

A Study to Assess the Level of Stress and to Evaluate the Effectiveness of Planned Teaching Programme on Knowledge Regarding Stress Management Among IT Workers of Selected IT Companies in Surat City

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ABSTRACT

INTRODUCTION: Information Technology (IT) industry in India has got a tremendous boost due to globalization of Indian economy and favourable government policies. IT and IT related professionals are at a constant pressure to deliver services efficiently and have to be cost effective. Increasing workloads are the leading source of stress for information technology workers, according to a recent survey. Companies are trying to do whatever they can with the least amounts of staff possible, another problem is that IT departments are adopting systems from a variety of vendors, resulting in more complex projects and greater workloads. But stress factors for IT workers may vary according to industry.

STATEMENT OF THE PROBLEM

“A study to assess the level of stress and to evaluate the effectiveness of planned teaching programme on knowledge regarding stress management Among IT workers of selected IT companies in Surat city.”

OBJECTIVES OF STUDY

- To assess the level of the stress among the IT workers of selected IT companies in Surat city.
- To assess the level of Knowledge regarding Stress management among IT workers of selected IT companies in Surat city.
- To assess the effectiveness of Planned teaching programme on stress management among IT workers of selected IT companies in Surat city.
- To find the association between pre-test knowledge regarding stress management with selected demographic variables among IT workers of selected IT companies in Surat city.

METHODOLOGY:

Quantitative Pre-experimental (One Group pre-test post-test design) was used to conduct the study. Non probability purposive sampling technique Was used to select 60 IT workers who working in Tenacious Techies and Tax Info IT companies of Surat. The data collection technique used for present study was

Perceived stress scale and structured questionnaire. Tools used for the study are demographic data, Perceived stress scale and Structured Questionnaire. Coding sheet was prepared for quantitative study.

RESULT:

Among 60 IT workers 9 (15%) were come under low stress level, 49 (81.67%) workers were come under moderate stress level and 2 (3.33%) workers were come under High perceived stress level. In pre-test, Majority of IT workers 55 (91.66%) had average knowledge regarding stress management and followed by 5 (8.33%) had poor knowledge and none of them had good knowledge regarding stress management. In post-test, Majority of IT workers 56 (93.33%) had good knowledge regarding stress management and followed by 4 (6.66%) had average knowledge and none of them had poor knowledge regarding stress management. Overall pretest mean knowledge score was found to be 11.95 and SD was 27.15 among IT workers.

In overall area of stress management calculated 't' value is 20.19 which is greater than the p value 2.00 at 0.05 level of significance. So, research hypothesis is accepted. It concluded that the mean post-test knowledge score is significantly higher than to mean pre- test knowledge score after administration of planned teaching programme on Stress management among IT workers

Null hypothesis is rejected. Hence, it was concluded that after administering planned teaching programme mostly there is increase in knowledge regarding stress management among IT workers. So, Planned teaching programme is an effective tool to improve the IT worker's knowledge regarding Stress management.

