



A Comparative Study of Stress among Male and Female Employees

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Abstract

Statement of the problem: To study the Stress among Male and Female Employees. Objectives:- To investigate the Stress among Male and Female Employees. Hypothesis:- There will be no significant difference between Male and Female Employees on dimension on stress. Sample: - For the present study I used the non probability sampling method & collected 40 sample of 20 employees were male and 20 employees were female in DMART Aurangabad, Maharashtra. Variable:- Independent variable: Gender. 1) Male 2) Female Dependent Variable: stress. Tool: - Stress questionnaire by Dr. Rajendra Singh Hindi version have been used for measuring stress. Statistical Analysis: - t-test was used for the statistical analysis of data. Conclusion: - Female Employees had significantly high stress than the male employees.

Keywords: Stress, Male Employees, Female Employees

Introduction:

The job of stress has been explored in various examinations (Jick and payne, 1980, and Quick and Quick1984).Jick and Mitz(1985) audited 19 unique investigations identified with sexual orientation contrasts in word related stress and found that ladies as often as possible experienced high mental distress than males and males then again experienced more physical distress than males. Customarily ladies used to be increasingly engaged with homemaking and work inside the family texture. Anyway in the midst of the changing social situation, numerous ladies are joining the workforce and henceforth are additionally powerless against high stress levels.

Various examinations have likewise proposed that ladies administrators frequently face pressures from their home just as structure work (Frankensteiner, 1991; and Davidson and Cooper1994). Kenneth, R. (1977).reported that job trouble was contrarily connected with work

fulfillment, particularly among ladies. Ladies and men are contrasted essentially on job uncertainty, job struggle, between job separation (Aditya and Sen1993) (Denzo, Robbins.(1999.) looked into on job of social help on social and family job stress on 300 working Indian ladies and detailed that social help acts as a support against stress. On the other hand Aziz (2003) contemplated authoritative job stress among Indian IT employees and detailed that men were increasingly stressed when contrasted with ladies.

This investigation likewise revealed asset amplex as the intense stressor in the IT division organizations. The point of present examination is likewise to discover the effect of work related stress among male and female employees working in scholastic industry. Prior examinations likewise showed there is additionally high authoritative stress among working ladies. (Srivastava 1985).

Kind OF STRESS:

Hans Selye (1980) has isolated the stress in four kinds. Stress is a multi – faceted of various border cases. Its belongings are at some point great just as awful on person. In human life, now and again stress is positive just as risky. Regardless of whether stress is fortunate or unfortunate it will be relied upon stress circumstance. As per circumstance, stress can be partitioned in four sorts.

- 1) Distress: When stress impacts hurtfully or adversely to individual, it is known as Distress. Presently a day's stress seems this way.
- 2) Eustress: When stress impacts well to singular, it is called as Eustress, For instance, to make debut in new business, having hitched, to partake in brave playing and so forth. Man can create through this stress.
- 3) Hyper stress: Sometime the case is positive though individual encounters stress more; this is called as hyper stress. In this sort, it appears that individual doesn't change due to hyper stress. For instance, in regulatory help, there are numerous duties and issues to be gone up against.
- 4) Hypo stress: Hypo stress got from the absence of incitement. This is where absence of incitement causes stress. Hypo stress accordingly, individual doesn't encounter incitement. This individual lacking of incitement carries on forcefully and circulates air through many.

APA offers the accompanying tips on the most proficient method to deal with your stress:

See how you experience stress. Everybody encounters stress in an unexpected way. How would you know when you are stressed? How are your contemplations or practices unique in relation to times when you don't feel stressed?

Recognize your wellsprings of stress. What occasions or circumstances trigger stressful sentiments? It is safe to say that they are identified with your kids, family, wellbeing, monetary choices, work, connections or something different? Become familiar with your own stress signals. Individuals experience stress in various manners. You may make some hard memories thinking or deciding, feel furious, peevish or wild, or experience migraines, muscle strain or an absence of vitality. Measure your stress signals. Perceive how you manage stress. Decide whether you are utilizing undesirable practices, (for example, smoking, drinking liquor and over/under eating) to adapt. Is this a standard conduct, or is it explicit to specific occasions or circumstances? Do you settle on unfortunate decisions because of feeling surged and overpowered?

Find solid approaches to oversee stress. Think about sound, stress-lessening exercises, for example, reflection, practicing or working things out with companions or family. Remember that undesirable practices create after some time and can be hard to change. Try not to take on a lot without a moment's delay. Concentrate on changing just a single conduct at once. Deal with yourself. Eat right, get enough rest, drink a lot of water and take part in customary physical action. Guarantee you have a solid personality and body through exercises like yoga, going for a short stroll, setting off to the rec center or playing sports that will upgrade both your physical and emotional wellness. Take standard get-aways or different breaks from work. Regardless of how riotous life gets, set aside a few minutes for yourself — regardless of whether it's simply straightforward things like perusing a decent book or tuning in to your preferred music. Connect for help. Tolerating help from steady loved ones can improve your capacity to oversee stress. In the event that you keep on feeling overpowered by stress, you might need to converse with an analyst, who can assist you with bettering oversee stress and change undesirable practices.

Review of Literature:-

IMPACT OF STRESS MANAGEMENT ON LEARNING IN A CLASSROOM SETTING By Pankaj Mandale (December 2010) Directed by: Thomas Nicholson, John White, and Steve Nagy, Department Public Health, Western Kentucky University. The viability of an in-class stress the board mediation for improving course content maintenance was tried with a traverse plan in two

starting alumni biostatistics classes. Each class met one day out of each week for the term of the semester, and was educated by a similar educator, following a similar prospectus. A pre-test copying thing on the midterm and last test of the year was regulated to all understudies at the top notch meeting. Indistinguishable midterm and end of the year tests were directed in the two classes. During the principal half of the semester, each class session in one area was gone before by a brief profound breathing stress the executives system ($n = 30$). During the second 50% of the semester this method was ceased in the primary area and executed in the other segment ($n = 10$). There were no noteworthy contrasts by age, citizenship, or sexual orientation between the two segments of the course. In view of the measurable investigations between the two gatherings the examination didn't offer a reasonable response if stress the executives was powerful in improving learning.

Research Methodology:-**Statement of the problem:**

To study the Stress among Male and Female Employees.

Objectives:-

To investigate the Stress among Male and Female Employees.

Hypothesis:-

There will be no significant difference between Male and Female Employees on dimension on stress.

Sample: - For the present study I used the non probability sampling method & collected 40 sample of 20 employees were male and 20 employees were female in DMART Aurangabad, Maharashtra.

Variable:-**Independent variable:**

Gender. 1) Male 2) Female

Dependent Variable: stress.

Tool: - Stress questionnaire by Dr. Rajendra Singh Hindi version have been used for measuring stress. In these test there are 32 items. This item's reliability collected from half break method. The reliability calculated .71 from the Gattman half break method & Calculated .73 from

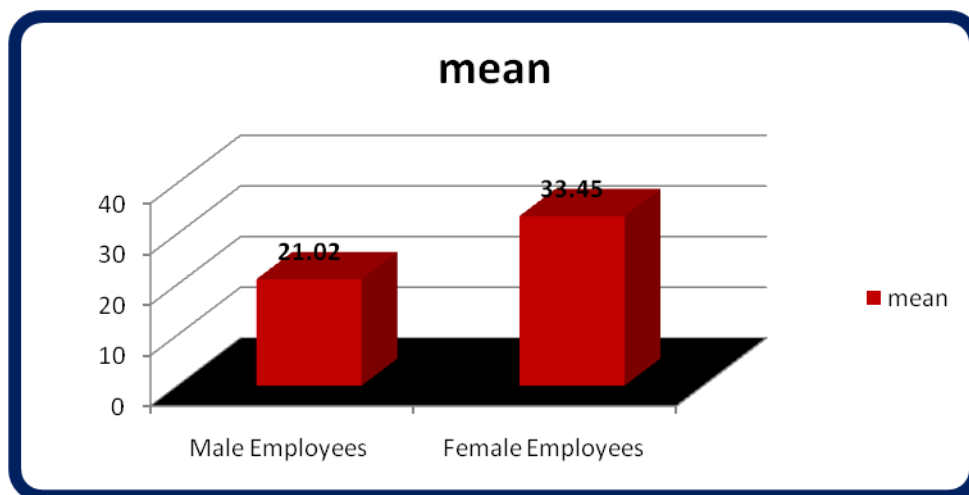
Spearman Brawn half break method. To calculate the validity of this test Dr.Singh published the test at 150 sample and find out the correlation .69.

Statistical Analysis: - t-test was used for the statistical analysis of data.

Statistical Analysis of Data

1) Stress

	N	mean	SD	t value
Male Employees	20	21.02	4.69	7.12**
Female Employees	20	33.45	6.23	



Conclusion: -

Female Employees had significantly high stress than the male employees.

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