A Study on the Impact of Stress in Workplaces with Special Reference to Steel Companies in Chennai

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Abstract: Stress is a term that commonly used today, but has become increasingly difficult to define. It shares, to some extent, common meanings in both the biological and psychological sciences. With organisms as complex as Humans, stress can take entirely concrete or abstract meanings with highly subjective qualities. Satisfying definitions of both cause and effect in ways that can be both tangible and intangible. Linda Rosenstock notes that “Work stress imposes enormous and far-reaching costs on workers’ wellbeing and corporate profitability. Stress is an unavoidable yet a persistent scenario seen around. Companies are adopting several techniques to educate employees and help them balance work and personal life. A survey was conducted in Steel Companies in Chennai to find the impact of stress in workplaces on the lives of workers. Initially a Pilot Study was conducted among 25 respondents through interview method and it was found that the respondents experience stress in their workplaces. Further structured Questionnaires were framed with a view to bring out the views of the respondents towards stress. The survey was conducted by simple random sampling among 110 respondents through interview method and the results were analyzed. By analyzing the data SPSS 16.0 (Statistical Software Statistical Packages for Social Sciences) were used with the tools like Factor Analysis, Frequency Analysis, Multiple Correspondence Analysis and Frequency Analysis. The results showed that most of the respondents experience stress related physical effects and have also given their views that shift based working causes stress.

Keywords: Stress, Employee, Workplace, Survey, SPSS.

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