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A STUDY TO ASSESS STRESS AND COPING AMONG COMPUTER EMPLOYEES IN SELECTED INSTITUTIONS SALEM TAMIL NADU
By: Rajesh G. Konnur*

* Vice Principal, Sri Guru Ram Das College of Nursing Vallah Amritsar,Punjab, India.

ABSTRACT: *A non experimental cross sectional survey design was conducted on 100 computer employees to assess stress and coping. The study findings indicated that computer employees suffer from significant stress and uses negative coping measures to overcome it. It needs ergonomic and multi disciplinary modalities to combat stress and psychosomatic disorders.*

Key Words: Computer Employees, Stress, Demographic characteristics,

OBJECTIVES:

To assess

Level of stress among computer employees due to occupation

Factors contributing to stress among computer employees due to occupation

Coping strategies used by computer employees related to stress

Find out association between the level of stress and coping with selected demographic variables.

HYPOTHESES:

Ho 1: There will be significant relationship between the stress and coping strategies of the computer employees at.01 level of significance

Ho 2: There will be significant relationship between stress and demographic variables of the computer employees at 0.01 level of significance.

Ho 3: There will be significant relationship between coping and demographic variables of the computer employees at 0.01 level of significance.

Review of literature:

The increased use of computer has given birth to multiple problems. Risks may be direct due to physiological and biochemical stress associated with computer use; indirect due to sustained postures that may limit important musculoskeletal stimulate that are essential for normal musculoskeletal development. Other negative outcomes could include psychosocial factors such as an aversion towards computer use, decreased educational productivity and success and decreased competency in a modern society (Andrew. M, 2005).

Techno stress is the human cost of the computer revolution, as a modern disease of adaptation caused by an inability to cope with the new computer technologies in a healthy manner. Symptoms are ambivalent, reluctant or fearful of computer or anxiety which is expressed as irritability, headaches, nightmares, resistance to learning about computer or outright rejection of the technology. It afflicts those who feel preserved by employers, peers or the general culture to accept and use computers (Craig Brod , 1999)

Coping is aimed at maintain a 'a steady state' of interaction between the individual and the environment within a range of stability in which 'he' or 'she' feels comfortable. A stressor is a stimulus which disrupts some aspect of steady state and the individual is motivated to act to restore comfort.

MATERIALS AND METHODS:

Research Approach and Design: The study was descriptive design where cross sectional survey approach was used to collect data from 100 regular computer employees in Salem. The study undertaken in selected institutions where at least 5-10 computer employees were working as on regular basis for at least one year. Purposive sampling technique was used to collect data.

A closed ended questionnaire with five point rating scale was used to collect data. The tools were i) Computer employee Demographic Data ii) Computer employee job stress rating scale , which included 45 stress items of physiological , psychological and socio – cultural stress iii) computer employees stress coping rating scale , which contained 55 statements regarding coping methods used by employees related to physical stress , psychological stress, socio economic stress and religious stress.

RESULTS AND DISCUSSION

Demographic characteristics revealed that 38% of computer employees were in the age group less than 25 years, 66% were males, 50% were from nuclear families and 53% were permanent employees. Forty eight percentage of employees had rest period '15- 30 min' rest period, 51% of employees had ' two micro breaks' in between works schedule. Nearly 37% of employees had 15 days leave, 68% of them had less than 5 years of experience. Majority of them had 5 – 7 hours of sleep and 45% of them had "no" heath checkups.

The research findings related to level of stress reveals that majority (60%) of the employees had mild stress. 40% employees had moderate stress and only one percentage of employees had severe stress. Factor wise assessment of stress reveals that majority (70%) of

the employees had mild stress related socio economic factors where as highest percentage (11%) of employees had severe stress related to religious factors. No significant association was found between level of stress and selected demographic variables like age. gender, religion, type of family, type of employment, time of job, rest period, number of breaks , monthly income, years of experience, duration of sleep and health checkup per year however significant association was found between level of stress of an employee with leave facilities at p< 0.05 level.
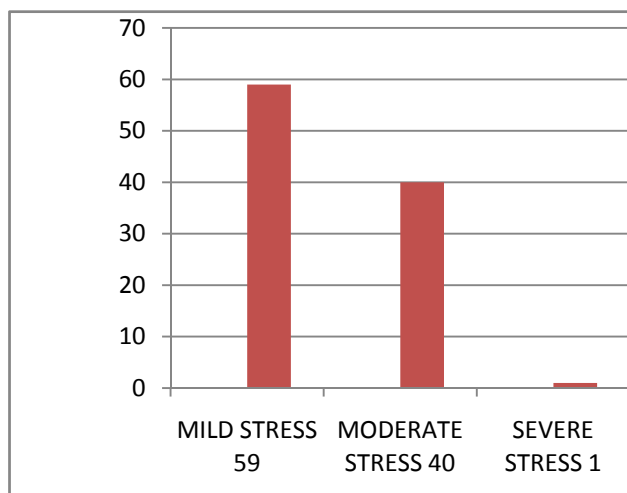

Figure 1 Percentagewise distribution of level of stress

Coping Modes	Positive coping (%)	Negative coping (%)	Total (%)
Physical	82	18	100
Psychological	54	45	100
Role function	41	59	100
Interdependence	48	52	100
Overall coping	52	48	100

Fig 2: Distribution Of overall coping and modes of coping

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Highest percentage (52%) of employees used positive coping modes and 48% of employee's negative modes. Most (82%) of employees used positive physiological mode and 18% of them used negative physiological mode. Fifty four percentage of employees used positive psychological mode whereas 45 % of employees used negative mode. Forty one percentage of employees used positive role function mode and fifty nine percentage employees used negative role function mode. Whereas 48% of employee used positive interdependence mode. 52% of employees used negative interdependence mode. No association was found between overall coping with demographic variables whereas association was found between physical level of stress with respect of physiological coping mode at p<0.05 level of significance.

CONCLUSIONS:
The study findings shown that overall severity of status of stress was moderate in computer employees. Mild stress was highest in physical and religious factors. Moderate stress was similar in all the domains. Overall coping was positive. Computer employees used coping methods irrespectively. The level of coping was more or less similar irrespective of demographic variables. Over all we can infer that computer employees are suffering from stress irrespectively due to multiple causes and uses negative coping strategies to combat stress which in turn leading to bio psychosocial clinical health problems.

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The Author Dr. Rajesh G Konnur is P.hD(N), M.Phill, MSc, M.B.A (Hospital Administration and Human Resources Development). He has been awarded Bhartia Shikha Ratan award – 2007 for 'individual achievements and national development" by the economic for health and educational growth." New Delhi. Shikha Bharati award – 2007 for Excellency in education by Indian achievers forum. New Delhi. He has presented more than 15 papers in various conferences. Currently he is working as Vice Principal at Sri Guru Ram Dass College of Nursing Vallah Amritsar, Punjab, India.