.17	

Note: The average has been reversed

In terms of well-being, the question that respondents most agree with is "8. There is plenty of energy, you can still help others", followed by "6. You have good interpersonal relationships", and the third is "12. You will arrange Time to do what you like to do." (see Table 3.)

In terms of aroma essential oils and therapy, the question that respondents most agree with is "7. Aroma oil can improve your mood", followed by "6. Aroma oil can boost your spirit", and the third is "3. Aroma" The scent of essential oils makes you feel very comfortable." (see Table 4.)

#### Variable Data Detection

According to Groeneveld and Meeden (1984) on the data distribution

pattern, the skewness and kurtosis coefficients of less data are 0, and even if the skewness and kurtosis coefficients of the data are zero, it does not mean that the data is symmetrically distributed. The skewness and kurtosis coefficients are not too concentrated on one side, which is a good data distribution pattern. Based on this, this study has been verified by the skewness and kurtosis coefficients (Table 5 to Table 8), and the data distribution patterns of the potential variables in this study. The skewness and kurtosis coefficients are mostly close to 0, which has a good data distribution pattern. The state can be further put into the structural equation model. (see Table 5., Table 6., Table 7. & Table 8.)

Table 3. A Statistical Summary Table Of Happiness Statements

Happiness question	average	standard deviation	Reliability
1. You are satisfied with your current life	3.73	.392	.832
2. Most of your life is close to your ideal	3.82	.328	
3. Your financial conditions can meet your needs	3.34	.299	
4. In life, you have got the important things you want	3.23	.410	
5. Your life is already good and you don't need to make any changes	3.19	.403	
6. You have good relationships	3.92	.398	
7. The current lifestyle makes you feel very happy	3.79	.299	
8. You can also help others	4.02	.305	
9. You feel refreshed and energetic every day	3.32	.400	
10. You are in good physical and mental condition and able to walk around on your own	3.84	.334	
11. Your mind is clear and you can think clearly	3.72	.293	
12. You'll schedule time to do what you love to do	3.90	.389	

Table 4. Narrative Statistical Summary Table of Aromatic Essential Oils

Aromatic essential oils and therapeutic topics	average	standard deviation	Reliability
1. You use aromatic essential oils primarily to relieve stress	4.21	.392	.821
2. Aromatic essential oil therapy gives you a full sense of relaxation	4.02	.381	
3. The aroma of aromatic essential oils makes you feel very comfortable to smell	4.04	.384	
4. Even during work, you will carry aromatic essential oils with you	3.88	.377	
5. Aromatic essential oils can really improve your physical and mental condition	3.92	.401	
6. Aromatic essential oils can boost your spirits	4.10	.343	
7. Aromatic essential oils can improve your mood	4.22	.338	
8. You will give aromatic essential oils as gifts to friends and family	3.92	.329	
9. You will use a lavender to spread essential oils into your living or office space	3.63	.304	
10. You consider aromatic essential oils to be natural products that are beneficial to the human body	3.89	.372	

Table 5. Summary Table of Social Support Project Analysis

Social support questions	Bias	c.r.
1. When I'm sad, friends and family will understand how I feel	-.231	10.902***
2. They ( and family ) make me feel important	-.018	11.902***
3. They will accompany you on leisure activities (ex. Shopping and chat sports, etc)	.081	9.012***
4. They will keep secret for you	.182	19.229***
5. They will care how you feel	-.019	13.291***
6. They will accompany you when you are depressed	-.021	11.219***
7. When you are in trouble, they will care about you and make you feel not alone	.029	8.791***
8. They will accompany you to face unsatisfactory situations	.031	11.290***
9. They will respect what you say and do	.042	13.290***
10. No matter how well you perform, they will acknowledge your efforts	.019	14.278***
11. They will accompany you through difficult times	.067	13.290***
12. You feel supported and cared for	.025	13.902***

Table 6. Summary Table of Work Stress Project Analysis

The composition	Question item	Bias	c.r.
Inner conflict	1. For the sake of performance, sometimes I will make some tricky behaviors.	-.129	19.290***
	2. Too busy at work has affected my time with my family.	-.199	14.567***
	3. Work is often challenging and makes me feel stressed.	-.421	10.290***
	4. Work often makes me sacrifice my vacation.	-.672	11.290***
Professional identity	5. Some people do not have much respect for the work I do.	.029	12.092***
	6. I think my job status is not high.	.044	17.890***
	7. My family doesn't seem to agree much with my work.	.201	12.456***
	8. When I can't do my job alone, it's hard to get the support of my supervisor and colleagues.	.109	13.290***
	9. When I don't perform well, it's hard to get the respect of my colleagues.	-.109	18.278***
	10. My family wants me to change my	.310	14.768***



The composition	Question item	Bias	c.r.
	job.		
	11. I can only get a small amount of support from supervisors and colleagues.	.210	14.902***
The burden of work	12. Work takes up all my time and prevents me from doing anything else.	-.119	11.290***
	13. I often feel that I can't do anything.	.031	19.201***
	14. I often work harder than others to achieve results.	.291	11.310***
	15. I feel tired of communicating with people at work.	-.192	13.450***
Self-identification	16. I am often reviewed by my supervisor at work.	-.310	18.567***
	17. I feel that my expertise is not available in the company.	.222	13.490***
	18. I think my position in the company is not important.	.578	17.892***
	19. I often feel bad because I haven't achieved performance.	.672	14.792***
	20. I feel that I am not happy about what I am doing in my current job.	.459	13.897***

Note: average has been reversed

Table 7. Summary of Happiness Project Analysis

Happiness question	Bias	c.r.
1. You are satisfied with your current life	.390	18.290***
2. Most of your life is close to your ideal	.210	9.298***
3. Your financial conditions can meet your needs	.329	8.920***
4. In life, you have got the important things you want	.230	11.201***
5. Your life is already good and you don't need to make any changes	.210	13.201***
6. You have good relationships	1.290	10.902***
7. The current lifestyle makes you feel very happy	.910	11.902***
8. You can also help others	.879	9.012***
9. You feel refreshed and energetic every day	.267	19.229***
10. You are in good physical and mental condition and able to walk around on your own	.649	13.291***
11. Your mind is clear and you can think clearly	.389	11.219***
12. You'll schedule time to do what you love to do	.912	9.287***

Table 8. Summary of Analysis of Aromatic Essential Oil Therapy Projects

Aromatic essential oils and therapeutic topics	Bias	c.r.
1. You use aromatic essential oils primarily to relieve stress	-1.190	8.791***
2. Aromatic essential oil therapy allows you to feel fully relaxed	-.902	11.290***
3. The aroma of aromatic essential oils makes you feel very comfortable to smell	-1.130	13.290***
4. Even during work, you carry aromatic essential oils with you	-.783	14.278***
5. Aromatic essential oils do improve your physical and mental condition	-.289	13.290***
6. Aromatic essential oils can boost your spirits	-.576	13.902***
7. Aromatic essential oils can improve your mood	-.478	11.210***
8. You will give aromatic essential oils as gifts to friends and family	1.489	19.290***
9. You will use a lavender to spread essential oils to your living or office space	1.287	14.567***
10. You consider aromatic essential oils to be natural products that are beneficial to the human body	.937	10.290***

*Linear Structure Equation Mode  
Detection*

In order to test whether the pattern of this study fits with the opinions of the respondents, this study organizes the important detection items and threshold values in the linear structure equation pattern as follows, in which, in addition to the results of AGFI of absolute adaptation index

and Easy-Ratio of simplified adaptation indicators are considerable, the rest of the test items are good, representing that this research model is quite consistent with the respondents' opinions, not only in line with the framework of the relevant theory, but also can actually show the psychological patterns of work stress affecting the happiness of the interviewees.(see Table 9.)

Table 9. Summary Table Of Threshold Values For Linear Structure Equation Patterns

Mode fit	Threshold value	This study model	
		The appropriate value	appraise
Absolute fit indicator			
Likelihood-Ratio $\chi^2$	$p \geq .05$	151.19***	good
GFI	$\geq .90$	.908	good
AGFI	$\geq .90$	.910	decent
SRMR	$\leq .05$	.051	good

RMSEA	$\leq .08$	.082	good
RMR	$\leq .05$	.052	good
Value-added adaptation indicators			
NFI	$\geq .90$	.901	good
NNFI	$\geq .90$	.902	good
RFI	$\geq .90$	.933	good
IFI	$\geq .90$	.921	good
CFI	$\geq .90$	.902	good
Simple fit indicators			
PGFI	$\geq .50$	.699	good
PNFI	$\geq .50$	.791	good
PCFI	$\geq .50$	.702	good
Likelihood-Ratio $\chi^2/df$	$\leq 3$	2.27	decent

#### Discussion of Research Results

According to the results of the linear structural equation model, work pressure will negatively affect the well-being of respondents ( $\beta = -.328^{***}$ ), in which work burden ( $\beta = -.268^{***}$ ) and inner conflict ( $\beta = -.193^{***}$ ) has the most obvious influence; social support positively affects happiness ( $\beta = .301^{**}$ ); aromatherapy is a modulating variable that plays the role of work pressure affecting happiness ( $\beta = .213^{**}$ ). In addition, the results of the model analysis show that there is a high negative correlation between work pressure and social support ( $\text{corr.} = -.710^{***}$ ), which means that the interviewees feel that the higher the social support in the workplace, the higher their inner work. The lower the stress.

According to the statistical results, the source of pressure that affects the happiness of working women comes

from the burden of work and inner conflict, which shows that working women think that work takes up most of the time and prevents her from doing other things. I often feel that I can't finish the job. It is often necessary to work harder than others to achieve performance. Communicating with others at work makes her feel very tired. And, for the sake of performance, sometimes she will make some tricky behaviors. Too busy at work affects the time he spends with his family. There are often challenges at work, which makes her feel stressful. Work often requires her to sacrifice vacation. Because the feeling of work burden and inner conflict will reduce the feeling of happiness, so that career woman feel that work does have a negative impact on her life and getting along with her family. Fortunately, aromatic oil therapy can provide relief from the impact of work stress on happiness. Interviewees believe that the main reason

for using aromatic oils is to relieve stress, and it can indeed improve physical and mental conditions, boost spirits and improve mood. They believe that aromatic oils are natural and beneficial to the human body. After using them, they can feel fully relaxed and smell comfortable. So I usually bring essential oils to work or use essential oils in the office space. The findings of this study are also the same as Redd and Manne (1992), Dunn (1995), Price and Price (2001), Kohara et al. (2004), Weng Tingshuo (2005), Lehrner et al. (2005), Lin Juanjuan (2007), All use aromatic oil therapy to improve fatigue, stress and emotional problems. Therefore, if the use of aromatic oil therapy can significantly improve the emotional and physical fatigue of the interviewee, it can also improve the quality of life of the interviewee and enhance the feeling of happiness.

Second, social support can not only positively improve the well-being of respondents, but also has a high degree of negative correlation with work pressure. According to Dormann & Zapf (1999), social support has a direct effect on reducing stress, regardless of whether the individual is facing pressure or crisis, social support has a positive effect on the individual's physical and mental condition. In terms of buffering effects, interpersonal relationships can protect or relieve the pressure faced by individuals, and produce positive benefits for the individual's body, mind and life. It can be seen from this that social support has the equivalent effect of changing cognition, relieving and reducing stress, and directly giving substantial assistance. It can make individuals feel positive, healthy and happy, and finally get help

from themselves, others, and organizations to solve problems. The results of this study are also the same as those of Gencoz & Ozlale (2004), Sheldon & Hoon (2007), Pozo-Munoz, Salvador-Ferrer, Alonso-Morillejoy, & Martos-Mendez (2008).

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