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COMPARISON OF STRESS AMONG DIFFERENT PROFESSIONALS

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Abstract:
The aim of the study was to find out the stress level among the three professionals in different districts of Jammu And Kashmir State. For the accomplishment of the study 50 Doctors, 50 Engineers and 50 Physical education teachers randomly selected from the different districts of Jammu and Kashmir. Corbin (2008) Questionnaire was used for the data collection. The findings of the present study demonstrates that there is significant difference on the variable stress ($p<0.05$) among Doctors, Engineers and Physical education teachers (PET's). The data was statistically analyzed by one way analysis of variance (ANOVA) and Scheffe's post hoc test was also applied to see the difference between the professionals.

Key Words: Stress, Doctors, Engineers, PET's

Introduction

It is a common notion that life in itself is a game. Man has from the very past been involving himself in one or the other type of games and thus relieving himself of different types of stresses. Kings, queens and the common masses also have popularized the sports activities and paid good deal of attention for their up-liftment. One of the important aspects of performance during tense movement of any game or examination we get attacked by stress and affect our performance, which can be identified by certain physiological and psychological tests or examinations. Despite historical recognition of the predisposing role of social factors in the onset of illness, it is only during the last 40 years that scientists have attempted to study these phenomena systematically. In 1936 Hans Selye articulated his concept of stress as the "general adaptation syndrome," a set of non-specific physiological reactions to various noxious environmental agents. This formulation was largely responsible for popularizing the concept of stress in the scientific vocabulary of medicine, and it initiated an era of research and theoretical development conducted with accelerating enthusiasm on an international scale in numerous branches of the medical and later the social sciences. Also in the 1930's Franz Alexander and his psychoanalytic colleagues in Chicago became interested in relating personality characteristics to selected organic syndromes within the framework of psychosomatic theory. Development of psychosomatic models of illness has proceeded apace, with a gradual convergence of interest and assumptions so that stress research and psychosomatic research are to some extent overlapping. Stress has been defined as a "substantial imbalance between demand and response capability, under conditions where failure to meet demand has important (perceived) consequences" (McGrath, 1970, p. 20). In Australia, those doctors who neglect the early symptoms of stress and indulge in self-medication have to present themselves before the Medical Board. Stress among general practitioners in Britain also is regular feature. In addition to personal distress, stress among GPs in England is a great concern because of problems with recruitment and retention of people required to complete the National Health Scheme led primary health care targets (Neeru, 2008).

Methods:

Subjects:

For the purpose of the study 50 doctors, 50 engineers and 50 physical education teachers were randomly selected from the different districts of Jammu and Kashmir State. These 150 subjects were taken from different Medical Colleges, Degree Colleges and Engineering Colleges. Doctors from the district hospital Anantnag, Srinagar, Kulgam etc, physical education teachers from the Govt. Boys College Anantnag, Physical College Ganderbal, Degree College Kulgam and Engineers from the ITI Srinagar and NIT Srinagar.

Variables and Test:

The variable stress was used for the study and was to compare the stress level of the professionals. The tests used for the study were one way analysis of variance (ANOVA) and SCHEFFE'S post hoc test.

Statistical Technique:

The present investigation was statistically analyzed by the one way analysis of variance and also the post hoc test was used to find the significant difference between the professionals on the selected variable stress.

Results:

Table 1: Displays F-ratio 17.76 to be significant at 0.05 level of confidence

This clearly indicates that significant difference among the three professional groups on sum of stress level.

Group	N	Mean	S.D.	SOV	SOS	DF	MS	F
Doctors	50	39.90$	4.36	Between	1334.093	2	667.047	17.732*
Engineers	50	38.14#	6.38	Within	5529.800	147	37.618	
PET's	50	32.88µ	7.27					

*Significant at 0.05 level (df= 2, 147),

Table 2:- Relating to the post hoc test for significance indicates significant difference between the professionals (Doctors, Engineers, PET's) on the sum of stress as the mean difference.

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	Doctors	Engineers	PET's	MD	CI
Means	39.9000	38.1400		1.76000*	0.84
	39.9000		32.8800	7.02000*	
		38.1400	32.8800	5.26000*	

*Significant at 0.05 level

Discussion:

On the variable stress Doctors score high as compared to engineers and physical education teacher's (PET'S), the reason behind this may be the relation between a doctor and a patient. Taking care of the human lives doctors are responsible to some extent. Besides this the engineers come after the doctors and the physical education teachers come after the engineers. Because of the involvement of sports activities very less stress level is found in the PET'S as compared to the other two professionals. Doing any kind of physical activities and sports, reduction of stress is natural.

Conclusion:

It is concluded that doctors are having greater stress level, followed by the engineers and physical education teachers (PET'S). This study gives relevant information about the stress level of the professionals in the state of Jammu and Kashmir.

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