

Occupational Stress Among Media Personnel

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ABSTRACT

The paper is aimed at studying the occupational stress among media personnel. Occupational Stress Index by Srivastava & Singh was used for data collection based on which the analysis and interpretation of data is done. The sample consisted of total 200 media personnel who were randomly selected from the list of media personnel of different media groups by the lottery method. The results obtained showed no significant difference in occupational stress of personnel belonging to different media groups in relation to different levels of independent variables.

KEYWORDS: Stress, Occupational stress, Media, Media Personnel

INTRODUCTION

Media is said to be the fourth pillar of any democratic country. It is the sword arm of democracy. It has a strong social and cultural impact upon society. In the modern world, there is global demand for up-to-date news, particularly when disaster strikes. So the media personnel have to keep their eyes exposed to enormous stress and strain due to rapidly changing, complicated and hence confusing and disturbing events in the world. The perceptions of various events differ from one person to another and hence stress level too. Media personnel are more prone to stress than people of any other occupation due to their working situation. In order to prove the authenticity of facts, the media personnel are risking their lives and even facing fatal death while on duty. Well known photojournalist from The Daily Excelsior, late Ashok Sodhi sacrificed his life while performing his duty during an encounter at Samba in 2008. Five journalists were assaulted by Rohingyas in Bhatindi area when they went to investigate how the illegal immigrants were in possession of devices that require user identity authentication. Recently Shujaat Bukhari, Editor Rising Kashmir was murdered by militants at Srinagar for promoting peace. Such type of incidents creates an aura of stress engulfing every media personnel & this stress is becoming "the silent killer" if not managed properly (Tarkovsky, 2007). Being overloaded with tasks or having minimal control over the amount of work they perform and the time frame in which it must be completed may cause feelings of frustration or unhappiness among them. As a result, the body produces stress hormones which are typically released when an individual experiences psychological distress and they negatively affect the body and its organs.

Stress is natural and unavoidable feature of life experiences. It increases the susceptibility to heart disease, high blood pressure, depression and bodily pain and strikes a blow to the overall health of an individual everywhere. Occupational stress can be defined as the harmful physical and emotional responses which can lead to poor health and even injury. It occurs when the job requirements do not match the capabilities, resources or needs of the worker. Occupational stress among media personnel can be caused by looming deadlines and time pressures, long hours work, rising ambitions, living a life of intense competition thus adding to more stress, more worry, more anxiety, more internal conflict and trauma than those a person can handle. A study conducted on executives reveals that stress adversely affects their health, happiness and home life as well as their performance at work.

A study released in April found three in ten journalists post-traumatic stress after working on dangerous assignments. Depression, anxiety, alcoholism and relationship problems have also been reported. Occupational stress has extreme consequences in Japan where the suicide rate among men has risen over the last fifteen years. In a research conducted on increasing rates of occupational stress and stress related disorders among multi-professional media personnel, it was concluded that the self-reported overtime and sick leave appears to be associated with higher level of self-reported stress regardless of age, gender or work study.

Chronic stress is a result of an individual being subjected to repetitive stressors for longer duration and is characterized by hyper activity, negative emotions, change in hormonal levels, emotional susceptibility and tendencies to undergo neurotic symptoms. Various studies have confirmed the existence of link between chronic stress and health related problems. (Grim Shaw, 1999) In her study on assessment of stress in media personnel (old media & new media) Dr Neharika Gautam concluded that women report higher levels of chronic and daily stressors than men. Subash R.Sony found that length of service, age, educational qualification, monthly income had negatively significant relationship with personal inadequacy. Ansari revealed that the correlation between the nature of stress & qualification of teachers in different cadres was found to be non-significant. It has been revealed by even more studies that individuals with lesser experience experienced more stress as compared to the individual with more service years.

With this background in mind, the present study was taken up to understand the effect of certain demographic variables on the occupational stress of media personnel in Jammu District of J&K State.

METHODOLOGY

Objectives of the present study were:

To study the significance of differences in occupational stress of personnel belonging to different media groups in relation to different levels of

- 1) Experience & Marital status
- 2) Designation & annual Income
- 3) Working hours & type of media
- 4) Age & Qualification

HYPOTHESES

There may be no significant difference in occupational stress of personnel belonging to different media groups in relation to different levels of experience & marital status, designation & annual income, working hours & type of media, age & qualification.

SAMPLE

The sample of the present study was based on 200 media personnel belonging to both – Electronic & Print Media in Jammu district of J&K State. A list of media groups was made and out of total number of these 39 media groups were chosen randomly for the sample study. A list of media personnel working in these groups was prepared and out of which 200 media personnel were selected for the sample study by the lottery method.

VARIABLES

Independent variable:

Experience, Marital Status (Married / Unmarried), Designation, Annual Income, Working Hours, Type of Media (Electronic / Print), Age & Qualification

Dependent variable:

Occupational Stress

TOOLS USED

For the present study, the researcher used the following tools:

- 1) Occupational Stress Index by Srivastava & Singh.
- 2) Information schedule prepared by the researcher.

STATISTICAL TECHNIQUE USED

Two- Way Analysis of Variance (ANOVA) was applied to study the occupational stress among media personnel. The Analysis of Variance in dependent variables with respect to different independent variables had been analysed through Two-Way ANOVA in (2X2) & (2X3) factorial design. In Two-Way ANOVA, two types of factorial designs had been set up with different combinations of independent variables.

- 1) Different levels of Marital Status & Experience.
- 2) Different levels of Designation & Annual Income.
- 3) Different levels of Working Hours & Type of Media.
- 4) Different levels of Qualification & Age.

RESULT & DISCUSSION

The results of analysis have been shown in following tables:

Analysis / Interpretation of results:

Table1: Summary of Analysis of variance for Media Personnel in relation to Marital Status & Experience.

Sources	Ss	Df	Ms	F	Significance
Marital Status – A	68074.02	1	68074.02	26.90	Significant
Experience - B	208.03	2	104.02	0.04	Insignificant
Interaction A x B	208.03	2	104.02	0.04	Insignificant
Within	136642.90	54			
Total	205132.98	59			

Significance against df (1, 54) is 4.02 and 7.13 at 0.05 & 0.01 levels respectively; df (2, 54) is 3.17 & 5.02 at 0.05 & 0.01 levels respectively.

It is evident from the Table 1 that the computed F-ratio values of 0.04 in case of main effects of experience (B) & Interaction effect of Marital status & experience (AXB) are less than the table F-ratio values. The F-value of 26.90 in case of the main effects of Marital Status(A) is significant at 0.01 levels as it is higher than the Table value of F(7.13)

Table2: Summary of Analysis of variance for Media Personnel in relation to Designation & Annual Income.

Sources	Ss	Df	Ms	F	Significance
Designation – A	12.15	1	12.15	0.07	Insignificant
Income - B	645.03	2	322.52	1.80	Insignificant
Interaction A x B	32.70	2	16.35	0.09	Insignificant
Within	9674.30	54	179.15		
Total	10364.18	59			

Significance against df (1, 54) is 4.02 and 7.13 at 0.05 & 0.01 levels respectively; df (2, 54) is 3.17 & 5.02 at 0.05 & 0.01 levels respectively.

Table2 reveals that F Table values are 0.07, 1.80 & 0.09 for Media Personnel in relation to Designation & Annual Income which came out to be non-significant as they are less than the Table values of F at 0.05 & 0.01 levels respectively.

Table3: Summary of Analysis of variance for Media Personnel in relation to Working Hours & Type of Media.

Sources	Ss	Df	Ms	F	Significance
Media – A	6604.90	1	6604.90	0.21	Insignificant
Working Hours - B	372.10	1	372.10	0.01	Insignificant
Interaction A x B	250.00	1	250.00	0.01	Insignificant
Within	1131398.60	36	31427.74		
Total	1138625.60	39			

Significance against df (1, 36) is 4.14 and 7.13 at 0.05 & 0.01 levels respectively.

A look at Table3 which relates to duration of Working Hours & Type of Media of Media Personnel reveal that F-table values for the main effects of variables & their interaction came out to be insignificant.

Table4: Summary of Analysis of variance for Media Personnel in relation to Qualification & Age.

Sources	Ss	Df	Ms	F	Significance
Qualification – A	4.27	1	4.27	0.00	Insignificant
Age - B	6027.10	2	3013.55	0.26	Insignificant
Interaction A x B	7.63	2	3.82	0.00	Insignificant
Within	634307.40	54	11746.43		
Total	640346.40	59			

Significance against df (1, 54) is 4.02 and 7.13 at 0.05 & 0.01 levels respectively; df (2, 54) is 3.17 & 5.02 at 0.05 & 0.01 levels respectively.

Table4 clearly reveals that F-ratio values for variable Qualification, Age & their interaction is 0.00, 0.26 & 0.00 which are non-significant as their table values are higher at 0.05 & 0.01 levels respectively.

CONCLUSION

It can be concluded from the present study that Marital Status is responsible for bringing change in occupational stress among media personnel. Otherwise Age, Qualification, Annual Income, Experience, Working Hours separately reveals no change in occupational stress among media personnel. The interaction between Marital Status & Experience, Designation & Annual Income, Working Hours & Type of Media, Qualification & Age causes no change in occupational stress among Media personnel. Hence the hypotheses of no significant difference in occupational stress of personnel belonging to different media groups in relation to different levels of experience & marital status, designation & annual income, working hours & type of media, age & qualification is accepted.

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