

A STUDY ON STRESS RELATED ISSUES FACED BY DAILY LABOURERS IN BANGALORE CITY

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ABSTRACT:

A study on 'stress among migrant workers in Bengaluru' explores the symptoms of stress, causes of stress, sources of stress, coping strategies of stress, management offering of facilities to overcome stress, utilisation of those facilities by the workers and workers expectation from management related to coping with stress. For the study 126 filled questionnaires from migrant workers working in Bangalore are useful for analysis. Both males and females participated in this study. Most of the respondents who participated in this survey were youngsters, between 20 and 25-years age and are unmarried, having less than 5 years of experience. Most of them have studied till 10th standard and earned salary between 15000 and 20000.

The impact of stress on the health of the workers is confirmed through this study. They face physical and mental health issues. This is expressed in different ways in each individual. Most of the workers have responded that health issues impact the job performance. Anxiety is the major problem they face. The anxiety is related to the security of job and about the family members who are away from the worker. The stress symptoms that is visible among migrants is restlessness. Workload is the major cause of work stress that is found among the migrant workers. Poor salary and strict deadlines also cause stress is found through this study. Group behaviour and lack of recognition is another difficulty faced by the workers.

There are less facilities offered by the employer to reduce or manage stress. Some of the strategies adopted by the workers is to avoid stress creating environment and try to interact with like-minded individuals. The study revealed that they found friends as the major source of social support. For these workers who are away from their families experience the support of friends as a crucial factor to overcome stress. They expect open communication and recognition to their work from their employers to work peacefully.