Stress That Hidner The Effective Functioning of Doctor Professionals: A Field Study

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Abstract - The specific stress experienced by people, often depends on the nature and demands of the setting in which people live or the type of organization where they work. Thus doctors experience different types of stress to different degrees. The professional role is extremely demanding because they serve the society where one has to interact with the other person in one form or the other. Stress disturbs the equilibrium of the body and it affects people physically, emotionally, and mentally. When individuals experience stress or face demanding situation, they adopt ways of dealing with it, as they cannot remain in a continued state of tension (Erikson, 1959). The goals of coping include the desire to maintain a sense of personal integrity and to achieve greater personal control over the environment. Then he/she modifies some aspects of the situation or the self in order to achieve a more adequate person-environment fit. This is prevailing among the doctor professionals beyond their gender of being male / female, sector of profession where they work as to private / public sector, Educational level of UG / PG, the type of family as to living in nuclear / joint, the duration of working as to eight hours or more than eight hours, and their level of income. Thus the outcome of the study reveals that doctors have stress and they very find difficult to cope with it and over the years of service they are able to understand the situation of their job and accept / cope with it.

Key words: Stress, Doctor Professionals, Personal integrity, Coping.

I.   INTRODUCTION

Stress is one of the most killing disease that the human being experience these days due to various factors in the changing life style. Stress on the job can be stated as the outcome of an individual due to the working environment from which he feels unsecured. Stress at the work place manifests itself in the form of disease, burnout, and even precipitates death, if left untreated. This evidence makes a strong case for understanding and examining occupational stress. Research studies shows that conflicting demands cause confusion among professionals and employers and lead to the creation of stressful situations that even affect their job and job roles. Role can be a source of stress when there is ambiguity about job responsibility and limits of authority, the role set members have conflicting expectations on the way in which a role should be performed. Thus, role in terms of its normative, interpersonal and self congruence aspect can give rise to stress. Further the stress can affect either positively or negatively the performance of the job and other related aspects in discharging the job. Positive qualities are those in which the individual may feel more excited and agitated and perceive the situation positively as a form of challenge (Selye, 1956). Stress is also described as posing threat to the quality of work life as well as physical and psychological well-being. A high level of role stress, not only detrimentally influence the quality, productivity and creativity of the employees but also employee's health, well being and morale. Thus role stress tends to decrease the general level of job satisfaction in a person as it has impact over the totality of the person.

The specific stress experienced by people, often depends on the nature and demands of the setting in which people live or the type of organization where they work. Thus doctors experience different types of stress to different degrees. The professional role is extremely demanding because they serve the society where one has to interact with the other person in one form or the other. Stress disturbs the equilibrium of the body and it affects people physically, emotionally, and mentally. When individuals experience stress or face demanding situation, they adopt ways of dealing with it, as they cannot remain in a continued state of tension (Erikson, 1959). The goals of coping include the desire to maintain a sense of personal integrity and to achieve greater personal control over the environment. Then he/she modifies some aspects of the situation or the self in order to achieve a more adequate person-environment fit. Coping thus, is the behaviour that occurs after the person had a chance to analyze the situation, take a

reading of his or her emotions and to move to a closer or more distant position from the challenge.

Statement of the problem Stress has a major impact on the performance, attitude and mental health of the professionals as it has become an inevitable part of modern lives. In order to face the prevailing competition from within the group of members, there is a compulsion worldwide that warrants the members to work beyond their schedule. As a result the professionals are being affected by stress; this creates the research question as to the level of stress on doctor professionals while practicing their profession.

Need for the study Job stress is one of the important factors which have drawn the attention of doctor professionals who are much affected. Various studies have been conducted to find out the factors which determine stress and the way it influences the life style of doctors. As doctors discharge a more responsible job they are affected in many aspects. Hence the need is identified to make an exploratory study on stress among doctor professionals in a selected area.

Over all Objectives An attempt is made by the researcher in this study to examine various levels of stress forged on Doctor Professionals in Tirunelveli District.

Specific Objectives

To explore various sources of stress and causes of stress among Doctor Professionals.

To find-out the ways and means of handling stress and to offer suggestions for all the pitfalls identified and to make the doctor professionals understand the reality of professional challenges.

Research Methodology Research Methodology prepares the investigator to adopt techniques and tools to neutralize the description, explanation and justification of various methods of continuing research. In this section the researcher attempts to study the level of stress among Doctor Professionals in Tirunelveli District. The study explains the various stages through which it was carried out, objectives of the study, tools of data collection, samples, limitations of the study and the other required aspects.

Sampling: The sampling population of this research includes 187 doctor professionals employed in various sectors of profession. A random sampling technique was adopted.

Statistical Tools The data collected from the respondents have been analyzed with the help of the following statistical tools namely the frequency distribution, rank correlation, chi-square and factor analysis with the use of SPSS package.

Data Both primary data and secondary data have been used in this study. The primary sources of data for the study were collected from the respondents with the help of a structured questionnaire. The secondary data were collected from the books, journals, magazines, and government publications, documents of the department of health, professional documents and publications, court cases and other reports available in the library and also from the internet sources.

Hypothesis: There is no significant difference among the Doctors in encountering various levels of stress based on the following variables such as Gender, Sector of profession, Educational level, Type of family, Duration of job and Income.

Table 1 Gender Vs Various stress Factors

Stress	Gender	Number	Mean	S.D	T	df	Statistical inference
Personal	Male	102	28.17	4.723	.715	187	.475>0.05 NS
	Female	85	27.82	4.507			
Family	Male	102	47.26	6.015	-.157	187	.875>0.05 NS
	Female	85	47.36	6.380			
Health	Male	102	48.14	4.742	3.849	187	.000<0.05 S
	Female	85	46.03	5.858			
Work	Male	102	43.58	5.326	-1.511	187	.132>0.05 NS
	Female	85	44.46	5.955			
Environmental	Male	102	18.74	3.360	-.070	187	.944>0.05 NS
	Female	85	18.76	2.924			

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on gender and personal stress.

The male doctor respondents have the mean score of 28.17 with standard deviation 4.723 and female doctor respondents have mean score of 27.82 with standard deviation 4.507. The 't' value obtained for male and female doctors is 0.715.The level of significance is 0.475 which is greater than 0.05. Hence the null hypothesis is accepted that there is no significant difference among the doctor respondents in encountering stress based on gender and personal stress. However, it is found from the table that the male respondent doctor mean score is higher than the female doctor respondent's mean score. It is inferred that the male doctors do not differ in personal stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on gender and family stress.

The 't' test analysis indicates that there is no significant gender difference in encountering of stress at 0.05 level of significance. The mean score of female doctor respondents is found greater than that of their counterparts and also the SD of the male doctor respondents is found less than that of their counterparts. Hence it is inferred that there is no significant difference among the doctor respondents in encountering stress based on gender and family stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on gender and health stress.

In case of gender and health stress it is found that the mean value of male doctor respondents is 48.14 and the standard deviation is 4.742.and the mean value of female doctor respondents is 46.03 and the standard deviation is 5.858. It is also found that the 't' value is 3.849, the degree of freedom is 187 and the level of significance is 0.0001 which is lesser than 0.05. Hence the null hypothesis is rejected and there is a significant difference in the doctor respondents in encountering stress based on gender and health stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on gender and work stress.

The 't' test analysis indicates that the male and female doctor respondents do not differ significantly in encountering stress based on gender and work related stress at 0.05 level of significance. The mean score of the female doctor respondents (44.46) is greater than that of male doctor respondents (43.58). There is significant correlation between male and female doctor respondents in encountering work related stress. It also indicates the work related stress among male and female doctor respondents is almost the same and which shows that these two groups are balanced with reference to work related stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on gender and environmental stress.

It is seen that the 't' value -0.70 is not significant at 0.05 level. It is understood from the results that there is no significant difference among the doctor respondents with respect to their gender and environment related stress. Male and female doctor respondents are having similar level on the environment related stress. Hence the framed hypothesis is accepted.

Table 2 Sector of Profession Vs Stress Factors

Stress	Sector of profession	Number	Mean	S.D	T	Df	Statistical inference
Personal	Public	102	29.15	4.621	.182	185	.829>0.05 NS
	Private	85	29.46	4.382			
Family	Public	102	48.31	5.783	.795	185	.421>0.05 NS
	Private	85	47.85	5.898			
Health	Public	102	47.13	6.031	-1.044	185	.130>0.05 NS
	Private	85	47.77	5.559			
Work	Public	102	44.13	5.310	-.204	185	.913>0.05 NS
	Private	85	43.97	5.654			
Environmental	Public	102	20.49	3.442	-1.270	185	.209>0.05 NS
	Private	85	20.85	3.107			

Null Hypothesis: There is no significant difference among the doctor professionals based on the sector of profession and their personal stress.

It is observed that stress for public sector professionals have the mean score of 29.15 with standard deviation 4.621 and the private sector professional have mean score of 29.46 with standard deviation 4.382. The 't' value obtained for the public and private sector job stress is 0.182. The level of significance is 0.829 which is greater than 0.05. Hence the null hypothesis is accepted that there is no significant difference among the doctor professionals based on the public and private sectors of profession and their personal stress. However, it is found from the table that the mean score for public sector profession is lesser than that of the mean score of the private sector professions. It is inferred that public and private sector as profession do not differ in creating personal stress to the respondent professionals.

Null Hypothesis: There is no significant difference among the doctor professionals based on the sector of profession and their family stress.

The 't' test analysis indicates that there is no significant difference among the doctor professionals based on the sector of profession and their family stress at 0.05 level of significance. The mean score of public sector is found greater than that of private sector and also the SD of the public is found less than that of private sectors. Hence it is inferred that there is no significant difference among the doctor professionals based on the sectors of profession and their family stress.

Null Hypothesis: There is no significant difference among the doctors based on the sector of profession and their health.

In case of sector of profession and health it is found that the mean value of public is 47.13 and the standard deviation is 6.031. And the mean value of private sector is 47.77 and the standard deviation is 5.557. It is also found that the 't' value is -1.044 ,the degree of freedom is 185 and the level of significance is 0.130 which is higher than 0.05. Hence the null hypothesis is accepted and there is no significant difference among the doctor professionals based on the sectors of profession and their health stress.

Null Hypothesis: There is no significant difference among the doctors based on the sector of profession and their work

The 't' test analysis indicates that the public and private sector professionals do not differ significantly based on the sectors of profession and their work at 0.05 level of significance. The mean score of the public sector (44.13) is greater than that of private sectors (43.97). There is significant correlation between public and private sector in relation to work stress. It also indicates that the stress public sector and private sector is almost the same and which shows that these two groups are balanced with reference to work stress.

Null Hypothesis: There is no significant difference among the doctors based on the sector of profession and their environmental stress.

It is seen that the 't' value -1.270 is not significant at 0.05 level. It is understood from the results that there is no significant difference among the doctor professionals with respect to their sectors of profession and environmental stress. Public and private sectors are having similar level of stress among the women professionals. Hence the framed hypothesis is accepted.

Table 3: Qualification Vs Stress Factors

Stress	Qualification	Number	Mean	S.D	T	df	Statistical inference
Personal	UG	129	27.79	4.344	-1.406	185	.160>0.05 NS
	PG	57	28.52	5.187			
Family	UG	129	47.15	5.949	-.730	185	.466>0.05 NS
	PG	57	47.66	6.674			
Health	UG	129	46.77	5.477	-2.270	185	.024<0.05 S
	PG	57	48.13	5.027			
Work	UG	129	43.95	5.978	-.129	185	.898>0.05 NS
	PG	57	44.04	4.765			
Environmental	UG	129	18.87	3.160	1.122	185	.263>0.05 NS
	PG	57	18.47	3.174			

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on educational qualification and personal stress.

It is observed that the doctors with UG level educational qualification have the mean score of 27.79 with standard deviation 4.344 and doctors with PG level educational qualification have the mean score of 28.52 with standard deviation 5.187. The 't' value obtained for UG and PG level of education is -1.406. The level of significance is 0.160 which is greater than 0.05. Hence the null hypothesis is accepted that there is no significant difference in the doctor professionals and their educational level. However, it is found from the table that the PG mean score is higher than the UG mean score. It is inferred that the UG and PG level education of the doctor professionals do not differ in their personal stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on educational qualification and family stress.

The 't' test analysis indicates that there is no significant difference among the doctor professionals based on their educational level and their family stress at 0.05 level of significance. The mean score of UG doctor professional is found lesser than that of their counterparts and also the SD of the UG doctor professionals are found less than that of their counterparts. Hence it is inferred that there is no significant difference among the doctor professional based on their educational level and their family stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on educational qualification and health stress.

In case of educational level and health stress it is found that the mean value of UG doctor professionals are 46.77 and the standard deviation is 5.477. And the mean value of PG doctor professionals are 48.13 and the standard deviation is 5.027. It is also found that the 't' value is -2.270, the degree of freedom is 371 and the level of significance is 0.024 which is lesser than 0.05. Hence the null hypothesis is rejected and there is a significant difference among the doctor professionals based on their educational level and their health stress is accepted.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on educational qualification and work stress.

The 't' test analysis indicates that the UG doctor professionals and PG doctor professionals do not differ significantly in their work stress at 0.05 level of significance. The mean score of the UG doctor professionals (43.95) are greater than that of PG doctor professionals (44.04). There is significant correlation between UG doctor professionals and PG doctor professionals in relation to work stress. It also indicates that the work stress among the UG doctor professionals and PG doctor professionals are almost the same and which shows that these two groups are balanced with reference to work stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on educational qualification and environmental stress.

It is seen that the 't' value 1.122 is not significant at 0.05 level. It is understood from the results that there is no significant difference among the doctor professionals with respect to their qualification and environmental stress. UG and PG doctor professionals are having similar levels of environmental stress, hence the framed hypothesis is accepted.

Table 4: Type of family Vs Stress Factors

Stress	Type of family	Number	Mean	S.D	t	Df	Statistical inference
Personal	Nuclear	118	27.48	4.598	-2.975	185	.003<0.05 S
	Joint	69	28.94	4.536			
Family	Nuclear	118	47.33	6.228	.097	185	.923>0.05 NS
	Joint	69	47.26	6.104			
Health	Nuclear	118	46.93	5.214	-1.199	185	.231>0.05 NS
	Joint	69	47.63	5.634			
Work	Nuclear	118	43.90	6.014	-.342	185	.733>0.05 NS
	Joint	69	44.11	4.906			
Environmental	Nuclear	118	18.76	3.066	.037	185	.970>0.05 NS
	Joint	69	18.74	3.344			

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on type of family and personal stress.

The nuclear family doctors professionals have the mean score of 27.48with standard deviation 4.598 and joint family professionals have mean score of 28.94 with standard deviation 4.536. The't' value obtained for nuclear family doctors and joint family doctors is -2.975. The level of significance is 0.003 which is lesser than 0.05. Hence the null hypothesis is rejected and there is a significant difference in the doctor professionals and their type of family. However, it is found from the table that the nuclear family mean score is lesser than the joint families mean score. It is inferred that the nuclear and joint family of the doctor professionals differ in their personal stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on type of family and family stress.

The't' test analysis indicates that there is no significant difference among the doctor professionals based on their educational level and their family stress at 0.05 level of significance. The mean score of nuclear family doctor professional is found greater than that of their counterparts and also the SD of the nuclear family professionals are found more than that of their counterparts. Hence it is inferred that there is no significant difference among the doctor professional based on their type of family and their family stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on type of family and health stress.

In case of type of family and health stress it is found that the mean value of nuclear family doctor professionals are 46.93 and the standard deviation is 5.214. And the mean value of joint family doctor professionals are 47.63 and the standard deviation is 5.634. It is also found that the't' value is -1.199, the degree of freedom is 185 and the level of significance is 0.231 which is higher than 0.05. Hence the null hypothesis is accepted and there is no significant difference among the doctor professionals based on their type of family and their health stress is accepted.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on type of family and work stress.

The 't' test analysis indicates that the nuclear family doctor professionals and joint family doctor professionals do not differ significantly in their work stress at 0.05 level of significance. The mean score of the nuclear family doctor professionals (43.90) are lesser than that of joint family doctor professionals (44.11). There is significant correlation between nuclear family doctor professionals and joint family doctor professionals in relation to work stress. It also indicates that the work stress among the nuclear family doctor professionals and joint family doctor professionals are almost the same and which shows that these two groups are balanced with reference to work stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on type of family and environmental stress.

It is seen that the't' value 0.037 is not significant at 0.05 level. It is understood from the results that there is no significant difference among the doctor professionals with respect to their family type and environmental stress. Joint and nuclear family doctor professionals are having similar levels of environmental stress, hence the framed hypothesis is accepted.

Table 5: Duration of Job Vs Stress Factors

Stress	Duration of job	Number	Mean	S.D	t	df	Statistical inference
Personal	Less than 8 hours	96	28.41	4.759	1.706	185	.089>0.05 NS
	More than 8 hours	91	27.59	4.450			
Family	Less than 8 hours	96	47.08	5.896	-.716	185	.475>0.05 NS
	More than 8 hours	91	47.54	6.467			
Health	Less than 8 hours	96	47.14	5.646	-.164	185	.870>0.05 NS
	More than 8 hours	91	47.23	5.084			
Work	Less than 8 hours	96	44.59	5.210	2.185	185	.030<0.05 S
	More than 8 hours	91	43.33	5.988			
Environmental	Less than 8 hours	96	18.74	3.299	-.070	185	.945>0.05 NS
	More than 8 hours	91	18.76	3.027			

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on Duration of Job and personal stress.

It is observed that the doctor professionals working for less than 8 hours have the mean score of 28.41 with standard deviation 4.759 and the doctor professionals working for more than 8 hours have mean score of 27.59 with standard deviation 4.450. The 't' value obtained for both the case of professionals is 1.706. The level of significance is 0.089 which is greater than 0.05. Hence the null hypothesis is accepted that there is no significant difference among the doctor professionals based on the duration of job and their personal stress. However, it is found from the table that the mean score of doctor professionals who work for less than 8 hours have higher mean score than the doctor professionals working for more than 8 hours. It is inferred that both the segment of doctor professionals do not differ in their personal stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on Duration of Job and family stress.

The 't' test analysis indicates that there is no significant difference among the doctor professionals based on their working hours and their family stress at 0.05 level of significance. The mean score of the doctor professional working less than 8 hours is found lesser than that of their counterparts and also the SD of the doctors working less than 8 hours are found less than that of their counterparts. Hence it is inferred that there is no significant difference among the doctor professional based on their duration of work and their family stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on Duration of Job and health stress.

In case of duration of job and health stress it is found that the mean value of doctor professionals working less than 8 hours are 47.14 and the standard deviation is 5.646. And the mean value of doctor professionals working more than 8 hours are 47.23 and the standard deviation is 5.084. It is also found that the 't' value is -0.164, the degree of freedom is 371 and the level of significance is 0.870 which is higher than 0.05. Hence the null hypothesis is accepted and there is no significant difference among the doctor professionals based on their duration of work and their health stress is accepted.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on Duration of Job and work stress.

The 't' test analysis indicates that the doctor professionals working less than 8 hours and doctor professionals working more than 8 hours differ significantly in their work stress at 0.05 level of significance. The mean score of the doctor professionals working less than 8 hours (44.59) are greater than that of doctor professionals working more than 8 hours (43.33). There is significant difference between doctor professionals working less than 8 hours and doctor professionals working more than 8 hours in relation to work stress.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on Duration of Job and environmental stress.

It is seen that the 't' value -0.070 is not significant at 0.05 level. It is understood from the results that there is no significant difference among the doctor professionals with respect to their duration of work and environmental stress. Doctor professionals working more than 8 hours and less than 8 hours are having similar levels of environmental stress, hence the framed hypothesis is accepted.

Table 6: Income Vs Stress Factors

Domain	Source of variation	SS	Df	MS	F	Statistical inference
Personal	Between Groups	56.72	1	14.18	.661	.619>0.05 NS
	Within Groups	7895.23	184	21.45		
Family	Between Groups	131.86	1	32.96	.863	.486>0.05 NS
	Within Groups	14053.29	184	38.18		
Health	Between Groups	73.41	1	18.35	.633	.639>0.05 NS
	Within Groups	10668.81	184	28.99		
Work	Between Groups	54.95	1	13.73	.431	.786>0.05 NS
	Within Groups	11732.87	184	31.88		
Environment	Between Groups	29.19	1	7.29	.726	.574>0.05 NS
	Within Groups	3698.61	184	10.05		

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on income and personal stress.

It is observed from the above table that the 'F' value obtained for income of doctors on personal stress is 0.661 and the level of significance is 0.619 at 5 percent significant level, which is greater than 0.05. Hence the null hypothesis is accepted and there is no significant mean difference in the doctor professionals' personal stress and income.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on income and family stress.

It is observed from the above table that the 'F' value obtained for income of doctors on family stress is 0.863 and the level of significance is 0.486 at 5 percent significant level, which is greater than 0.05. Hence the null hypothesis is accepted and there is no significant mean difference in the doctor professionals' health stress and income.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on income and health stress.

It is observed from the above that the 'F' value obtained for income of doctors on health stress is 0.633 and the level of significance is 0.639 at 5 percent significant level, which is greater than 0.05. Hence the null hypothesis is accepted and there is no significant mean difference in the doctor professionals' health stress and income.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on income and work stress.

It is observed that the 'F' value obtained for income of doctors on work stress is 0.431 and the level of significance is 0.786 at 5 percent significant level, which is greater than 0.05. Hence the null hypothesis is accepted and there is no significant mean difference in the doctor professionals' work stress and income.

Null Hypothesis: There is no significant difference among the doctor respondents in encountering stress based on income and environmental stress.

It is observed from the above that the 'F' value obtained for income of doctors on environmental stress is 0.726 and the level of significance is 0.574 at 5 percent significant level, which is greater than 0.05. Hence the null hypothesis is accepted and there is no significant mean difference in the doctor professionals' environmental stress and income.

II.   CONCLUSION

The profession of Doctors is equal to that of God as they deal with the life and living of human being. As they have more risk and more stress is encountered by them in all spheres of stress such as their personal life is sacrificed to some extent, their focus in the family is not observed to be 100 percent, their health itself is affected on reason of interacting with sick people, their work is tiresome and the overall environment does not keep them in a comfortable situation. This is prevailing among the doctor professionals beyond their gender of being male / female, sector of profession where they work as to private / public sector, Educational level of UG / PG, the type of family as to living in nuclear / joint, the duration of working as to eight hours or more than eight hours, and their level of income. Thus the outcome of the study reveals that doctors have stress and they very find difficult to cope with it and over the years of service they are able to understand the situation of their job and accept / cope with it.

III.   BOOKS AND JOURNALS REFERRED

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