CHAPTER 5
HYPOTHESIS

5.1 Introduction

In software industry, software employees are working under stress because of role overload, role ambiguity, role conflict, unreasonable group and political pressure, responsibility for subordinates, poor participation, powerlessness, poor peer relations, intrinsic impoverishment, law status, strenuous working condition, unprofitability. Stress is a gift to human being of the modern society. From the olden days, there are stress management techniques to suit human being’s nature, likes, hobbies, status, and their physical, mental, emotional, spiritual level, and financial status.

After discussion with different software employees about the use of stress management techniques, twenty-five different stress management techniques are mentioned here. They are yoga, pranayama, meditation, aerobics, exercising in the gymnasium, having a massage, taking a walk, spending time with oneself, spending time with their family, indoor/outdoor sports, listening to music, outings, partying, web surfing, spending time with their friends, watching movies, talking to their loved one, reading, consuming alcohol, smoking, keeping eyes closed for some time, trekking, use of medicine, psychological treatment, collection of stamps/coins, and other stress management techniques.

There are some stress management techniques, which will give you short-term relief, and some will give you long term relief. Some stress management techniques will give you temporary relief; some will give you permanent relief. After implementing stress management techniques, life will become blissful.

Yoga, pranayam, and meditation reduce stress. They are much useful in the process of de-stressing. Pranayama brings total control on stress. Yoga, pranayama, meditation, aerobics along with having a massage and exercising in the gymnasium, and spending time with oneself like reading, taking a walk, spending time with their friends and family and other are stress management
techniques used by the software employees. The same is stated in the five hypotheses for the present study.

5.2 Hypothesis

Keeping the literature review in mind, the following hypotheses were formulated to achieve each of the objectives in the descriptive study. To test the following hypothesis we had to set different hypothesis to test significant relationship between different demographic variables such as different features of software employees with use of stress management techniques.

- **H₀**: The yoga practice; one of the stress management techniques will not enable the software employees to reduce stress.
- **H₁**: The yoga practice; one of the stress management techniques will enable the software employees to reduce stress.
- **H₀**: Pranayam (The breath control exercises); one of the stress management techniques will not help the software employees to reduce stress.
- **H₂**: Pranayam (The breath control exercises); one of the stress management techniques will help the software employees to reduce stress.
- **H₀**: Meditation (Concentration) as another stress management technique will not help software employees to reduce stress.
- **H₃**: Meditation (Concentration) as another stress management technique will help software employees to reduce stress.
- **H₀**: Aerobics along with having a massage and exercising in the gymnasium as a stress management technique will not help software employees to reduce stress.
- **H₄**: Aerobics along with having a massage and exercising in the gymnasium as a stress management technique will help software employees to reduce stress.
- **H₀**: Spending time with oneself as a stress management technique will not enable software employees to reduce stress.
- **H₅**: Spending time with oneself as a stress management technique will enable software employees to reduce stress.

The present study will compile data to be used as supportive evidence to validate the hypothesis.
On the basis of responses to the queries about the individual features of the software employees and responses to the techniques such as yoga, pranayam, meditation, aerobic along with having a massage and exercising in gymnasium and spending time with oneself. The hypothesis mentioned above will be verified and validated.