

A STUDY ON IMPACT OF STRESS AMONG EMPLOYEES IN DAC DEVELOPERS

Submitted in partial fulfillment of the requirements for the award of

MASTER OF BUSINESS ADMINISTRATION

By

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SCHOOL OF MANAGEMENT STUDIES

SATHYABAMA

**INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)**

**Accredited with Grade "A" by NAAC | 12B Status by UGC | Approved by AICTE
JEPPIAAR NAGAR, RAJIV GANDHI SALAI, CHENNAI - 600 119**

APRIL 2022



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SCHOOL OF MANAGEMENT STUDIES

BONAFIDE CERTIFICATE

This is to certify that this Project Report is the bonafide work of **VIGIRDHAN.S 40410191** who carried out the project entitled "**A Study on Impact of Stress among the Employees in DAC Promoters** " under my supervision from January 2022 to March 2022.

Dr.THINESH KUMAR
Internal guide

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Dr. BHUVANESWARI .G
Dean – School of Management Studies

Submitted for Viva voce Examination held on _____

Internal Examiner
Examiner

External

DECLARATION

I **VIGIRDHAN (40410191)** hereby declare that the Project Report entitled “**A Study on impact of stress among employees in DAC Promoters**” done by me under the guidance of **DR.M.THINESH KUMAR.** is submitted in partial fulfillment of the requirements for the award of Master of Business Administration degree.

DATE:

PLACE:

VIGIRDHAN.S

ACKNOWLEDGEMENT

I am pleased to acknowledge my sincere thanks to Board of Management of **SATHYABAMA** for their kind encouragement in doing this project and for completing it successfully. I am grateful to them.

I convey my sincere thanks to **Dr. G. Bhuvaneswari, Dean - School of Management Studies** and **Dr. A. Palani, Head - School of Management Studies** for providing me necessary support and details at the right time during the progressive reviews.

I would like to express my sincere and deep sense of gratitude to my Project Guide **DR.M.THINESH KUMAR** .for her valuable guidance, suggestions and constant encouragement paved way for the successful completion of my project work.

I wish to express my thanks to all Teaching and Non-teaching staff members of the **School of Management Studies** who were helpful in many ways for the completion of the project.

VIGIRDHAN.S

TO WHOM SO EVER IT MAY CONCERN

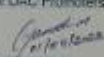
This is to certify that Mr. S VIGIRDHAN (REG NO: 40410191) student of Sathyabama Institute of Science & Technology has successfully completed 3 Months internship program (1st February 2022 to 30th April 2022) in our organization.

We found Him extremely inquisitive and hard working. He was very much interested to learn the functions of our core division and also willing to put his best efforts and get in to the depth of the subject to understand it better.

He was majorly involved in studying of Human Resource.

We wish him all success in the future.

For DAC Promoters


HR - Manager

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Plot No. A, Thiruvalluvar Street, BT Garden, Tambaram West, Kollegal, Chennai - 600 045

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ABSTRACT

The impact of stress the among employees is in the day to day life activities it will also affect the performance of the employees and the work environment of the The main reason of employee affect by the stress is time . In the technology world time is every thing To this project I did in DAC promoters it is a construction company So in that company they have to finish project I time . during this study primary data were collected with the assistance of the structured questionnaire from the willingness of employees and permission giving by the HR execute of DAC promoters. The sample size of the study is 118. The SPSS tools used for the analyse.

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CHAPTER 1

INTRODUCTION

1.1 Introduction

Stress is a natural of everyday life especially adult life in the workplace.

However, the fact everyone undergoes some degree of stress does not mean that we shouldn't do our best to combat stress.

Among other things, part this is what human resource employees are supposed to strive towards enabling everyone to be their best selves in the workplace, maintaining a balance that achieves top results. With that in mind, we'll explore the nature of occupational stress.

We define any kind of stress as an unpredictable and unexpected bodily and neural response to change. It can happen during all kinds of situations and in almost every type of environment. Stress is pain produced by our own thoughts. When a company expects a lot out of its workers, as is the case in many high value and stress-intensive sectors a certain degree of nervousness is bound to happen. There are also factors that come into play here, such as unclear job roles and work objectives or varying types of bullying and harassment. If there's not a decent amount of stress management in your place of work, there are many detrimental effects that can follow. These include huge employee turnover, absenteeism, illnesses, and stress triggered hair loss. Additionally, there's bound to be under performance among the employees if they're dealing with high levels of stress; while certain individuals thrive in such conditions, they're usually not the best thing for the average employee.

Job stress makes employees more prone to error, poor work performance, mental health issues, burnout, and conflict in the workplace. If job stress goes unaddressed, organizations pay the price in higher rates of turnover, disengagement, and absenteeism.

1.1.2 Job Stress

Job stress is the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress matters to our health and our work. When we feel stressed, our bodies respond by raising the concentration of stress hormones in our blood. When our bodies continually respond to constant demands or threats, coping mechanisms stay in overdrive, which can be damaging to health over time. Research shows that excessive job stress can lead to many long-term health problems, including cardiovascular disease, diabetes, weakened immune function, high blood pressure, musculoskeletal disorders, substance abuse, depression and anxiety. Some short term signs of job stress are listed in the table to the right. Stressful working conditions can also impact health indirectly by limiting our ability or motivation to participate in other health promoting behaviors such as eating well and exercising.

1.1.3 Workplace Stress

Workplace Stress, also known as Occupational Stress is the stress that one gets from working at his job. Chief causes are unrealistic short-term goals, unexpected responsibility-sharing, and high expectations. While the job itself might not be stress-inducing, the way it is done and the working environment are crucial factors in creating stress.

Workplace Stress is also related to pressure from seniors and peers and in the absence of support from colleagues. In the US, an overwhelming number of people identify having no control or say in their workplace as the biggest cause of stress in their lives. When workplace stress is not controlled and properly channelized, it can create a lot of coping issues and unreliability.

According to The Random House Dictionary, Stress can be defined as physical, mental, or emotional strain caused by a situation or an occurrence of an event. The word stress is derived from a Latin word which

means distress. We all face situations where we are so stressed out and feel so unbalanced that we tend to overlook all tasks that we know are important because we cannot manage a single thing.

Sometimes it may be difficult to cope with workplace stress, but the skills of handling stress changes from person to person. The cause of your stress and your approach to handle it may be way different from that of your friend.

Generally, we think that stress is related to something negative, but we don't have to look at it that way. Some stress is helpful, actually to drive people towards job completion. As you may observe, stress in itself can be used for positive purposes. This type of stress is known as Eustress. In simple words, Eustress is the stress that leaves a positive effect, or is motivating in nature. It results in a positive outcome. Such stresses help people in getting good performances.

Stress factors have the ability to induce a range of disorders, including psychological issues like depression, anxiety, etc. They also are the cause of emotional instability like irritation, dissatisfaction, tension and fatigue. In addition to that, workplace stress can cause changes in behavior and cognitive functioning like increased levels of aggression and concentration lapses.

1.2 INDUSTRY PROFILE

The Construction industry of India is an important indicator of the development as it creates investment opportunities across various related sectors. With a share of around 8.2%, the construction industry has contributed an estimated ₹670,778 crores (US\$ 131 billion) to the national GDP at factor cost in 2011–12. The industry is fragmented, with a handful of major companies involved in the construction activities across all segments; medium-sized companies specializing in niche activities; and small and

medium contractors who work on the subcontractor basis and carry out the work in the field. In 2011, there were slightly over 500 construction equipment

manufacturing companies in all of India. The sector is labor-intensive and, including indirect jobs, provides employment to more than 49.5 million people. The construction sector is visualized to play a powerful role in economic growth, in addition to producing structures that adds to productivity and quality of life. economic development is a term that economics politician and other have used frequently in the 20th century, modernization westernization and specially industrialisation are other terms people have used while discussing economic development. economic development has a direct relationship with the environment. government undertaking to meet go abroad economic objectives such as price stability, high employment and sustainable growth, such efforts include financial and economic policies, regulations of financial industry trade and tax policies.

1.3 COMPANY PROFILE

Dac Developers Private Limited is an unlisted private company incorporated on 25 Dac Developers Private Limited is an unlisted private company incorporated on 25 November, 2021. It is classified as a private limited company and is located in , Tamil Nadu. It's authorized share capital is INR 1.00 Cr and the total paid-up capital is INR 10.00 lac.

At DAC, they follow the

-  Design
-  Approve
-  Construct

approach in our construction methodology. They have grown strength-to-strength over the course of our 10-year journey as a construction company. We have successfully delivered finely-built homes in top residential areas of

Tambaram, Chromepet, Pallavaram and Chitlapakkam. Today, DAC is considered one of the best developers in Chennai

1.3.1 Our Vision

- Creating a brand name synonymous with 100% quality homes & customer satisfaction.
- Building homes in Chennai that are exclusively constructed in residential localities.
- Designing, Approving and Constructing a community of satisfied homeowners.

1.3.2 Our Mission

- Following effective AEC practices.
- On-time delivery of all projects at all times.
- Delivering progressive flats for sale in Chennai prime locations like Tambaram, Chromepet, Pallavaram, and Chitlapakkam.
- Creating a holistic living environment for a quality family lifestyle.

1.3.3 Future Goals

We aim to gradually expand our base across the country within the next three years.

1.4 AREA OF STUDY

- The sample size is 118.
- The area of the study is DAC promoters Chennai.
- Target people are employees.

1.5 OBJECTIVES OF THE STUDY

1.5.1 Primary objectives

- ❖ To study about work stress among employees in DAC promoters.

1.5.2 Secondary objectives

- ❖ To analyses the impact of stress among employees and how they manage the work.
- ❖ To find how they over come their work stress and what are the measures they taken.
- ❖ To suggest some valuable things to avoid stress among employees.

1.6 NEED FOR THE STUDY

Work stress creates an impact on employee performance, mental health and physical health . A research is mainly needed for the purpose of knowing how employee affected by stress and how they overcome the work stress in DAC promoters.

1.7 SCOPE OF THE STUDY

The study helps to know the work stress of employees in DAC promoters .It helps the respondents to disclose their opinion and view about their work stress and how they handled the stress.

CHAPTER 2

REVIEW OF LITERATURE

2.1 REVIEW OF LITERATURE

stress on the job can be a challenge; stress can be sometimes positive and sometimes negative. Positive stress leads to productivity and negative stress leads to loss for the organization. (Manjunatha M K. , Dr.T.P.Renukamurthy - 2017)

In today's business environment, there exist a lot of competition among companies .The extreme stress faced in the working environment greatly impedes this efficiency and this has drawn the attention of many employers. And Knowing the factors leading to work stress and its impact on employee performance is vital for any organization to ensure its success and smooth functioning.(M Martha Sucharitha, Md Shaik Amzad Basha - 2020)

The emphasis on management of work stress in the corporate world assumes that the ability to manage work stress is associated with enhanced employee performance which suggests that work stress is a vital tool having sturdy and significant impact on both employee's employee performance and overall employee performance (Kathiravan C. - 2019)

Dr. Rajesh Vaidya, K.D.V. Prasad, V. Anil Kumar (2016), The reported study focuses on the wide spread silent issue the “Stress” and throws a light on a comparative analysis of causes of stress among the employees and its effect on the employee performance at the workplace in International Agricultural Research Institute (IARI) and Information Technology Sector (ITS), and determine the level of differences

B. Prathyusha, Ch. S. Durga Prasad and M. Sudhir Reddy (2016), Occupational Stress is an inevitable consequence in the Information Technology (IT) sector.

Naveen Ramesh, Bobby Joseph, Pretesh R Kiran, Jithu Kurian, Abey Tsecto(2016), In view of reported increased prevalence of stress levels among information technology (IT) professionals, this study was conducted to assess the extent of this problem. To assess stress levels and factors associated with stress among employees working in an information technology company in Bangalore.

Dr. Vinodh Kumar G C, Dr. Ramachandrappa S, Ravi Kumar P (2016), The explore this study focus on India is a developing country is playing a distinctive role in the service sector.

Dr. N. Giri Babu, R. Shanmugam (2016), In today's competitive business environment, success is highly dependent upon the employee retention. So if an organization wants to achieve goals through people, better HR practices have to be adopted to bring down the attrition levels.

Dr. Ipseeta Satpathy, Dr. B. Chandra Mohan Patnaik, Ms. Bonita Mitra (2014), Stress has been associated with every human life and is there to stay for all times to come. Right from birth every individual is undoubtedly esituation various stressful situations.

Geeta Kumari, Dr. Gaurav Joshi & Dr. K. M. Pandey (2014), In India software industry has become one of the fastest growing industries. The reason for choosing a particular software industry and its employees is that the level of stress these employees face is comparatively higher than employees in other private companies.

Stress is nothing more than a socially acceptable form of mental illness. Stress has been defined in different ways over the years. It was conceived of as pressure from the environment, then as strain within the person.(Prakash B. Kundaragi ,Dr.A.M.Kadacol) (2016)

The study concluded that the occupational stress is having moderate impact on the employees' performance of the institute, the job related stress in general and the stress factor job security in particular. - **Kdv PRASAD (2015)**

KDV Prasad Rajesh Vaidya, V Anil Kumar (2015) The stress has significant psychological, physiological and performance effects on human resources of an organization. The contribution of the researchers on stress was significant due to the dynamic social factors and life style changes. Though, the stress has some ill health effects not all the stresses are destructive in nature.

CHAPTER 3

3.1 RESEARCH METHODOLOGY RESEARCH DESIGN

The research design of this project is a descriptive research study. The method of research used here is a survey created using Google Forms. The research is conducted to analyze the study the impact of stress among employees. **SAMPLING TECHNIQUE** The sampling technique used here is non random sampling technique. The survey is entirely based on availability and willingness of the participants to take part in the survey conducted.

3.2 SOURCE OF DATA.

The study considers both primary and secondary data.

❖ **Primary data:** The primary data is collected by survey questionnaire was designed to collect information regarding research from respondents.

❖ **Secondary data:** The research of published magazines, articles, internet, research papers has been used to gather the secondary data like review of literature and industry profile.

3.3 STRUCTURE OF THE QUESTIONNAIRE

This questionnaire follows a simple and basic layout. It is not complicated and hence it is made easy for the participants to respond to the questionnaire without any delay or confusion. The set of questions and the answer options present in the questionnaire are pre-determined and are constructed by myself based on general questions regarding the main topic. The structure of questionnaire used in this project is as follows

3.3.1 *Basic introduction:*

The questionnaire begins with small and simplified description regarding the questionnaire – Title and description of the topic.

3.3.2 Personal details:

The actual questionnaire begins here where the participants are asked about their personal details such as their name, age, gender .

3.3.3 Multiple choice questions

The next set of questions in the questionnaire consists of the questions related to the research

3.3.4 Multiple choice grid question

The multiple choice grid questions focus on impacts of stress among the employees.

3.3.5 Rating scale question

The last and final question in the questionnaire focuses on the ratings of the participants regarding the questionnaire.

3.4 SAMPLE SIZE

The sample size for the project had a target of 100 to 120 participants. The fixed target of the sampling size has been achieved as the total number of respondents for the survey questionnaire was 118 Total of 118 responses helped the project to analyse more responses and it helped to derive a conclusion regarding the impact of stress among employees.

3.5 PERIOD OF THE STUDY

The period of study for the project about three months period of time.

3.6 ANALYTICAL TOOLS

3.6.1 Percentage analysis

Research questions are always answered with a descriptive statistic: generally either percentage or mean. Percentage is appropriate when it is important to know how many of the participants gave a particular answer. Generally, percentage is reported when the responses have discrete categories.

3.6.2 Statistical analysis

All the data are analyzed and interpreted through the tool called SPSS. It is statistical data analysis software development by IBM. SPSS stands for statistical package for social sciences. Sample and hypothesis The collected data size is 118 The hypothesis framed is Null hypothesis Alternative hypothesis. The test used is one way Anova, and correlation, chi square.

CHAPTER 4

DATA ANALYSIS AND INTERPRETATION

4.1 PERCENTAGE ANALYSIS

Table no 4.1.1 Gender wise classification of respondents

Gender	No Of Respondents	Percentage
Male	90	76.9
Female	28	23.1
Total	118	100

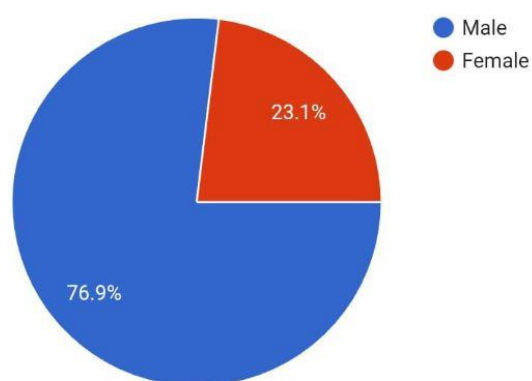


chart no 4.1.1 Gender wise classification of respondents

Interpretation

From the above table it is interpreted that 76.9% of respondents are male and 23.1% of respondents are female gender.

Inference

Majority 76.9% of the respondents are male category

Table no 4.1.2 age wise classification of respondents

Age	No Of Respondents	Percentage
20 above	13	10.5
25 to 35	59	50.9
36 to 45	37	31.6
45 above	9	7
Total	118	100

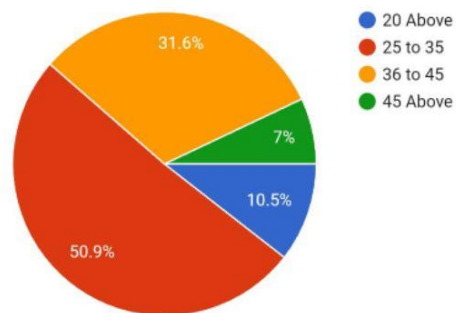


chart no 4.1.2 age wise classification of respondents

Interpretation

From the above table it is interpreted that 50.9%of respondents are 25 to 35 and 31.6%of respondents are 36 to 45 and 10.9%of respondents are 20 above and 7% of respondents are 45 .

Inference

Majority 50.9%of respondents are age 25 to 35

Table no 4.1.3 work environment classification of respondents

Feel about your work environment	No Of Respondents	Percentage
Highly satisfied	15	12.9
Satisfied	62	53.4
Neutral	35	30.2
Dissatisfied	3	1.75
Highly dissatisfied	3	1.75
Total	118	100

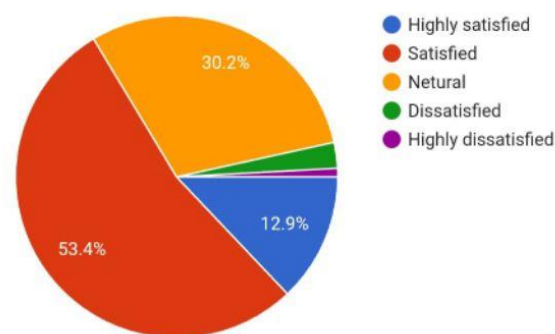


chart no 4.1.3 work environment classification of respondents

Interpretation

From the above table it is interpreted that 53.4% of respondents are satisfied and 30.2% of respondents are neutral and 12.9% of respondents are highly satisfied and 1.75% of respondents are dissatisfied 1.75% of respondents are dissatisfied .

Inference

Majority 53.4% of respondents are satisfied work environment

Table no 4.1.4 time pressure classification of respondents

Do you time pressure	No Of Respondents	Percentage
yes	46	39.1
maybe	50	41.7
no	22	19.1
Total	118	100

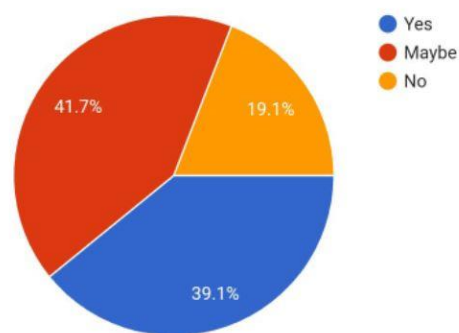


chart no 4.1.4 time pressure classification of respondents

Interpretation

From the above table it is interpreted that 41.7% of respondents are maybe and 39.1% of respondents are yes and 19.1% of respondents are no

Inference

Majority 41.7% of respondents are maybe for the time pressure

Table no 4.1.5 travelling time classification of respondents

Travelling time	No Of Respondents	Percentage
Highly agree	12	10.3
agree	57	48.7
Neutral	32	27.4
Disagree	10	8.5

Highly agree	7	5.1
Total	118	100

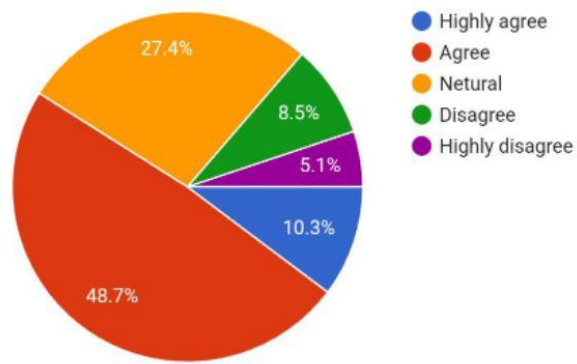


chart no 4.1.5 travelling time classification of respondents

Interpretation

From the above table it is interpreted that 48.7% of respondents are agree and 27.4% of respondents are neutral and 10.3% of respondents are highly agree and 8.5% of respondents are disagree 5.1% of respondents are highly disagree.

Inference

Majority 48.7% of respondents are agree for travelling cause stress

Table no 4.1.6 before stress classification of respondents

Health condition before stress	No Of Respondents	Percentage
Very good	36	31
Good	57	49.1
Average	19	16.4
Bad	3	1.75
Very bad	3	1.75
Total	118	100

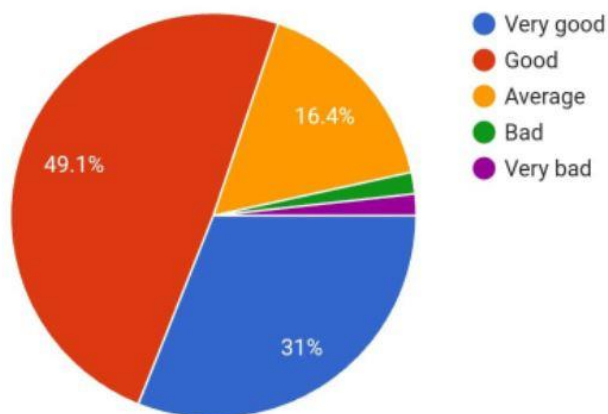


chart no 4.1.6 before stress classification of respondents

Interpretation

From the above table it is interpreted that 49.1% of respondents are good and 16.4% of respondents are average and 31% of respondents are very good and 1.75% of respondents are bad 1.75% of respondents are very bad .

Inference

Majority 49.1% of respondents are good for health before stress

Table no 4.1.7 family or personal classification of respondents

Family or personal problem	No Of Respondents	Percentage
Strongly agree	15	12.9
agree	52	44.8
Neutral	35	30.2
Disagree	12	10.3
Strongly disagree	4	1.8
Total	118	100

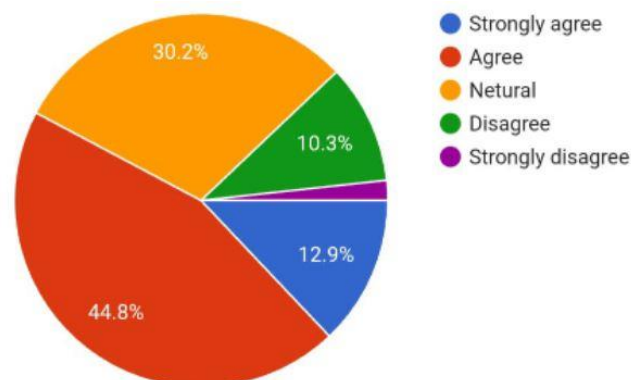


chart no 4.1.7 family or personal stress classification of respondents

Interpretation

From the above table it is interpreted that 44.8% of respondents are agree and 30.2% of respondents are neutral and 10.3% of respondents are disagree and 12.9% of respondents are strongly agree 1.8% of respondents are strongly disagree.

Inference

Majority 44.8% of respondents are agree for family or personal problem cause stress.

Table no 4.1.8 not enough time or personal classification of respondents

Does not give enough time for family	No Of Respondents	Percentage
Strongly agree	15	12.7
agree	41	34.7
Neutral	44	37.3
Disagree	11	9.3
Strongly agree	7	5.9
Total	118	100

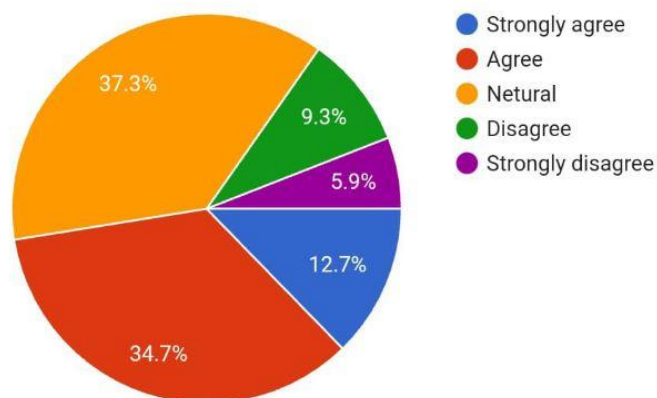


chart no 4.1.8 not enough time stress classification of respondents

Interpretation

From the above table it is interpreted that 34.7% of respondents are agree and 37.3% of respondents are neutral and 9.3% of respondents are disagree and 12.7% of respondents are strongly agree 5.9% of respondents are strongly disagree.

Inference

Majority 34.7% of respondents are agree not enough time for family and personal

Table no 4.1.9 health problem classification of respondents

Health problem	No Of Respondents	Percentage
Lack of sleep	15	12.1
Back Pain	34	28.4
Head ache	41	34.5
Hair loss	13	11.2
Depression	16	13.8
Total	118	100

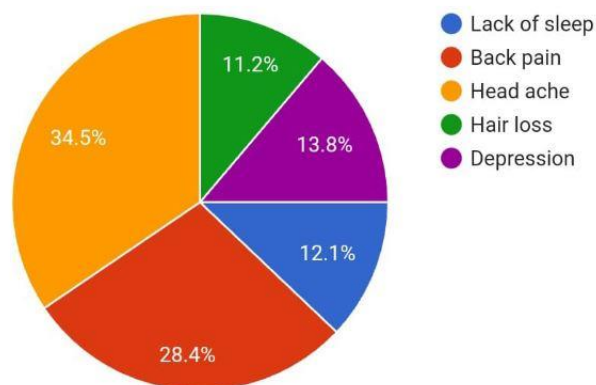


chart no 4.1.9 health problem classification of respondents

Interpretation

From the above table it is interpreted that 34.5% of respondents are head ache and 28.4% of respondents are back pain and 11.2% of respondents are hair loss and 13.8% of respondents are depression 12.1% of respondents are lack of sleep.

Inference

Majority 34.5% of respondents are head ache for health problem due stress

Table no 4.1.10 you do to reduce stress classification of respondents

You do to reduce stress	No Of Respondents	Percentage
Watching TV	33	28.2
Reading book	56	47.9
Meditation	20	17.1
Vacation	9	6.8
Total	118	100

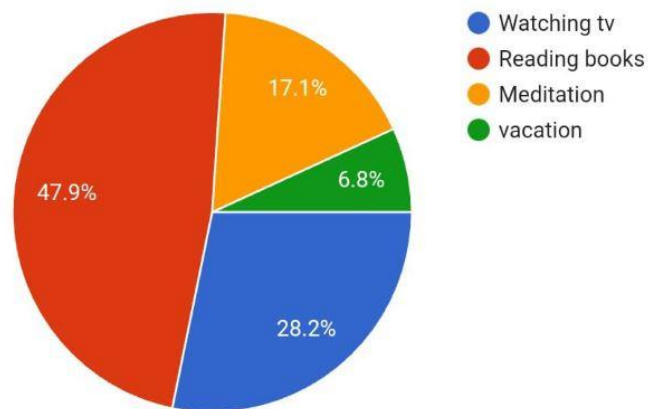


chart no 4.1.10 health you do to reduce stress classification of respondents

Interpretation

From the above table it is interpreted that 47.9% of respondents are reading book and 28.2% of respondents are watching tv and 17.1% of respondents are meditation and 6.8% of respondents are vacation .

Inference

Majority 47.9% of respondents are reading book for reduce stress

Table no 4.1.11 action taken by company classification of respondents

Action taken by company	No Of Respondents	Percentage
Vacation	31	31.3
Resort three months a once	66	66.7
other	21	2
Total	118	100

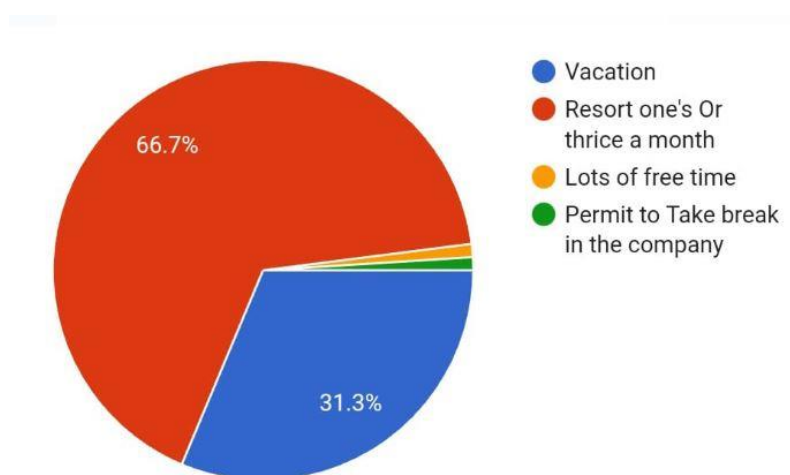


chart no 4.1.11 action taken by company classification of respondents

Interpretation

From the above table it is interpreted that 66.7% of respondents are three month or two months resort and 31.3% of respondents are vacation and 2% of respondents are others .

Inference

Majority 66.7% of respondents are three month or two months a resort for the action taken by the company

Table no 4.1.12 misunderstanding with coworkers classification of respondents

Misunderstanding with coworkers	No Of Respondents	Percentage
Strongly agree	10	5.9
agree	34	28.8
Neutral	56	47.5
Disagree	11	9.3
Strongly agree	7	8.5
Total	118	100

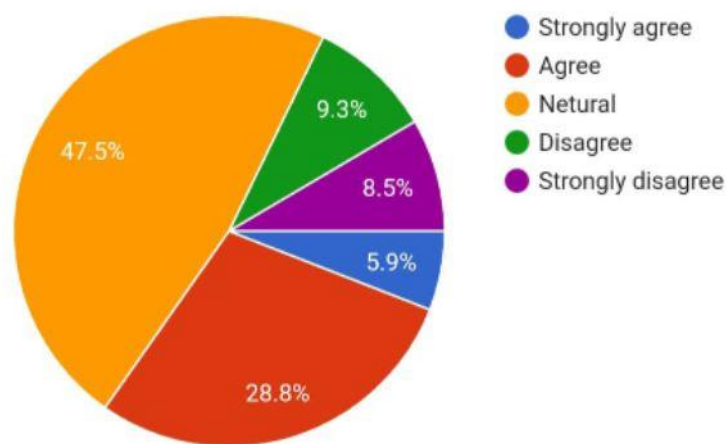


chart no 4.1.12 misunderstanding with coworkers classification of respondents

Interpretation

From the above table it is interpreted that 47.5% of respondents are neutral and 28.8% of respondents are agree and 9.3% of respondents are disagree and 5.9% of respondents are strongly agree 8.5% of respondents are strongly disagree.

Inference

Majority 47.5% of respondents are neutral for misunderstanding with coworkers and supervisors

Table no 4.1.13 after stress classification of respondents

Health condition after stress	No Of Respondents	Percentage
Very good	16	13.7
Good	51	43.6
Average	46	39.3
Bad	5	3.4
Very bad	0	0
Total	118	100

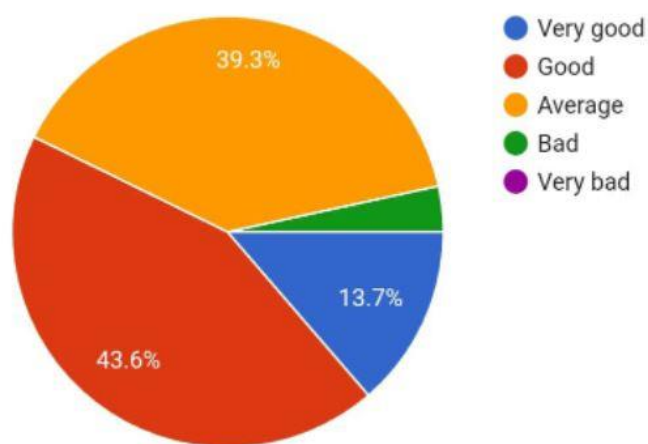


chart no 4.1.13 after stress classification of respondents

Interpretation

From the above table it is interpreted that 43.6% of respondents are good and 39.3% of respondents are neutral and 13.7% of respondents are very good and 3.4% of respondents are bad 0 % of respondents are very bad .

Inference

Majority 43.6% of respondents are good for health after stress

Table no 4.1.14 stress classification of respondents

Stress	SA	A	N	D	SD
I feel irritated	NA	39	NA	NA	NA
I don't have time for personal life	32	NA	NA	NA	NA
Netural	NA	NA	20	NA	NA
Good communication with colleague	NA	NA	NA	NA	18
Work pressure affects health	NA	NA	NA	9	NA
Total	32	39	20	9	18

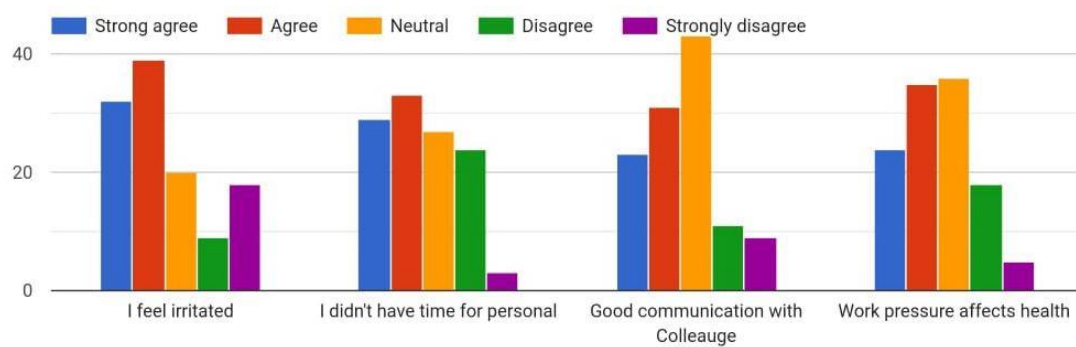


chart no 4.1.14 stress classification of respondents

Interpretation

From the above table it is interpreted that 39 of respondents are agree and 32 of respondents are strongly agree and 20 of respondents are neutral and 18 of respondents are strongly disagree 9 of respondents are disagree .

Inference

Majority 39 of respondents are agree for stress

Table no 4.1.15 Over all rating classification of respondents Over all rating

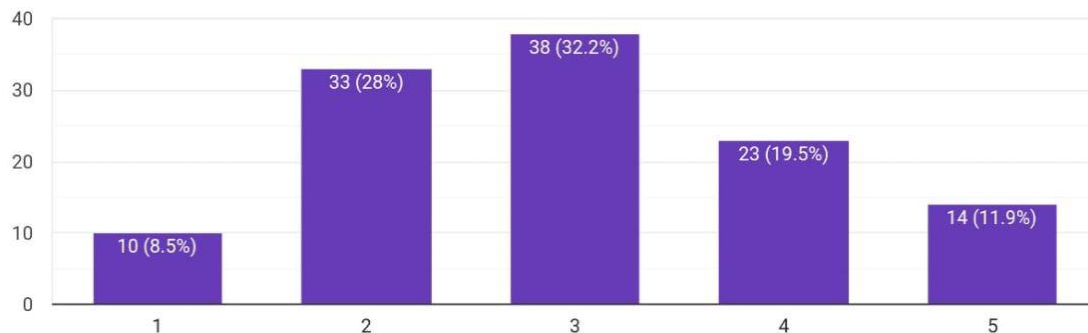


chart no 4.1.15 over all rating classification of respondents

Interpretation

From the above table it is interpreted that 32.2% of respondents are rate in number 3 and 28% of respondents are rated in number 2 and 19.5% of respondents are rated in number 4 and 11.9% of respondents are rated in number 5 and 8.5% of respondents are rated in number 1.

Inference

32.2% of respondents are Majority 39 of respondents are agree for stress

4.2 STATISTICAL ANALYSIS

Chi-square

Null hypothesis: There is no significant relationship between the Age and Health problem due to stress.

Alternative hypothesis: There is a significant relationship between the Age and Health problem due to stress.

Case Processing Summary

		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
age	*	118	100.0%	0	0.0%	118	100.0%
Healthproblemduetop stress							

age * Health problem due to stress Cross tabulation

Count

Health problem due to stress						Total
Lack of sleep	Back pain	Head ache	Hair loss	Depression		

age	20	1	4	6	0	1	12
	Above						
	25	4	17	21	5	12	59
	35						
	36	9	9	10	8	3	39
	45						
	45	0	3	4	1	0	8
	Above						
Total		14	33	41	14	16	118

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	18.281 ^a	12	.107
Likelihood Ratio	20.583	12	.057
Linear-by-Linear Association	.597	1	.440
N of Valid Cases	118		

12 cells (60.0%) have expected count less than 5. The minimum expected count is .95.

Interpretation

Since p value 0.107 is greater than 0.05 we accept the null hypothesis and reject the alternative hypothesis there is no significant relationship between the Age and Health problem due to stress.

ANNOVA

Null hypothesis: There is no significant relationship between the Gender and Personal and family problem at the work.

Alternative hypothesis: There is a significant relationship between the Gender and Personal and family problem at the work.

Descriptives

Gender

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum
					Lower Bound	Upper Bound	m
Strongly agree	16	1.1250	.34157	.08539	.9430	1.3070	1.0
Agree	52	1.2692	.44789	.06211	1.1445	1.3939	1.0
Neutral	35	1.2857	.45835	.07748	1.1283	1.4432	1.0
Disagree	13	1.1538	.37553	.10415	.9269	1.3808	1.0
Strongly disagree	2	1.0000	.00000	.00000	1.0000	1.0000	1.0
Total	118	1.2373	.42723	.03933	1.1594	1.3152	1.0

ANOVA

Gender

	Sum of Squares	df	Mean Square	F	Sig.
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Between Groups	.540	4	.135	.733	.571
Within Groups	20.816	113	.184		
Total	21.356	117			

Interpretation

Since p value 0.571 is greater than 0.05 we accept the null hypothesis and reject the alternative hypothesis there is no significant relationship between the overall There is no significant relationship between the Gender and Personal and family problem at the work.

CORRELATIONS

Null hypothesis: There is no significant relationship between the Time pressure at work and Misunderstanding with my coworkers and supervisor.

Alternative hypothesis: There is a significant relationship between Time pressure at work and Misunderstanding with my coworkers and supervisor.

Correlations

timepressur eatthework	misundersta ndingwithmy coworkersan dsuperviros
---------------------------	--

timepressureatthework	Pearson Correlation	1	.044
	Sig. (2-tailed)		.639
	N	118	118
misunderstandingwith mycoworkersandsupervisor	Pearson Correlation	.044	1
	Sig. (2-tailed)	.639	
	N	118	118

Interpretation

Since p value 0.639 is greater than 0.05 we accept null the hypothesis and reject the alternative hypothesis .There is no significant relationship between the Time pressure at work and Misunderstanding with my coworkers and supervisor.

CHAPTER 5

FINDINGS, SUGGESTIONS, CONCLUSION

5.1 FINDINGS

- ❖ Majority 76.9% of the respondents are male category
- ❖ Majority 50.9% of respondents are age 25 to 35
- ❖ Majority 53.4% of respondents are satisfied work environment
- ❖ Majority 41.7% of respondents are maybe for the time pressure
- ❖ Majority 48.7% of respondents are agree for travelling cause stress
- ❖ Majority 49.1% of respondents are good for health before stress
- ❖ Majority 44.8% of respondents are agree for family or personal problem cause stress.
- ❖ Majority 34.7% of respondents are agree not enough time for family and personal
- ❖ Majority 34.5% of respondents are head ache for health problem due stress
- ❖ Majority 47.9% of respondents are reading book for reduce stress
- ❖ Majority 66.7% of respondents are three month or two months a resort for the action taken by the company
- ❖ Majority 47.5% of respondents are neutral for misunderstanding with coworkers and supervisors
- ❖ Majority 43.6% of respondents are good for health after stress
- ❖ Majority 39 of respondents are agree for stress
- ❖ Majority 32.2% of respondents are Majority 39 of respondents are agree for stress

5.2 SUGGESTION

Majority of the respondents of time stress the workers in the DAC developers are finding hard time in timing of company . Company should take action to reduce the of the company. Like the company can make Saturday as the half working day or Saturday as leave. So it will help to releive from the stress little bit.

5.3 LIMITATION OF STUDY

- ❖ • The study is confined to DAC promoters. □
- ❖ The study is based upon impact of stress among employees in DAC promoters
- ❖ The data collected for the research is fully on primary data given by the respondents.□
- ❖ Due to storage of time and other constraints, the study has been limited 118 respondents only.

5.4 CONCLUSION

Stress is a natural of everyday life especially adult life in the workplace. In this research we found out that stress play an important role in affect of health. The research is done for three months in DAC promoters in that I found out the company employees having stress due to time pressure and what are the action taken by the company to reduce .

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Impact of stress among employees

Questionnaire

1.Name

2.Age

- 20 Above
- 25 to 35
- 36 to 45
- 45 Above

3.Gender

- Male
- Female

4.How do you feel about your work environment

- Highly satisfied
- Satisfied
- Neutral
- Dissatisfied
- Highly dissatisfied

5.Do you feel time pressure to complete the work

- Yes
- Maybe
- No

6.Do you think traveling time to the company also cause you stress

- Highly agree
- Agree

- Neutral
- Disagree
- Highly disagree

7.How was your health condition before stress

- Very good
- Good
- Average
- Bad
- Very bad

8.Do you think family or personal problem causes stress at work

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

9.The occupation does not give enough time to spare with family members.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

10.What kind of health problems do you face due to stress

- Lack of sleep
- Back pain
- Head ache
- Hair loss
- Depression
- Other:

11.How did you control you mental job stress

- Watching tv
- Reading books
- Meditation
- Vacation

12.What are the action taken by the company to reduce the stress

- Vacation
- Resort to twice Or thrice a month
- Other:

13.I have misunderstanding with my coworkers and supervisor because of job stress.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

14.How is your health after stress is reduced

- Very good
- Good
- Average
- Bad
- Very bad

15. Stress

SA-Strong agree A-Agree N-Neutral,DA-Disagree, SDA-Strongly disagree.

stress	SA	A	N	DA	SDA
I feel irritated					
I didn't have time for personal					

Good communication with Colleage					
Work pressure affects health					

16.Suggest some measures to reduce stress among employees

17.How do you rate your overall stress

- 1
- 2
- 3
- 4
- 5