

OCCUPATIONAL STRESS AND ITS EFFECTS ON HEALTH



SAROJ BALA

Ph. D. Scholar
Education Department
Rajasthan University
Jaipur (RAJ) INDIA

ABSTRACT

Today's world is a world of science and technology in which each and every person wants to be a successful person. The result of this thinking is that life has become a bunch of stress and this stress has made everyone storehouse of diseases. Now the questions arise that what is this occupational stress? Why the stress is coming? Who creates this stress? What are the causes of this stress? Which will be the effect of this stress on human life and health? How can we stop this stress? What procedures should be done by our government to stop this stress etc. all these questions are presented in this paper.

INTRODUCTION

"Life without struggle is a life like animal, Life without stress is a life like dead animal, but a life with excessive stress is a life like mad animal."

Bernard Shaw.

This occurs at work place which is the psychological loads carried by a person while working at work place. Stress can be good and bad as life without stress is no life but life with excessive stress is taxing life. For instance, a person has given such an work which is out of control of that person then he will not be able to do that work with his capacity and the result will be in his stressful life. On the other hand in some industries the working hours is fifteen to eighteen and the salary is very low through which the employers cannot fulfill his requirements and again stress arises.

Types of Occupational Stress:-

This includes long working hours, harassment, unsafe working environment, conflict of interest with colleagues, lack of job autonomy, poor career prospect, working in isolation, inequality at work place, lack of work security, lack of enough wages, difference between wages between men and women and poor support from administrative etc. This can be of

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various types such as stress related to work, stress related to mind, stress related to environment, stress related to boss, stress related to salary, stress related to working hours, stress related to colleagues etc. a lot of we can see.

Effects on Health:-

The Evidence shows that excessive stress at work is significantly associated with health problems such as depression, metabolic syndrome, high blood pressure, mentally instability, lack of quality in work, and some other heart diseases etc. For instance, last month I visited to the capital of India , Delhi and where I saw an lot of hustle bustle in peoples' life.

The reason behind that problem is that the climate of delhi has become unbearable and pollution has taken over all the life of public. Now what can be done in this situation? Who is responsible for this.? The answer is simple, we are responsible for this. And the question arises who can control this problem? The answer of this question will be the same that only we the human beings can stop this problem. Various diseases like swine flu, noise pollution, eye catching, heart biting, depression, distraction, pre mature death etc. are a lot of problems have risen due to the effect of lack of hygiene.

How to Remove this Stress:-

Various types of works can be done for stress management such as providing better safe environment for work, enough equal wages, stress management circle, security of work, adequate working hours, helping administrative, health caring staff and principle of self change and organizational change etc.

First of all adequate sources of job should be provided to all.

Secondly each and every should be given sufficient salary.

Good environment should be provided to each.

Working hours should be according to the capacity of employers.

The managing committee should be liberal to all.

No discrimination should be made in wages for male and female.



A healthy check up process should be made in each department for workers.

Despite regular work a centre of yoga must be in each institution.

Some creative work should be provided to the workers.

In schools, colleges' decision making processes should be used instead of murmuring things.

There should be class for health awareness at each place.

Our government should increase the funds for health.

Techniques for Managing Stress:-

Change:

Here are some processes which should be adopted for stress management:-

1 Your Situation:

(physical, social work:- noise telephones, support systems, amount pressure etc.) in all the persons have to manage themselves and only then they can be stress free and can live good life.

2.Your Self:

(1.Active Coping :- Assertiveness/social skills/communication, Cognitive:- Positive thinking/self talk/ self monitoring, feedback etc.) (2. Reset Habituation:- Relaxation/yoga /meditation/ distraction/ acceptance / denial.etc.) These thing depend on individual own level. Here an person can think on his own level. For instance, he can take each thing in positive way and this will positivity will reduce his stress etc.

Seminars and Conferences:-

Here I would like to say that the seminars and conferences done in this field can be very helpful as through these we all share our own thoughts and learn new concepts of life which will be very helpful for us in our future life. For instance the same type of conference was organized in USA some year before and we learnt a lot of form that.

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Efforts by WHO:- No doubt, we are doing some efforts for stress management but on world level WHO and UNO also doing efforts for this problem. Some days before WHO presented an report in which the level of stressful person was cleared and some solutions were also given in that report.

CONCLUSION:-

Thus we can say that the occupational stress is the biggest problem in present time which leads a lot of problems on individual as well as organizational level. We have to bring some new methods for removing stress collectively otherwise the day is not far when we will not be able mentally as well as physically to do work in better way due to the effect of stress. I think all think in life is useless if a person is not healthy by body and by mind. As is said “ A Healthy mind lives in an healthy body.” The same is about this topic. We can do work properly only when we are living in stress free life. Therefore, Finally I would like to say that:-

*Nothing can be done unless
You will be in stress.
Nothing can be done unless
You will feel insure.
Nothing can be done unless
You will feel burden.
Nothing can be achieved unless*

*You will feel unhealthy
Each can be done when
You will be stress free.
Each can be done when
You will control stress.*

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