



A COMPARATIVE STUDY OF STRESS ON MALE AND FEMALE EMPLOYEES OF AURANGABAD DISTRICT

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ABSTRACT:

To study the Stress among Male and Female Employees of Aurangabad Districts. There will be significant difference between Male and Female Employees on dimension on stress. Sample: - For the present study I used the non probability sampling method & collected 200 samples of 100 employees were male and 100 employees were female in Aurangabad, Maharashtra. Variable:- Independent variable: Gender. 1) Male employees 2) Female employees 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.

Key words: -Stress, Male Employees, Female Employees

INTRODUCTION:

The term was instituted by Hans Selye in 1936. Work environment stress is the hurtful physical and enthusiastic reaction that happens when there is a helpless match between work requests and the abilities, assets, or requirements of the laborer. Occupation stress is additionally connected with different organic responses that may lead at last to compromised wellbeing, for example, cardiovascular illness and psycho-substantial issues. Occupation stress results from the association of the specialist and the states of work. Contrasts in singular attributes like character, sex, monetary class, social foundation and adapting abilities are vital in anticipating whether certain work conditions will bring about pressure. The work of pressure has been investigated in different assessments (Jick and Payne, 1980, and Quick and Quick 1984). Jick and Mitz (1985) inspected 19 interesting examinations related to sexual direction contrasts in word related

pressure and found that women as frequently as conceivable experienced high mental pain than guys and guys on the other hand experienced more actual misery than guys. Generally women used to be progressively drawn in with homemaking and work inside the family surface. At any rate amidst the changing social circumstance, various women are joining the labor force and hereafter are also feeble against high feelings of anxiety. Different assessments have similarly suggested that women heads regularly face pressures from their home similarly as construction work (Frankensteiner, 1991; and Davidson and Cooper 1994). Kenneth, R. (1977). reported that work inconvenience was conversely associated with work satisfaction, especially among women. Women and men are differentiated basically on work vulnerability, work battle, between work detachment (Aditya and Sen 1993) (Denzo, Robbins. (1999.) investigated on occupation of social assistance on friendly and

family work weight on 300 working Indian women and nitty gritty that social assistance acts as a help against pressure. Then again Aziz (2003) thought about legitimate occupation stress among Indian IT workers and itemized that men were progressively worried when diverged from women. This examination moreover uncovered resource plentifulness as the serious stressor in the IT division associations. The place of present assessment is similarly to find the impact of word related pressure among male and female representatives working in academic industry. Earlier assessments in like manner displayed there is furthermore high definitive pressure among working women. (Srivastava 1985).

KIND OF STRESS:

Hans Saley (1980) has separated the pressure in four sorts. Stress is a multi – faceted of different line case. Its effects are sooner or later extraordinary similarly as horrendous on individual. In human existence, once in a while stress is positive similarly as dangerous. Whether or not pressure is lucky or disastrous it will be depended upon pressure situation. According to condition, stress can be divided in four sorts.

1. Distress: When stress impacts harmfully or unfavorably to singular, it is known as Distress. As of now daily's pressure appears to be like this.

2. Eustress: When stress impacts well to particular, it is called as Eustress, For example, to make debut in new business, having hitched, to participate in fearless playing, etc. Man can make through this pressure.

3. Hyper pressure: Sometime the case is positive however singular experiences pressure more; this is called as hyper pressure. In this sort, apparently individual don't change because of hyper pressure. For example, in administrative assistance, there are various obligations and issues to be gone facing.

4. Hypo stress: Hypo stress got from the shortfall of actuation. This is the place where nonappearance

of impelling causes pressure. Hypo braid in like manner, individual doesn't experience induction. This individual lacking of affectation continues strongly and flows air through many.

APA offers the going with tips on the most capable technique to manage your pressure: See how you experience pressure. Everyone experiences pressure in a startling manner. How might you know when you are anxious? How are your examinations or practices extraordinary corresponding to times when you don't feel worried? Perceive your wellsprings of stress. What events or conditions trigger unpleasant slants? It is protected to say that they are related to your children, family, prosperity, financial decisions, work, associations or something other than what's expected? Come out as comfortable with your own pressure signals. People experience pressure in different habits. You may gain some hard experiences thinking or choosing, feel enraged, bad tempered or wild, or experience headaches, muscle strain or a shortfall of essentialness. Measure your pressure signals. See how you oversee pressure. Choose whether you are using unwanted practices, (for instance, smoking, drinking alcohol and over/under eating) to adjust. Is this a standard lead, or is it unequivocal to explicit events or conditions? Do you make heartbreaking choices as a result of feeling flooded and overwhelmed? Discover strong ways to deal with manage pressure. Consider sound, stress-decreasing activities, for instance, reflection, rehearsing or working things out with partners or family. Recall that unfortunate practices make after some time and can be difficult to change. Do whatever it takes not to take on a ton immediately. Focus on changing only a solitary lead immediately. Manage yourself. Eat right, get sufficient rest, drink a ton of water and make a section in standard actual move. Assurance you have a strong character and body through practices like yoga, taking a short walk, setting off to the re focus or

playing sports that will update both your physical and enthusiastic health. Take standard get-aways or various breaks from work. Despite how wild life gets, put away a couple of moments for yourself — whether or not it's essentially direct things like examining a fair book or checking out your favored music. Interface for help. Enduring assistance from consistent friends and family can work on your ability to direct pressure. If you continue feeling overwhelmed by pressure, you may have to chat with an expert, who can help you with bettering direct pressure and change bothersome practices.

Review of Literature:-

Pankaj Mandale (December 2010) 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.

Furrer. P, Moen. F, Firing K.(2019) The aim of this article was to explore the influence of mindfulness training on stress, perceived performance in school and sports, and athlete

burnout among junior elite athletes. One goal was to determine the usefulness of mindfulness training in performance enhancement and burnout prevention in junior elite sports. A mindfulness-training program (MTP) was conducted with 29 junior elite athletes over a period of 12-weeks. Six of the athletes who were participating in the MTP were randomly chosen to voluntarily participate in a semi structural interview that explored possible effects from the MTP. Our qualitative analyses showed that the mindfulness intervention had a positive impact on the athletes' awareness and recovery. The authors also discuss positive effects on the athletes' focus and performances. The findings are discussed against the usefulness of mindfulness training in athlete burnout prevention. Shapiro, Shauna L., Astin, John A., Bishop, Scott R., Cordova, Matthew. (2005) The literature is replete with evidence that the stress inherent in health care negatively impacts health care professionals, leading to increased depression, decreased job satisfaction, and psychological distress. In an attempt to address this, the current study examined the effects of a short-term stress management program, mindfulness-based stress reduction (MBSR), on health care professionals. Results from this prospective randomized controlled pilot study suggest that an 8-week MBSR intervention may be effective for reducing stress and increasing quality of life and self-compassion in health care professionals. Implications for future research and practice are discussed. (Psych INFO Database Record (c) 2016 APA, all rights reserved)

RESEARCH METHODOLOGY:

Statement of the problem:

To study of Stress on Male and Female Employees of Aurangabad District.

Objectives:

To examine the Stress among Male and Female Employees of Aurangabad District.

Hypothesis:

There will be significant difference between Male and Female Employees on dimension on stress.

Sample: For the present study I used the non probability sampling method & collected 200 samples. These 200 samples are consist of 100 employees were male and 100 employees were female in Aurangabad, Maharashtra.

Variable:

Independent variable:

Gender 1) Male Employees 2) Female Employees

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 Gatman 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	100	34.97	4.10	7.67
Female Employees	100	43.06	5.26	

Keyur P., Chintan S., Minakshi P., Vankar,G.K. (2015) Females find workplace significantly more stressful than males. There is a need of giving importance to improve work environment of doctors

and nurses, specifically female staff, which in turn can help patients and community at large. It is clear that workplace stress is present in nursing staff and doctors. Females find workplace significantly more stressful than males. Indian cultural background is still playing role in our set up and there is a need of giving attention to improve female work environment somewhat more than that of the male. Improving working conditions and environment, adequate resources, clarifying roles, constructive resolution of conflicts and stress management training may be beneficial in reducing the workplace stress. The government will be well advised to harness this potential and improve facilities at tertiary care centers.

The result shows that Female Employees have 43.06 and Male Employees 34.97 Mean is significant ($t' = 7.67$, $df = 78$, $P < 0.01$).

CONCLUSION:

Female Employees had significantly high stress than the Male employees.

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