A Study on Impact of Stress in IT Women in Chennai

Check for updates

Dr. K. Malarvizhi⋆

Assistant Professor in Commerce Department, Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women, Chrompet, Chennai, TN, IND.

ARTICLE INFO	ABSTRACT
	Stress can be referred as emotional or psychological tension in the body natural defence against predators and danger which is commonly referred as fight-or fight mechanism. It occurs by various conditions; thought and source which makes you feel furious, sad or lonely, known as stressors. From this research paper, we will study that the impact of IT women stress in their working place. To find the democratic status of IT sector women in Chennai, the impact of stress in work pressure, analysis the stress due to work timing, and to find whether women have satisfaction the job they work. The methodology espoused in the study is descriptive. The sample of 385 respondents in IT sector within the Chennai city.

1.0 INTRODUCTION

Stress can be referred as emotional or psychological tension in the body natural defence against predators and danger which is commonly referred as fight-or flight mechanism. It occurs by various conditions, thought and source which makes you feel furious, sad or lonely, known as stressors. Stress is natural feeling where one is not able to cope with the certain demand and events sometimes it can become a chronic situation if one doesn't take measures to manage stress. The effective management of stress comprises of many different ways, which will create changes in our life. Stress has become a common problem for every human being nowadays.

But, due to online classes, longer working hours, meeting deadlines on a daily basis, work-life balance and etc., not only these the loss of works, education in salary, economic crisis, higher rates, income problems to run the family also adds on to stress. Academic stress for teachers, work loss stress for workers, long online hours and deadline stresses for technological based workers and so on.

⋆ *Corresponding author's e-mail:* kanish1981malar@gmail.com (Dr. K. Malarvizhi)

1.1 Objectives

- To determine the democratic status of IT women in Chennai
- To examine the impact of stress in work pressure.
- To analysis the stress due to work timing.
- To find whether women have satisfaction in their job.

1.2 Review of Literature

Krishnan (2014) examined various factors affecting working women's stress, and analysis various techniques used by working women. Sample of 100 women respondents collected information in Bangalore city. The study found that the "socio- economic stressors, psychological and relationship stressors causing stress among working women".

Ramachandran (2016) find out the stress among women professional in Trichy district with the sample of 652 respondents. The methods of research that is the method of gathering information and the method of samplings, thus the result that demographic variable have a significant correlation with related stress management.

Harilal and Santhosh (2017) analysed the nature of stress in housewives. The sample of 180 respondents collected from Thiruvananthapuram, Kozhikode district. Out of the total 90 respondents were housewives and 90 respondents were working women. The study identify that the financial position of the family makes an impact on the stress level among both housewives and working women.

2.0 METHODOLOGY

The study is used to analysis stress of working women in IT sector. Data were collected from 385 IT women in Chennai.

3.0 DATA ANALYSIS

These tools are used in SPSS such as descriptive analysis, one way ANOVA, chi-square and correlation coefficient for evaluating stress.

3.1 No Star with No DMRT

- **H$_1$:** There is no significant difference between age and stress description of employees.

Table 1 – Age and Stress Description of Employees

Stress Description	Age of the Respondents			F-Value	P-Value
	(a) 26 to 35	*(b)* 36 to 45	*(c)* Above 45		
Work timing	6.8372 bc (1.83623)	5.9167 a (1.43142)	6.4471 ab (1.48409)	9.825	0.000**
Job satisfaction	15.7442 b (3.65992)	14.3750 b (4.04844)	14.8353 b (4.30904)	5.455	0.001
Impact of stress	10.6744 a (2.27817)	10.5000 a (1.94325)	11.0118 a (3.21638)	.893	0.445

Overall	33.2558 c (4.39865)	30.7917 ab (4.45471)	32.2941 bc (5.42442)	7.736	0.000**

Note: 1. The values in the bracket standard deviation

2. ** represents 1% level of significant

3. * represent 5% level of significant

4. The alphabet letters represent age of the respondents at 5% level of significant using Duncan Multiple Range test

All ** with Duncan Multiple Range Test

Since p-value is less than 0.01, the null hypothesis is rejected at 1% level significant with regard to stress description and overall stress description of employees. Therefore, there is a significant difference between age of the respondents and the factors of stress description with overall stress description. Hence Duncan multiple rage test the age group between 26 to 35, 36 to 45 and above 45 in the 5% significant level there is no difference between age and factors stress description.

There is no significant difference between age group of the respondents with regard to the factors of impact of stress; hence p-value is greater than 0.05 at 5% level of significant therefore the null hypothesis is accepted with the factors of impact of stress (*see* Table 1).

3.2 Kruskal-Wallis Test

- **H_2:** There is no significant different between mean rank of work environment with regard to factors of stress description of employees.

Table 2 – Work Environment with Regards to Stress Description of Employees

Stress Description	Work Environment			Chi-square Value	p-Value
	Neutral	Motivating	Dismotivating		
Work timing	89.70	149.20	117.95	15.298	0.001
Job satisfaction	137.40	127.81	128.04	0.232	0.890
Impact of stress	71.60	155.46	115.44	27.142	0.001
Overall	9.30	152.19	115.34	17.978	0.001

Since p-value is less than 0.01, hence the H_2 is rejected at 1% level of significant difference between the mean rank of work environment with regard to factors of stress description of employees, therefore the work environment of employees with the stress description and the overall stress description is significance.

There is no significant difference between work environment of employees with reference to job satisfaction, hence the p-value is more than 0.05. Therefore, H_2 is accepted at 5% level of significant regarding job satisfaction (*see* Table 2).

3.3 Correlation Coefficient

- **H_3:** There is no significant relationship among the democratic statuses in IT sector women factors of stress description of employees.

Table 3 – Karl Pearson Correlation Coefficient between the Democratic Status of IT Sector Women Factors of Stress Description of Employees

Factors	Age	Income	Occupation	Education	Work time	Health
Age of the respondents	1	0.106*	0.108*	0.082	0.051	0.140**
Monthly income		1	0.178**	0.209**	0.032	0.064
Occupation			1	**0.255**	0.227**	0.179**
Educational qualification				1	0.118*	0.071
Time spends to work					1	0.105
Impact in person health						1

Note: * 5% level of significant correlation

          ** 1% significant level correlation

Coefficient of correlation among education and occupation 0.255 it shows (0.2552 = 0.0650) 6 % positive relationships between education and occupation at 1% level of significant. Coefficient correlation between monthly income and occupation is 0.209, age of the respondents and their health is 0.140 are positive relationship at 1% level of significant.

Coefficient correlation between age between income is 0.160, age and occupation is 0.10, educational qualification and work time is 0.118, which indicate positive relationship at 5% level of significant (*see* Table 3)

3.4 Descriptive Analysis

- **H$_4$:** Opinions regarding statements on job satisfaction are equal to average level.

Table 4 – Job Satisfaction of Employees

Statement on job satisfaction	Mean	Standard Deviation	t-Value	p-Value
Do you satisfy with working hours and is it fir with your private life	3.12	0.998	2.340	<0.019**
Do you feel comfortable to work with latest technologies in the organization	3.12	1.090	2.245	<0.025*
Are you satisfied with your job	3.39	0.962	7.945	<0.001**
Do you sacrifice sleep hours for work	2.80	1.216	3.228	<0.001**
Do you feel insecure in the working environment	2.39	1.233	9.715	<0.001**

Null hypothesis is rejected at 1 % level of significant since p-value is less than 0.01 to the factor of working hours, satisfied with sacrifice of sleep for work, feel insecure in the working environment on job satisfaction of workers. Since the four statement is not equal to average. Therefore the mean score, regarding to four statements of job satisfaction of workers is more than the average level.

Null hypothesis is rejected at 5% significant level with regard to comfortable job with latest technologies in the organization. Hence the opinion regard to latest technologies is not equal to average level. Therefore, the mean score regarding to job satisfaction of workers in the above is at average level (*see* Table 4).

4.0 FINDINGS

In general, an IT woman has stress and this led the way to depression and frequent headaches which affect their brain and poor health conditions. Majority of them have mentioned that they did not have sufficient time and rest, between the working hours. Form this we see that this also made them more stressed. Therefore, the analysis shows that work environment of workers with regard to stress description and overall stress description is significant at 5% level.

5.0 CONCLUSION

From the data analysis we observe that women are forced to balance their stress during the time of work. The IT work is making them more stressed as they are not able to communicate, they are left alone, which is the major taught that makes them most stressed. Work pressure is the worst taught that is going on every woman's mind which is making the situation more worsen.

6.0 SUGGESTIONS

1) Maintaining a healthy diet nourishes their body stamina.
2) Entertaining the employees during the break time to refresh their mind.
3) To make the office environment feel as home.

REFERENCES

Edison Anthony Raj, A. I., & Julius, S., (2015) "A Comparative Analysis of Occupational Stress among the Employees Working in Public and Private Sector Banks in Karaikal District of Union Territory of Puducherry, India", *European Academic Research,* 3(9), pp. 10292-10316.

Edison Anthony Raj, A. I., & Julius, S., (2018) "Causes and Consequences of Work Stress and Coping Behaviour", *Prabandhan: Indian Journal of Management,* 11(3), pp. 24-38. http://dx.doi.org/10.17010/pijom/2018/v11i3/122075.

Harilal, A., & Santhosh, V. A., (2017) "A Comparative Study on Stress Levels among Working Women and Housewives with Reference to the State of Kerala", *NMIMS Journal of Economics and Public Policy,* 2(1), pp. 29-35.

Krishnan, L., (2014) "Factor Causing Stress among Working Women and Strategies to Cope Up", *IOSR Journal of Business and Management (IOSR-JBM),* 16(5), pp. 12-17. http://dx.doi.org/10.9790/487X-16551217.

Ramachandran, R., (2016) "Work Related Stress Management among Women Professionals in Trichy District", *International Journals of Multi Dimensional Research,* 4(11), pp. 1-15.

Shanthi, R., & Divyapriya, (2021) "Work-Life Balance of Female Doctors in Pandemic Situation", *Quing: International Journal of Commerce and Management,* 1(3), pp. 98-101. https://doi.org/10.54368/qijcm.1.3.0008.