

A STUDY ON THE STRESS MANAGEMENT OF ZEE GEN MANAGERS

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Abstract : Nearly half of all workers suffer from moderate to severe stress while on the job, according to a recent survey. And 66 percent of employees report that they have difficulty focusing on tasks at work because of stress. Stress has been called the “health epidemic of the 21st century” by the World Health Organization. But there are ways to reduce its impact on human lives and companies' bottom line, even though stress is a daunting, pervasive problem, experts say.

Keywords: Smart Phone, App, Android, Linux Kernel, Open Source

INTRODUCTION

Background

Due in part to the prevalence of stress in today's workplace, behavioral disability costs have increased more than 300 percent in the past decade and account for 30 percent of all disability claims. In addition, medical doctors suggest that stress is the causative factor of illness underlying more than 70 percent of all visits to the family doctor.

A predetermined strategy for coping with psychological or emotional turmoil. As part of a health benefits stress management techniques provide a therapy to improve job performance.

Zee Gen Managers are the people with Executive character and abilities, political skills, expert handling of power and authority, working for a cause, achieving recognition, exercising sound judgment, decisive and commanding. The Expression is well-equipped in a managerial sense. Person having outstanding organizational and administrative capabilities and potential for considerable achievement in business or other powerful positions. They have the skill and abilities to establish or operate a business with great efficiency.

OBJECTIVES

- 1) To study the causes of stress of Zee Gen Managers
- 2) To study the techniques of managing stress of Zee Gen Managers
- 3) To analyze stress faced by Zee Gen Managers

LITERATURE REVIEW

Physiological or biological stress is an organism's response to a stressor such as an environmental condition or a stimulus. Stress is a body's method of reacting to a challenge. According to the stressful event, the body's way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. Because the body cannot keep this state for long periods of time, the parasympathetic system returns the body's physiological conditions to normal (homeostasis). In humans, stress typically describes a negative condition or a positive condition that can have an impact on a person's mental and physical well-being.

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There are many causes that are responsible to stress Zee Gen Managers. Few of them are stated below:

1) Family pressure is the influence one family member to do something which might not otherwise be considered for doing. Family pressure can be a powerful, hard to ignore factor for most people, applied with incredible skills.

2) Peer pressure is the influence one feels from a person or group of people to do something you might not otherwise consider doing. It's not uncommon to want to be part of a group and feel like you belong in a community, especially if you are new or less experience than the people around you. Peer pressure often happens because one don't want to be alone or left out. So one goes with what other people think in order for them to include you.

3) Human being is a social animal. Being the part of the society it requires him to communicate with other members of the society. An individual will has to play different role in their life like an employee, as a neighbor, family member, social worker, superior officer etc. in order to perform all these roles he need to have contact with others, which necessitates the need for communication. Whatever we know is of less use unless we communicate it to others. Because only then the purpose or value of the knowledge is utilized. For this, that person will have to communicate in any of the communication forms. The various choices available are oral, written, etc. This is the essence of communication. So the Zee Gen Managers must possess interpersonal skills

4) In intra-personal communication, the source of the communication is the person himself. Because there is only one person involved in it. Again the communication is to self. The source of the communication is the thought which arise in one's mind. The reason for the arise of such thoughts may be the past experience in the person's life. Some events in one's life, may be good or bad, remains in ones memories. At times, these things will arise in one's mind when he is alone. This stimulates for further communication within the person and acts as a source of communication in intra personal communication. Among the youngsters, when they dream they dream about the fun moments with their friends. Those memories are everlasting and memorable ones. While imaging about these moments unknowingly one might smile with himself. This is the result of intra-personal communication. Here the person himself had done whole the process of communication. It started when his mind urged him to think of his past memories. This message was passed to brain which recalled the memories. The feelings of those things had made him to smile which means the communication was effective. The problem in such situation is that which when a person smile alone then the people around him might take it in a wrong way. So it is better to think of such things when the person is alone.

But there are many ways of coping these stress busters like:

1. Yoga and Meditation: -The best way to release stress is to go for yoga and mediation. A gentle, yet powerful health discipline, people often associate yoga with promoting a light and flexible body, as an effective stress-buster, as an easy way to relax and even as a form of therapy. It calms mind and creates a balance in the mind and body.

2. for reducing the family pressure, Learn to communicate assertively. Assertive communication is one the most valuable people skills you can have. It allows to express oneself in a clear, direct way, but from a position of respect for others, and it's a great way to deal with all the criticizing and negative comments one can get from family members which are not happy with your actions.

3. For managing peer pressure: Value common interests and try not to judge others. If possible, try not to place judgments on other people's choices. Respecting someone else's choice may help them to respect yours. Remember that you don't have to agree with their actions. Take your decisions after listening all.

“Skill Development : The Key to Economic Prosperity”

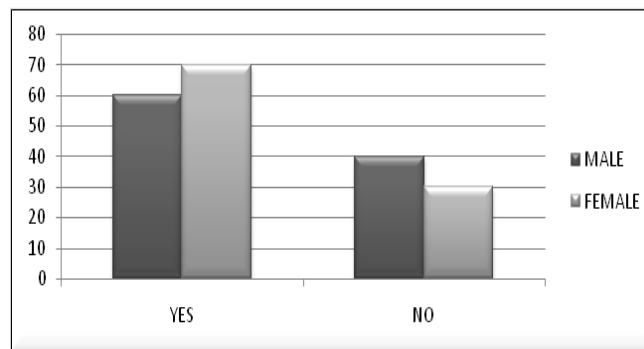
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4.For interpersonal skills: In everyone's life there will be some misunderstanding with each other. This may be because of the confusion between the two persons about their acts or incomplete communication. There may be chances that some might have created gossips among them. The solution for all these interpersonal problems is speak with open minded and all the problems and confusions can be solved. During this, they can have immediate clarification which removes the misunderstanding. It facilitates face to face communication which creates understanding between the two. By Interpersonal communication people can express their feelings. They will get the freedom of expression. They can reduce their stress. They can share their knowledge.

5.Other techniques like listening music, Dancing, singing, watching movies, having fun time, Managing time etc can realize the stress.

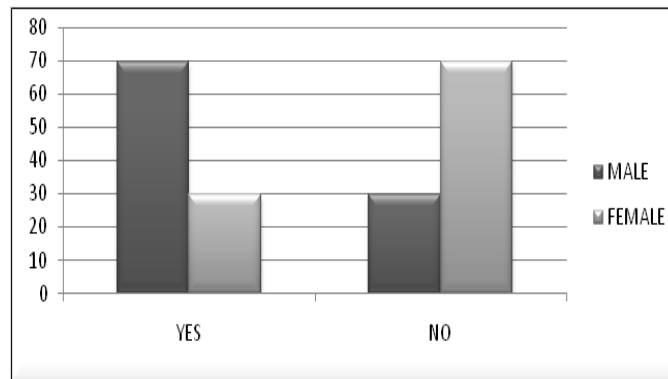
DATAANALYSIS:

1)Do you face Constant irritability with people?



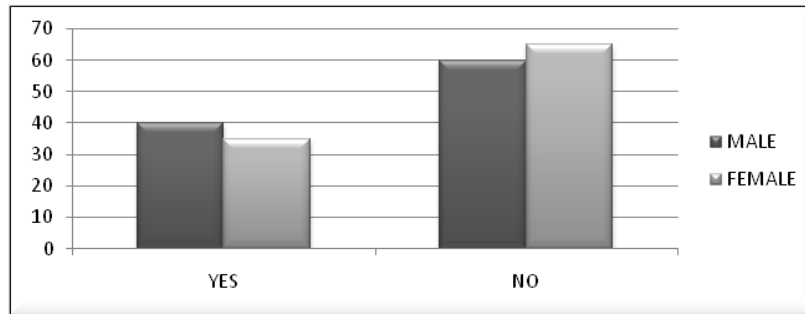
60% of the males and 70% of the females faced constant irritability with the people. This is not a healthy sign for the organization as it will affect their work environment.

2)Do you Suppress anger?



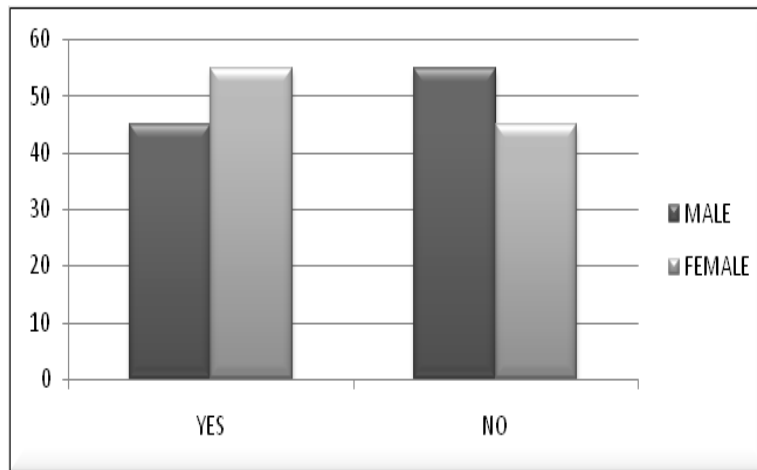
70% of the males and 30% of the females felt the problem of suppressing the anger. This is not a healthy sign for the employees as it will directly affect their heart, mind and physique

3)Do you feel Loss of sense of humour?



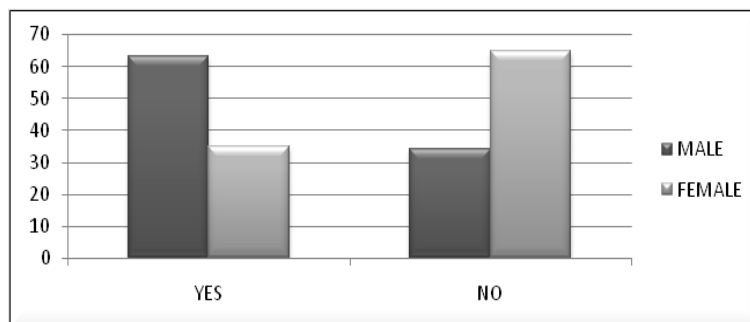
40% of the males and 60% of the females feel Loss of sense of humour. This is not a healthy sign for the organization as it will affect their work environment.

4)Have you noticed a change in your usual sleeping habits such as sleeping more, or an increased difficulty in falling or staying asleep?



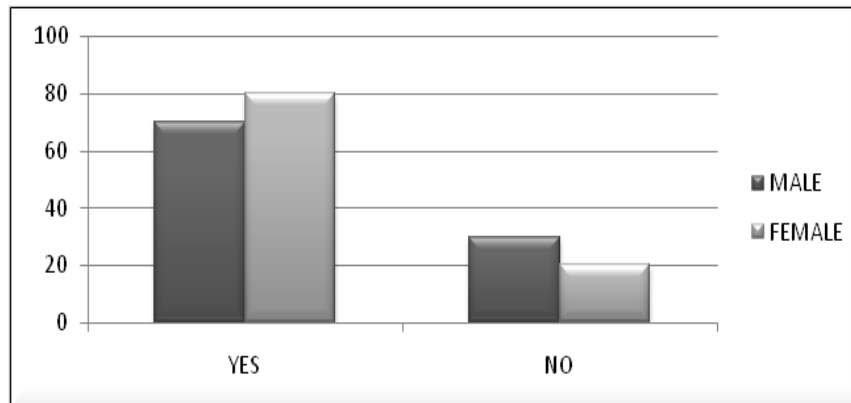
45% of the males and 55% of the females have noticed a change in usual sleeping habits such as sleeping more, or an increased difficulty in falling or staying asleep. This is not a healthy sign for the employees as it will directly affect their heart, mind and physique and the efficiency to work.

5)Have you noticed changes in your typical eating habits or a change in your appetite?



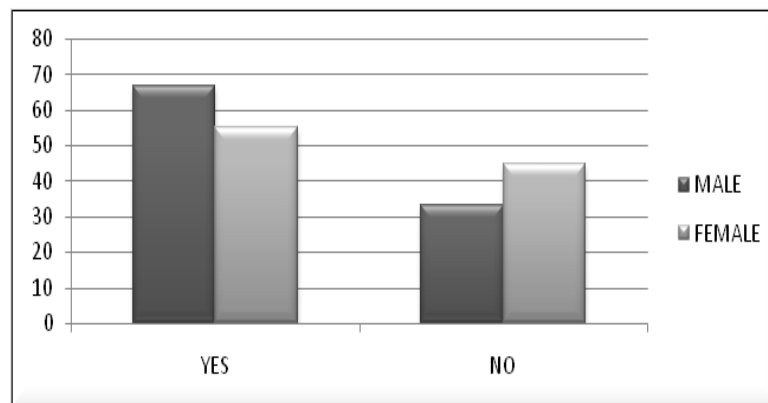
63% of the males and 35% of the females have noticed changes in typical eating habits or a change in appetite. This is not a healthy sign for the employees as it will directly affect their health and the efficiency to work.

7) Do you find it hard to relax and have fun?



70% of the males and 80% of the females find it hard to relax and have fun. This is not a healthy sign for the employees as it will directly affect their health, attitude, and the efficiency to work.

8) Does communication with others leave you feeling frustrated or misunderstood?



67% of the males and 55% of the females feel that communication with other people leave feeling frustrated or misunderstood. This is not a healthy sign for the employees as it will lead to the unsatisfied work culture.

CONCLUSION:

It can be concluded that the Zee Gen Managers are facing stress and so they must try to manage it with the techniques of coping up the stress.

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