

A Comparative Study of Occupation Stress between Government Employees and Privet Employees

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ABSTRACT

Purpose of this study measurement of occupation stress about government employees and privet employees. Here research sample is 30 government sector employees and 30 private sector employees .A.K. Srivashtav and Singh in used job stress inventory scale for this research data analysis is 't' test used statistical method. Government sector employees and private sector employees difference 't' value is 5.23.this value is 0.01 level significant .show difference government male employees and private male employees is been occupation stress 't' value.39.this value is 0.05 level insignificant. show difference government female employees and private female employees is been occupation stress 't' value2.21.this value is 0.05 level insignificant. present study is occupation stress score government sector employees better then private sector employees.

Keywords: *Occupation stress, Government employees, privet employees*

Occupation stress has been of great concern to employees and other stakeholders of organizations. Occupational stress researchers agree that stress is a serious problem in many organizations (cooper and Cartwright, 1994; Varca, 1999) the cost of occupational stress is very high in many organizations in recent times. For instance, the international labor organization reports that inefficiencies arising from occupational may cost up percent of a country's.

Occupational stress is defined as the perception of a discrepancy between environmental demands and individual capacities to fill these demands. We define evaluate and stress as a internal prose's which are is physical needs or social physical averment conditions which is harmful uncontrollable for us'

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Morgan and king-

In addition, occupational stress is caused by lack of resources and equipment; work schedules (such as working late or overtime and organizational climate are considered as contributors to employees stress. Occupational stress often shows high dissatisfaction among the employees; job mobility, burnout, poor work performance and less effective interpersonal relations at work. Jonson (2001) similarly argued that interventions like identifying or determining the signs of stress, identifying the possible causes for the signs and developing possible proposed solutions for each signs are required. Therefore, this research will try find out the effects of occupational stress on job performance.

Sources of stress

Hours The environment:- the environment can bombard you with intense and competing demands to adjust. Examples of environmental stressors include weather, noise, crowding, pollution, traffic, unsafe environment and substandard in and crime.

Social stressors

We can experience multiple stressors arising from the demands of the different social role we occupy, such as parent, spouse, caregiver and employee. Some examples of social stressors include deadlines, financial problems, job interviews, presentations, disagreements, etc..

Physiological

Situation and circumstances affecting our body can be experienced as Physiological stressors.

Thoughts

Your brain interprets and perceives situation as stressful, difficult, painful, or pleasant. Some situations in life are stress provoking but it is our thought that determines whether they are a problem for us.

Type of Stress

Positive stress has the following characteristics motivates, focus energy, is short-term, is perceived as within our coping abilities, feels exciting, improves performance. In contrast negative stress has the following characteristics; cause anxiety or concern, can be short or long term, is perceived as outside of our coping feels unpleasant, decreases performance, can lead to mental and physical problem.

METHOD

Research problem

A Comparative study of Occupation stress about Government employees and privet employees.

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Objective of this study

1. To study of government sector employees and privet sector employees difference of occupation stress score.
2. To study of government sector male employees and privet sector male employees difference of occupation stress score.
3. To study of government sector female employees and privet sector female employees difference of occupation stress score.

Hypothesis of the study

- (1) There is no significant mean difference among government sector employees and privet sector employees of occupation stress score.
- (2) To study of government sector male employees and privet sector male employees difference of occupation stress score.
- (3) To study of government sector female employees and privet sector female employees difference of occupation stress score.

Variables

(1) Independent variables:

1. Government sector and privet sector
2. Sex: male and female

(2) Dependent variable:

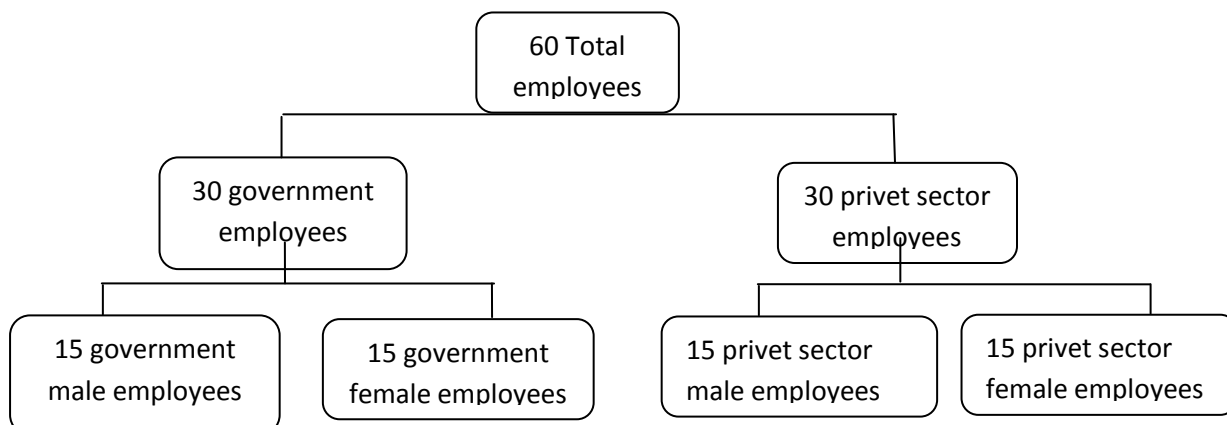
Occupation stress measurement inventory

Tools

For the measuring occupation stress of employees, occupation stress inventory by Shreevastav and Singh was used. The employees have to read out the sample statements. This inventory has to 46 total sentences. The scoring of the 5,4,3,2,1 for positive sentences and 1,2,3,4,5 for negative sentences. 46 minimum score and 230 high score.

Research Design

Research objective is A Comparative study of Occupation stress about Government employees and privet employees so this object related 2*2 factorial designs is create.



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Sample

In the present study employees were selected through random sampling method. Employees were selected by random sampling method from those government employees and privet employees. Government school teachers and privet school teachers were selected from santarampur taluka. 60 totals were selected in which 30 government employees and 30 privet employees.

DATA ANALYSIS

Table No.1 showing 't' score of the occupation stress of government And privet sector employees

| Variable | N | Mean | SD | 't' | Sig. |
|----------------------|----|--------|-------|------|------|
| Government employees | 30 | 101.27 | 31.54 | 5.23 | 0.01 |
| Privet employees | 30 | 68.43 | 14.75 | | |

Goal of this research is identify the score of occupation stress of find the t value of government employees and privet employees in this table value of 't' is 5.23 which is significant at 0.01 level table value of 2.58. Mean wise we say stress is on proof eternal more than government sector employees then privet sector employees.

Table No -2 showing 't' score of the occupation stress of government ment employees And privet sector employees

| Variable | N | Mean | SD | 't' | Sig. |
|--------------------------|----|------|-------|------|------|
| Government men employees | 15 | 90.6 | 16.79 | 0.39 | NS |
| Privet men employees | 15 | 89.1 | 17.47 | | |

Goal of this research is identify the score of occupation stress of find the t value of government man employees and privet men employees in this table value of 't' is 0.33 which is insignificant at level table value of . Mean wise we say stress is on proof eternal more than government sector employees then privet sector employees.

Table No -3 showing score of the occupation stress of government female employees And privet sector female employees

| Variable | N | Mean | SD | 't' | Sig. |
|-----------------------------|----|-------|-------|------|------|
| Government female employees | 15 | 96.3 | 20.10 | 2.23 | 0.05 |
| Privet female employees | 15 | 85.14 | 18.14 | | |

Goal of this research is identify the score of occupation stress of find the t value of government man employees and privet men employees in this table value of 't' is 2.23 which is significant at

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level table value of 0.05 . Mean wise we say stress is on proof eternal more than government sector employees then privet sector employees.

Coping of occupation stress

Because of stress bed effect on physical & emotional health so psychology seriously strategies on stress of minimize lazars and lounier (1978) a above averment & internal demands & it different between conflict control on working & internal both are mentally trail for minimize stress and regularly exercise, yoga & reelection method are fight for stress for occupation stress. Employees & office are adjustment make a minimize a stress be side of working hours & change & type of work make minimize of stress we can fight with different types of occupation stress

CONCLUSION

1. There is significant difference between movement employees and private employees.
2. There is insignificant difference between government male employees and private male employees
3. There is significant mean difference between private male and female employees.

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Conflict of Interests

The author declared no conflict of interests.

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