

DEFINED NATURE OF JOB - A STRESS PANACEA

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ABSTRACT

Stress spares none, be that a neonatal, teen, adult or a nonagenarian. All of us experience stress for one reason or the other. In fact, the intensity of stress varies from person to person. It may vary with age, gender and income group of an individual. Some factors that build up stress in the present circumstances may cease to do the same under changed circumstances. Through the research in hand, an attempt has been made to further investigate the reasons that lead to stress, especially at the work place.

Different authors have defined stress differently but the summation of all is that, stress is an outcome of the incompatibility arising between the available resources and the out stretched expectations.

The research is based on Primary as well as Secondary information. The Primary data was collected from the city of Pune, India (a metropolitan city with a population of over 6 million people) through a questionnaire survey conducted over a sample of 400 people belonging to four different Age and Income groups.

The secondary information was drawn from books, journals, newspapers and articles published in the websites.

Towards the end, the researcher discovered a significant reason behind stress which affects everyone irrespective of their age, income and gender.

KEY WORDS: Age Groups, Gender, Income Groups, Reasons for Stress, Stress.

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