RESEARCH TOOLS

"A COMPARATIVE STUDY OF OBSESSIVE-COMPULSIVE DISORDER, ANXIETY, AND PHOBIA AMONG NORMAL PATIENTS AND THE EYE PATIENTS OF THE GUJARAT STATE"

"ગુજરાત રાજ્યના સામાન્ય દર્દીઓ અને આંખલંચ દર્દીઓ દ્વારા અનિવાર્ય મીયાડામાં મનદાઃ, વિકૃતિ વિંતા અને વિકૃતિયાંય માણનો એક ગુજરાતી વિશ્વ્યાસ"

Researcher by
HITESH VADHIYA
M.Phil. (psychology)
Department of psychology
Saurashatra University
Rajkot

Guide by
Dr. D. J. BHATT
Professor and head
Department of psychology
Saurashatra university
Rajkot
Dear

Brothers / sisters

I am studying PhD I am taking. Guidance from Dr. D. J. Bhatt sir. he is the professor and head of the department of psychology saurashtra university. I am feeling proud because I get a chance meet you for this inventory and I believe you sporting me for this research work. My research title is “a comparative study of obsessive compulsive disorder, anxiety and phobia among of eye patient and the normal patient of Gujarat state “this research work the help of so many people so you have to best option form the below sentence .I will not declare any information given by you. My success is depended on you so please give me right information and please help me and my research work.

You’re faithfully

Hitesh R vadhiya

Name: GFD o
Sex: male/female
Type of leaving: city/village
Indian: स्वी/पुरुष
Order of birth : 1/2/3/4/5
Age of Respondent
Type of diseases:
Below40 (18 to 40)
Above40 (400 to 70)
Note/नोट:

(1) Main aim of this research is to measure obsessive-compulsive, anxiety and phobia. The sentence all about your work, your thinking and your habit. you have

प्रमुख उद्देश्य इस अनुसंधान का अर्थ है कि आपका काम, आपका सोचना और आपकी आदतें क्या है।

(2) Example:

<table>
<thead>
<tr>
<th>Sr</th>
<th>Sentence विधान</th>
<th>Confidently Agree संपूर्ण सहमत</th>
<th>Agree सहमत</th>
<th>Neutral न्तैर</th>
<th>Disagree असहमत</th>
<th>Confidently Disagree संपूर्ण असहमत</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unpleasant thoughts come into my mind against my will and can not get rid of them मारा मारा मारा मारा ऐसा विचार आये हैं अने हुए ते नाशी दूरे अर्थ निर्भरको नहीं</td>
<td>√</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2</td>
<td>Think contact with badly secretions (wheat, saliva, urine, eats…) contaminate my clothes or somehow harm. उउ विचार हुए है (खोजाफाती बाल, सलिवा, उरिन, इत्यादि) मेरे अम्ल या अन्य तरीके से दर्द या कोई असल हो सकता है।</td>
<td></td>
<td></td>
<td>√</td>
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</tr>
</tbody>
</table>

Here one man have remarked inventory and he has done remarked (√) on agree in first sentence and second sentence remarked (√) on disagree.

अतः यहाँ एक व्यक्ति नोटबुक पर पहला प्रश्न पर अनेक अंकित (√) है और दूसरा प्रश्न पर असहमत पर अनेक अंकित (√) है।

(3) There is no time limit for this sentence as replay .but as I feel approximately 30 minute all enough for reply.

आ कार्यों में इसमें कोई समय मयादा नहीं है तीन सप्ताह भरता असारे 30 मिनट रेखा बनाए समय बागी शांत है।

Start (शान्त)
## Obsessive-compulsive inventory

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sentence</th>
<th>Confidently Agree संपूर्ण सहमत</th>
<th>Agree सहमत</th>
<th>Neutral तटस्थ</th>
<th>Disagree असहमत</th>
<th>Confidently Disagree संपूर्ण असहमत</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unpleasant thoughts come into my mind against my will and can not get rid of them. मारा मणजमा मारी उम्मी विचर विचर आये हे अने हुं ते नाथी डूं ठी शकता नाथी।</td>
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<tr>
<td>2</td>
<td>Think contact with badly secretions (wheat, saliva, urine, eats...) contaminates my clothes or somehow harm. हुं विचर हुं हे (छवाणी वाण मून) वस्तुओंचा संपर्कात आत्मावद्ध मारा कपडा गंदा ठी जे अने मने नुकसान पहुँचावे.</td>
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<tr>
<td>3</td>
<td>Ask people to repeat things to me several times, even though I understood them the first time. हुं वार्तक वाळताने प्रथमवारमध्ये समज गेलो होया छता पत्र बाळे पासे वार्तकाचा करूण कर्ते हुं</td>
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<tr>
<td>4</td>
<td>I wash and clean obsessively. हुं वार्तक वाळतो गोत्या अधगा साह कर्ते हुं</td>
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<tr>
<td>5</td>
<td>I have to review mentally fast event conversations to make sure that I didn’t do something. मारे मर्माने वाळताने ममता उपरोखी वाळती पडे हे अने जाणा मारे के मे वाळते बाळे नाथी ने.</td>
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<tr>
<td>6</td>
<td>I have saved up so many things that they get in the way. मे अशी चवी बंधी वस्तुमध्ये (सामान्य) भ्रमात्मक हे जे बीजाने रगांच्या मोठ्या छ ने.</td>
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<tr>
<td>7</td>
<td>I check thing often than necessary. जुडू चं तेन्याच्या व्रु वर्तम मुं वाळत हुं वाळत हुं</td>
<td></td>
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</tr>
</tbody>
</table>
8. I avoid using public toilets because I am afraid of disease or contamination.

9. I repeatedly check gas, water taps, and lights switches after turning them off.

10. I collect things I don’t need.

11. I have thoughts of having hurt so man without knowing it.

12. I have thoughts that I might want to harm myself or others.

13. I get upset if objects are not arranged properly.

14. I feel obliged to follow particular order in dressing and washing.

15. I feel compelled to count while I’m doing things.

16. I am afraid of impulsively doings embarrassing of harmful things.
<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>17</td>
<td>I keep on clerking forms or other things have written. गर्म के वस्तु मे लघु म लघु तेने गरायावानू खबर रूपू करू।</td>
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</tr>
<tr>
<td>18</td>
<td>I get upset at the sight of knives, scissors or other sharp objects in case lose control with them. छट्टा, भार भय वास्तु जोड़ने हृ अपने के वाह ते माराथी रही ते बागी ना जाय।</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>I am obsessively concerned about cleanliness. हृ पर्श्चितानि बलातं अति गीवट (अंगळ) पाया हृ।</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>I need things to be arranged in a particular order. हृ ठावुँ के वस्तु (वर्णनी के अनु टाई परा) अभ्य दिमार् ज गोकवार्नाली हाय।</td>
<td></td>
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</tr>
<tr>
<td>21</td>
<td>I get behind in my work because I repeat things over again. हृ करी वस्तु (भाषा के विषय) वादिवार पुनरस्वरूप मन्यावाली हृ भार जगमां पाणक कॉही जाय।</td>
<td></td>
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</tr>
<tr>
<td>22</td>
<td>I feel I have to repeat certain numbers. मने अंदू बागे हृ के अभ्य शोक्कस क्रम विशेष नामु भरे हृ।</td>
<td></td>
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</tr>
<tr>
<td>23</td>
<td>After doing something carefully I still have the impression I haven’t finished it. हृ उनेक कर्म क्रान्त पूर्ण करेला होवा नहा मने के राम भाग हृ हृ, मे तेने पूर्ण करेला नही।</td>
<td></td>
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</tr>
<tr>
<td>24</td>
<td>I find it difficult to touch rubbish or dirty things. क्वारो के गंदी वस्तुने स्पर्शना मने बीक्क बागे हृ।</td>
<td></td>
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</tr>
<tr>
<td>25</td>
<td>I have to do things over and over again until if feel right. जवा सुदी टैडी लघने शीघ्दिरते वाह गरेमु भने ना बागे त्या सुवीकृ हृ वारंबार तेने करू।</td>
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<td></td>
</tr>
</tbody>
</table>

178
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>26</strong></td>
<td>I am upset by unpleasant thoughts that comment my mind against my will.</td>
</tr>
<tr>
<td></td>
<td>मारी ठंडत्र विवृद्ध मारा मुग्नमां सुतता विवारोने चाहिए दुःसङ्गी जाव छुँ</td>
</tr>
<tr>
<td><strong>27</strong></td>
<td>Before going to sleep I have to do certain things in certain way.</td>
</tr>
<tr>
<td></td>
<td>जुँता पसेला दुःसङ्ग कार्य असुमुक रीते ज कहुँ छुँ (झो ते काम न गाव तो उद्व ना आवे)</td>
</tr>
<tr>
<td><strong>28</strong></td>
<td>I go back to make sure that I have arranged my things.</td>
</tr>
<tr>
<td></td>
<td>हुँ केटबीक जरीथा पाको जाव छुँ ते जतात्ता को तो करौँ (विकित केवस्तु)मे सुरक्षाने तो नथि पाडोःरुपु ने</td>
</tr>
<tr>
<td><strong>29</strong></td>
<td>I frequently get rid to them.</td>
</tr>
<tr>
<td></td>
<td>हुँ वर्तमान्य विवारो ते कार्यक्री छुट्टि रो मेणवु छुँ</td>
</tr>
<tr>
<td><strong>30</strong></td>
<td>I avoid throwing things away because I am fried I might need them later.</td>
</tr>
<tr>
<td></td>
<td>हुँ माटो बागणी वस्तु इताता पसेला विवारू हुँ को मने तेम्य हल पुरे तो</td>
</tr>
<tr>
<td><strong>31</strong></td>
<td>I get upset if others have changed the way I have arraigned my things.</td>
</tr>
<tr>
<td></td>
<td>मे ओंकबेली वस्तु बीजा कोर गोडवे (उ मे करें वार्य बीजा कोर करे) तो हुँ असेट बहु जाव छुँ</td>
</tr>
<tr>
<td><strong>32</strong></td>
<td>I feel that I must respect creation words or phrase in my mind I order to wipe out bed thoughts. Feelings or actions.</td>
</tr>
<tr>
<td></td>
<td>केटबालक पराम विवारं, वागणोंमध्ये के काय्योंने हुऱ करवा माटे मारे बीजा केटबालक काय्यों के विवारो याद राखवा पडे तेव मने बाहे छ ए</td>
</tr>
<tr>
<td><strong>33</strong></td>
<td>I some time s have to wash or clean my self simply because feel contaminated.</td>
</tr>
<tr>
<td></td>
<td>केटबालक पार मने अंधु बाहे को हुऱ जंडो वाह असो हुऱ माटे मने धोतु साफ करुऱ परे छे.</td>
</tr>
</tbody>
</table>
After I have done thighs I have persistent doubts about wither I really did them.

I repeatedly cheek anything that might consafire.

Anxiety scale

नुसारा: नीचे आपेक्षिक विधानोंमात्र तपाईंले काय पात्र विकल्प पर ✓ नी निशानी छाडेको.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sentence विधान</th>
<th>More Agree वधायरे सङ्केत</th>
<th>Agree सङ्केत</th>
<th>Disagree असङ्केत</th>
<th>More Disagree वधायरे असङ्केत</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I do tire quickly.</td>
<td>✓ जल्दी चाकतो नयाँ</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2</td>
<td>I believe I am not more nervous then others.</td>
<td>✓ मानु छौं खे कुँ बोझा करता वधायरे विचारत नयाँ</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3</td>
<td>I have very few headaches.</td>
<td>✓ मने पूछ आँख बाध छाने छे</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>I frequently notice my hand shakes when I try do something’s.</td>
<td>✓ जप्ले कुँ कर्को ढाकालो प्रयतन कर्ने त्यादेखि वारेको भारा धार लुज्ण छ</td>
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<tr>
<td>5</td>
<td>Work under a great dead of tension.</td>
<td>✓ पूकल ज ठेन्यामा क्रम ठुँठुँ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>I blush not more often than other.</td>
<td>✓ मने बोझा करता वधायरे जल्दी शरम आच्छे</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>I practicality never blush.</td>
<td>✓ आवश्यक दृष्टि क्यारे शरमालो नयाँ</td>
<td></td>
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<tr>
<td>8</td>
<td>I am often afraid that I am going to blush.</td>
<td>✓ मने देखी तर लाग्ने राख्ण छ, कुर्यानालो नयाँ</td>
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<tr>
<td>9</td>
<td>My hand and feel are usually warm enough.</td>
<td>✓ भारा धार अन्य पाँच सामान्य दृष्टि गरम राख्ण छ</td>
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</tbody>
</table>
| 10 | I sweat very easily even cool days.  
कौ स्वादिष्टमा पूज्य भने सर्जबाही पर्सेव व्यग्ध मान्य ।  |
| 11 | Some time when embarrassed I break out in a sweat.  
कालाधिक मुख्यमा मुख्ता हुँ पर्सेव रेमण ठाउँ छ पुन एक व्यग्ध मान्य ।  |
| 12 | Hardily ever notice my heart pounding and I am seldom short of berth.  
कू ब्याग्हे ज मार घटाने काध्य पार्कता नोयु छ।  |
| 13 | I feel hungry almost all the time.  
भने अधिशाै भूल लाग्न रक्षे ।  |
| 14 | I am very seldom troubled by constipation.  
भने ब्याग्हे ज कठविराट धार्य छ।  |
| 15 | I have had per in witch I lost sleep over worry.  
कू चंता नगरा कर्ष्यो सुई शक्तो नस्ती।  |
| 16 | I am easily embarrassed.  
कू ब्याग्ना सुमंगलमा सुधैः राव छ।  |
| 17 | I have great Beal of stomach trouble.  
भने भूज ज पेटनो हुँवासो छ।  |
| 18 | I am more sensitive then most other people.  
कू ब्याग्ना ब्याग्ना बोको कर्ष्या वधू व्यवहारीलाई छ।  |
| 19 | I frequently find my self worrying about something.  
क वार्षार्थ मारी जलने कोरह वस्तुनी बावनमा चिंता अनुभवुँ छ।  |
| 20 | I wish I could calm and not easily upset.  
कू ब्यबुँ छ दू ब्याज आओंमा जेम ब्युँ देख्न।  |
| 21 | I feel anxiety about something or someone almost all of the time.  
कू ब्याग्ना समय दरमिस्तान कीर्दश वस्तु के अक्षित पर चिंत धरत लोक छ।  |
| 22 | I am happy most of time.  
कू ब्याग्ना समय दरमिस्तान हुँ पुश रक्ष।  |
| 23 | It makes me nervous to have to wait.  
कीर्दिकली राख्नासमा हुँ नर्स घर धार छ।  |
| 24 | Some time I become so excited I find it hard to get to sleep.  
कालाधिक कू अच्छो बसा/बढी उत्साहित अंतर रक्ष जाउ छ। कू सुई शक्तो नस्ती।  |
25. I have some time felt that difficulties piling up so high I couldn’t get over.  
26. I admit I have felt worried beyond reason over small thing.  
27. I have very few fears compared to my friends.  
28. I certainly feel useless at times.  
29. I find it hard to keep my mind on a task or job.  
30. I am usually self conscious.

**Phobia scale**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sentence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I am afraid of people with authority. मारा उपरी वाची (वोलस्ट्री) भी मने दर लागै हुँ</td>
</tr>
<tr>
<td>2</td>
<td>I am bothered by blushing in front of people. वापर Hit भए व्यक्ति मने शर्म साक्षात बापु हुँ</td>
</tr>
<tr>
<td>3</td>
<td>Parties and social events scare me. पाटी अने सामाजिक असंबंध भने दर लागै हुँ</td>
</tr>
<tr>
<td>4</td>
<td>I avoid talking to people I don’t know. जैने तुमे जीवं तथा तथा वापसी भी वात नसाउनु हुँ</td>
</tr>
<tr>
<td>5</td>
<td>Being criticized scares me lot. शाक्ति भए वातको वात कर्तिको तेनाथै मने दर लागै हुँ</td>
</tr>
<tr>
<td></td>
<td>I avoid doing things or speaking to people for fear of embracement.</td>
</tr>
<tr>
<td>---</td>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td>7</td>
<td>Sweating in front of people causes me distress.</td>
</tr>
<tr>
<td>8</td>
<td>I avoid going to parties.</td>
</tr>
<tr>
<td>9</td>
<td>I avoid activities in which I might center of attention.</td>
</tr>
<tr>
<td>10</td>
<td>I avoid having to give speeches.</td>
</tr>
<tr>
<td>11</td>
<td>I would do anything to avoid being criticized.</td>
</tr>
<tr>
<td>12</td>
<td>Heart palpitations bother me when I am around people.</td>
</tr>
<tr>
<td>13</td>
<td>I am afraid of doing when people might wait.</td>
</tr>
<tr>
<td>14</td>
<td>Behind embarrassed or looking stupid are among my borsht fears.</td>
</tr>
<tr>
<td>15</td>
<td>I avoid speaking to anyone with authority.</td>
</tr>
</tbody>
</table>
LIST OF CITY AND HOPITLS

List of City of Data Collection:

1) Bhuj
2) Junagadh
3) Surendranagar
4) Ahmadabad
5) Mandvi
6) Anjar
7) Mundra
8) Gandhigham
9) Bharuch
10 Rajkot

List of hospitals:

1. G.K. General Hospital, Bhuj
2. Pandit Dindayal hospital, Rajkot
3. C.H.C. Mandvi
4. C.H.C. Anjar
5. Ram bag general hospital, Gandhidgam
6. Sivil hospital, Ahmadabad
8. General hospital, Junagadh
9. C.H.C. Mundra
**F- test**

\[
C = \frac{(\sum x)^2}{N}
\]

\[
\text{Test} = \sum x^2 - C
\]

\[
\text{SSms} = \left(\sum x_1^2\right)^2 + \left(\sum x_2^2\right)^2 + \ldots + \left(\sum x_{28}^2\right)^2 - C
\]

\[
\text{Wss} = \text{Tss} - \text{SSms}
\]

\[
\text{Ass} = \sum A_i^2 + \sum A_i^2 - C
\]

\[
\text{Bss} = \sum B_i^2 + \sum B_i^2 - C
\]

\[
\text{Css} = \sum C_i^2 + \sum B_i^2 - C
\]

\[
\text{AB}_{ss} = \frac{\{(A_1B_1 + A_{12}B_2) - (A_2B_1 + A_{12}B_2)\}^2}{N}
\]

\[
\text{AC}_{ss} = \frac{\{(A_1C_1 + A_2C_2) - (A_2C_1 + A_1C_2)\}^2}{N}
\]

\[
\text{BC}_{ss} = \frac{\{(A_1C_1 + B_2C_2) - (B_2C_1 + B_1C_2)\}^2}{N}
\]

\[
\text{ABC}_{ss} = \frac{\{(A_1B_1C_1) + (A_1B_1C_1) + (A_1B_1C_1) + (A_1B_1C_1)\}}{N}
\]

\[
\text{ABC}_{ss} = \frac{\{(A_1B_1C_1)^2 + (A_1B_1C_1)^2 + (A_1B_1C_1)^2 + (A_1B_1C_1)^2\}}{N}
\]

\[
\text{ABC}_{ss} = \frac{(A_2B_1C_1)^2 + (A_2B_2C_2)^2 - C - \text{Ass} - \text{Bss} - \text{Css}}{N}
\]
A COMPARATIVE STUDY OF JOB STRESS OF GOVERNMENT EMPLOYEES AND PRIVATE EMPLOYEES.

Hitesh Vadiya
(Eye donate counselor) G.K. general hospital bhuj (Kutch)

ABSTRACT

Purpose of this research is to comparative study of job stress of government employees and private employees. Here research sample is 60 government employees and 60 private employees. A.K. Srivastav and A.P. Singh in used job stress inventory scale for this research data analysis is ‘t’ test used statistical method. Government employees and private employees engender difference is ‘t’ value 7.11. This value is 0.01 level significant. Show difference government employees male and female is seen in job stress ‘t’ value 0.50. This value is 0.05 level insignificant. Show difference private employees male and female is seen in job stress ‘t’ value is 2.01. This value is 0.05 levels significant. Present study is job stress score private employees better then government employees.

- Introduction:
Stress is measure problem in modern society we know by modern research 75% cause of stress diseases because stress. It is prove port of stress question create what is stress psychologist tray for difference definition of stress.

“We define evaluate and stress as a internal prose’s which are is physical needs or social physical environmental conditions which is harmful uncontrollable for us”

- Morgan and king-
“Stress is multidiemtion process which our internal episodic response which is divide our physical & psychological work and threaten for divide”

BERON-1992

Reactions to stress:
(1) Psychological reactions
- Cognitive impairment
- Emotional responses
  1. Anxiety
  2. Ander & aggression
  3. Empathy and depression
(2) Physiological reaction
  1. Emergency response
  2. General adaptation syndrome (G.A.S.)
     - Stage of alarm reaction
       = Shock phase
       = Counter shock phase
     - Stage of resistance
     - Stage of exhaustion

Sources and outcomes of occupational stress
The occupational stress can be categorized into four motor groups firstly the working conditions including shift and work inadequate remuneration hours of work environment secondly relationships with peers subordinates and supervisors thirdly role conflict and ambiguity including ill defined role, functions expectation and climate which indulges communication and policy and lack of participation in decision making another cause is career development including underutilization of skills or failing to fetch full potential another contribution
A COMPARATIVE STUDY OF JOB STRESS OF GOVERNMENT EMPLOYEES AND PRIVATE EMPLOYEES.

SOURCE OF STRESS

INTRINSIC TO THE

ROLE IN THE
ORGANIZATION

RELATIONSHIPS AT WORK

CAREER DEVELOPMENT

ORGANISATIONAL STRUCTURE AND CLIMATE

NON-WORK FACTORS

OUTCOMES OF STRESS

Administration

Support

Behavior

Job place

Other employees

Professional competency

Personal competency

INDIVIDUAL

factor is the nature of the job which might amount to an immense amount of physical and emotional exhaustion (Parikh & taakari - 2004)

Thus nobody people are free from stress in the world but in that case stress at job place is a crucial matter in present world the nature of work has gone through drastic changes over the last century and it is still changing at whirlwind speed they have tussled by a complex set of reasons some of the most visible causes of work place culture technological changing and job place culture personal and family.

: Method:

(1) problem:

“A comparative study of job stress of government and private employees”

(2) purpose:

For above job stress follow purpose are corrected.

(1) Explain the difference government employees and private employees .

(2) Explain the difference male and female government employees.

(3) Explain the difference male and female private employees.

(3) Hypothesis:

(1) There is no significant difference between the government employees and private employees.

(2) There is no significant difference between the male and female in government employees.

(3) There is no significant difference between the male and female in private employees.
(4) **tool:**

Job stress scale:

In this study job stress scale developed by A.K. Meures and A.P. Singh was used to measure job stress of employees. There are five options in this scale. The scale minimum 46 score and maximum 230 score can be both here for the level of has high and lower score has low job stress. There was no time limit for this scale.

(6) **Research design:**

In this research 2^2 factorial designs

- Employees (120)
  - Government employees (60)
    - Male (30)
    - Female (30)
  - Private employees (60)
    - Male (30)
    - Female (30)

In this study 60 employees are government in which 30 male and 30 female and 60 employees private in which 30 male and 30 female.

(7) **Statistical analysis:**

To analyze the achieved data the following statistical devices were used.

- "t-test" -

(8) **Research analysis:**

**Table 1**

The table showing 't' score of the job stress of Government and private employees.

<table>
<thead>
<tr>
<th>Particular</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government employees</td>
<td>60</td>
<td>176</td>
<td>4.95</td>
<td>7.11</td>
<td>0.01</td>
</tr>
<tr>
<td>Private employees</td>
<td>60</td>
<td>193</td>
<td>3.86</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant level .01-2.58

Goal of this research is identify the score of job stress in which to find the 't' value of government employees and private employees in this table value of 't' is 7.11 which is significant at 0.01 level.

value of 2.58 mean wise we say stress is on proof eternal more than stress on private sector employees than government sector employees.
### Table 2
The table showing 't' score of the job stress of Male and female government employees.

<table>
<thead>
<tr>
<th>Particular</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>30</td>
<td>130</td>
<td>2.96</td>
<td>0.50</td>
<td>NS</td>
</tr>
<tr>
<td>Female</td>
<td>30</td>
<td>147</td>
<td>3.44</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant level .05-1.96

Goal of this research is to identify the score of job stress in which to find the t value of government employees of male and female in this table value of t is 0.50 which is insignificant at 0.05 level table value of 1.96. mean wise we say stress is on proof eternal more than stress on female then male in government employees.

### Table 3
The table showing 't' score of the job stress of Male and female of private employees.

<table>
<thead>
<tr>
<th>Particular</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>30</td>
<td>142</td>
<td>3.34</td>
<td>2.01</td>
<td>0.05</td>
</tr>
<tr>
<td>Female</td>
<td>30</td>
<td>156</td>
<td>3.96</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant level .05-1.96

Goal of this research is identify the score of job stress in which to find the t value of male and female of private employees in this table value of t is 2.01 which is significant at 0.05 level table value of 1.96. mean wise we say stress is on proof eternal more than stress on female then male of private sector employees.

### Strategies for coping stress:
Because of stress bed effect on physical & emotional health so psychology seriously stresses on stress of minimize lazars and lounier (1978)a above averment & internal demands & it different between conflict control on working & internal both are mentally trail for minimize stress for a minimize stress regularly exercise, yoga & re-election method are fight for stress for occupational stress, employees & office are adjustment make a minimize a stress be side of working hours & change & type of work make minimize of stress we can fight with different types of occupational stress.

### Conclusion:
1. There is significant difference between government employees and private employees.
2. There is insignificant difference between government male and female employees.
3. There is significant difference between private male and female employees.

### Reference:
A.K. srivatav and A.P. singh : developed job stress measurement scale.
Parekh B.U. "Statistic in education" university grants merman board Ahmedabad.
Dr. B.D. Diha (2002) "psychology" strategies for coping stress.
(Dr.y.a. Jogsan & dr. L.k. yangnik “Research method”
Gujarat samachar news paper 04-05-2011
A STUDY OF SENSITIVE SEEKING AND SOCIALITY ADJUSTMENT IN YOUNG MEN AND WOMEN

Hitesh Vadhiya
M.Phil (Psychology) Saurashtra University, Rajkot

ABSTRACT

Purpose of this research is to study sensitive seeking and socially adjustment in young men and women. Here research sample is 80 man and women selected of which 40 man and 40 women. Zookerman and bell adjustment inventory used for this research. Data analysis of 't' test and co-relation used statistical Method. Sex variable of sensitive seeking in gender difference is 't' Value 2.50. This value is 0.05 level significant. Shows differences in sensitive seeking between men and women. Difference is seen in the opposite genders socially adjustment 't' value is 0.32 which is 0.05 level insignificant show no difference is socially adjustment between man and women. Here positive co-relation of between man and woman the level of opinion about mental stress is high category or it may be mixture both factors.

Zookerman believes that some genetic base is working for these in testing behaviour. In support of this, a study of zookerman shows in which, in relation with impatient desire by comparing further heheditary treatment to twin children, it was seen that genetic virtues effect positively to such individualism.

This search discovery and supports in field that constitutional (genetic) factors effect the power of enduring mental stress. In accommodative process zookerman writes, some curious complete notes in which first suggest, that the people of high intense desire to less intense desire find if difficult to understand each other. In other way be manifest anxiety that the people having intense desire are considered wrongly less than people having less intense desire.

Definition of sensitive seeking.

"Sensitive seeking is type of character in which an individual is really on his own will to experience various types of new and complicated sensitive"

zioner

After introduction of sensitive seeking, we understand definition of socially adjustment which
A study of Sensitive Seeking and Socially Adjustment in Young Men and Women

Psychologists define socially adjustment differently from them some important definition are introduced here. Definition of socially adjustment is such a process through an individual balances the circumstances which effect his needs and the needs sensitive as said by boring landfield.

Giving definition of socially adjustment colman states that adjustment is a result of individuals having to achieve defective harmony between needs and the situation.

Lehner and cube's opinion, individual adjustment is internal creative activity between ourselves and our situation during this process adjust ourselves to the conditions.

*Method:*

*Problem:*

A study of sensitive seeking and Socially adjustment in young man and woman.

*Purpose:*

For above sensitive following purpose is created.

1. Explain the difference in sensitive seeking young man and woman.
2. Explain the difference in socially adjustment between.
3. Explain co-relation between sensitive seeking and socially Adjustment intense.

*hypothesis:*

1. There is no signification between young male & female sensitive seeking.
2. There is no signification between young male & female socially adjustment.

3. No co-relation is seen between sensitive seeking and socially adjustment.

*inventory:*

In this research Zoomeran written sensitive seeking

Inventory and bell written adjustment inventory is used in

Which there are 32 sentence the submit scales

Reliability and validity are found of which high levels.

*Sample:*

Taking into account of the research totally 80 young male & female were select.

*Research design:*

In this research submission suitable use of Zoomeran composed inventory and bell confessed.

Inventory will be obtained for analysis of the obtained information "t" test and r will be used as statistical symbols.

*Statistical use:*

For this research for analysis of information "t" test and 'r' are used as statistical symbols.

*Research analysis:*

Purpose of this research is to measure Sensitive seeking and socially adjustment amongst young man & woman.

Discussion on result is as following in which table no 1's.

**Table no 1**

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man</td>
<td>40</td>
<td>17.90</td>
<td>5.14</td>
<td>2.50</td>
<td>0.05</td>
</tr>
<tr>
<td>woman</td>
<td>40</td>
<td>15.32</td>
<td>4.80</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant level = 0.05 = 1.97

0.01 = 2.58
A STUDY OF SENSITIVE SEEKING AND SOCIALLY ADJUSTMENT IN YOUNG MEN AND WOMEN

Significant difference is between points Earned by male & female

Sensetive seeking in which young males mean is 17.90 and young woman mean is 15.32 man sd is 5.14 and woman sd is 4.18. the difference between 't' Values is 2.50. which is signoffocant leval that mean that ther is More sensitive seeking in young males and females.

Table showing gender difference in socialy adjustment in 't' value.

<table>
<thead>
<tr>
<th>variable</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>man</td>
<td>40</td>
<td>31.30</td>
<td>7.51</td>
<td>0.32</td>
<td>N S</td>
</tr>
<tr>
<td>woman</td>
<td>40</td>
<td>31.80</td>
<td>6.41</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant leval=0.05=1.97
0.01=2.58

in socialy adjustment unsignificant level is seen between male and female. In which man mean is 31.30 and woman mean is 31.80. man s.d is 7.51 and woman s.d 6.41. value of difference 't' value is 0.32 which is seen unsignificant level. reseach for analysis of information

Table showing co-relation between sensitive seeking and socialy adjustment.

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>r</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensitive seeking</td>
<td>80</td>
<td>0.06</td>
</tr>
<tr>
<td>Socialiy adj.</td>
<td>80</td>
<td></td>
</tr>
</tbody>
</table>

Very loss positive co-relation is seen between obtained points of Sensitive seeking are socialy adjustment

*conclusion:-
1. significant difference between young males and females in sensitive seeking.
2. there is unsignificant difference between males and female is socialy adjustment.
3. 0.06 positive co-relation is seen between sensitive seekin and socialy adjustment which is much less co-reletionship.

*Reference:-

bhatt(1994)translated in gujrati of “Bell samayojan research”(Saurashtra university bhavan)