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Occupational Stress of Urban and Rural Small Traders

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Stress is a major feature in our every aspects of life, especially with the pace of development increases. Present study is aims with the comparative assessment of occupational stress of traders of urban and rural areas. The questionnaire created by Dr. AK Srivastava and AP Singh was given for the psychological examination. Sample consists of 40 (20 rural and 20 urban) businessmen selected from Rajnandgaon district and kept in mind that they should be of equal age, same age. Result of t-test shows that businessmen of rural areas have scored significantly higher on the occupational stress scale than their urban counterparts.

Introduction:

Almost every country has been affected by the devastating Coronavirus disease (COVID-19). The world is passing through a great uncertainty. Undoubtedly, the Coronavirus has put the world economy at a major risk. The COVID-19 pandemic is an unprecedented global crisis, affecting human health and economic welfare across the globe. It is first and foremost a health crisis, with governments around the world taking measures to prevent the spread of the virus. Yet the pandemic has also resulted in a planet-wide economic slowdown, affecting trade, investment, growth and employment. The World Trade Organization estimates that world merchandise trade in 2020 could fall sharply, between 13% and 32%. Estimated global losses in GDP growth currently hover around 5 percentage points.

Stress is a feature in our life, especially the pace of development increases. Work is a general term that is applicable to all types of business. It is a basic condition for most people and is an important component of the environment to survive. It is a major element for the development of the individual as well as the economy of the country. Many people spend half of their lives in work-related activities. There is no release or outlet for stressed feelings. It is natural to experience stress related to work on stress or tension in the body or mind.

The term stress is defined by the Oxford Dictionary as a state of affairs involving the run on physical or mental energy. In medical language, stress is defined as a disturbance of the body's homeostasis. The state of extreme stress is harmful to human health but is common

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in abstinence stress and proves useful in many cases. A professional stress can be caused by dealing with too much or too little work, time pressures and deadlines, fatigue from the physical stresses of the work environment, excessive travel and long hours of work. According to Kofer and Apple (1964), "Stress is the state in which a person experiences a crisis for his normal condition and the teacher is a teacher and strives for protection with all his strength".According to Comish R.& Swindle B.(1994), "Occupational stress, in particular, is the inability to cope with pressures in a job, because of a poor fit between someone's abilities and his/her work requirements and conditions. It is a mental and physical condition which affect an individual's productivity, effectiveness, personal health and quality of work". According to Lazarus R.S.& cohen J.B. (1976), "Stress occurs when there are demands on the person, which taxes or exceeds his adjustive resources."

Occupational stress is a force that pushes a psychological or physical factor behind its stability to cause stress within individuals. In research studies "occupational stress" has been variously termed as "job stress", "work place stress" and "organizational role stress". All these constructs overlap each other with minor distinctiveness. Occupational tress, workplace-stress, job stress and role-stress stem from a wider phenomenon "stress" which is a complex psychological construct that people may experience everyday " (Quick et al., 1997). Work-related stress can be defined as a pattern of emotional, cognitive, behavioural and physiological reactions to adverse and noxious aspects of work content, work organization and work environment. It is a state characterized by high levels of arousal and distress and often by feelings of not coping. Stress may be defined as an adaptive response, to an external situation that results in physical, psychological and behavioral deviations. Occupational stress can be explained as the physiological and emotional responses that originate when workers feel an imbalance between their work demands and their capability and/or resources to meet these demands. Worker's responses to stressors may be positive or negative which is dependent on the type of demands placed on them, the amount of control they exercise over the situation, the amount of support they get and also the individual response of the person.

Study of related literature

Pabal (2012) studied occupational stress among 200 professional college teachers in Punjab and revealed that there was no significant difference between male and female teachers in the level of website stress because those teaching in rural and urban-based professional colleges There was a significant difference between teachers.

Hasan (2014) compared occupational stress among 100 teachers of primary government and private school in Haridwar and found that private primary school teachers were highly stressed compared to government primary school teachers.

Kavita (2012) in her research studied the tension between female employees and male employees of IT sector. In her research, she found that women face more stress than men.

Satija S and Khan W titled their research work as the future speaker of the emotional intelligence e in professional dress among working professionals and 3 according to them Occupational stress is as much as job stress is the need to control the workplace Otherwise, it will negatively impact employee's work behavior and work. This study examines the relationship between emotional intelligence and business stress. This study shows that emotional intelligence is the most important predictor of e-occupational stress.

Li-Fang Zhang (2009) conducted a study titled Occupational Stress and Teaching Approach among Chinese Researchers suggested that conducive conceptual changes in teaching attitudes and their role inadequacy conceptualized while controlling participants' soul rating ability. The change in the teaching strategy predicted by N is negative.

Khalid A (2012) mentioned ID Role of Supportive Leadership as an adjunct between Title of Jobs stress and Job in his research. He found in his study that there is a direct relationship between stress and job performance. In order to improve a person's performance in an organization, their leader's support must be received by that employee. In a hostile situation, a pro-leader can improve an employee's performance.

Amir Shani and Abraham Pijam (2009) conducted a study on work depression among Central Florida-based hotel employees on work-related stress. They found that this phenomenon of depression in workers in the website industry was characterized by occupational stress and work.

Wiljon and Rothman examined the relationship between occupational stress poor health and organizational commitment and found that organizational stress contributed significantly to poor health and low organizational commitment. The stress of job security contributed to the deterioration of health both physically and psychologically. Five predictions of low personal commitment such as work life balance, overload, control job aspects and pay.

Kayoko Urakawa and Kazuhito Yokoyam in their work on ¯Sense of Coherence (SOC) may Reduce the Effects of Occupational Stress on Mental Health Status among Japanese Factory Workers"(2009) has found the result i.e. adverse effects on mental health due to the job demand and job stress was positively associated with SOC, the mental health status of males in managerial work was adversely negative, where as it was positive among the female co-workers. Finally they found that, SOC is an important factor determining the coping ability over the job stress for both the genders.J.E. Agolla in his research titled "Police Officers: The Case of Botswana Police Service", (2009). He has conducted a study in Botswana, among the police to find out work stress symptoms and coping strategies among the police service. This study reveals that the police work stressors are; getting injured while on duty and the use of force when the job demands to do so, etc. The coping strategies were identified as exercising, socializing, healthy eating or diets, career planning and employee training.Connolly, John F and Willock, Joyce and Hipwell, Michele and Chisholm, Vivienne in their research titled "Occupational Stress & Psychological Well Being following University Relocation"(2009) they describe and analyze that management standards for work related stress(demand, support, control, role, relationships and change) can be analyzed by examining 1) overall levels of psychological strain 2) job satisfaction, and 3) the psychosocial working conditions.

Urska Treven, Sonja Treven & Simona Sarotar Zizek in their research titled "Effective approaches to managing stress of employees" (2011), have found that, where the workers are said to be stressed are more likely to be unsuccessful in their work. Various approaches of managing stress, good work organization and good management are the effective ways of preventing stress. They categorized stress broadly into three types; such as i) Transient Stress ii) Post Traumatic Stress Disorders (PTSD) and iii) Chronic Stress.

P.S. Swaminathan,& Rajkumar S. in their work on "Stress levels in Organizations and their Impact on Employees' Behaviour" (2013).

They have conducted a study that focused on the levels of stress among the age group, profession, different varieties of jobs, hours of work and the influence of work environment on the degree of stress faced by employees. Stress in an employees' individual in nature. This study indicates that, an optimum level in which every individual can perform with his full capacity and identified three conditions responsible for work stress they are 1) Role overload 2) Role self distance 3) Role stagnation.

Weiman (1977), espoused: "Occupational stress is the sum total of factors experienced in relation to work which affect the psychosocial and physiological homeostasis of the worker. The individual factor is termed a stressor and stress is the individual worker s reaction to stressors." Job or work, is an important part of life and also one of the major causes of stress. Various organizational related variables have been found to be the reason behind the workplace stress.

Beehr and Newman (1978), define occupational stress as "A condition arising from the interaction of people and their jobs and characterized by changes within people that force them to deviate from their normal functioning." Work overload both quantitatively and qualitatively has been empirically linked to a variety of physiological, psychological and behaviour strain symptoms

Objective: Comparative study of occupational stress of traders of urban and rural areas.

Hypothesis: No difference will be found in occupational stress of urban and rural men

Method

Design - Since we want to visualize the difference of mean between two groups, we have used matched group design and the t-test statistics.

Tools

The questionnaire created by Dr. AK Srivastava and AP Singh is being given for the purpose of a psychological examination. There are 46 posts related to your work environment. Five possible answers are given in front of each statement. Draw the 'line' below whatever answer you feel is appropriate in the context of your job or organization department. For each statement, answer has to be given out of five possible answers, give your answer independently and the answer given by you will be kept completely confidential. Its reliability index was found to be .935 and .90 as the coefficient of the split method and Cronbach's alpha-test. Its validity is the coefficient of correlation between school on OS income and measures of job participation, work motivation, ego strength, and job satisfaction, respectively, -.56 (N = 225), -.44 (N = 200), and-. 40 (N = 205) -.51 (N = 500) and the correlation between the OSI score and job anxiety was found to be 0.59 (N = 400).

To carry out this test, we have taken 20 men from rural and 20 urban areas, they were given the form and the instructions were well explained and where did you get five box, check the correct mark on one of them. Total 46 questions in this form, which is divided into two parts, there are 26 questions in the negative and 20 questions in the positive. In this negative, each negative has 5 marks in complete disagreement, 4 marks in disagree, 3 marks in uncertain, 2 marks in agree, 1 score is given in complete concurrence, in the same way positive 1 marks in complete disagreement, 2 marks in disagree, 3 marks in uncertain, 4 marks in agree, 5 marks in complete consensus. There is no time limit to answer all questions. It is to be done quickly and the form is taken back and it is calculated and the level of significance is seen through the t-table.

Sample -

In order to complete the related studies, 10 (rural and urban) businessmen of Rajnandgaon district were selected and kept in mind that they should be of equal age, same age.

Table 1
Occupational Stress Survey

Area	Gender	No. of person	Total
Rural	Male	20	40
Urban	Male	20	

Result

T-table created for the difference of mean of the received from rural and urban

Table No - 2
T-test results

Variable	N	M	SD	t	d
Rural	20	151.35	7.94	2.00*	38
Urban	20	142.5	18.12		

Significant at 0.05 level

We found the result of 20 participants from rural area with a mean of 151.35 and standard deviation 7.94, similarly urban subjects scored a mean of 142.5 and standard deviation of 18.12. After calculation t-value was found 2.00, which is meaningful at lower significance level.

Discussion -

Hypothesis of the study was not accepted as a meaningful difference in occupational stress has been found between rural and urban professionals. Although this difference was found significant at lower level of confidence, but it is enough to understand that the business stress is found more in rural area businessmen than in urban areas. Result seems rational especially in current situation, because of the rural businessmen play double role at a time, first being a small traders as well as farmer also. Most rural businessmen have no backup of funding and background support for the crisis. Particularly in the current lock-down conditions imposed due to covid-19 pandemic they are facing severe financial crisis. Those conditions are found relatively less in urban business, because they have different options to convert their trade in awkward condition, like several small shopkeepers had adopted the business of door to door vegetable selling etc. in the lock-down period.

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