

Leading Innovations and Strategies towards Stress Management

The 12th Anniversary India–Japan Fest



BICON-2017



The Proceedings of Conference
Volume - I

Work, Stress and Health

Leading Innovations and Strategies towards Stress Management

October 11, 2017

ISBN : 978-93-83462-92-6

Organized by :



Biyani Girls College
Department of Commerce & Management and Information Technology
Jaipur, India

Relationship between Job Stress and Aggression among Doctors

Dr. Surabhi Sharma¹, Manish Kumar Sharma²

¹Assistant Professor, Department of Business Administration, Faculty of Commerce, Kanoria P.G. Mahila Mahavidyalaya, Jaipur, Rajasthan, India

²Head, Department of Business Administration, Faculty of Commerce, Agarwal P.G. College, Jaipur, Rajasthan, India

Abstract

It is not surprising to know that in this era, doctors face many peculiar stressors of the medical profession and need to be more competent than before in treating ongoing management of medical conditions, which may contribute to stress. Stress experienced at work can have adverse outcomes for the well-being of individual employees and organization as whole. This study is aimed to find out the relationship between job stress and aggression among doctors working in public hospitals. A sample of 250 doctors has been chosen for study. The instruments used in the study were The Aggression Questionnaire (AQ) and Professional Life Stress Scale (PLSS). The results revealed that there was a significant relationship between the two variables ($r = 0.58$) at $P < 0.01$.

Keywords: job stress, aggression.

Introduction

Medical practice is stressful. This is because medical personnel must respond to the needs of patients and families very quickly. However, medical knowledge and procedures usually include imitations and uncertainties. Any medical errors or mistakes may be costly, harmful to a patient's life and sometimes irreversible. Moreover, night work, shift work and long work hours are also very common in medical professions.

Stress is the body's response to physical and mental demands. Stress in general is defined as "physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation." Stress affects not only our physical health but our mental well-being, too. To successfully manage stress in everyday lives, individual can learn to relax and enjoy life. The best way to manage stress is to prevent it. This may not be always possible. So, the next best things are to reduce stress and make life easier.

One type of stress is job stress. With job stress, the stressors involved are work related. Job stress is a result of a conflict between the role and needs of an individual employee and the demands of the workplace. Work stress is a seen source of creating discomfort and distress among the employees. It also affects their level of job satisfaction. On the other hand workplace aggression is an emerging

Leena
Principal