## CHAPTER- III: RESEARCH METHODOLOGY

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3.1 INTRODUCTION

Research is sensible and proficient journey for novel and important evidence on a precise point. It is examination of finding responses for exploratory and social issues through objective and proficient dismemberment. It is a mission for realizing, that is, a revelation of covered truths.

The prime goal of any exploration can be shortened as to

(1) Discover new truths

(2) Verify and test crucial assurances

(3) Analyze an event or strategy or sensation to perceive circumstances and finished results Relationship

(4) Develop new exploratory gadgets, thoughts and theories to comprehend and fathom Scientific and nonscientific issues

(5) Find answers for intelligent, nonscientific and social issues and

(6) Overcome or deal with the issues happening in our common life
3.2. RESEARCH METHODS AND RESEARCH METHODOLOGY

Research procedure is distinctive techniques, plans, figurings, et cetera used as an issue of examination. All the schedules used by a researcher in the midst of an examination research is named as exploration strategies. They are essentially masterminded, investigative and regard impartial. They fuse speculative approach, trial studies, numerical arrangements, true techniques, et cetera. Research frameworks help us assemble cases, data and find a response for an issue. Particularly, investigative examination procedures call for illuminations concentrated around assembled facts, estimations and recognitions and not on intuition alone. They recognize simply those illuminations which can be checked by tests.
3.3. SUBJECT OF THE STUDY
The present study proposed to discover stressors that makes managerial issues and brings about to decreasing the productivity at the working environment. Stress and managerial issues have the positive relationship. Building a decent authoritative environment, work society and creating official as needs be decreases managerial issue and stress.

The world has turned into a little town with uncommon advancement of data innovation. Each individual in the cutting edge environment needs to think all around and act mainly. Top administrators as individual needs to face a heaps of issue in the normal working life of him. He is the key individual to take managerial choice furthermore to deal with the whole organization – coming about stress. There for an exertion is made to discover the managerial issues that cause stress to Top officials and adapting procedures and safeguard instrument that require for stress administration. That is the reason the specialist has chosen point.

"A virtual copping of Stress and Management Problems in executives of government and private sectors of Kanpur, Utter Pradesh"
3.4. VARIABLES OF THE STUDY

For the present study the researcher has taken into account five types of variables, as observed from the specific objectives and corresponding null hypotheses mentioned above. These variables are furnished below:

1. Age and other variable.
2. Experience and other variables
3. Educational Qualification and other variables
4. Organizational Environment and other variables
5. Job Satisfaction and other variables
3.5. UNIVERSE OF THE STUDY:
The universe of the study consists of executives who are working under Government and Private Sector of Banking and hospital sector in Kanpur, Utter Pradesh State, India.
3.6. RESEARCH DESIGN

This study has been done to identify and differentiate stressors, level of Stress and adapting methodologies embraced by Government and Private Sector of Banking and Hospital center division in Kanpur, Uttar Pradesh State, India which may influence their conduct and work productivity.
3.7. SELECTION OF SAMPLE
The executive who are working full time in Government and Private Sector of Banking
and healing facility part in Kanpur, Utter Pradesh State, India have been selected as
sample. The total example size was contained 1000 Government and Private Sector
Employees 500 each- further 250 Male and 250 Female out of 500 Executives, who
were picked by irregular testing framework.
3.8. SAMPLING DESIGN:
The specialist has connected multistage inspecting and advantageous testing system which is done in different stages. Here, the Executives are considered as the essential unit each of which further made out of various optional units as Government and Private area officials of Banking and Hospital segment in Kanpur, Utter Pradesh State, India. They are further delegated Senior and Junior, Male and Female Executive.
3.9. PROCEDURE FOR DATA COLLECTION

3.9.1. Essential Data
Here, 1000 Executives are considered as the essential unit each of which further made out of various auxiliary units as Government and Private division administrators of Bank and Hospital facilities. They are further delegated Senior Executive and lesser official, Male and Female Executive. All the more over for the answer for an issue that is stress and managerial issues the essential units are further delegated under.

3.9.2. Secondary Data:
News Paper, Magazine, and so forth.

2.9.3. Collection of Data by Sampling Method:
The present study is made on the premise of information gathered from 1000 Government and Private Sector of Banking and hospital sector in Kanpur, Utter Pradesh State. The information gathered will be appropriately altered, ordered, and investigated utilizing all kind of significant factual systems and utilizing the most proper parametric and non-parametric test.
3.10. Period of study:
The present study is made on the premise of information gathered from senior and lesser administrators i.e. officials working in the field from 2 years to 10 years.
3.11. Data Analysis:
The information gathered were appropriately altered, arranged, and dissected utilizing all kind of significant measurable procedures and utilizing the most proper parametric and non-parametric test. The information were displayed through straightforward order and with the assistance of rate, normal, relationship and affiliation, the information were examined and the theory were tried at 5 percent level of essentialness by utilizing proper test. The typical method utilized by the specialist is perception, poll and meeting, examination of records, detailed analysis, and so forth. Techniques are more general than systems. Routines & Techniques are utilized as a part of performing exploration operations, i.e.,

- Collection of information
- Statistical preparing & dissection (tests)
- Evaluation of precision of the results got

The gathered information was broke down by utilizing the accompanying measurable apparatuses and strategies.

3.11.1. Frequency and Percentage Analysis:
Frequency and Percentage Analysis were utilized to decipher the demographic attributes, level of stress among the instructors and the adapting techniques received by them.

3.11.2. Chi-square test
A chi-squared test, additionally alluded to as $\chi^2$ test, is any measurable speculation test in which the testing dissemination of the test detail is a chi-squared conveyance when the invalid theory is genuine. Likewise considered a chi-squared test is a test in which this is asymptotically genuine, implying that the inspecting dissemination (if the invalid theory is genuine) can be made to rough a chi-squared appropriation as nearly as coveted by making the example estimate substantial enough. The chi-square test is utilized to figure out if there is a huge distinction between the normal frequencies and
the watched frequencies in one or more classes. At the point when to Use Chi-Square Test for Independence

The test strategy portrayed in this lesson is proper when the accompanying conditions are met:

The examining strategy is straightforward irregular testing.
Each populace is no less than 10 times as substantial as its separate specimen.
The variables under study are every downright.

If test information are shown in a possibility table, the normal recurrence mean each one cell of the table is no less than 5.

This methodology comprises of four steps:
(1) State the Hypotheses,
(2) Define Analysis of Plan,
(3) Investigate test information, and
(4) Translate results.

1. State the Hypotheses
Assume that Variable A has r levels, and Variable B has c levels. The invalid theory expresses that knowing the level of Variable A does not help you foresee the level of Variable B. That is, the variables are autonomous.

H₀: Variable A and Variable B are free.
Hₐ: Variable A and Variable B are not free.

The option theory is that knowing the level of Variable A can help you anticipate the level of Variable B.
Note: Support for the option theory recommends that the variables are connected; however, the relationship is not so much causal, as in one variable "causes" the other.

2. Define an Analysis Plan
The investigation arrangement portrays how to utilize test information to acknowledge or reject the invalid theory. The arrangement ought to define the accompanying components.

✓ Significance level. Frequently, analysts pick hugeness levels equivalent to 0.01, 0.05, or 0.10; yet any worth somewhere around 0 and 1 can be utilized.
✓ Test system. Utilize the chi-square test for freedom to figure out if there is a noteworthy relationship between two clear cut variables.

3. Dissect Sample Data
Utilizing specimen information, find the degrees of flexibility, expected frequencies, test detail, and the P-worth connected with the test fact. The methodology depicted in this segment is delineated in the specimen issue toward the end of this lesson.

Degrees of opportunity. The degrees of opportunity (DF) is equivalent to:

DF = (r - 1) * (c - 1)

Where, r is the quantity of levels for one categorical variable, an

3.11.3. To evaluate the accuracy of the results obtained Case Studies and Hypothesis Test.