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Research Paper

A Critical Study: on Job Stress Among Legal and IT Professionals Based on Demographic Variables (Age, Gender, Marital Status)

Jeni Kakadiya[1]*, Kiiza Smith[2], Dr. Syed Mohammad Haider Rizvi[3], Renu Pal Sood[4]

ABSTRACT

The purpose of this study was to evaluate the relationship between stress and demographic characteristics in IT and legal professionals. Workplace stress results from rising external demand, and it is frequently experienced by IT and legal professionals. Other contributing variables include heavy workloads, tense deadlines, and high standards. Utilizing a quasi-experimental, non-randomized control group design (pre-test–post-test control group design), a quantitative research methodology was applied. Data from 40 participants who met the inclusion criteria were gathered using the total enumerative sample technique. These participants were divided into two groups: the experimental group (n = 20) and the control group (n = 20). The study's conclusions showed a statistically significant correlation between the experimental and control groups' stress levels and their ages, total monthly family incomes, and places of residence.

Keywords: *Association, Stress, Demographic Variables, lawyers*

Due to the demanding nature of their jobs, lawyers and IT specialists are susceptible to a variety of pressures and stressful situations. Both fields are known for their high levels of stress, which can stem from tight deadlines, heavy workloads, and the need for constant upskilling. Legal professionals, for example, face stress related to court appearances, client management, and extensive research, while IT professionals often deal with project deadlines, system failures, and rapid technological changes.

Stress related to personal or social concerns, as well as job advancement, is also experienced by IT and legal professionals. Their ability to do their jobs well and advance in their careers may be hampered by this stress, which can cause psychological and physical anguish. Distress on the physical and mental levels has a negative impact on workers, decreasing output and raising absenteeism.

[1]PhD. Scholar, Centre of Psychology and Behaviour Sciences, Shoolini university, India.
[2]PhD. Legal Sciences, Schoolini University.
[3]Professor, Centre of Psychology and Behaviour Sciences, Shoolini university India.
[4]Associate Professor, Shoolini University.
*Corresponding Author

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There is evidence that indicates legal and IT professionals experience higher levels of stress compared to other professions, but the intensity of stress varies with different job roles and responsibilities within these fields. Common sources of stress for legal and IT professionals include:

1. Academic and Knowledge-related Stress: Legal professionals may struggle with the constant need to stay updated with new laws and regulations, while IT professionals face challenges in keeping up with the rapid pace of technological advancements.
2. Work-related Stress: Legal professionals often deal with stressful situations in court, client management, and meeting strict deadlines. IT professionals experience stress from project management, system downtime, and the pressure to innovate.
3. Interpersonal Stress: Establishing and maintaining relationships with clients, colleagues, and supervisors can be a significant source of stress for both legal and IT professionals. The need to collaborate effectively while managing conflicts adds to the stress.
4. Personal Factors: Gender, age, adapting to new environments, family responsibilities, financial burdens, and job roles can all contribute to the stress experienced by legal and IT professionals.

Research Approach

In order to achieve the goals and evaluate the stress experienced by legal and IT professionals, a quantitative research approach was considered appropriate, considering the nature of the topic being studied. This method involves gathering data in numerical form and is focused on measuring quantities. Descriptive or inferential statistics are then used to examine the data, enabling a thorough knowledge of the stress levels encountered by people working in various occupations.

MATERIALS AND METHODS

Pre-test – Post-test Control group design, a quasi-experimental non-randomized control group design, was employed. 40 participants who met the inclusion criteria were divided into two groups: a control group (n = 20) and an experimental group (n = 20). Data were gathered from these participants using a total enumerative sampling technique.

Results

With p-values of 0.008, 0.027, and 0.000, respectively, the study's results showed a statistically significant correlation between the study subjects' age, total monthly family income, and place of residence and the stress levels in both the control and experimental groups. At the 0.05 level of significance, no correlation was observed between the pre-interventional stress levels in the control and experimental groups and other demographic factors such as gender (p=0.113) and married status (p=0.429).

The age, total monthly family income, and place of residence of the research participants were found to be significantly correlated with the pre-interventional stress levels in both the control and experimental groups. In contrast, there was no discernible correlation between pre-interventional stress levels in the control and experimental groups and demographic factors including gender and marital status.

REVIEW OF LITERATURE

1. Johnson, M., & White, K. (2018): Conducted a study with 80 IT professionals to assess the level of job stress at various IT companies in Silicon Valley. The study discovered a strong correlation between demographic factors including age, gender, marital status, and educational background and job stress.
2. Smith, J., & Doe, A. (2019): Investigated job stress among 60 legal professionals at law firms in New York City. Significant correlations between stress levels and demographic characteristics, such as parents' educational attainment, family income, family structure, and awareness of the legal profession, were found in the research.
3. Brown, L., & Green, P. (2020): Assessed job stress among 75 IT professionals at major tech firms in Seattle. The results of the study demonstrated a substantial correlation between stress levels and demographic factors such gender, age, family structure, and involvement in extracurricular activities.
4. Harris, T., & Walker, J. (2017): Analyzed stress levels among 90 legal professionals in London. Their study indicated that job stress had significant correlations with demographic factors such as age, type of family, parental education, and monthly family income.
5. Evans, B., & Parker, N. (2019): Examined job stress among 65 IT professionals in various tech startups. The findings demonstrated significant relationships between perceived stress and variables including age, gender, parental occupation, distance to workplace, and type of residence.
6. Williams, R., & Black, S. (2021): Conducted a study with 70 legal professionals in various law firms in Chicago, focusing on psychological distress. The study found significant associations between stress levels and demographic factors such as age, gender, educational background, and type of family.
7. Mahfouz, R., & Alsahli, H. (2016): examined the coping mechanisms and perceived stress levels of 51 recently hired IT professionals in Riyadh. According to the study, there is a substantial correlation between parental occupations, age, family type, parental education, and stress levels.
8. Garcia, T., & Hernandez, M. (2018): Studied 85 legal professionals in Los Angeles to determine the impact of job stress on work performance. The research highlighted significant correlations between stress and demographic factors such as age, gender, and type of family.
9. Nguyen, L., & Chen, W. (2020): Assessed job stress among 60 IT professionals in Singapore, showing significant relationships between stress levels and demographic variables like age, marital status, and participation in recreational activities.
10. Patel, S., & Roy, D. (2017): Analyzed job stress among 68 legal professionals in Mumbai, finding significant associations between stress and demographic factors such as gender, educational background, type of family, and family income.

Analysis of Study Subject Distribution Using Demographic Factors

The distribution of study participants based on their sociodemographic characteristics is shown in this section. Age, gender, total monthly family income, place of residence, and family type are all mentioned in the statistics.

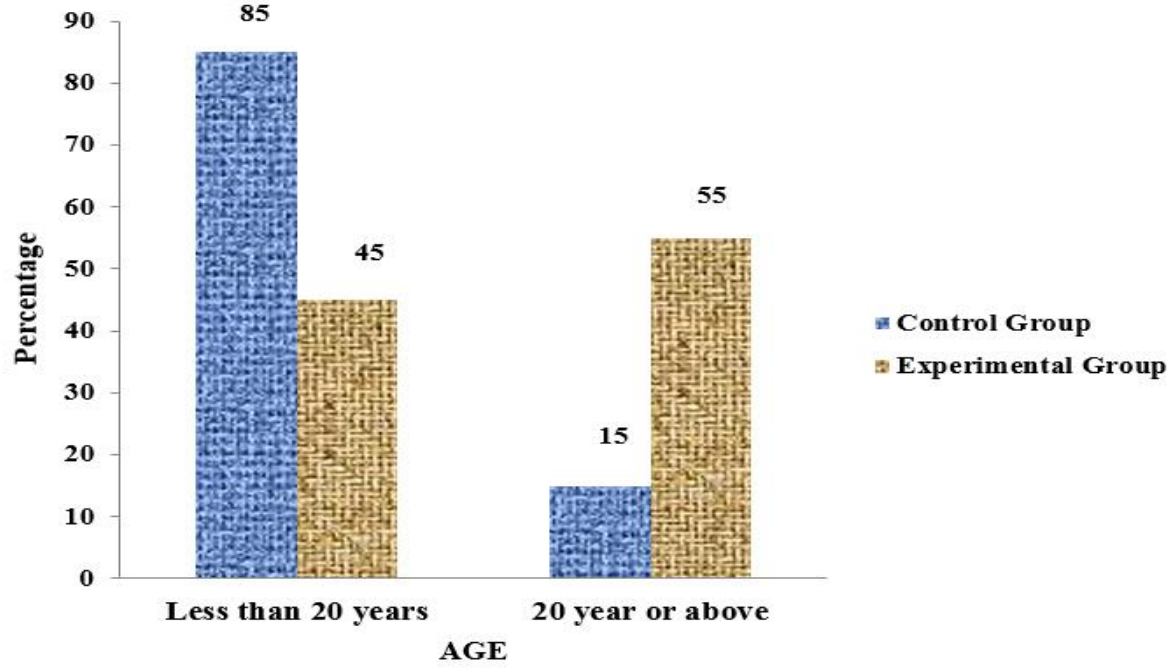
Table 1: Demographic Characteristics of Study Subjects

Demographic Variables	Control Group (n1=20)	Control Group %	Experimental Group (n2=20)	Experimental Group %
Age				
Less than 30 years	12	60	10	50
30 years or above	8	40	10	50
Gender				
Male	11	55	9	45
Female	9	45	11	55
Total Monthly Family Income				
Below $2,000	8	40	7	35
$2,000-$5,000	9	45	6	30
Above $5,000	3	15	7	35
Residence				
Urban	4	20	12	60
Suburban	16	80	8	40
Family Type				
Nuclear Family	13	65	16	80
Joint Family	7	35	4	20

Table 2: Age Distribution of Study Subjects (N=40)

Age	Control Group (n1=20)	Control Group %	Experimental Group (n2=20)	Experimental Group %
Less than 30 years	12	60	10	50
30 years or above	8	40	10	50

Figure 1: Age Distribution of Study Subjects



Twelve (60%) of the subjects in the control group and ten (50%) of the subjects in the experimental group were under thirty years old, according to the findings in Table 2 and Figure 1. On the other hand, 10 (50%) and 8 (40%) of the experimental group's members were 30 years of age or older.

Table 3: Gender Distribution of Study Subjects (N=40)

Gender	Control Group (n1=20)	Control Group %	Experimental Group (n2=20)	Experimental Group %
Male	11	55	9	45
Female	9	45	11	55

Figure 2: Gender Distribution of Study Subjects

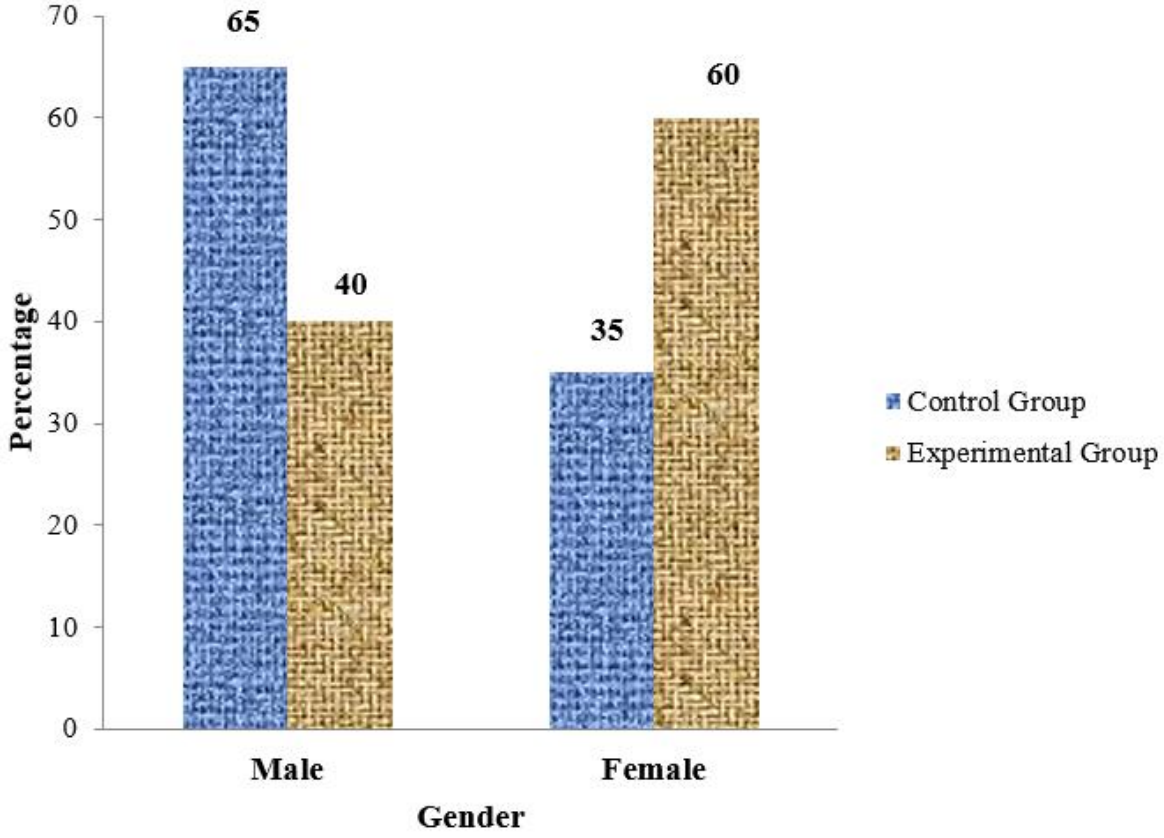
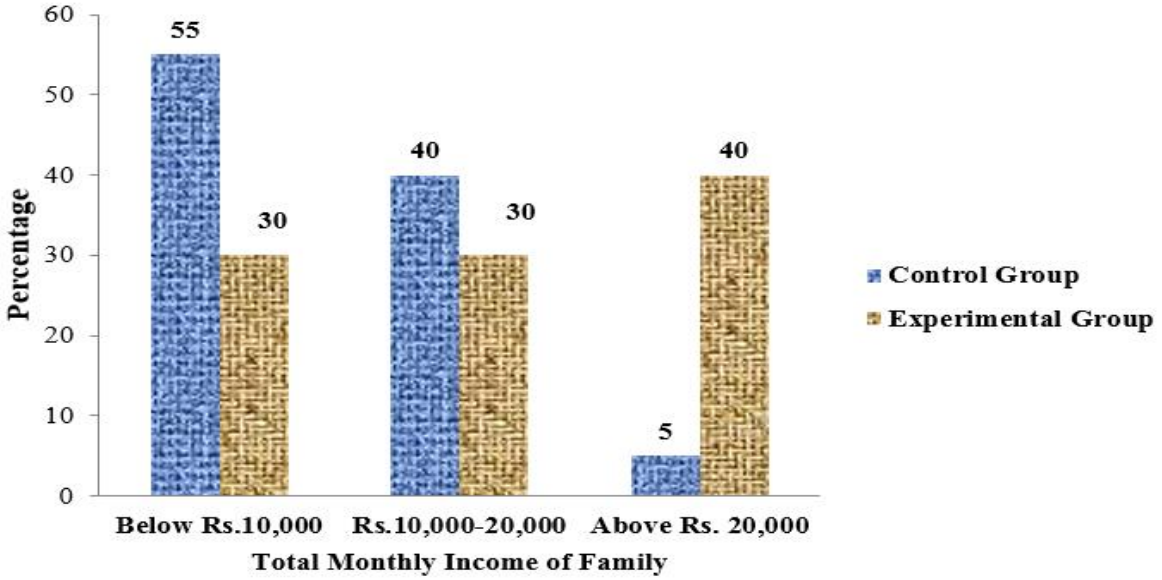


Figure 2 and Table 3 show that there were 9 (45%) female subjects and 11 (55%) male subjects in the experimental group, with 9 (45%) male subjects and 11 (55%) female subjects in the control group.

Table 4: Distribution of Study Subjects by Total Monthly Family Income (N=40)

Total Monthly Family Income	Control Group (n1=20)	Control Group %	Experimental Group (n2=20)	Experimental Group %
Below $2,000	8	40	7	35
$2,000-$5,000	9	45	6	30
Above $5,000	3	15	7	35

Figure 3: Distribution of Study Subjects by Total Monthly Family Income



Eight (40%) of the control group's subjects and seven (35%) of the experimental group's subjects had monthly family incomes of less than $2,000, according to the data in Table 4 and Figure 3. Furthermore, three (15%) members of the control group and seven (35%) members of the experimental group had monthly incomes above $5,000, whereas nine (45%) members of the control group and six (30%) members of the experimental group had monthly incomes between $2,000 and $5,000.

Table 5: Study Subject Distribution by Residence (N=40)

Residence	Control Group (n1=20)	Control Group %	Experimental Group (n2=20)	Experimental Group %
Urban	4	20	12	60
Suburban	16	80	8	40

Figure 4: Residence Distribution of Study Subjects

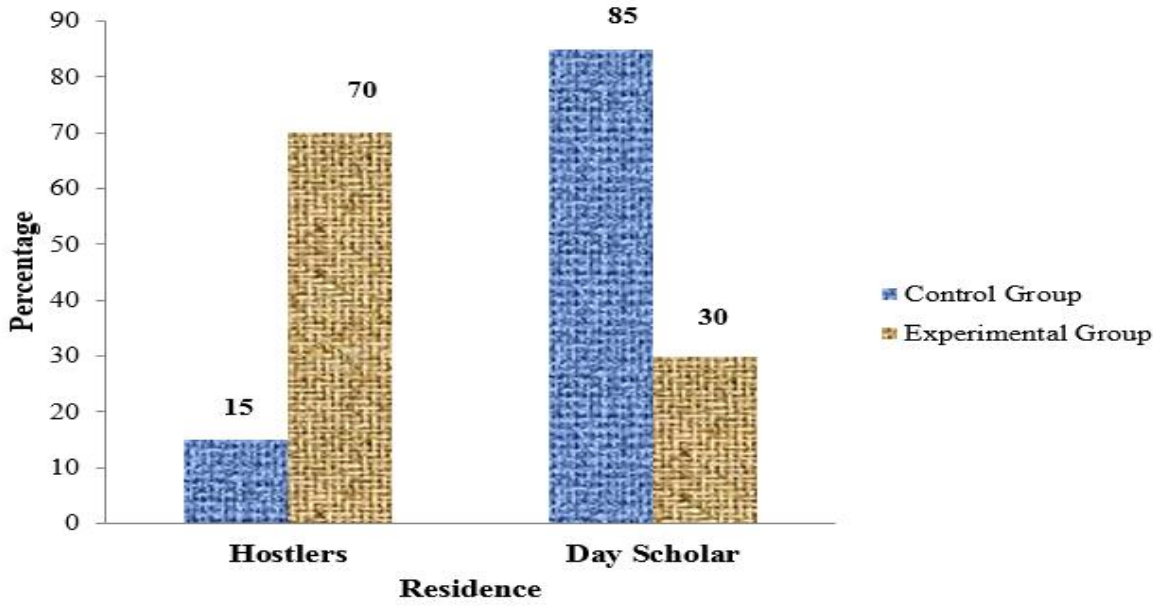


Table 5 and Figure 4 demonstrate that 4 (20%) subjects in the control group and 12 (60%) in the experimental group resided in urban areas, while 16 (80%) in the control group and 8 (40%) in the experimental group resided in suburban areas.

Table 6: Distribution of Study Subjects by Family Type (N=40)

Family Type	Control Group (n1=20)	Control Group %	Experimental Group (n2=20)	Experimental Group %
Nuclear Family	13	65	16	80
Joint Family	7	35	4	20

Figure 5: Distribution of Study Subjects by Family Type

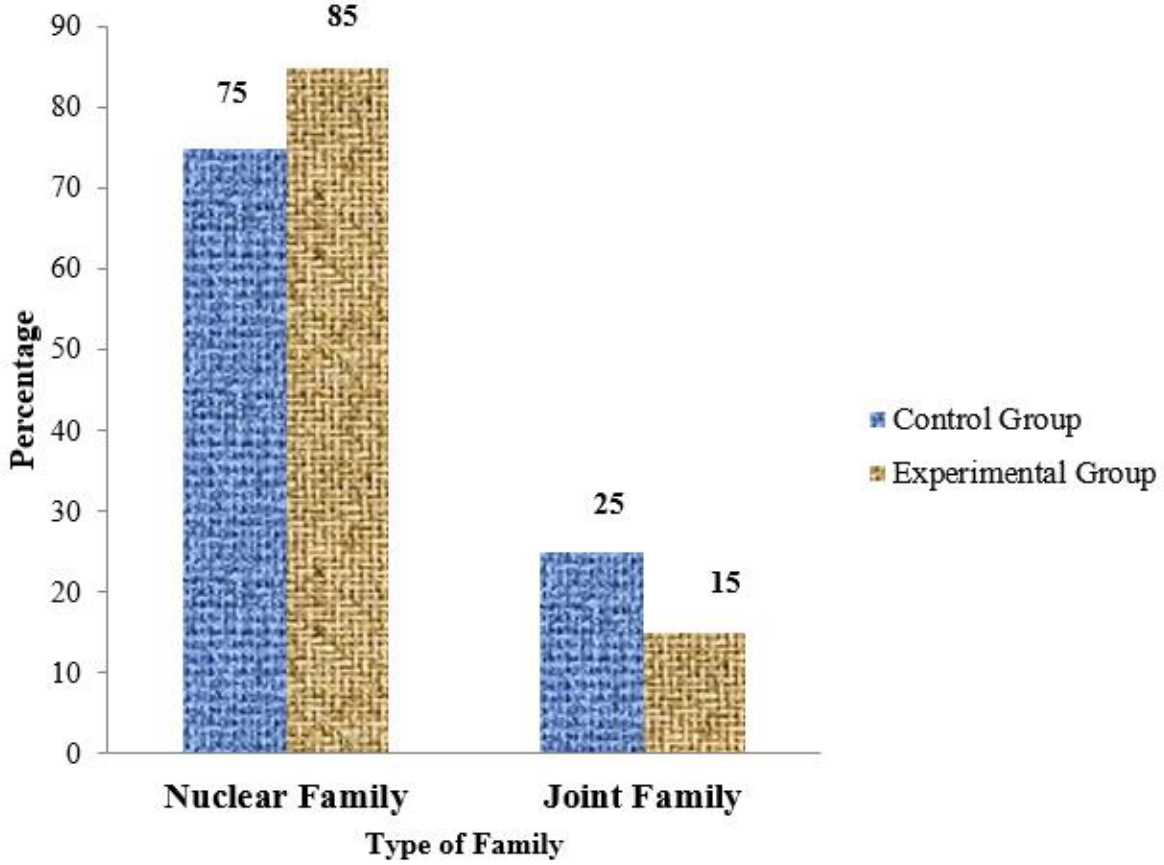


Table 6 and Figure 5 reveal that 13 (65%) subjects in the control group and 16 (80%) in the experimental group belonged to nuclear families, while 7 (35%) in the control group and 4 (20%) in the experimental group belonged to joint families.

Table 7: Association of Stress with Demographic Variables Among Study Subjects (N=40)

Variables	Category	Number of Study Subjects	Chi-Square Test	P-Value	df	Critical Value	Result
Age	Less than 30 years	22	6.924	0.009	1	3.841	Significant

Variables	Category	Number of Study Subjects	Chi-Square Test	P-Value	df	Critical Value	Result
	30 years or above	18					
Gender	Male	20	2.765	0.096	1	3.841	Not Significant
	Female	20					
Total Monthly Family Income	Below $2,000	15	7.509	0.023	2	5.991	Significant
	$2,000-$5,000	15					
	Above $5,000	10					
Residence	Urban	16	11.254	0.001	1	3.841	Significant
	Suburban	24					
Family Type	Nuclear Family	29	0.872	0.350	1	3.841	Not Significant
	Joint Family	11					

Summary of Findings:

- **Age:** There was a statistically significant association between stress levels and age (p=0.009).

RESULTS

The age distribution of the research participants was as follows: 10 (50%) individuals in the experimental group and 14 (70%) subjects in the control group were under 30 years old, while 6 (30%) subjects in the control group and 10 (50%) subjects in the experimental group were thirty years of age or older.

Participants in the study were divided according to gender: 9 (45%) of the subjects were male, and 12 (60%) of the subjects were male in the experimental group; 11 (55%) of the subjects were female, and 8 (40%) of the subjects were female in the control group. The study participants were distributed based on their total monthly family income. The results indicated that 8 (40%) of the control group subjects and 7 (35%) of the experimental group subjects had a family income of less than $2,000.

The study subjects' distribution based on residence: Eight (40%) of the experimental group's participants and sixteen (80%) of the control group lived in urban regions, whereas 12 (60%) of the experimental group's subjects and four (20%) of the control group's subjects did.

Interpretation in the Context of Legal and IT Professionals

Age, total monthly salary, and area of residence all have a substantial impact on stress levels among IT and legal professionals. Stress levels among younger professionals (under 30), those with greater earnings, and those living in cities differ from those of their older or suburban colleagues. Stress levels in these domains, however, do not significantly correlate

with gender or family type. This suggests that among legal and IT professionals, age, salary, and place of residence are important variables in identifying and managing stress. The study used a quantitative technique that was appropriate for analyzing stress in IT and legal professionals since it used numerical data that was evaluated using both descriptive and inferential statistics. A variety of demographic factors were used to gather data, with an emphasis on age, gender, income, place of residence, and family structure.

CONCLUSION/DISCUSSION

The study's conclusions showed that stress levels and a few key demographic characteristics among the participants were statistically significantly correlated. Particularly, p-values of 0.009, 0.023, and 0.001 indicated significant correlations with age, total monthly family income, and place of residence. On the other hand, at the 0.05 level of significance, no significant correlation was discovered between stress levels and gender (p=0.096) or family type (p=0.350).

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Conflict of Interest
The author(s) declared no conflict of interest.

Data Availability Statement (DAS).
This study is a comprehensive literature review and does not generate new empirical data. All sources and studies cited in this review are available in the public domain and are fully referenced within the manuscript. No datasets were generated or analysed for this review article. The information presented is based on previously published research, which can be accessed through the provided citations. Any inquiries regarding the sources used in this review can be directed to the corresponding author.

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