Prevalence of Stress and Coping Skills among Industrial Workers in Selected Industries of Indore District

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Abstract

Industrial workers often work in stressful conditions that can affect their mental health. This study aimed to understand how common stress is and how workers cope with it in certain industries in Indore. The results showed that 59% of workers experienced moderate stress, 40% had low stress,1% had severe stress. Also, 87% of workers used coping strategies to manage stress. This study shows that stress is a problem for many industrial workers in Indore, and that most workers try to cope with it. The study suggests that workplaces should do more to reduce stress and promote mental well-being.

Objectives

- This study aims to investigate the prevalence of stress among workers in industrial settings.
- The objective of this research is to measure the intensity of stress as reported by industrial workers.
- This investigation seeks to identify the adaptive coping techniques used by industrial workers to alleviate stress
- This study aims to investigate the relationship between stress levels and coping strategies employed by industrial workers.
- The objective of this research is to investigate the correlation between occupational stress and selected demographic factors

Based on the identified problem, research question and the objectives the following hypotheses were formed:

H1: It is hypothesized that a statistically significant correlation ($p \leq 0.05$) exists between stress levels and coping skills among industrial workers

H2: A statistically significant relationship ($p \leq 0.05$) exists between stress levels and specific demographic factors

Review of literature

This study explored the mental health of factory workers, focusing on job satisfaction levels and the impact of occupational stress on mental well-being. The findings showed that 33.5% of workers experienced poor mental health, with elevated levels of occupational stress, anxiety, insomnia, somatic symptoms, and depression. Notably, the research identified pay and job security as crucial factors influencing mental health.

(Janyam K., 2011)

A study of 200 workers examined the impact of job type (high-risk vs. low-risk) on occupational stress. The results showed

that job type played a significant role in stress levels, with workers in high-risk jobs experiencing greater stress than those in low-risk jobs, regardless of pay level. Specific factors contributing to occupational stress included role overload, ambiguity, and pressure, as well as poor working conditions and low status. Notably, workers in high-risk jobs reported significantly higher stress levels compared to those in low-risk jobs. **(Khalid and Khalique 2012)**

A study on occupational stress and burnout among industrial employees found that supervisors and below-supervisor level employees with longer service experience (7-12 years) reported higher stress levels. Specifically, these employees exhibited increased feelings of depersonalization and emotional exhaustion.**(Bhatia and Kumar, 2005)**

A study of 300 supervisory-level employees from the Life Insurance Corporation explored the link between role stress, mental health, and coping strategies. The results showed a strong positive correlation (r=0.84) between role stress and mental health issues. Employees who used "approach" coping strategies reported higher role stress levels (M=153.5) than those using "avoidance" strategies (M=114.5). However, the "approach" group exhibited fewer mental health symptoms (M=34.77) compared to the "avoidance" group (M=57.52). The study concluded that using "approach" coping strategies can help mitigate the negative impact of high role stress on employees' psychological well-being. **(Srivastava, 2007)**

Methodology

A Survey design was employed using non-probability purposive sampling technique. A sample of 100 industrial workers participated in the study.

Results

- Table 1 indicates out of 100 industrial workers**,**(male) majority i.e. 92 (92%) comes under the group of 25-45 years and 8 (8%) comes in above 45-60 years of age group. Majority of the workers 63 (63%) have 18-22 years of working experience, 19 (19%) of them have 14-17 years of experience, 10 (10%) out of them have 23-26 years and rest 8 (8%) have 10-13 years of working experience Most of the industrial workers have normal BMI i.e. 46 (46%), 54 (54%) were overweight. This table also mention the educational status of the industrial workers. 40 (40%) of them have secondary education 39 (39%) of them have higher secondary education, 20 (20%) are graduate and only 1 (1%) have primary education.

- Table 2The studyrevealed that 59.0 % of industrial workers experienced moderate stress ,40% had low stress, and 1%had severe stress.Additionally,87% of workers employed coping skills to manage stress.
- Table 3 reveals a moderate positive correlation (r=0.625) between stress levels and coping skills among industrial workers. The mean stress level was 4.457, while the mean coping skill score was 1.074. These findings support the research hypothesis H1, indicating a significant relationship between stress levels and coping skills. However, the results did not show a significant association between stress levels and selected demographic variables, leading to the rejection of hypothesis H2.

Table 1: Distribution of Demographic Characteristics among 100 Participants

Serial Number	Demographic Factors	Number of Responses	Percent of Total
1	**Age Range:** a) 25-45 b) 45-60	 92 8	 92.0 8.0
2	**Experience in years:** a) 10-13 b) 14-17 c) 18-22 d) 23-26	 8 19 63 10	 8.0 19.0 63.0 10.0
3	**BMI:** a. Normal b. Overweight	 46 54	 46.0 54.0
4	**Education Level:** a) Elementary (Primary) b) High School (Secondary) c) Higher Secondary d) College Graduate (Degree Holder)	 1 40 39 20	 1.0 40.0 39.0 20.0

Table 2: Distribution of Stress Levels among 100 Participants

S. No.	Stress Levels	Percentage (%)
1.	Low stress (<45)	40.0
2.	Moderate stress (46-65)	59.0
3.	Severe stress (>65)	1.0

Table 2.1: Coping Strategies Used by 100 Industrial Workers

S. No.	Coping Skills Adopted		Total (%)
	Yes %	No%	
1.	87.0	13.0	100

Table 3: Relationship between Stress and Demographic Characteristics among 100 Participants

Serial Number.	Demographic Factors	Stress Levels		df	$\chi 2$ value	Table Value
		Low	Moderate			
1.	**Age group:**					
	a. 41-60 years	11	81	4	1.075***, S	9.49
	b. 25-41 years	0	8			
2.	**Experience (Year):**					
	a) 10-13	1	7			
	b) 14-17	1	18	6	2.588*, NS	12.59
	c) 18-22	9	54			
	d) 23-26	0	10			
3.	**Education Level:**					
	a) Elementary	0	1			
	b) High School	4	36	6	0.513*, NS	12.59
	c) Secondary	4	35			
	d) College Graduate	3	17			
4.	**BMI:**					
	a) Underweight(less			4	4.042*, NS	9.49

	than 18.5) b) Normal weight (18.5-24.9) c) Overweight (25-29.9) d) Obese(30 or higher)	0 2 4 5	1 38 29 21			

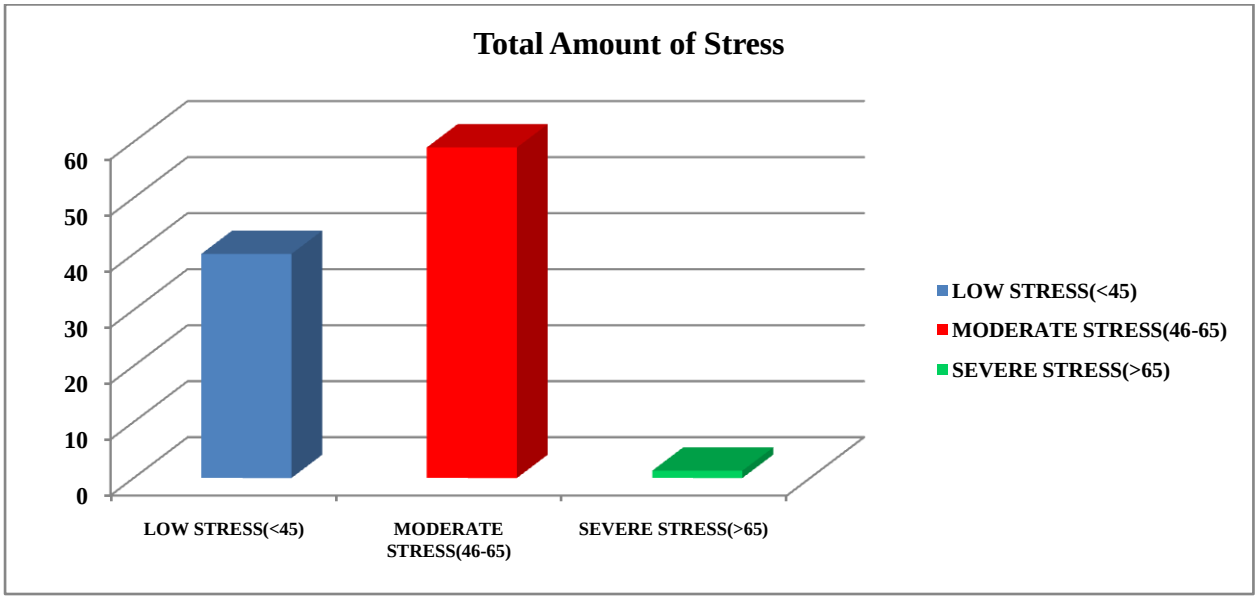
*Means the result is statistically significant ($p \leq 0.05$)

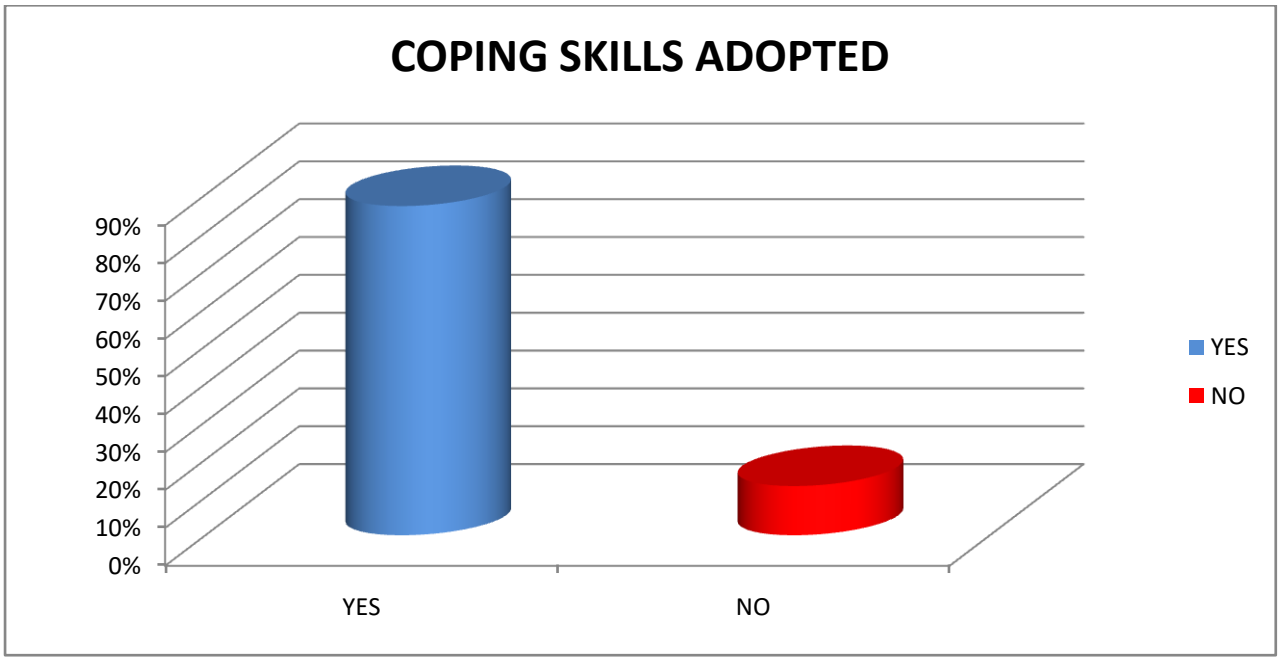
** Means the result is very statistically significant ($p \leq 0.01$)

* Means the result is extremely statistically significant ($p \leq 0.001$)

S: Significant (the result is important)

NS: Not significant (the result is not important)





Discussion

The findings of overall level of stress revealed that 40(40%) of industrial workers had low stress, majority of workers 59(59%) had moderate stress and only 1(1%) had severe stress while working in the industry. Hence, it showed that majority of the industrial workers were having moderate amount of stress in all type of stressors.

The study looked at how industrial workers cope with stress. It found that almost all workers use different strategies to deal with stressful situations. In fact, 87% of workers (87 out of 100) used coping skills, while 13% did not.

The study found that industrial workers had a moderate stress level (average score: 4.457) and used coping skills somewhat frequently (average score: 1.074). The results also showed a moderate positive connection between stress levels and coping skills. This means that as stress levels increased, workers were more likely to use coping skills.

Suggestions

For Future Action Based on the study's results, we suggest the following:

- This study should be repeated with a larger group of people to confirm the results.
- Studies may be conducted to evaluate the effectiveness of booklet regarding preventive and coping skills of industrial stressors.
- Studies on the perception of stressors of the family members of industrial workers.
- An experimental study can be done to see the effect of coping skills therapy on reducing level stress.
- - More research is needed to understand how well staff nurses know and use therapeutic communication skills.
- A prospective study can be done to identify / assess the incidence of boredom among industrial workers.
- Studies may be conducted to examine the adequacy of psychosocial support services for industrial workers.

Nursing Implications

- Nurses working in hospitals, medical unit or industrial areas need to educate the industrial workers.
- In nursing curriculum, health programs should also be organized on a regular basis to assess the level of stress and provide training to students to manage with the problems by using effective coping skills.

  More in-depth research is needed to understand the stress that industrial workers and their

family's experience, and how nurses can help.

Conclusion

This study looked at how common stress is among industrial workers and how they cope with it. The results showed that working in industries for a long time can be very stressful. Workers experienced physical, emotional, and behavioural problems at different stages. The study highlights the importance of creating a healthier work environment to reduce stress and promote mental well-being among industrial workers.

References:

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