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OCCUPATIONAL STRESS, HEALTH PROBLEMS AND THEIR OUTCOME OF IT PROFESSIONALS IN COIMBATORE

Authored By

Ms.K.V.Shanmugavadivu,
Research Scholar, Dept. of Business Management, Sri Vasavi College, Erode.
Assistant Professor, Dept. of Business Administration, Kongu Arts and Science College(Autonomous) Erode

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OCCUPATIONAL STRESS, HEALTH PROBLEMS AND THEIR OUTCOME OF IT PROFESSIONALS IN COIMBATORE

*Ms.K.V.Shanmugavadivu   **Dr.G.Kalaimani,
*Research Scholar, Dept. of Business Management, Sri Vasavi College, Erode. Assistant Professor, Dept. of Business Administration, Kongu Arts and Science College(Autonomous) Erode.
**Assistant Professor, Dept. of Business Management, Sri Vasavi College, Erode.

Abstract

Stress affects us all. We may notice symptoms of stress when disciplining our kids, during busy times at work, when managing our finances, or when coping with a challenging relationship. Stress is everywhere. And while a little stress is OK -- some stress is actually beneficial -- too much stress can wear us down and make us sick, both mentally and physically. Stress is high in software profession because of their nature of work, target, achievements, night shift, over work load. 1. To study the demographic profile of the employees. 2. To access the level of job stress and quality of life of the respondents. 3. To study in detail the health problems of the employees. Early diagnosis of stress induced health problems can be made out by stress scores, intense lifestyle modification, diet advice along with psychological counseling would reduce the incidence of health problems in IT sector and improve the quality of work force.

KEY WORDS: Job Stress, Information technology, Business process outsourcing, Health,   workforce.

I.   INTRODUCTION

STRESS

What is stress?

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress. Stress is a normal reaction the body has when changes occur. It can respond to these changes physically, mentally, or emotionally.

Stress at work is a relatively new phenomenon of modern lifestyles. The word, STRESS" has been derived from Latin word, "Stringere" which means to draw tight. The term is used to refer to hardship, strain, adversity or affliction. Various terms have been synonymously used with stress such as anxiety, frustration, and pressure.

Hans Selye (1936), who defined it as "the non-specific response of the body to any demand for change".

Kellie Marksberry (2017) Stress is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition.

Occupational Stress

Occupational Stress is stress at work. Stress is defined in terms of its physical and physiological effects in a person. Stress is mental, physical or emotional strain or tension or it is a situation or factor that can cause distress. Occupational stress occurs when there is a discrepancy between the demands of the workplace and an individual's ability to carry out and complete these demands. Often a stressor can lead the body to have a physiological change which in turn will cause physical as well as mental strain.