

STRESS AND QUALITY OF LIFE AMONGST PROFESSIONALS: A CORRELATIONAL STUDY

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ABSTRACT

This study aims to evaluate relationship between stress and quality of life among professionals in society and if gender differences exist with regard to stress and quality of life among professionals working in Delhi-NCR. A correlation study was performed among 100 professionals including advocates, teachers, chartered accountants, architects, doctors from Delhi-NCR (50 male and 50 female). Purposive sampling was used for the sample selection. Stress levels were evaluated using Bist battery of stress scale (BBSS)-(2006). The WHOQOL-bref was used to evaluate the perception of quality of life. Correlation analysis was carried out to find out relationship between stress and quality of life by employing Pearson's product moment method. T-test was employed to find the gender differences. When assessing the relationship between perceived quality of life and increasing stress, significant positive correlation was found between those variables. Further, there exist no significant differences in mean scores of male and female professionals with regard to quality of life and stress level. Yerkes-Dodson law states that "as the difficulties of discrimination are increased the strength of that stimulus which is most favorable to habit formation approaches the threshold. "Interpretation of this law suggests that there is an inverted U-shaped relationship between QoL achieved through efficiency of coping and arousal due to stress. Deducing from this logic, the peak accomplishment of QoL probably occurs by stimulus of moderate-to-high levels of job stressors, which facilitate transformation.

Keywords: Stress, Quality of life, Professionals.

I. Introduction Stress

Stress is defined as a requirement placed on our psychological and physical functioning that threatens and individual's adaptation to a given situation". (Lazarus & Folkman, 1984) (6)

Impact of stress on future basis can be understood by model provided by Seyle in 1976 named as General adaptation syndrome (GAS), stressors are often anything physiological related (basic needs like starvation); events (like being hit by car); any quite suffering (weather not achieving what one desires etc). Moreover, other elements like emotional and mental stressors including loss of near and dear, ineffectual to unravel a controversy affecting daily functioning etc. of these could impact person slowly and acutely. This hampers the system during a way that would make anyone extremely liable to diseases. There are various styles of stress like (a) acute stress (body's quick response to a different test, occasion, or request, and it triggers your battle or-flight reaction); (b) episodic acute stress (Individuals who dependably appear to own an emergency have a bent to own roundabout acute stress; (c) Chronic stress (is the response to emotional

pressure suffered for a chronic period of time) (Coon and Mitterer, 2011) (4)

Stress factors generally constitute four types or categories: physical stress, psychological stress, psychosocial stress, and psychological profound stress. The most important stressors may well be many like (a) community Amenities: Poor urban courtesies within the territory within which one lives are often a reason for stress. Insufficient or absence of open offices like disgraceful water, unnecessary commotion or air contamination, absence of appropriate transport office may be very stressful; (b) Life Changes: Life changes can convey stress to a person. Life changes are moderate or sudden. Slow life changes incorporate getting more seasoned, and unexpected life changes incorporate passing or mischance of an addict or friend. Sudden life changes are exceptionally stressful and intensely hard to adapt (c) Dissatisfaction: Frustration is another excuse for stress. It happens when objective coordinated conduct gets blocked (d) Racial, Caste, and non secular Conflicts; (e) Mechanical Changes: When there are any adjustments in specialized fields, workers are under the consistent dread of losing employments or have to conform to new advancements; (f) Profession Changes: When a

person all of a sudden changes to a different employment, he's under stress in contact new obligations enough. Under-advancement, over-advancement, downgrade and exchanges can likewise induce stress) (Coon and Mitterer, 2011; Weiten, Dunn & Hammer, 2012) (4)

Quality of Life

The term 'quality of life' was originally coined in the USA in the post-war period to describe the effect of material privileged circumstances on people's lives and later also included education, health and welfare, economic and industrial growth. Another root of the QOL concept goes back to the 1947 World Health

Organization (WHO) definition of health as a "state of complete physical, mental and social well-being and not merely the absence of disease and infirmity. (wikipedia.org/wiki/Health)(13)
It can operationally be defined as an individual's perception towards various domains of life including, physical, psychological, social and environmental as well as emotional quality included in life, the effectiveness of it on a person's mental health, the self evaluation in these domains is essential factor contributing to quality of life.

Domains	Factors In Domains
1. PHYSICAL	<ul style="list-style-type: none"> • Activities of daily living • Dependence on medicinal substances and medical aids • Energy and fatigue • Mobility Pain and discomfort • Sleep and rest Work Capacity
2. PSYCHOLOGICAL	<ul style="list-style-type: none"> • Bodily image and appearance • Negative feelings • Positive feelings • Self-esteem • Spirituality / Religion / Personal beliefs Thinking Social, learning
3. SOCIAL RELATIONSHIPS	<ul style="list-style-type: none"> • Personal relationships • support Sexual activity
4. ENVIORNEMNT	<ul style="list-style-type: none"> • Financial resources freedom & security • Health and social care • Home environment • Opportunities for acquiring new information and skills • Participation in and opportunities Physical environment

Fig.1. (WHOQOL group, 1998). (14)

II. Literature Review

Richa darshan(2014) analyzed the effect of stress on women working at call centres at Indore and therefore the problems faced by them. The study found that major issues faced by women employees in call centres are a work-life imbalance, stress, and poor work environment. Women add night shifts and also odd hours of the day, they're unable to spend sufficient leisure with relations breaks up. The monotony of labor and coping with abusive

clients leads them to high-level stress. molestation and offensive behaviour within the workplace are other major issues in call centres. (10)
Sunetra Bhattacharya and Jayanti Basu (2007) the research purpose was to review Distress, Wellness and Organizational role stress of execs working within the area of data Technology. Effects of sex and age on the above variables and therefore the predictability of the variables from stressful life events and coping resources were taken together to look at.

101 sample (60 men and 41 women). Results of the study reveal that girls experienced greater wellness and older personnel experienced more distress. (3)

Icaro,JS.Ribeiro, Rafael perira(2018) the paper entitled as Stress and Quality of Life Among University Students: A Systematic Literature Review. This study identified 142 articles in the scientific literature, but only 13 articles were classified as eligible according to the previously established criteria, highlighting the lack of studies that address the theme under investigation. Among these, quality of life was frequently negatively associated to stress and factors as insomnia and burnout were also associated with its deterioration. (9)

Veenhoven (2010) distinguished between opportunities (chances) for a good life and the good life (outcomes) itself, and postulated four categories of quality of life: i) Livability of the environment (environmental chances/social capital); ii) Life-ability of the individual (personal capacities/psychological capital); iii) External utility of life (a good life must have an aim other than the life itself, or higher values);v) Inner appreciation of life (inner outcomes of life/the perceived quality of the life). Each area of quality of life may also have play effects on the others. Thus, quality of life is said to be multidimensional and its parts affect each other as well as [7].

III. Research Methodology

A. Aim- The aim of the study is to find out the relation between Stress and Quality of Life amongst professionals: A correlation study and how the stress and Quality of Life can be treated to make our society happier and healthier.

B. Objectives of the study-

- i. To study the relation between Stress and Quality of life among professionals.
- ii. To study if gender difference exists in Stress and Quality of life of professionals.

C. Research design and sampling-

The present study is a correlation study aiming to investigate the relation between stress and Quality of Life amongst professionals'. Primary data is collected through the structured questionnaire from professional of Delhi-NCR.

The sample of the study consist 100 professionals including advocates, teachers, architects, chartered accountants, doctors. Out of which 50 was male and 50 was female professionals. Purposive sampling technique for the selection of the sample units was used.

D. Hypothesis of the study-

- H₁: There is a significant relationship between stress and Quality of life among professional.
 H₂: Gender difference exists with regards to quality of life.
 H₃: Gender difference exists with regards to stress.

E. Measures-

i. Bist Battery of Stress Scale (BBSS)- (2006) - Bist Battery of Stress Scales made by Abha Rani Bisht. This battery measures the four components of stress- frustration, conflict, pressure and anxiety through 13 sub-tests.

ii. Quality of Life: WHOQOL-BREF- WHOQOL BREF is the shorter version of the WHOQOL-100 developed by WHO. It is a likert scale consisting of 26items used to assess individual's perception of their positions in life in terms of goals, values basically focusing on quality of life (including physical, psychological, social and environmental quality of life).

F. Statistical Techniques-

- For statistical analysis of data SPSS version 16 was used
- Correlation analysis was used to find relationship between stress and quality of life
- T-test was used to find out gender differences
- Graphical representation (BAR diagram) was used to show gender and stream differences of variables under study

IV. Findings of the Study

H₁-There is a significant relationship between stress and Quality of life among professional.

The result states that there is a positive significant statistical relationship at (0.05 level of significance) between stress and quality of

life amongst professionals. The calculated r value for stress and quality of life is 0.43.

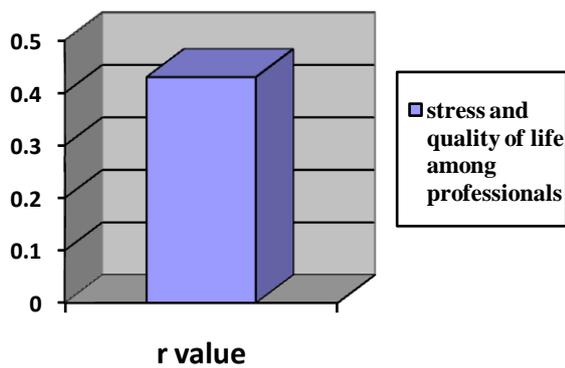


Fig.2. (Statistical relationship at between stress and quality of life amongst professionals)

H₂- Gender differences exist with regard to quality of life.

The result states that there exists no significant difference in the in mean scores of male and female professionals with regards to quality of life. The mean score of quality of life of male professionals was 18.54 and the mean score of quality of life of female professionals was 18.23. The computed t-ratio of the sample was 0.46, which is not significant at any level.

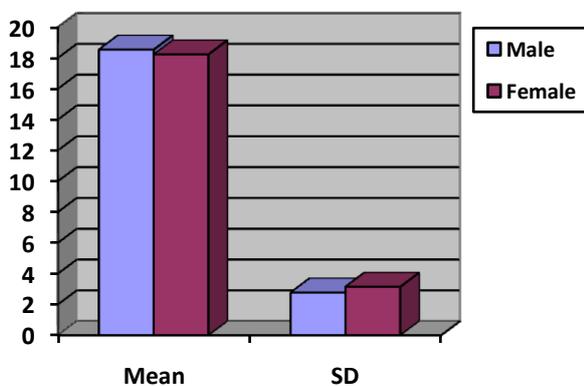


Fig.3 (Mean scores of male and female professionals with regards to quality of life)

H₃- Gender difference exists with regards to stress.

The result states that there exists no significant difference in mean scores of male and female professionals on stress. The mean score of stress level among male was 12.03 and the mean score of stress level of female was 11.06. The computed t-ratio of the sample was 0.5896, which is not significant at any level.

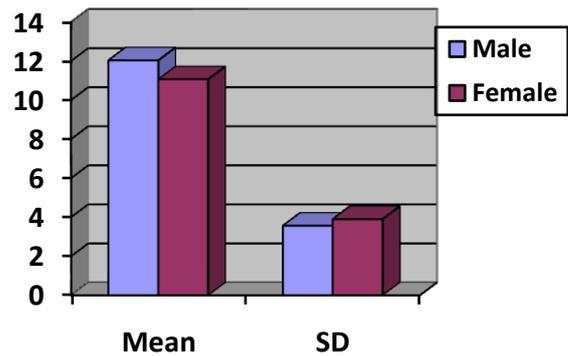


Fig.4 (Mean scores of male and female professionals on stress)

V. Discussion

The present study aimed to explore the association between stress and QoL amongst professionals. The results of this study indicate a major positive association between stress and within the domains of QoL .All the QoL domains (physical, psychological, social, and environmental) showed statistically important positive associations with increasing stress. First, several researchers have instructed the presence of AN inverse relationship between QoL and stress. In particular, “Yerkes Dodson law” states that “As the difficultness of discrimination is increased the strength of that stimulus which is most favourable to habit formation approaches the threshold.” (Broadbent DE, Teigen).

Interpretation of this law suggests that there's AN inverted U formed relationship between QoL achieved through efficiency of coping and arousal because of stress.[18 21]. Deducing from this logic, the peak accomplishment of QoL probably occurs by stimulus of moderate to high levels of stressors, which facilitate transformation. (BroadbentDE,Teigen).

Further, very low levels of stress might lead to mix up of extraneous and pertinent cues, leading to very little or no change toward better QoL.(BroadbentDE).

The term“eustress” or good stress was coined by Hans Selye. “Eustress”or good stress, (Teigen) concept suggests that there may be some common benefits accrued due to stress until it reaches a certain level.

Beyond such cut off, stress is likely to have negative effects, turning into “distress.”Second, it is a possibility that professionals experiencing

highest levels of stress had to drop out of the study, most likely even leave their jobs, and also the succeeding survivor bias might need affected the results.

In such a state of affairs, those that may handle stress well continuing to figure, got promoted in their jobs, and presumably reported higher levels of QoL. In such a state of affairs, those that may handle stress well continuing to figure, got promoted in their jobs, and presumably reported higher levels of QoL.

Further, there exist no important distinction is found in mean voluminous male and feminine professionals with regards to quality of life and stress level. (2)(11)

VI. Conclusion

As the results of the present study indicate a significant positive association between stress and QoL which leads to the conclusion that the experience of stress symptoms exacerbated QoL.

Few things for Professionals that may help them in reducing stress. One should prepare a to-do list of tasks to be completed, go for walk or listen to some music, doing aerobic exercise, avoid junk food, sleep is virtually imp and one should plan to sleep at least eight hours a night. One could talk to psychologist or support group to discuss their problems.

Researchers found working out in a group lowers stress by 26 percent and significantly improve quality of life, while those who exercise individually put in more effort but experienced no significant changes in their stress level and a limited improvement to quality of life, according to a study published in (*The Journal of the American Osteopathic Association*) (1)

Practicing positive thinking each day additionally helps in reducing stress and

increasing quality of life. If one tends to possess a negative outlook, do not expect to become optimistic overnight.

However with apply; eventually one's own self-talk can contain less critique and additional self-acceptance. Once one's state of mind is mostly optimistic, they're higher able to handle everyday stress in a very additional constructive manner. That ability could contribute to the wide discovered health advantages of positive thinking.

Suggestions for further study

- This study can be applied on a large sample of 500 professionals of government and private sector.
- This research can be made more exhaustive by studying the various industries and types of health problems due to stress categorically and for providing the remedial solutions.
- Further research is required to identify the impact of stress on work related behavior of employees, such as absenteeism, attrition, loss of judgment, employee conflicts, conflicts with customers and work place accidents in the IT industry as well as other Industry.
- A comparative study between the various benefits offered and stress management policies adopted by various companies can also be made.

Conflict-of-interest statement

The author has no conflicts of interest to declare. The author has seen and agrees with the contents of the manuscript and there is no financial interest to report. We certify that the submission is original work and is not under review at any other publication.

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