Preface

Stress is an inevitable part of our life. We experience stress in walks of life. Man's creativity and performance increases as the level of positive stress increases. An optimum amount of stress is required for an optimum performance.

People feel stresses as they can no longer have complete control over what happens in their life. Academicians, Practitioners, researchers and administrators have always been interested in studying this problem as it directly affects the efficiency of the employee.

It is a well known fact that medical knowledge is increasing exponentially, the disease patterns are changing, the approach to health care delivery and medical education is shifting and also professional roles and boundaries are being modified. The proliferation of roles that the doctors have to undertake during their everyday educational and clinical practice lead to stress which has become an inherent feature of the work life of the doctors and growing evidence suggest that it may increase in severity.

It has been found that job stress impacts not only on doctor’s health but also their abilities to cope with job demands. This will seriously impair the provision of quality care and the efficacy of the health service delivery.

The aim of this study is to investigate the factors causing stress among doctors working in Indira Gandhi Medical College & Hospital Shimla, the relationship between role stress and role satisfaction and the coping strategies adapted by the doctors working in the hospital.
The first chapter in the present study is the Introduction to the concept of Stress at individual and the organizational levels, Models for work related Stress, its conceptual framework, symptoms of stress and coping of stress.

The second chapter is the Review of literature in which the past studies of various researchers, academicians, scholars and administrators have been presented.

In the third chapter the analysis and interpretation of the data has been presented in which various tools and techniques have been used to interpret the data and a detailed discussion on the interpretation has been given.

The fourth chapter of the present study comprises of the important conclusions derived from the analysis of the data. The limitations of the study and the potential for future research in the subject have also been presented in this chapter.

In the fifth and the last chapter recommendations or suggestions by the researcher have been presented which can be of assistance to the doctors, hospital administrators, academicians and practitioners to decide the future course of action.

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