

A Study On Employee Stress With Special References To Ahill Apparels, Uttukuli.

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Abstract: The main aim of the study is to analyze the stress management. It involves in development of a group of potential qualified employees in the organization. This purpose the study carried out among the employees of AHILL APPARELS (P) Ltd. The objective of the study is to find whether there exists any relationship between the satisfaction and involvement of employees.

I. Introduction Of The Study

In the present complex and competitive environment stress level is increased both in the workers and managers. Recent research has shown that stressed managers are not good to the management. The stress reduces efficiency, productivity and profitability. Stress is physical, mental and chemical reasons to circumstances that frighten confuse and irritate. Stress is the general term applied to the pressures, people feel in life. The presence of stress at work is almost inevitable in many jobs.

OBJECTIVES OF THE STUDY

- ❖ To identified the factors causing stress among the respondents.
- ❖ To find out the problems faced by the employees during the working hours.

Scope of the study

Many different things can cause stress either physical or emotional. Identifying what may cause stress is often the first step in learning how to better deal with the stress. Additionally, factors like insufficient authority, pressures towards conformity, faulty designs also produce a lot of stress for people working within a company. If employees are encouraged to participate actively in organizational activities, stressful situations may not develop. Likewise, other factors such as trusting each other, express their concerns openly, being supportive of each other and spending time helping each with problems will also lead on organization to be un stressful.

II. RESEARCH METHODOLOGY

INTRODUCTION

A search methodology forms the frame work of the entire research process. This includes the necessary information about material, techniques for the collection of data appropriate to particular problem, statistics, questionnaires and controlled experimentation and in recording evidence sorting it out and interpretation.

DATA COLLECTION

The validity of any research is based on the systematic collection of data and analysis. The study used both primary as well as secondary data. The primary data was collected from respondents of AHILL APPERALEs, Uttukuli. Field survey method was employed to collect first hand information. For this purpose, a well structured questionnaire was used as a tool for collecting the pertinent data from the 200 sample respondents. Secondary data was also collected the internet and records of the mechanical surveys.

TOOLS AND ANALYSIS

The collected data were classified into suitable forms for analysis and interpretation. Simple statistical tool like:-

**Percentage analysis
Chi-Square**

**TABLE –1
TYPES OF STRESS FACED FOR THE RESPONDENTS**

S.No	Types Of Stress	Frequency	Percentage
1	Personal stress	106	53
2	Occupational stress	28	14
3	Both	66	33
	Total	200	100

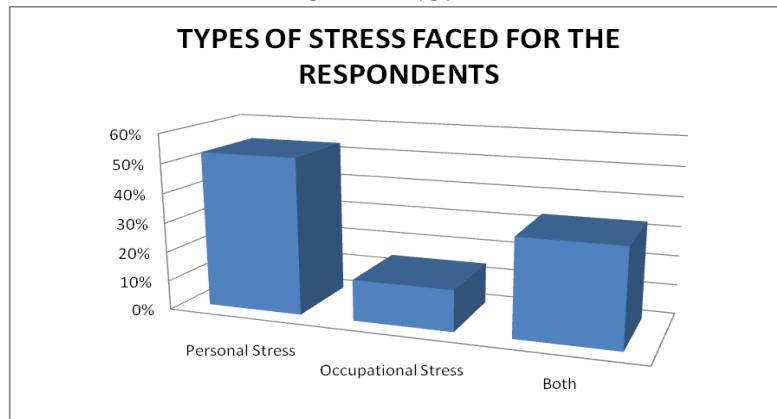
Source : Primary Data (Questionnaire)

INTERPRETATION

The above table 5.4 shows that out of 200 respondents, 53% of the respondents are suffering with personal stress, 33% of them are suffering with both personal and occupational stress and only 14% of them are suffering with occupational stress.

Most of the respondents are suffering from the personal stress when compared with both personal and occupational stress.

CHART NO. – 1



Chi-Square:

marital status * gender of the respondent Crosstabulation

		gender of the respondent		Total
		Male	female	
marital status	married	30	31	61
	unmarried	19	20	39
Total		49	51	100

Hypothesis:

Ho= there is no relationship between gender and marital status

H1=there is relationship between gender and marital status

Inference:

- ❖ The above analysis resulted that the calculated value is greater than the table value(0.002<3.841).
- ❖ Accept the H1 Hence, there is relationship between the gender of the respondents and marital status.

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.002 ^a	1	.964		
Continuity Correction ^b	.000	1	1.000		
Likelihood Ratio	.002	1	.964		
Fisher's Exact Test				1.000	.564
Linear-by-Linear Association	.002	1	.964		
N of Valid Cases	100				

- a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 3.841.
b. Computed only for a 2x2 table

Degree of freedom = (Column-1) X (Row-1) = (4-1) X (3-1) = 3 X 2=6
Critical value for chi-square distribution 3'' = 0.002, calculated value 3.841
So calculated value is greater than table value (0.002<3.841). Hence, Accept the H1

FINDINGS

- Among the respondents 53% of them are suffered from personal stress, 14% are suffered from occupational stress and 33% are suffered from occupational and personal stress.

III. Conclusion

Stress is common for all organization which plays a vital role in developing economy of our country and lives of the people. Among those organizations, the textile industry faces more problems, due to employee stress. If the work of a textile unit is affected for a single day or a week it cause various losses to the company in its performing commercial activities.

Industrial stress is important on account of distress caused not only to individuals but to society as a whole. Stress in industry occurs at every level. It is usually of psychological rather than physical origin and may originate outside industry. The causes of stress in industrial workers, junior management and senior management are considered. They usually involve injuries to self-self esteem, or insecurity, isolation or responsibility. Symptoms and signs of acute and chronic stress are described.

Prevention of stress in industrial workers included good personal practices-fair treatment, good communications and good work participation-and giving gratitude or praise.

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