

ASSESSMENT OF STRESS AMONG COMPUTER PROFESSIONALS OF TEACHNOPARK, THIRUVANANTHAPURAM AND FACTORS ASSOCIATED WITH IT

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Abstract

The project study, designed as a descriptive cross section survey, was conducted among 125 computer professionals working in different companies of Technopark, Thiruvananthapuram using a stress assessment questionnaire. The study revealed the presence of stress among computer professionals of Technopark and also indicate to various factors that contribute to their stress. The major findings were:

- An alarmingly high proportion of the study population (47.2%) suffers from any level of stress.
- 28% of the study subjects suffer from mild stress.
- 17.6% of the study subjects suffer from moderate stress.
- 1.6% of the study subjects suffer from severe stress.
- There is no significant association between age and stress as evidenced by the Chi-Square Test ($P=0.0732$).
- There is strong association between sex and stress which was found be statistically significant ($P=0.0189$) as evident from Chi-Square Test.
- There is a strong association between hours work / day and stress which was found to be statistically significant ($P=0.049$) by the Chi-Square Test.

- The most common stressors (factors that produce stress) were (i) project deadline (49.6% of study subjects) (ii) restriction in time spent with family (49.6%), (iii) job obsolescence (43.2%), (iv) being under valued in profession (40.8%), (v) working overtime (41.6%) and (vi) work over load (26.4%).

The study revealed alarmingly high proportion of stress (47.2%) among computer professionals of Technopark, Thiruvananthapuram and elicited the different stressors.