



## Occupational stress among professionals

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### ABSTRACT

Stress is so imbedded in us that it has become lifestyle itself. In fast changing world, no profession is stress free. Unhealthy occupational stress results into accidents, absenteeism, presenteeism, hence costs productivity and output. It a major root cause beneath the onset of many lifestyle diseases like Diabetes, Heart diseases, Obesity, Alzheimer's disease, Parkinson's disease, Cancer etc and adversely affect mental and social wellbeing. The present study was carried out to assess the level of occupational stress among professionals. One hundred three subjects aged 30-60 years in four groups (doctors, nurses, bankers and professors) were selected by purposive random sampling technique from Rohtak area of Haryana, India. A self-designed Questionnaire was formulated to elicit information regarding the socio-economic and work profile, food habits, dietary practices, nutritional knowledge and stress awareness of subjects. Occupational Stress Inventory Scale was used to assess the occupational stress level. In the present study, the mean occupational stress levels for doctors, nurses, bankers and professors were  $135.09 \pm 18.45$ ,  $128.80 \pm 16.61$ ,  $124.63 \pm 14.76$  and  $117.00 \pm 20.12$ , respectively. One way anova analysis showed a significant ( $p \leq 0.002$ ) difference in the stress levels according to profession ( $F=5.17$ ). Doctors have highest occupational Stress Level. Bankers have more or less similar stress levels as nurses. Professors have low stress level. The post-hoc tukey multiple comparison showed that stress level of doctors is significantly different from professors ( $p \leq 0.001$ ) but not from nurses and bankers. Reasons behind the high level of occupational stress in professionals seemed heavy work load, consistently changing work shifts and longer working hours and non-congenial work conditions.

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