



# Occupational Stress and Coping Mechanism of Doctors in Major and Minor Cities of Andhra Pradesh

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## **Abstract:**

**Aim/Purpose:** - The aim of the present research study was to know the impact of occupational stress and coping mechanism among the doctors in the respective selected area. **Findings:-** The outcome of the research witnessed that there are many reasons behind making feel more stress like: long working hours, resources, person, health and economic problems are the major problems which are belongs to major problems of working professionals. **Research Methodology/Design/Approach:-** The researcher developed structured questionnaire which include closed ended questions related to stress factors of doctors in their profession. Applied both descriptive and inferential statistics to analyse the data in all aspects. **Novelty:-** The research especially the stress factors of doctors and the coping mechanism with respect to this is a new research and has not been done earlier. **Generalization:-** The outcome of the research can be generalized under any phenomenon where need arises to assess the stress factors of doctors followed by coping mechanism procedure.

**Key words:-** Stress factors, coping mechanism, doctors stress

**Introduction:-** The present research explores the stress factors which are being impacted more on doctors and which creates numerous problems which impact on profession and even in professional life. There are many reasons to feel stress in their profession like: long working hours and uncertain cases being dealt by the doctors, and lacking of sufficient resources, in-experienced professionals, health issues, personal and economic issues, hygienic, lacking of professional recognition and work-life balance, inefficient salaries and other sorts of personal problems are the major problems of working professionals of doctors in the area. Therefore, the present research will explains about the list of stress factors which are majorly impacting on followed by the coping mechanism techniques need to be taken to overcome the problems of doctors. The present research has been done with the 50 sample size by collecting data from various respondents in the selected location. Therefore, the outcome of the research will facilitate to identify the stress factors and methodology to overcome the stress factors of doctors in an area.

**Review of Literature:-**

**M. Kotteeswari et.al., (2014)** witnessed that the professional stress is common irrespective of gender. Therefore, we need to adopt various controlling mechanism techniques to control the stress among them. **Bhargav et.al., (2022)** explores that they are being stressed due to insufficient holidays, harassment from management, inadequate support system, inadequate colleagues support at work are the major problems of working professionals facing in their field. **Harajyoti mazumdar et.al., (2012)** females especially will have many problems like: headache, blood pressure, back pain, appetite, skin rashes, bad sleeping habits, hair falls, and heart diseases are the major issues behind of stress among the women. Preeti Sarda. (2015). Organization should treat the individuals differently and should treat with more respect and value in the hospital. **Wilson Nicolau Fernandes and Dr. R. Nirmala (2017)** there are many factors which impact on individuals to feel more stress: work load, time constraint, patient relatives demand, vulnerability to infections are the major factors.

**Need & Importance:-**

There is a need to identify the problems of working professional especially in the medical sector as it is having pivotal role and need to identify the antecedents of stress factors which impact more on their profession. Therefore, these antecedents which facilitates to overcome the stress factors of doctors in the respective location. Therefore, the present facilitates a lot to identify the stress antecedents especially working professionals in the respective location.

**Statement of the Problem:-**

The Title entitled to “Occupational Stress and Coping Mechanism of Doctors in Major and Minor Cities of Andhra Pradesh”, which will explore the reasons behind occupational stress being faced by the working professions in the selected area of research.

**Scope of the Study:-**

The scope of the present research with respect to objectives restricted to Andhra Pradesh followed by the scope with respect to objectives limited to identify the antecedents of stress factors of doctors and the necessary step need to be taken to overcome the stress factors of working professionals.

**Hypothesis:-**

The hypothesis of the research has been formulated in such a manner, to identify the opinion variance of respondents with respect to age group and the antecedents of stress factors of working professionals in the study area.

$H_0(1)$ : There is n significant relation about the antecedents of stress factors of working professionals with respect to age group of the respondents.

**Research Methodology:-**

It is a descriptive research design by nature. In fact, it is a ex-post facto research design. Where research title had been already identified and assessment is being happening on to know the antecedents of stress factors.

**Sample Size:-**

The researcher has taken 50 sample size to collect the data from various respondents by using simple random sampling.

**Sampling Technique:-**

Researcher applied the simple random sampling to collect the opinion from various respondents in the contemporary context.

**Statistical Tools:-**

Applied both descriptive and inferential statistics to analyse the data in many aspects. In this context the researcher applied Mean, SD and Analysis of variance (ANOVA) to analyse the opinion of respondents in various aspects.

**Data Analysis and Interpretation: -****Table.1: Long working hours (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
In General doctors are having long working hours which can be the reason behind to feel more stress in the job	<25 Years	16	3.81	0.544	4.411	0.108
	26-40 Years	20	4.10	0.308		
	41-50 Years	6	4.17	0.408		
	51 and above	8	4.50	0.535		
	Total	50	4.08	0.488		

From the above table.1 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 4.10 and the corresponding standard deviation 0.408 followed by <25 years and the mean value is 3.81 and the corresponding SD value is 0.544 and the rest 8 respondents and the mean value is 4.50 and the SD value is 4.50. The F-value is 4.411 and the sig.value is 0.108. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.2: Heavy workload and uncertain cases (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There might be heavy workload and uncertain cases in 24X7 and lack of sufficient time could be the reason for feeling more stress in the job	<25 Years	16	3.81	0.544	6.774	0.001
	26-40 Years	20	4.55	0.510		
	41-50 Years	6	4.17	0.408		
	51 and above	8	4.50	0.535		
	Total	50	4.26	0.600		

From the above table.2 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 4.55 and the corresponding standard deviation 0.510 followed by <25 years and the mean value is 3.81 and the corresponding SD value is 0.544 and the rest 8 respondents and the mean value is 4.50 and the SD value is 0.535. The F-value is 6.774 and the sig.value is 0.001. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.3: Sufficient Resources (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There may not be sufficient resources in the hospitals to complete the given tasks in the stipulated time duration	<25 Years	16	3.88	0.619	9.721	0.000
	26-40 Years	20	4.70	0.470		
	41-50 Years	6	4.17	0.408		
	51 and above	8	4.00	0.000		
	Total	50	4.26	0.600		

From the above table.3 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 4.70 and the corresponding standard deviation 0.470 followed by <25 years and the mean value is 3.88 and the corresponding SD value is 0.619 and the rest 8 respondents and the mean value is 4.00 and the SD value is 0.000. The F-value is 9.721 and the sig.value is 0.000. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.4: Skills of Individuals (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
The in-experienced nursing and junior doctors could be the reason to feel more stress (where work cannot be completed in an expected manner)	<25 Years	16	3.75	0.447	3.693	0.018
	26-40 Years	20	4.20	0.834		
	41-50 Years	6	3.33	0.816		
	51 and above	8	3.50	0.535		
	Total	50	3.84	0.738		

From the above table.4 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 4.20 and the corresponding standard deviation 0.834 followed by <25 years and the mean value is 3.75 and the corresponding SD value is 0.447 and the rest 8 respondents and the mean value is 3.50 and the SD value is 0.535. The F-value is 3.693 and the sig.value is 0.018. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.5: health Issues (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
The Doctors and other working professionals may have health issues that could be the reason behind feeling more stress at work spot	<25 Years	16	3.50	0.632	4.083	0.012
	26-40 Years	20	3.65	0.587		
	41-50 Years	6	2.50	1.225		
	51 and above	8	3.00	1.069		
	Total	50	3.36	0.851		

From the above table.5 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.65 and the corresponding standard deviation 0.587 followed by <25 years and the mean value is 3.50 and the corresponding SD value is 0.632 and the rest 8 respondents

and the mean value is 3.00 and the SD value is 1.069. The F-value is 4.083 and the sig.value is 0.012. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.6: hygienic conditions (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
Lacking of hygienic conditions and necessary facilities for the doctors could be the reason behind feeling more stress	<25 Years	16	3.38	0.500	7.540	0.000
	26-40 Years	20	4.30	0.801		
	41-50 Years	6	4.17	0.408		
	51 and above	8	3.50	0.535		
	Total	50	3.86	0.756		

From the above table.6 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 4.30 and the corresponding standard deviation 0.801 followed by <25 years and the mean value is 3.38 and the corresponding SD value is 0.500 and the rest 8 respondents and the mean value is 3.50 and the SD value is 0.535. The F-value is 7.540 and the sig.value is 0.000. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.7: Professional Recognition (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
Lacking of professional recognition could be the reason behind feeling more stress	<25 Years	16	3.50	0.632	13.136	0.000
	26-40 Years	20	3.85	0.875		
	41-50 Years	6	2.50	1.225		
	51 and above	8	2.00	0.000		
	Total	50	3.28	1.031		

From the above table.7 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.85 and the corresponding standard deviation 0.875 followed by <25 years and the mean value is 3.50 and the corresponding SD value is 0.632 and the rest 8 respondents and the mean value is 2.00 and the SD value is 0.000. The F-value is 13.136 and the sig.value is 0.000. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.8: work-life Imbalance (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
The work-life imbalance could be the reason behind feeling more stress	<25 Years	16	3.44	0.512	1.968	0.132
	26-40 Years	20	4.00	1.170		
	41-50 Years	6	4.17	0.408		
	51 and above	8	4.00	0.000		
	Total	50	3.84	0.842		

From the above table.8 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 4.00 and the corresponding standard deviation 1.170 followed by <25 years and the mean value is 3.44 and the corresponding SD value is 0.512 and the rest 8 respondents and the mean value is 4.00 and the SD value is 0.000. The F-value is 1.968 and the sig.value is 0.132. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.9: Strategic Decision (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There might be a possibility to feel stress while taking strategic decisions concern to the patent	<25 Years	16	3.75	0.447	1.084	0.365
	26-40 Years	20	3.75	0.639		
	41-50 Years	6	3.33	0.816		
	51 and above	8	3.50	0.535		
	Total	50	3.66	0.593		

From the above table.9 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.75 and the corresponding standard deviation 0.639 followed by <25 years and the mean value is 3.75 and the corresponding SD value is 0.447 and the rest 8 respondents and the mean value is 3.50 and the SD value is 0.535. The F-value is 1.084 and the sig.value is 0.365. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.10: No Proper Appropriate Salary (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
No proper appropriate salary or remuneration and other monitory benefits could be the reason to feel more stress	<25 Years	16	3.75	0.577	3.060	0.037
	26-40 Years	20	3.70	1.218		
	41-50 Years	6	2.50	1.225		
	51 and above	8	3.00	1.069		
	Total	50	3.46	1.092		

From the above table.10 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.70 and the corresponding standard deviation 1.218 followed by <25 years and the mean value is 3.75 and the corresponding SD value is 0.577 and the rest 8 respondents and the mean value is 3.00 and the SD value is 1.069. The F-value is 3.060 and the sig.value is 0.037. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.11: Workplace Relationship (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There might be work place Zealous and not having proper relationship with the superiors could be the reason feeling more stress	<25 Years	16	3.44	0.512	4.513	0.007
	26-40 Years	20	3.50	1.147		
	41-50 Years	6	2.50	1.225		
	51 and above	8	2.00	0.000		
	Total	50	3.12	1.043		

From the above table.11 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.50 and the corresponding standard deviation 1.147 followed by <25 years and the mean value is 3.44 and the corresponding SD value is 0.512 and the rest 8 respondents and the mean value is 2.00 and the SD value is 0.000. The F-value is 4.513 and the sig.value is 0.007. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.12: sexual harassment (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There might be a sexual harassment in the work spot could be the reason to feel more stress especially in the case of women	<25 Years	16	3.50	0.632	7.088	0.001
	26-40 Years	20	3.45	0.945		
	41-50 Years	6	2.50	1.225		
	51 and above	8	2.50	0.535		
	Total	50	3.20	0.926		

From the above table.12 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.45 and the corresponding standard deviation 0.632 followed by <25 years and the mean value is 3.50 and the corresponding SD value is 0.632 and the rest 8 respondents and the mean value is 2.50 and the SD value is 0.535. The F-value is 7.088 and the sig.value is 0.001. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.13: Skills Underutilization (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There might be a feeling of skills are not properly utilized (under-utilized) and not having career progress could be the reason behind feeling stress	<25 Years	16	3.50	0.632	4.342	0.009
	26-40 Years	20	3.65	0.933		
	41-50 Years	6	3.33	0.816		
	51 and above	8	2.50	0.535		
	Total	50	3.38	0.855		

From the above table.13 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.65 and the corresponding standard deviation 0.933 followed by <25 years and the mean value is 3.50 and the corresponding SD value is 0.632 and the rest 8 respondents and the mean value is 2.50 and the SD value is 0.535. The F-value is 4.342 and the sig.value is 0.009. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.14: Skills up-gradation (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
lacking of self confidence in the profession where there is no knowledge and skills up-gradation and no knowledge	<25 Years	16	3.56	0.727	1.068	0.372
	26-40 Years	20	3.70	1.129		
	41-50 Years	6	3.33	0.816		
	51 and above	8	3.00	1.069		
	Total	50	3.50	0.974		

From the above table.14 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.70 and the corresponding standard deviation 1.129 followed by <25 years and the mean value is 3.56 and the corresponding SD value is 0.727 and the rest 8 respondents and the mean value is 3.00 and the SD value is 1.069. The F-value is 1.068 and the sig.value is 0.372. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

**Table.15: Managing Human Resources (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
Managing the patients and hospital human resources could be the reason behind feeling stress	<25 Years	16	3.81	0.544	4.131	0.011
	26-40 Years	20	3.60	0.883		
	41-50 Years	6	2.50	1.225		
	51 and above	8	3.50	0.535		
	Total	50	3.52	0.863		

From the above table.15 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.60 and the corresponding standard deviation 0.883 followed by <25 years and the mean value is 3.81 and the corresponding SD value is 0.511 and the rest 8 respondents and the mean value is 3.50 and the SD value is 0.535. The F-value is 4.131 and the sig.value is 0.011. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents

**Table.16: Management (Vs) Age Group**

	Age Group	N	Mean	Std. Deviation	F-Value	Sig.Value (2-Sided)
There might be a difficulty while managing the things with senior doctors, nursing staff and other senior cadre people in the work spot could be the reason to feel stress in the work spot	<25 Years	16	3.75	0.577	1.971	0.132
	26-40 Years	20	3.45	1.432		
	41-50 Years	6	2.50	1.225		
	51 and above	8	3.50	0.535		
	Total	50	3.44	1.110		

From the above table.16 depict that out of 50 sample respondents the majority 20 students are belongs to 26-40 years age group and the mean value is 3.45 and the corresponding standard deviation 1.432 followed by <25 years and the mean value is 3.75 and the corresponding SD value is 0.577 and the rest 8 respondents and the mean value is 3.50 and the SD value is 0.535. The F-value is 1.971 and the sig.value is 0.132. Therefore, it is evident from the analysis that there is no significant difference between doctors working hours which makes them to feel stress with respect to age group of the respondents.

### Conclusion:-

Therefore, it is evident from the overall analysis that the working professionals of doctors are facing numerous problems with respect to antecedents of stress factors of doctors in their profession. Therefore, there are certain measures need to be taken to overcome the problem of stress factors in the contemporary context. Therefore, need to come-up with various strategies to overcome the problems of antecedents of stress factors among doctors.

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