

INTERPRETATION OF DATA AND MANAGING STRESS ON EMPLOYEES AT WORK PLACE BY DIFFERENT IMPLICATION

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Abstract

To study the stress level of employees at workplace under their gender, marital status and organization restrictions. This research article suggest and recommends by implicating some steps to minize their stress and have a peaceful life by doing their work with encouragement.

1. INTRODUCTION

1.1. Statistical Tools Used:

- Pie chart
- Bar diagram
- Line diagram
- Chi-square test

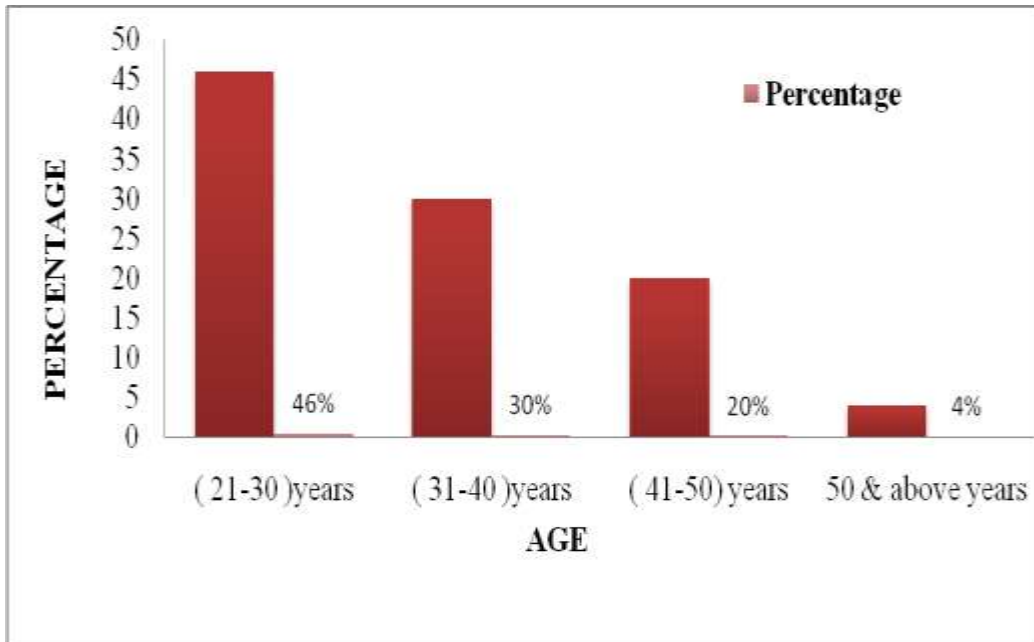
1.2. Percentage Analysis (PA):

PA was used to find out the number of respondents (R) falling under each category for each question.

$$\text{Number of (R)} = \frac{\% \text{ of (R)}}{\text{Total (R)}} \times 100$$

2. DATA INTERPRETATION

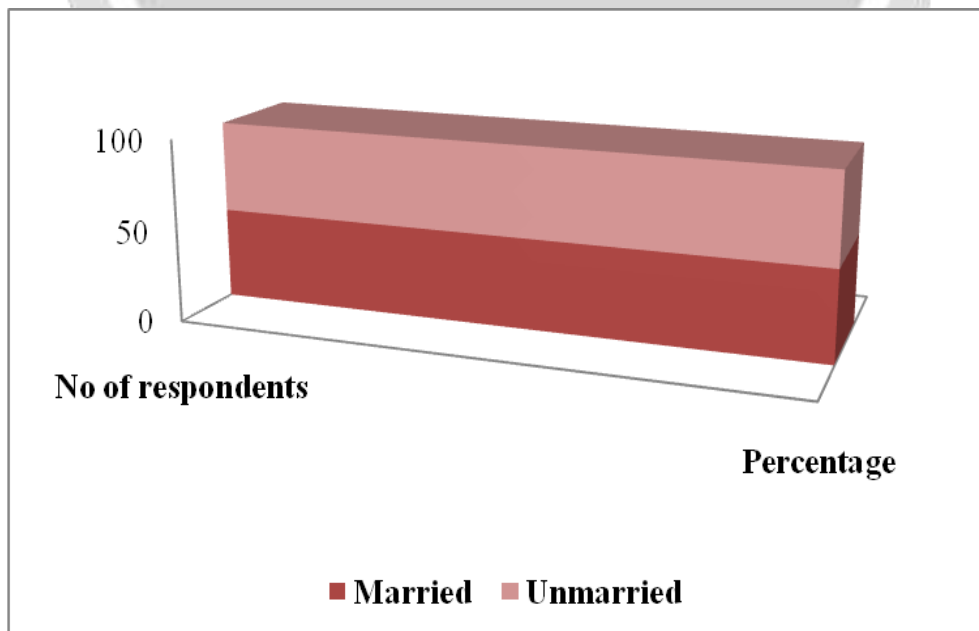
2.1 AGE WISE CLASSIFICATION OF EMPLOYEES



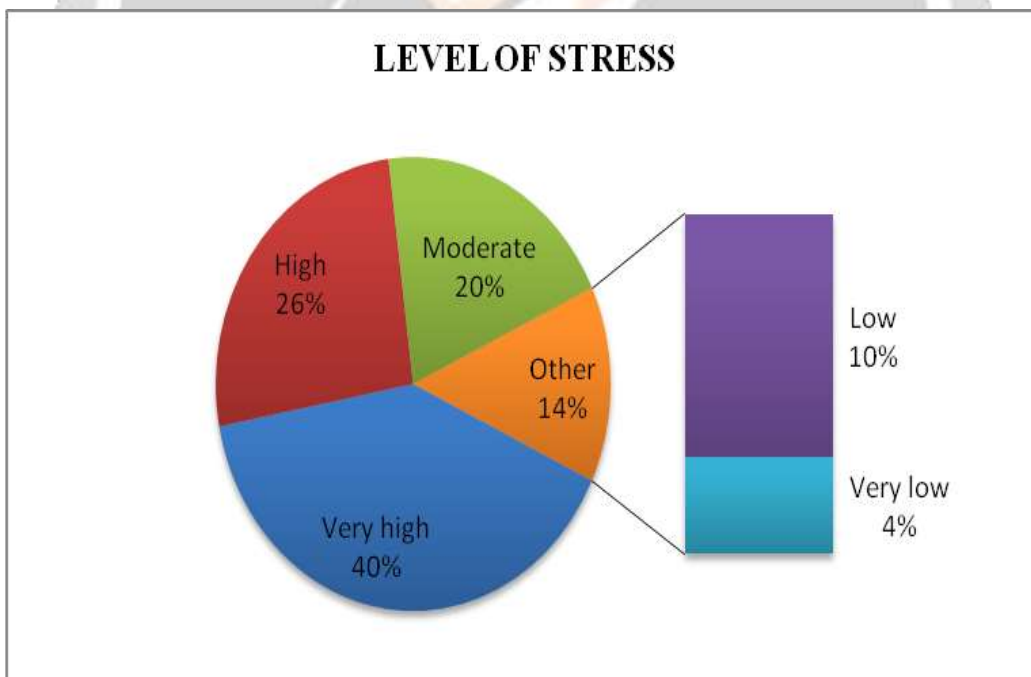
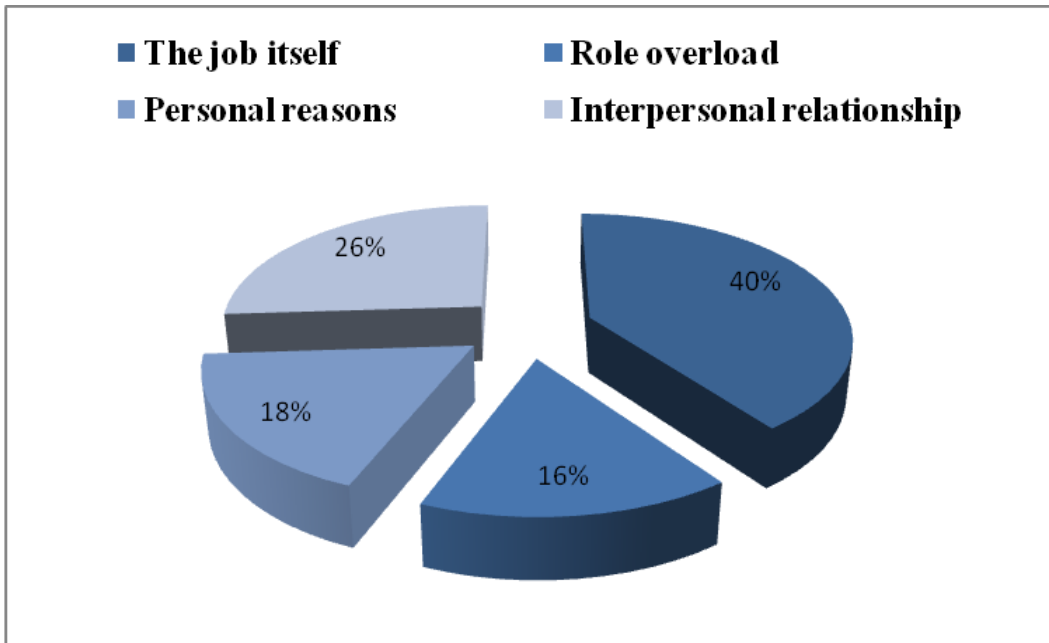
2.2 MARITAL STATUS OF EMPLOYEES

INTERPRETATION:

It is understood from the survey that 50% of the respondents are married and the rest 50% of the respondents are unmarried.



2.3 CAUSE OF STRESS



2.4 MARITAL STATUS (Vs.) STRESS IN JOB

OBSERVED FREQUENCIES			
MARITAL STATUS	YES	NO	TOTAL
Married	40	10	50
Unmarried	30	20	50
TOTAL	70	30	100

EXPECTED FREQUENCIES			
MARITAL STATUS	YES	NO	TOTAL
Married	35	15	50
Unmarried	35	15	50
TOTAL	70	30	100

O	E	O-E	(O-E)²	(O-E)²/E
40	35	5	25	0.714
30	35	-5	25	0.714
10	15	-5	25	1.666
20	15	5	25	1.666
TOTAL	100	0	100	4.76

2.5 STRATEGY TO REDUCE STRESS

O	E	O-E	(O-E)²	(O-E)²E
19	20	-1	1	0.05
40	20	20	400	20
28	20	8	64	3.2
8	20	-12	144	7.2
5	20	-15	225	11.25
TOTAL	100	0	834	41.7

2.5.1 ALTERNATIVE HYPOTHESIS (Ha):

O	E	O-E	(O-E)²	(O-E)²E
19	20	-1	1	0.05
40	20	20	400	20
28	20	8	64	3.2
8	20	-12	144	7.2
5	20	-15	225	11.25
TOTAL	100	0	834	41.7

3. EXPERIENCE (Vs) STRESS IN JOB

OBSERVED FREQUENCIES			
EXPERIENCE	Yes	No	TOTAL
Below 5 years	30	10	40
5-10 years	20	8	28
10-15 years	15	5	20
15 & above	5	7	12
TOTAL	70	30	100

EXPECTED FREQUENCIES			
EXPERIENCE	YES	NO	TOTAL
BELOW 5	28	12	40
5-10 YEARS	19.6	8.4	28
10-15 YEARS	14	6	20
15 & ABOVE	8.4	3.6	12
TOTAL	70	30	100

O	E	O-E	(O-E)²	(O-E)²/E
30	28	2	4	0.142
20	19.6	0.4	0.16	0.008
15	14	1	1	0.0714
5	8.4	-3.4	11.56	1.376
10	12	-2	4	0.333
8	8.4	-0.4	0.16	0.0190
5	6	-1	1	0.1666
7	3.6	3.4	11.56	3.211
TOTAL	100	0	33.44	5.327

4. RECOMMENDATIONS AND SUGGESTIONS

- Carry out immense individuality tests and load up the different scope of traits.
- Daily nearly 8-9 hours of sleep Practices
- A good benefit Approach towards occupation and its routine.
- Manage time effectively so that stress will be reduced.
- Stress management techniques should be implemented to all the employees.
- Appealing the employee in guidance stress managing techniques for the reason that it stimulates the intelligence and the organization.

5. CONCLUSION

The data interpretation between stress in employees are controlled by using different implication as follows

- Concentrated meditation.
- Yoga
- Physical Activity
- More Sleep

- Exercises
- Spend time with Friends
- Diary writing
- Time control

From the above different implication a stress was controlled by employees and avoids their unwanted health issues. By following this step repeatedly in daily life the employees are benefited and have a good peaceful encouragement on work and also in life.

REFERENCES

- [1]. M. Tyler, Stress Management Training for Trainers Handbook, (1999).
- [2]. Brian Luke Seaward, Managing Stress.
- [3]. P. M. Lehrer, R. L. Wool folk, The Guildford Press (1993).

