



# A study of socio-economic status and coping strategies among flour mill workers in Udham Singh Nagar district in Uttarakhand

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## ABSTRACT

In this 21<sup>st</sup> century, one of the major challenges which most of the industries facing is stress. Stress is the result of mental and physical response and adaptation to the real or perceived changes and challenges in one's lives. Stress affects workers in a number of ways, both physically and emotionally, and in varying intensities. The objective of this study was to assess the level of stress of flour mill workers and to suggest some coping strategies so that mill workers could control their stress. The present study was descriptive in nature. An attempt was made to study the problems resulted from stress due to which flour mill workers were affected. The study was conducted at two flour mills of Udham Singh Nagar district of Uttarakhand. The total sample size was 120 in which 60 workers were selected from the flour mill of Lalpur and 60 respondents were selected from the flour mill of Kichha. The findings showed that majority of respondents sometimes feel their contribution in the organization was being neglected. Most of the respondents were found highly stressed in their work organization.