

## AN INTERVENTION OF PREVENTING AND ENHANCING THE WORK RELATED STRESS IN AN ORGANIZATION

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### Abstract

Human resource organization is an art of administration people at a work in such method that they give their most excellent to their institute. In effortless word HRM refers to the quantitative aspect of employees working in an institute. Stress is a part of day-to-day living wage of every personality. We generally consider that the anxiety is cause by the peripheral proceedings and the dynamics of the surroundings. But we need to emphasis the fact that the anxiety is caused by our response to the external environment.

**Keywords:** Human Resource administration; Stress; attribute and Causes of Stress and Problems.

### 1. Introduction

Human resource administration is an art of managing citizens at a work in such approach that they give their best to their institute. In simple word HRM refers to the quantitative aspect of human resources operational in an organization.

Organizations are not mere bricks, field gun, machineries or inventory. They are people, who staff administer and organization. HRM involve the application of government function and principles. The function and doctrine are applied to acquisitioning, mounting, preserve and remunerate human resources in an organization.

Anxious tension is a part of day-to-day living wage of every personality. We coramonly believe that the pressure is caused by the exterior events and the dynamics of the environment. But we need to importance the fact that the Stress is caused by our effect to the peripheral environment.

The behavior in which we perceive and be aware of the changes or the surroundings event creates same event can bring cheerfulness and calm. Hans Selye was one of the beginning fathers of nervous tension research. Selye believed that the biochemical effects of stress would be acquainted irrespective of whether the position was encouraging or pessimistic. In the year 1954 was that "tension is not unconsciously impressive bad - it all depends on how you receive it. The anxiety of interesting, resourceful thriving work is encouraging, while that of disappointment, embarrassment or infection is detrimental." Selye believed that the biochemical effects of stress would be knowledgeable irrespective of whether the circumstance was positive or negative.

### 2. Sources of Stress

**The Environment:** The natural stressors, for pattern, climate, commotion, abundance, pollution, association, perilous and imperfect lodging, and wrongdoing.

**Social Stressors:** Social stressors, for example, due dates, monetary issues, prospective employee meetings, presentations, differences, requests for your time and consideration, loss of a friend or family member, separation, and co-child rearing. These stressors budding since of requirements of the assorted community part, for exemplar, custodian, life collaborator, parental figure, and member of staff.

**Physiological:** Physiological stressors incorporate fast development of puberty, menopause, disease, maturing, conceiving an offspring, mishaps, absence of activity, poor sustenance, and rest aggravations.

**Contemplations:** individual cerebrum translate and sees state of affairs as displeasing, bothersome, complicated or astonishing, in such situation our mind figures out if they are issue to us or not.

### 3. Review of Literature

Member of staff proceeds is an employee's intentional withdrawal from the institute. High proceeds has been a most important issue in health-care organization. Earnings of skilled staff can incur important costs (e.g. costs coupled with recruit and training new staff) for organization. High staff proceeds can also impact negatively on an organization's aptitude to meet enduring needs and

provide quality care. Turnover intention is a determinant of actual turnover behavior. Turnover intent and revenue decision may be an pointer of low, and decreased QWL.<sup>3</sup>

Some studies found a positive relationship between employees' and their job satisfaction<sup>4</sup> and organizational commitment. Small employees' job happiness is a momentous interpreter of their revenue purpose and genuine revenue. Other investigational studies corroborate the urgent role of accounting requirement in the revenue process.

On the supplementary tender, a strong contrary affiliation was found among employees' job stress and their job satisfaction. Job stress also may lead to increased burnout. In addition, some studies found a relationship between employees' job stress and their organizational commitment and intentions to leave their workplaces.

Donald et al (2009)<sup>12</sup> in their commentary, A revision on proficient constant agonize, hopelessness and alcohol use among Indian software proficient, pragmatic that the software human resources are proficiently hassled and are at 20 period higher risk for increasing hopelessness and also extensively increase the commonness of psychiatric disorders. deterrent strategy like education in constant worry management, frequent broadcast to categorize proficient stress and depression at the initial stages and addressing these issues adequately might help the software professionals cope with their profession better lacking affecting their standard of living and health.

Sarah Shrivastava and Partake Bobcat (2010)<sup>13</sup> in their study, Computer related health problems among software professionals in Mumbai: A cross-sectional study, investigate that visual anxiety, muscular-skeletal disorders and psycho-social problems form key category of health problems found among homogeneous central processing unit users. This study has also brought into focus factors causative to the happening of these tribulations. Thus, the predicament requires a multidisciplinary action and hence there is an instantaneous need for the disturbed the system to work in partnership and enforce suitable protective measures.

Jackal Rap and handraiah (2011)<sup>14</sup> in their article, professional stress, psychological wellbeing and cope among in rank skill professionals, originate that job fulfillment and psychological health are interrelated but not noteworthy. However, job satisfaction was really and fundamentally correlated

with coping behavior. The mental health is predominantly and especially associated with industrial stress. It can be explained that as job fulfillment and mental health increase coping activities increase. And as stress increase mental health decrease.

Ravi Chandran et al (2014)<sup>13</sup> in their study, functioning status and health among people at or sequence acquaintance - enable army. A extent of in progress authentication, accredited that muscular-skeletal disorders, ocular disorder and psycho-social troubles were a forte of the explanation health problems observed among software professionals. There is a need for achievement of the program that include the concepts of ergonomics, wellbeing training, scheduling of recruits to thwart and prevail over the morbidity, as well as psycho-social harm among human resources in software industry.

#### 4. Objectives of the Study

- 1) To question the altitude practiced stress in the middle of the private hospital employees in Salem District
- 2) To scrutinize the cause of tension in the learning area
- 3) To learning the method and technique functional for anxiety of the hospital workers.
- 4) To propose suggestion base on the conclusion.

#### 5. Data Analysis and Interpretations

The learning depends up on the principal and resulting data. most important data were together by conduct a taster examination of human resources working in Salem district. Present use 100 staff member of private hospitals human resources have been indiscriminately elected for the present study. Stratified haphazard sample technique has been used for this study. A well-conceived feedback form was used for the collection primary data. The resulting data was together from do research journal, typical journals and magazine, books, websites, etc., this manuscript is also

examination of data anthology by in place of it in tabular form along with interpretation. The information collected and analyzed for incoming at proper termination of the study.

Table 1: model size the respondents

S.No.	Designation	No. of respondents	Percentage
1	Doctors	10	15
2	Nurses	30	25
3	Supervisors	16	15
4	Lab Technicians	14	10
6	Receptionists	10	10
7	Compounders	10	10
8	Room boys / servants	10	15
	Total	100	100

Source: most important data

From the table shows that the superior part of the respondents functioning in tense. Among the total respondents 30% of them draw closer from Nurses, 15% each of them consulting room, supervisors and room boys or servants. It is clearly show the above table.

Table 2: Causes of stress

S.No.		No. of respondents	Percentage
1	Role conflict	13	13
2	Role ambiguity	04	04
3	Excess of work load	25	25
4	Feeling of inequality	06	06
5	Lack of supervisory support	12	12
6	Constraints of changes rules and regulations	02	02
7	Stress due to technological problems	20	20
8	Inadequacy of role	04	04

9	Lack of group authority coherence	02	02
10	Job requirements capability mismatch	12	12
	Total	100	100

Source: Primary data

Table 2 indicates that most important causes of anxiety surrounded by the human resources are interference of occupation load (30%) and stress due to scientific problems (25%). Consequently it was established that recruits felt that pleasing brutal work force, as they were predictable to handle multiple roles and everyday jobs the human resources suffer from stress for the reason that of lack of support from the managing and generation.

Table 3: Various attributes of stress

SNo.	Attributes	No. of respondents	%
1	Inadequate time to finish work	20	20
2	No ability and skills	04	04
3	Hard work and skill are not approved	02	02
4	Poor infrastructure facilities	06	06
5	Unhealthy environment	06	06
6	Communication gap	18	18

Table 3 depict that the assortment of attributes relate to anxiety, work life difference is one of the foremost attributes which contribute to stress from member of staff and followed by insufficient time to terminate work. This can be regard as a factor structure of anxiety because a lot of member of staff complains that they were unable to balance both the special and trained fronts successfully. Extra more pressures and difficulty from work location at times led to neglect of special front.

Table 4: Stress level of private hospitals employees

SNo.	Attributes	No. of respondents	%
1	Good environment	18	18
2	Recognition	23	23
3	Continuous job training	10	10
4	Effective communication	11	11
5	Programme on stress management	12	12

6	Meditation	26	26
	Total	100	100

Source: Primary data

Table 4 reveal that the consideration from an essential part of the discipline of yoga has a straight encouraging force on the intelligence giving it power and power to refuse to believe stress. in addition, around ( 25%) of the respondents as a acknowledge people's charge is particularly imperative in period of constant worry the above examination the initiative taken by the bank to thin down stress are by provided that good situation permanent job guidance proper commute and conducting helpful stress managing Schedules.

Table 5: Analysis of psychological problems

SNo.	Psychological problems	No. of respondents	%
1	Anxiety	24	24
2	Tension	22	22
3	Sleeplessness	16	16
4	Boredom	10	10
5	Frustration	12	12
6	Depression	06	06
7	Fear	04	04
8	Forgetfulness	06	06
	Total	100	100

Table 5 shows that greater part of the respondents expressively affects constant worry on nervousness and strain (25% & 23%), 5% of them precious fear, but in the case of 8% of the respondents exaggerated due to forget extensiveness in the learning neighborhood.

The greater part of the respondents operational in strained. Among the entirety respondents 25% of them come from nurse, 15% each of them consulting room, supervisor and opportunity boys or servants. It is undoubtedly show the higher than table.

- Major causes of anxiety among the human resources are overload of work load (25%) and anxiety due to industrial problems (25%). Hence it was found that people feel that pleasing severe employment force, as they were probable to handle manifold roles and farm duties the people suffer from stress since of lack of hold up from the administration and classmates.
- The various attribute relates to anxiety, work life imbalance is one of the most important attributes which contribute to anxiety from member of staff and follow by insufficient time to terminate work. This can be regard as a factor construction of stress since a lot of member of staff complain that they were powerless to balance both the individual and trained fronts effectively. Extra more pressure and difficulty from work situation at times led to disregard of not public obverse.
- The deliberation from an important part of the discipline of yoga has a straight positive contact on the mind generous it might and power to refuse to accept stress. furthermore, around (25%) of the respondents as a acknowledge people's value is specially important in period of pressure the above analysis the initiative in use by the banks to diminish stress are by providing good environment continuous job training proper commutate and conduct effective anxiety organization programmes.
- A immense greater part of the respondents expressively affects stress on concern and strain (25% & 26%). 6% of them precious fear, but in the container of 6% of the respondents exaggerated due to forget completeness in the learning area.

## 6.. Suggestions

employment should be appropriately entrust to the workers to avoid surplus of work which could grounds anxiety. numerous farm duties can be delegate to subordinate without behind usefulness so that surplus of work can be summary

- Good association should be maintain within the human resources to make the operational situation strong.



- appropriate criticism handling organization should be experienced to help the human resources to trounce their troubles.
- recruits should be provoked by giving plunder for their brilliant performance. The inspiration program conducted by the society will assist the workers to carry out well.
- consideration, yoga, callisthenics on a daily schedule basis will keep the intellect and remains fresh.

### 7. Conclusion

Strain is a slow and dangerous difficulty which is an obligatory one and a frequent problem in the headquarters. The level of stress and its amount of penalty vary within and sandwiched between hospital base on the natural world and kind of work practice. hospital must commence to manage people at work another way, treat them with respect and valuing their donation, acknowledgment, partaking and permanent training of human resources are required to retain the skilled employees. It is the responsibility of the private hospital's organization to see that its people go through stress entertainment practice to overcome hospitals employees' constant worry which maintain the resonance physical condition of the workforce.

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