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Alka Chandrakanta
M.Sc. Student, Department of
Family Resource Management,
College of Home Science,
G.B.P.U.A&T Pantnagar, U.S
Nagar, Uttarakhand, India

Deepa Vinay
Professor, Department of Family
Resource Management, College
of Home Science, G.B.P.U.A&T
Pantnagar, U.S Nagar,
Uttarakhand, India

Assessment of stress coping strategies among garage workers of Uttarakhand

Alka Chandrakanta and Deepa Vinay

Abstract

Stress is some form of transition that induces physical, mental, or psychological tension. The strain is the reaction of the body to something that needs attention or action. Garage employees are subjected to various workplace threats such as accidents, environmental, physical, and biological threats, each potentially harmful to a variety of target organs. This research was undertaken to determine the techniques for coping with stress among garage employees. A sample of 75 garage employees was taken from 3 districts of Uttarakhand (Udham Singh Nagar, Nainital, and Almora). The non-probability purposive sampling method was used for the preparation of the sample. The data was obtained using a questionnaire. The most important stress management methods preferred by garage employees to alleviate stress were employees who consume tobacco (73.33%), 57.33 percent those who consume cigarettes/bidi, and 60 percent of workers who consume alcohol. In conclusion, certain levels of stress can be healthy, since the right kind of stress helps them to adapt and evolve. However, when garage workers are unable to deal with pressures, become a burden. Job satisfaction, inspiration, gratitude, rewards, and collaboration on the part of coworkers and supervisors are recommended as tactics that can minimize tension among garage employees.

Keywords: Stress coping, stress, job satisfaction

Introduction

Coping strategies refer to the specific efforts, both behavioral and psychological, that people employ to master, tolerate, reduce, or minimize stressful events.

The term stress refers to a circumstance of deviation or difference from an ordinary state due to a spontaneous or shamefully planned framework or disappointments and non-achievement of important work. The final stage of stress is severing health problems. Stress permits us to be getting it done and the body needs to respond correctly while encountering a physical risk with a specific end goal to survive. An intense ordeal of the distressing circumstance is not hurtful. It is the unending or long-term stress reaction that can be risky to one's well-being. Role stress happens when there is a hole between role expectations and real work was finished. It can be characterized as the uniqueness between an individual's view of the particular part and what is being refined by the individual at present playing out the particular part (P Gohila, 2018). Rohangiz Karimi, *et al.*, (2014) [6] examined the level of occupational-related anxiety and the impact of role ambiguity role conflict, and role overload on occupation anxiety among Iranian Nurses. 135 attendants were chosen from the crisis and surgery division at Yasus healing facilities in southwest Iran. The self-administrated survey was utilized to gather the information. Various relapse examinations were utilized to evaluate the capacity of role overload, role conflict, and role ambiguity to foresee the level of work-related anxiety. The outcomes demonstrated that role conflict was the most grounded indicator to foresee work-related anxiety.

Previous research has shown that coping is crucial in adjusting to stressful life experiences (Coyne JC *et al.*, 2000) [2]. Individuals use coping methods to master, tolerate, lessen, or limit stressful circumstances through behavioral and psychological efforts (Watson *et al.*, 2008) [11]. Active and avoidant coping strategies are the two types of coping mechanisms (Krohne HW, 1993) [8]. Avoidant coping methods drive people into actions (such as withdrawal) that keep them from directly addressing stressful events, whereas active coping strategies are either behavioral or psychological responses aimed to affect the nature of the stressor itself or how one thinks about it (Krohne HW, 1993) [8]. Avoidant coping is seen to be a psychological risk factor for negative reactions to stressful life situations, whereas active coping is thought to be a better method to deal with stress (Holahan CJ, 1987) [5].

Corresponding Author
Alka Chandrakanta
M.Sc. Student, Department of
Family Resource Management,
College of Home Science,
G.B.P.U.A&T Pantnagar, U.S
Nagar, Uttarakhand, India

Ethnic, cultural, and socioeconomic factors all have an impact on how people cope with stress. For example, stress symptoms rise with lower social status (Kariv D and Heiman T, 2005) [7], and females are more likely than males to utilize emotional and avoidant coping techniques (Kariv D and Heiman T, 2005) [7]. According to studies from the United Kingdom (Guthrie EA *et al.*, 1995 and Ashton CH, 1995) [1, 4], medical students utilize alcohol, tobacco, and narcotics as frequent coping techniques.

This study aimed to assess the coping strategies used to manage stress by garage workers.

Methodology

A stress-coping questionnaire was used to know the strategies that the workers used to reduce the stress faced in their daily

work. To analyze the gathered data Microsoft Excel was used.

Results

Coping techniques are constructive practices implemented by people when faced with a situational threat or potential danger from stressors to interact with tension. The causes of stress can not be avoided in most situations, but by using effective methods to deal with stress, we can resolve the consequences. In various ways, people deal with difficult circumstances.

Religious/Meditation

Data about mental stress management strategies revealed that 9.33 per cent were doing yoga as a meditation whereas 93.33 per cent were offering prayers.

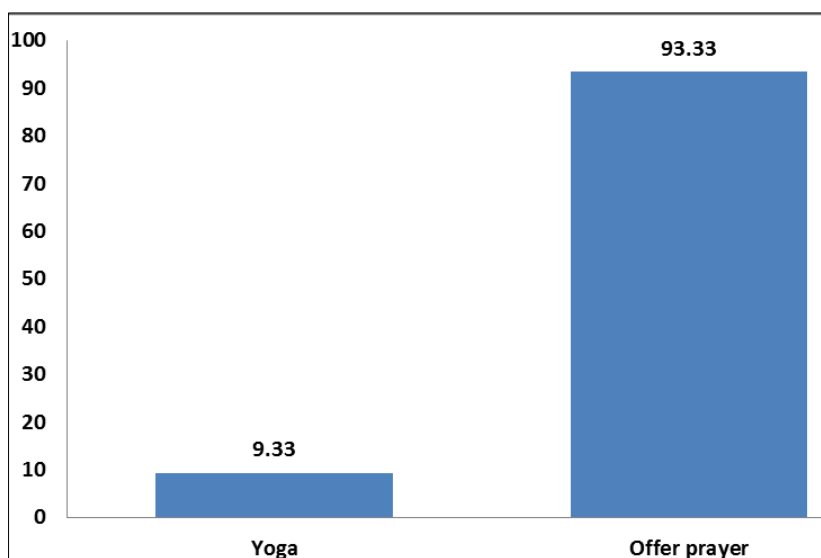


Fig 1: Percentage distribution of workers based on coping strategies (religious/meditation)

Reducing responsibilities

It was observed that the majority of garage workers (48%) were reducing responsibilities by postponing certain tasks, 21.33 per cent of garage workers were legitimately avoiding

disliked tasks, 10.66 per cent were delegating the work and only 4 per cent of garage workers were changing their jobs from their present work.

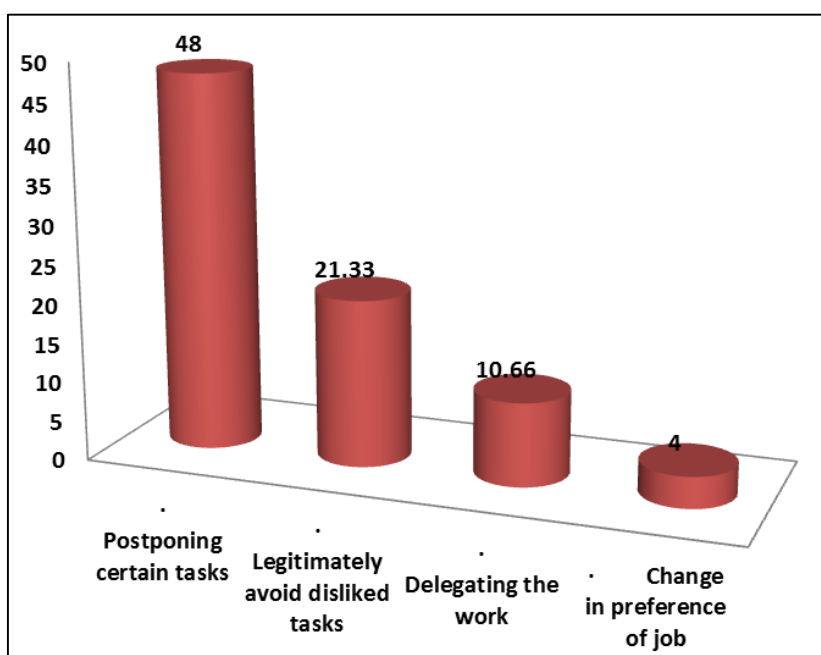


Fig 2: Percentage distribution of workers based on coping strategies (Reducing responsibilities)

Performing Most Liked Activities

Data regarding the performance of most liked activities revealed that 73.33 per cent of garage workers were watching T.v. 65.33 per cent of garage workers were listening to songs whereas 46.66 per cent of garage workers were spending time

in the park with nature, 37.33 per cent of garage workers were doing the cooking, 33.33 per cent were doing gardening, 28 per cent were singing and 17.33 per cent were doing exercise as their most liked activities.

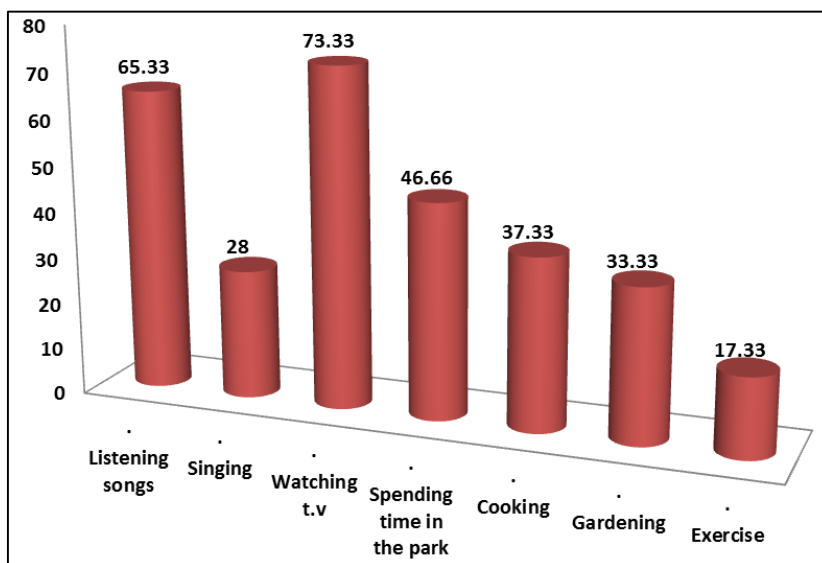


Fig 3: Percentage distribution of workers based on coping strategies (Performing Most Liked Activities)

Eating habits

A common form of smokeless tobacco is chewing tobacco. Smokeless tobacco products consist of tobacco or a combination of tobacco which, rather than smoked, is chewed, sucked on, or sniffed. Chewing tobacco raises the risk of certain health issues for consumers, like smoking. In the present report, when asked about their indulgence in tobacco chewing, the selected garage workers reported that 73.33 per cent of them used to chew tobacco daily most of the time.

Smoking is society's leading cause of preventable death. For example, blue-collar and service workers continue to smoke at higher rates than white-collar and professional workers (Fagan *et al.*, 2004) [3].

The overall collected data shown in table 4.11 revealed that 57.33 per cent of garage workers were involved in smoking and all of them have a habit of smoke after 60 minutes of

wakeup. When enquired about the consumption of cigarettes/bidi per day, out of the total garage workers who were still in a regular habit of smoking, 58.13 per cent smoke less than 10 cigarettes/day, and 41.86 per cent smoke 11-20 cigarettes/ bidi per day.

In the present investigation of garage workers, the data collected from selected garage workers revealed that out of a total (of 75) garage workers, 60 per cent were found to be addicted to alcohol consumption. 22.22 per cent of garage workers consume alcohol daily and 77.77 per cent of garage workers consume alcohol 2-3 days per week.

As discussed previously, a similar study was carried out by Pandey and Vinay (2014) [10], who reported that smoking, tobacco chewing, and alcohol consumption were found to be 86.66 per cent, 81.66 per cent, and 76.66 per cent respectively among rice mill workers.

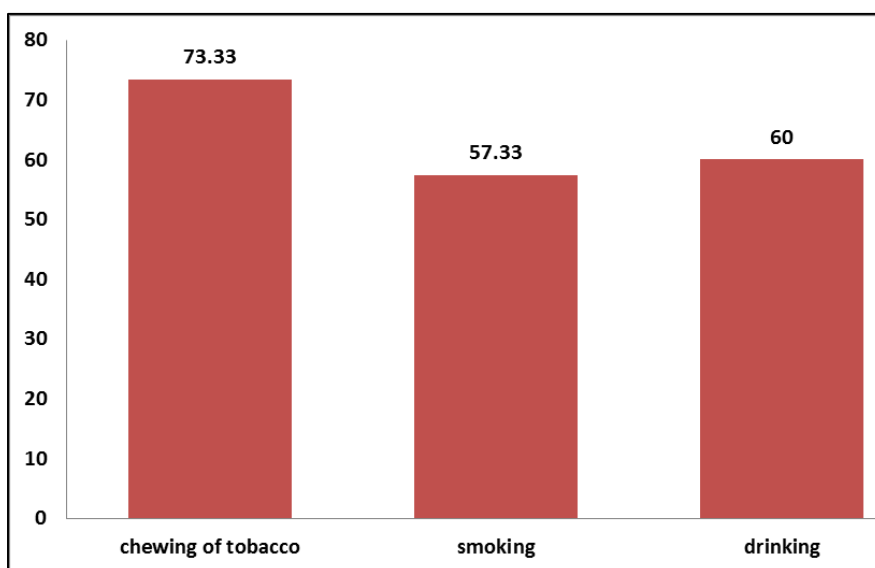


Fig 4: Percentage distribution of workers based on coping strategies (Eating habits)

Conclusion

The majority of garage workers i.e, 93.33 per cent were religious they offer prayer, 48 per cent of workers change their preference of job while they were stressed, and a majority of them watch t.v (73.33%) and 73.33 per cent consume tobacco.

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