“Management of Stress and Cardiac Activity among Industrial Employees through Stress Management Technique”

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ABSTRACT

The main purpose of this research was to find out the stress and Cardiac Activity among Industrial Employees through Stress Management Technique. Phase I: Sample was comprised of 360 employees from Ankleshwar district Gujarat. On the basis of stress questioner only those sample was taken whose stress level was found higher. 180 samples were taken from private sector (A1) and rest 180 were taken from public sector (A2). Both subgroups were subdivided with equal number of experienced (B1) and fresher (B2) type of employees. All four subcategory were made of equal number of Manager C1 Executive C2 Worker C3 type of employee. In this research only those samples was taken, whose stress level found high or above average. Phase II In this phase the sample constituted of total 60 employees from the sample of first phase. It was taken into consideration that 5 numbers of employees were randomly selected from each sub-group of first phase. Test and tools used Occupational stress (Scale) test by A K Srivastava and Cardiac machine for measurement of cardio logical test. The data were analyzed as follows; Each Independent variable of the first phase was treated separately. To attempt the objective of the present investigation t test and one way ANOVA method of statistical analysis were used as per requirement. After analysis of the result, the following conclusions were drawn; Private and public sector employees were not found significantly differ on their level of stress. Fresher and experienced employees were found significantly differ on their level of stress. Fresher employees were having higher stress as compare to experienced employees. All three groups i.e. managerial, executive, and worker were not found significantly differ on their level of stress. Mean difference of heart rate was not found significantly differ at any level of confidence which revealed that private and public employees are not differ on their autonomic activities as heart rate is one of them. T-value for the mean difference of E.C.G. record (heart rate) of fresher and experienced employees, was found to be significant at the .05 level of confidence. It indicates that employees who is having more experience having low stress as they were found low heart rate which is indicator of stress, as compare to those employees who were newly involved in their job. Employees whether they are working as manager or executive or as a worker do not differ on their autonomic response that is heart rate in the present research. Stress management technique was found effective intervention to reduce stress of employees. Stress management technique was found effective intervention to get optimum autonomic response i.e. cardiac movement has been proven true.