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An empirical study on job stress and mental-emotional health of selected private sector professionals in Gurugram

Gaurav M Doshi ^{1*}, Hemen S Ved ², Ami Thakkar

¹Assistant Professor, Faculty of Pharmacy, SGT University, Gurugram (India)

^{1*}Assistant Professor, Faculty of Pharmacy, SGT University, Gurugram (India)

²Assistant Professor, Faculty of Commerce and Management, SGT University, Gurugram (India)

Address for Correspondence: editorjohp@gmail.com

ABSTRACT

Any professionals' physical and emotional wellbeing can be affected by job stress. This may curb their efficiency and hurting their overall quality of life. Considering the challenging work environment in the private sector, the present study aimed to investigate the correlation between job stress and health problems that employees can have on their mental-emotional health and investigating the impact of the demographic profile of the respondents. The study took place from January 2020 to March 2020. Our sample consisted of 360 private sector professionals aged 21-58 years working in any private company in Gurugram city, out of which 317 filled questionnaires were received back with the response rate of 90.57. Indian Council of Medical Research (ICMR) has developed a standardized questionnaire, and the same was used. The study was empirical. The questionnaire was divided into three sections. Section A enquired about the demographic profile of the respondents, section B was used to assess work stress, and the final section checked upon the health status of the respondents. The results of the study revealed that 48.9% of the study population, scored 65 to 95, i.e., were in the category of moderate stress, and needs better stress management; 30.10% of the study population were in the category of the score 32 to 64, i.e., had the safe level of stress and were good at stress management and 21.09% of the study population was in high-stress level, 14.3% of the professionals showed symptoms those were close to stress; 38.7% of the study population (124) showed good health status. Professionals that managed work stress well (122), only 38.7% showed symptoms, whereas professionals that did not show good stress management (46), 14.33% showed symptoms. Thus, results advocate that better stress management decreases the chance of having health symptoms related to stress.

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